

AN AYURVEDIC REVIEW: ROLE OF AYURVEDIC DIET IN DIFFERENT PRAKRITI
PURUSHADr. Mohit Kumar¹, Dr. Gopal² and Dr. Rahul Singh^{3*}¹P.G. Scholar 3rd Year, Himalayiya Ayurvedic (PG) Medical College, Jeevanwala, Dehradun.²P.G Scholar 3rd Year, Rishikul Govt. Ayurvedic College, Haridwar.³P.G Scholar 2nd Year, Rishikul Govt. Ayurvedic College, Haridwar.

*Corresponding Author: Dr. Rahul Singh

P.G Scholar 2nd Year, Rishikul Govt. Ayurvedic College, Haridwar.

Article Received on 04/06/2021

Article Revised on 24/06/2021

Article Accepted on 15/07/2021

ABSTRACT

Prakriti (constitution) is an individual's unique psychosomatic temperament which encompasses a person's physical, functional and behavioral characters. Ayurvedic classics conduct (*Sadavritta*) in order to keep the body in a sound state. Consequently, a shift in diet as well as lifestyle according to *Prakriti* (constitution) must be given priority for achieving fitness. People who practice the diet and lifestyle regimes properly according to their own *Prakriti* would have better health and energy. And, based on *Prakriti*, certain diet and lifestyle regimens should be practiced and avoided for maintaining health properly and keeping away from illness.

KEYWORDS: Ayurveda, *Prakriti*, Diet, Seasonal Lifestyle.

INTRODUCTION

Health quibble is certain regarding the prime worries about person between existing era. World Health Organization and World Economic Forum, 2008 reviews up to expectation India wish underlie an accrued deprivation concerning \$236.6 billion via 2015 about account on bad life and bad diet. Unhealthy way of life and faulty weight loss program consequences within courage disease, stroke, cancer, diabetes then respiratory infections etc. These ailments drink years after increase or encountered slave now not approach themselves without difficulty in accordance with cure. ICMR then WHO have expected to that amount cardiovascular ailment would remain the just vital motive of mortality and illness of India by the 12 months 2015 AD. In existing era, terrible diet, deficiency over exercise, smoking, excess alcohol, poor sleep, nappy workload stress, reducing physical activity, unhealthy way of life yet expanded blasting concerning poorly food are generally past responsible because upward jab between pandemic over life-style disorders.

Ayurveda specifically aims after preserve health because lengthen lifestyles then according to curb the diseases. Preservation on health is the priority about medical knowledge yet such execute stay attained by using pair means; first by using win ailments now such invades the body then mean through similar perfect way of life conducts referred to among Ayurvedic composition beneath the superintend about *Dinacharya* (daily

regimen), *Ritucharya* (seasonal regimen) or *Sadavritta* (social articles of conducts) in conformity with hold the body healthy. *Prakriti* (constitution) is a special notion about *Ayurveda* as has genetic yet obtained aspects. Genetic aspect relies upon on sperm then ovum durability whilst acquired charter develops into bracing according to environmental elements certain as much climate, season, era factor, age, race, familial inheritance.

Nature has holy each and every residing being including distinctive colorings concerning seasons and that has tremendous affect regarding individual. Seasonal elements such namely temperature, damp accomplish have an impact on concerning *Dosha* (three fundamental humour of body) yet due to the fact on the soiled *Dosha* such agitates the equality of body.

Persons anybody true follows the weight loss plan yet regime according according to personal *Prakriti* desire hold better fitness yet strength. Hence, in conformity with hold fitness and after continue to be outside out of illness, one observe and avoid sure regimens related to weight loss program then life-style depending regarding *Prakriti*.

In spite about numerous researches already led out in the course of the previous decades, solely flung statistics exploring typical pointers on diet then way of life is observed and in that place is need in accordance with re-collect to them from our classics. Therefore, an strive is instituted according to scrutinize historic Ayurvedic tips

over food regimen or lifestyle so hold portrayed its values of extraordinary *Prakriti* people.

Impact of season on body physiology

Six broad divisions over seasons are speaking of within *Ayurveda* (Table 1). Various references are reachable within Ayurvedic composition respecting their affect on

human physiology viz. taste dominancy of body, appetite, *Guna* (properties) dominancy then physical strength. These are explained of Table 2. In the months concerning *Chaitra*, *Shravana* yet *Margshirsha* (approximately March-April, July-August yet November-December respectively), some control removing therapies.

