

Body - Mind Type

Body-Mind Type

Many times question arises in our mind that why under similar circumstances different people react differently because that is due to our inherit nature or inborn character configuration which remains till breath and can't be changed throughout the life. This is the system of classifying individuals into groups which explains like:

- 1.Modes for maintenance of health.
- 2.Adjustment of daily and seasonal regimen.
- 3.Susceptibility to disease.
- 4.Choice of therapy.
- 5.Prognosis of a particular disease.

The questionnaire at the end of this session will help you to identify your constitution. The basic doctrine of Ayurveda i.e. Tridosha, that act as controller of our physiological activities and regarded as three Biological forces or Bo energies principles. Just as there are three doshas there are three major types of constitutions reflecting the predominance of that particular dosha. For example, if a person is born with a Pitta constitution and his or her diet strokes the fire of pitta, he or she is likely to develop a disease due to deranged Pitta, While if one's constitution is Kapha, then the same diet does not cause harm instead may warm up rather dormant Kapha.

By knowing our constitution it is possible to locate our drawbacks and thereafter learn how to combat the identified drawbacks and then we live at peace with nature's wishes. There are some simple rules that help in the long run. The doshas that predominate due to our genetic inheritance dictates certain demands in terms of diet, life style and environment. If we recognize this and try to follow it, we will be able to achieve health that will not interfere with our optimal working. Usually altered dosha will manifest at its control station e.g. Vata will show its state of disbalance in the Nervous system and the gut, Likewise Pitta in the Digestive, hormonal systems and Kapha through respiratory system and basic structure of the body.

In general all actions and medications should be dedicated to achieve a balanced state of three Doshas. Sometimes in the dual-constitution types it is better to increase the dosha (that is weakest) so as to achieve a balance rather than reduce any kind of dominant doshas. For example, a Vata-Pitta person should try to increase Kapha to maintain the balance.

Depending upon preponderance of doshas there are seven types of constitution:

1. Vata
2. Pitta
3. Kapha
4. Vata-pitta
5. Vata-Kapha
6. Kapha-pitta
7. Vata-Pitta-Kapha (Sama-prakriti)

Prakriti / Body Type

We have seen briefly the major characteristics of different constitution in human beings. The following questionnaire gives the predominant features of three major types - Vata, Pitta, Kapha. If one has equal points for two of the doshas, then one has that mixed variety of constitution; some may even have a triple presence of doshas, the Sama.:-