

UNDERSTANDING THE ROLE OF CHANGING LIFESTYLE FOR BALANCING THE
KAPHA DOSHA WITHIN THE BODY*¹Dr. Nishant Paika and ²Dr. Mani Sharma¹Assistant Professor, Department of Kriya Sharir, Desh Bhagat Ayurvedic College and Hospital, Mandi Gobindgarh.²Assistant Professor, Department of Samskrit Samhita evam Siddhanta, Desh Bhagat Ayurvedic College and Hospital, Mandi Gobindgarh.

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ABSTRACT

Kapha dosha is the one among the *tridoshas* of the body. The five types of *kapha dosha* types plays an important role in efficient working of the various organs of the body like Heart(*Hridya*), Brain(*Mastishk*), Tongue(*Jihva-indriya*), lining of the Gastrointestinal tract(*Amashaya*), Synovial joints(*Marma* places importantly) and ensures the proper working of these organs. The other body functions which the *kapha dosha* controls are inherently related to the mind & Brain as these are mostly related to one's thinking abilities, intellect & to control and handle the overall composure of the body. As per mentioned in the various Ayurvedic texts, different types of *Aahar-vihar* (dietary & other routine) factors affecting its level within the body & can be held responsible for various lifestyle based disorders. Various measures based on changing the lifestyle (diet, routine & thinking) are needed to be followed for the effective cure of the *kapha dosha* linked lifestyle disorders, like Obesity (*stholaya*).

KEYWORDS: *Tridoshas, Kapha, Dosha, Prameha, Hridroga, Stholaya, Medoroga, Yoga, Meditation.*

INTRODUCTION

Kapha dosha is the one among the *tridoshas* of the body. It plays the key role in maintaining the form & functions of the body. Based on the places of their presence, The *kapha dosha* is mainly of five types, namely *Bodhak kapha*, *Kledaka kapha*, *Tarpak kapha*, *Avlambaka kapha* evam *Shleshak kapha*. These *kapha* types plays an important role in efficient working of the various organs of the body like Heart(*Hridya*), Brain(*Mastishk*), Tongue(*Jihva-indriya*), lining of the Gastrointestinal tract, Synovial joints(*Marma* places importantly) and across various other body parts. Its presence ensures the proper working of these organs, also preventing them from the inherent damage during their usage & their functioning. Functionally it performs the different body functions like lining the vital organs like heart and lungs, related to sense of taste, protecting the alimentary canal, nourishing the Brain & maintaining the functions of the body joints.

The other body functions which the *kapha dosha* controls are inherently related to the mind & Brain as these are mostly related to one's thinking abilities, intellect & to control and handle the overall composure of the body. The presence of *kapha dosha* inside the body reflects the powerful abilities of the mind to handle the various situations by developing the situational abilities by one's intelligence & achieving spirit.

Kapha dosha by elemental composition, is made up from Water and Earth elements, which is an indicative for both the intelligence and stability. The *Prakruti* plays an important role in the life of the person, and it is dependent on the heredity inherited from the parents, personality & behavioural traits. It also decides the type of diseases the person is going to experience. The external factors like prolonged exposure to the heat, continued intake of Bitter, pungent & astringent foods also affects the overall levels of *kapha* in the body.

The *kapha dosha* levels are generally reduced by the lack of sleep during the night time & gets elevated by having the sleep during the day time. Other factors by which its level gets affected quite easily in the body are, experiencing deep shock, feeling of grief, sorrow and depressing thoughts, which also leads to various other functional disturbances to the body. So, the quality of thoughts fed also determines the *kapha dosha* presence and its levels with in the body, as these are directly linked to the *Mansik doshas* of the mind. Appearance of *Tamo-guna* through the thinking approach is also the sign of the dominance of *kapha dosha* in the body, which will lead to the emergence of behavioural traits like power, aggression & confidence boost in the person's abilities.

According to *Charak Samhita*, there are many diseases which occurs due to the vitiated *kapha dosha* within the body, like *Prameha*, *Hridroga*, *Sthoulaya* (Obesity- A form of *Medoroga*), etc. which affects the Human body in many ways including the *Bala* (strength), *Ojha* (Immunity) in the long run. Hence, *kapha* being the integral part of the body, it's protection needs to be done to maintain the vitality of the body, which in turn is necessary to protect the body from various diseases.

Observation/Conclusion/Analysis

As per the understanding of the above topic, with respect to various ancient texts, the *kapha dosha* is prone to get vitiated from various routine related activities like altered food, routine, sleep & other seasonal changes.

Although various remedies has already been listed in the Ayurvedic texts for vitiated *kapha dosha* conditions but still with changing lifestyle many other lifestyle adaptations has been found to be having the cure for this condition, like adopting Yoga, Meditation, Exercise in addition to the treatment alone.

To control the *kapha dosha* within the body, the key approach includes,

- 1) Adding Physical workout to the daily routine, prevents excess *kapha dosha* build-up within the body & hence reducing the risk of *kapha* diseases.
- 2) Avoiding day time sleeping & also to wake-up early in the morning hours enhances body & mind health.
- 3) Avoiding the diet which makes one feel lethargic & sleepy, as it elevates the *kapha dosha* too much and hence affecting the body in a different way.
- 4) Avoiding intake of too spicy, bitter food items as they also destroys the *kapha dosha* of the body directly by their *guna, karma*.
- 5) Avoiding comfort oriented lifestyle & too casual way of living, as to prevent the excess build up of *kapha dosha* with in the body of an individual. .
- 6) Stabilising the thought process, eliminating mental confusion, thoughts of laziness with positive thoughts balances the *kapha dosha* levels.
- 7) Practising intellectual learning sessions improves the learning process of the mind & hence improving the concentration, eliminating the chances of unwanted elevation of *mansik doshas* (*Tamo-guna mainly*).
- 8) Experiencing Intentional distraction from a particular subject prevents the body from occasional burnout & keeps the *tridoshas* balanced.
- 9) Avoiding Angry & aggressive behaviour prevents *tridosha* vitiation & promotes the health for the body and the mind.
- 10) Experiencing the Inner strengths to overcome the fear & unwanted thoughts, enhances the vitality of the body and mind & prevents the *tridoshas* vitiation.

These above listed changes definitely can bring the *kapha dosha* balance within the body of a patient, hence providing them a hope of better mind & body health,

which was already suffering due to the *kapha dosha* disturbances.

Suggestions

Adopting & practising the above approach in addition to the suggested remedies by the physician to deal with the conditions of the patient can leads to the significant reduction in the risk of *kapha dosha* linked disorders, like Obesity (*stholaya*) & other lifestyle disorders or might prevent them from turning them into fatal & deteriorating to the patient's health in the long run.

Following these preventative measures in daily routine, also keeps the disease progress in check at an individual level, guided with Expert care, advice & supervision always needed to be followed.

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