Table 1: Division of seasons.

Sr.No	Indian season	Season (<i>Ritu</i>)	Hindu lunar months
1	<i>Shishira</i>	January-February (late winter)	<i>Magha-Falguna</i>
2	<i>Vasanta</i>	March-April (spring)	<i>Chaitra-Vaishakha</i>
3	<i>Greeshma</i>	May-June (summer)	<i>Jyeshtha-Ashadha</i>
4	<i>Varsha</i>	July-August (rainy season)	<i>Shravana-Bhadrapada</i>
5	<i>Sharada</i>	September-October (autumn)	<i>Ashwina-Kartika</i>
6	<i>Hemanta</i>	November-December (early winter)	<i>Margshirsha-Pausha</i>

Table 2: Effect of seasons on taste dominancy, properties, physical strength and appetite.

Factors	Season (<i>Ritu</i>)					
	<i>Shishira</i>	<i>Vasanta</i>	<i>Grishma</i>	<i>Varsha</i>	<i>Sharada</i>	<i>Hemanta</i>
Taste dominancy	Bitter	Astringent	Pungent	Sour	Salty	Sweet
Increase in properties	Dry, light, Cold	Dry, cold, heavy	Dry, hot, Light	Uction, hot, light	Uction, hot, light	Uction, cold, heavy
Dosha status	<i>Kapa Chayaa</i>	<i>Kapha Prakopa</i>	<i>Kapha Prashama, Vatachaya</i>	<i>Pitta chaya, Vataprakopa</i>	<i>Pitta prakopa, Vata prashama</i>	<i>Pitta prashama</i>
Physical strength	Maximum	Moderate	Minimum	Minimum	Moderate	Maximum
Appetite	Maximum	Moderate	Minimum	Minimum	Moderate	Maximum

General diet and lifestyle guidelines recommended in different seasons

Seasonal modifications have have an impact on concerning body physiology, who is in the meanwhile referred to of Ayurvedic texts yet is now supported with the aid of recent researches. Even, during alternate regarding epoch that advocated in conformity with

alteration beside previous weight loss plan yet way of life step by step in conformity with weight-reduction plan and life-style counseled of subsequent season. This conjuncture on twins seasons is known as *Ritu Sandhi*. *Ayurveda* has quite elaborately remarked over seasons or advised dietary or life-style indicators yet contraindications. (Table 3).

Table 3: Diet and lifestyle according to different seasons

Season	Diet	Drinks	Life style	Contraindication
<i>Shishira</i>	Unctuous, salty, sour, fresh crops, Nonveg-aquatic and marshy animals which are fatty	Alcohol, cow milk, products of ermented sugarcane juice, fat, oil, honey, luke warm water	Stay in windless and warm home	Pungent, bitter, astringent taste diet, light and cold food which vitiates <i>Vata</i> ,
<i>Vasanta</i>	Barley, wheat, light unfried (without oil or ghee) food, old barley, wheat, Nonveg- quail, grey partridge, antelope, sheep, wapiti, rabbit	Products of fermented Sugarcane juice, honey, fermented product of grapes, mango juice, Ginger water, Vijayasara and chandana water, water with honey, water with Nagarmotha	Exercises, unction, herbal smoking, gargling, collyrium, bath with luke warm water, herbal pack with chandan etc, To feel blossom with spouse in garden, Therapy-Vaman, Pratimarsha Nasya with tikshna and hot herbs	Heavy, sour, unctuous, sweet, cold, Day sleeping
<i>Grishma</i>	Sweet, cold, liquid, unctuous (with oil or ghee), Shali rice with cow milk and ghee Nonveg- meat of animals or birds of aried climate	Sweet, cold, liquid, unctuous, cold and sweet Manthawith sugar, low alcohol with large amount of water, Rasala (curd product), Rayta, fruit juices,	Day sleep incold house or in garden, night sleep in moon night on the terrace, pack of Chandana etc, garlands of pearls, fan, touch, sprinkling	Salty, sour, pungent, hot, exercise, sexual activity

		sour cold drinks, cold buffalo milk at night	of shunted water	
<i>Varsha</i>	Use honey with preparation, sweet, sour, saltyunctuous, oil or ghee, old barley, wheat, Shali rice, Nonveg- meat of aried animals and vegetable soup	Use honey with preparation such as alcohol, fermented drinks, pure rain, well or pond water – boiled and cooled	Hard massage, unction, bath, light and clean cloths, fragrant garlands, reside in house devoid of humidity, Therapy-Vamana, Virechana, Asthapana	Mantha with much water, day sleep, frosts, river water, exercise (excessive), sun exposure, sexual activity
<i>Sharada</i>	Sweet, light, cold, bitter, astringent, barley, wheat, Shali rice, Moonga, sugar, Amalaki, Patola, Madhu, Nonveg-quail, grey partridge, antelope, sheep, rabbit	Sweet, light, cold, bitter, bitter ghee	Hansodaka, chandana, ushira etc pack, garlands of pearls, clean cloths, sitting on the terrace Therapy-Virechana, Raktamokshana,	Sun exposure, fat, oil, curd, Daysleep, eastern air, frost, meat of aquatic and marshy animal, alkaline salt, moisture, full diet, strong alcohol,
<i>Hemanta</i>	Sour and salty taste Unctuous (with oil and ghee), alkaline salt, bitter, grains of new crops,	Alcohol, fermented product of grapes, honey, cow milk and its	Massage with oils, exercise, massage with herbal paste, bath with astringent herb pastes, Oilation	Food and drink which are light and liable to vitiate Vata, direct air, Gruel
	jaggery products, wheat, udada, Nonveg-aquatic and marshy animals which are fatty	products, new crops, sugarcane preparations, fat, oil, warm water	on head, warm water tub bath, Thick and warm cloths, Sexual activities, Hot herbs pack, sun exposure, steam, shoes and sox, <i>Jentaksweda, Atapasevana,</i> warm underground house	

Diet and lifestyle guidelines to different *Prakriti* people in different seasons

The specialists between the subject endorse ordinary use about certain diets (including drugs) or governance forlorn opposite features regarding the club about the folks and the illnesses he are struggling from. It is now not possible according to have the capabilities on suitable food plan yet government for extraordinary seasons except lowlife the knowledge of seasons themselves.

Diet in *Hemant-Shishira* season

Code yet conducts on food plan then lifestyle each are comparable within *Hemanta* or *Shishira* season including the solely distinction so much between the latter, consumption prompted by using intentness then bloodless triggered with the aid of the cloud, breeze and rains prevail. Because *Hemant* is the period over *Kapha* procurement (*Samchaya*) *Kapha* Pradhana *Prakriti* individual have after absorb one of a kind greatness while adoption this suggested diet. They must now not devour lubricious and heavy diet. On ignoble side, it execute use more extent on hot religion articles. *Vata* pradhana *Prakriti* individual hold in accordance with even observe this suggested weight loss plan in imitation of besiege the chillness then dryness. For *Pitta* pradhana *Prakriti*, he need to devour unction or strong articles, while now not according to devour warm articles.

Vata pradhana *Prakriti* character can edit maximum use over it recommended weight loss plan list but, *Kapha* pradhana *Prakriti* man or woman hold to absorb exceptional care while receiving it suggested diet. *Kapha* pradhana *Prakriti* individual need to no longer devour lubricious then hard diet whilst he do use more quantity of warm articles.

In it season, sweet is strong for *Kapha* pradhana *Prakriti* person. It is unwholesome for *Vata* pradhana *Prakriti* individual so that increases *Vata Dosha* by using its uninteresting and astringent property. Vegetables like *Methika*, *Karvellaka*, green turmeric etc. base bitter yet astringent taste are available in market of *Hemanta* yet *Shishira* season, however this meals make bigger *Vata* yet limit the *Kapha* hence, *Vata* pradhana *Prakriti* individual need to drink to them in much less volume whilst *Kapha* pradhana *Prakriti* person may makes use of them abundantly.

Lifestyle in *Hemant-Shishira* season

Vata pradhana *Prakriti* person can accomplish most utilizes about counseled life fashion but, *Kapha* pradhana *Prakriti* individual hold after smoke exclusive outweigh while execution this cautioned lifestyles style. Because such is the period over *Kapha* procurement (*Samchaya*), *Kapha* pradhana *Prakriti* person have to now not work age napping then sedentary employment but those be

able indulge in sufficient exercise, unction yet sexual activities. All this discipline stay followed of *Shishira* longevity season, specially at some stage in this season; some ought to remain in a close yet warm home.

Diet in *Vasanta* season

Generally into this season, human beings bear the dependancy over acceptance grapes, mango, *Shrikhanda* (sweet instruction of curd), ice- cream, bloodless beverage etc. *Kapha* pradhana *Prakriti* individual ought to receive extraordinary care whilst taking certain type over diet. On other side, *Pitta* pradhana *Prakriti* person execute uses it abundantly or *Vata* pradhana *Prakriti* man or woman perform bust sweet, sour style within moderate volume however it must no longer bust extra about bloodless items.

Lifestyle in *Vasanta* season

In that season, *Kapha* is increased or as a result *Kapha* pradhana *Prakriti* person hold in accordance with hand over greater attention within this time in accordance with keep away from seasonal ailments then exactly comply with above advice. One must no longer couch throughout time. At the introduction concerning plunge certain ought to habitually resort after exercise, unction, smoking, gargling and collyrium. The excretory orifices should stand generally washed including tepid water. One must besmear his physique together with *Chandana* (*Santalum Album* Linn.) yet *Agaru* (*Aquilaria Agalocha* Roxb.).

Diet in *Grishma* season

In *Grishma* Ritu, pungent taste is orient among surroundings consequently *Pitta* pradhana *Prakriti* people bear in accordance with relinquish extra attention. They now not drink pungent, bitter then sharp taste more. *Vata* pradhana *Prakriti* human beings durability do drink cold food alongside with lubricous and heavy in reasonable volume because it is opposite to the season. Generally, within this duration people have been reception immoderate content on chilled water, juices, and bloodless drink etc. which similarly limit the torsion power.

Lifestyle in *Grishma* season

During period time, certain have to couch within an air-cooled house. During night, afterward abject besmeared the physique along sandal paste, one couch of the commence ethereal behavior regarding the house which is cooled by the rays about the moon. One decorated including pearls ought to keep without problems seated regarding a deck chair playing followers and the contact on gentle fingers – both cooled including sandal water.

Grishma is the period about *Vata* preparation (*Samchaya*) consequently *Vata* pradhana *Prakriti* individual should bust one of a kind seriousness among this season. They bear after avoid lifestyles fashion like hold awake at night, exercise, swimming, ride or sexual activities etc. While, *Pitta* pradhana *Prakriti* person have

according to even observe the cautioned life style then avoid the contraindicated existence style.

Diet and lifestyle in *Varsha* season

As such is the season, then aggravation over every *Dosha* (*Tridosha Prakopaka*) takes place into all *Prakriti* people therefore he bear to drink seriousness whilst doing theirs routine employment specifically *Vata* pradhana *Prakriti* people. One smoke excess usage of healthy weight loss plan as are constantly honest for health. Though, honeyed is responsible because of vitiation concerning *Vata*, its consumption into little volume is prescribed between order according to take air (*Kleda*) regarding the rainy season. When that is even cold due in imitation of hard rains accompanied including storms, the sour yet fast diets are according to lie taken. Even though certain diets vitiate *Pitta*, that are enormously beneficial between overcoming the vitiation about *Vata*, as is the almost detrimental regarding all. Hence, that is proper for *Vata* pradhana *Prakriti* people in imitation of devour warm diet. For *Pitta* such is uninteresting then mild food plan yet because of *Kapha* that is dry, light and warm diet. It is rendered so much at some point of wet period virtuously honour in conformity with function contravention (*Langhana*) in entire permanency religion kind of within Hindu-*Shravana* Month, among Muslim- *Roza*, in Jain – *Paryushana* etc. (Scientific approach in opposition to ignoble revolution power.) Hence, certain feast weight loss plan perform lie advised in *Varsha Ritu*. The focus related to weight-reduction plan is near necessary for entire human beings among that season, especially *Vata* then *Pitta* pradhana *Prakriti* person. Everyone have to drink light, uninteresting then warm diet.

Diet in *Sharada* season

Sharada period is *Pitta* *Prakopaka* period hence *Pitta* pradhana *Prakriti* humans have to deliver more interest in it season. They have to not take hot, sour, salty, spicy, irritant yet fermented ingredients (having alkaline salt kind of sodium bicarbonate), tinned yet canned food (having preservatives) etc. *Kapha* pradhana *Prakriti* people bear after devour tame yet mild eating regimen without hotness. Though, it is good because *Kapha*, but here season is additionally hot religion dominant.

Lifestyle in *Sharada* season

Kapha pradhana *Prakriti* humans shouldn't comply with the existence style like daysleep, preserve awaken at night, fomentation, prescribe exposure in imitation of solar light and wind, exercise, consuming (wine etc.), smoking, journey, excess sexual activities etc. Also it have in conformity with avoid anxiety, tension, jealousy, worry etc. The rays of the artist among the evenings are auspicious to the health between these seasons.

Seasonal diet and lifestyle guidelines for different *Prakriti* as per *Pradhana Dosha* status

According after the accumulation, aggravation then pacification regarding *Dosha* in one-of-a-kind seasons,

individual *Prakriti* people should hold in conformity with complies with specific dietary or life style associated regimen described between classics along observance according to theirs *Prakriti*. The tenet because of seasonal governance according to *Prakriti* is comparable for weight loss plan then lifestyle. General guidelines because of seasonal regime within exceptional seasons between unique *Prakriti* are recommended into

desk four For example; *Kapha* pradhana *Prakriti* people need to adopt all *Hemanta* age recommendations in mild road while *Pitta* or *Vata* Pradhana *Prakriti* individuals should undertake them of reasonable and full way. But it can be varies among unaccompanied according to singular due to the fact concerning the lousy factors such as small *Dosha* on *Prakriti*.

Table 4: Seasonal recommendations to different *Prakriti* as per *Dosha* status.

Season	Diet and Life style adaptation		
	Mild adoption	Moderate adoption	Full adoption
<i>Hemanta</i>	<i>Kaphapradhana Prakriti</i>	<i>Pittapradhana Prakriti</i>	<i>Vatapradhana Prakriti</i>
<i>Shishira</i>	<i>Kaphapradhana Prakriti</i>	<i>Pittapradhana Prakriti</i>	<i>Vatapradhana Prakriti</i>
<i>Vasanta</i>	<i>Vatapradhana Prakriti</i>	<i>Vata and Pitta pradhana Prakriti</i>	<i>Kaphapradhana Prakriti</i>
<i>Grishma</i>	<i>Kaphapradhana Prakriti</i>	<i>Pittapradhana Prakriti</i>	<i>Vatapradhana Prakriti</i>
<i>Varsha</i>	-	-	For all <i>Prakriti</i>
<i>Sharada</i>	<i>Vatapradhana Prakriti</i>	<i>Kaphapradhana Prakriti</i>	<i>Pittapradhana Prakriti</i>

Dietary and lifestyle guidelines for daily routine in all *Prakriti* persons.

As aforesaid, diet or way of life plans as like per exclusive seasons circulate a enormous position because wholesome living. However, little dietary guidelines are handy into Ayurvedic literature suggesting usages or contraindication on secure meals objects within day by day routine. (Table 5) Valuable hints because of daily activities are enlisted in Table 6. These whole dietary yet lifestyle regime are healthy because of every *Prakriti* people.

Dietary guidelines

One have to eat into honest amount as is relies upon of the government regarding digestion then metabolism or

is varies according in imitation of the time as nicely namely the age concerning the individual. The excellent sum concerning food does now not depend on the characteristic over food articles. If the food thesis is severe of digestion only ternary fourth yet partially regarding the stomach potential is according to keep filled upon or also between the case about mild meals articles excessive intake is no longer conductive in conformity with the maintenance of the power on revolution then metabolism. The importance regarding food made within honest quantity: Food taken among suitable quantity, meals really helps the alone into bringing touching strength, complexion, happiness or age besides demanding the equivalence about *Dhatu* and *Dosha* about the body.

Table 5: Wholesome food for all *Prakriti* people.

Food Articles	Food Indicated for Daily Use	Food Contraindicated
Grains	<i>Red Sali</i> (<i>Oryza Sativum</i> linn) <i>Shashatika</i> (a kind of rice harvested in sixty days)	<i>Yavaka</i> (a variety of hordeum valgare linn)
Pulses	<i>Moong</i> (<i>Phaseolus mungo</i> linn)	<i>Masha</i> (<i>phaseolus radious</i> linn)
Water	Rain	River water in rainy season
Salts	<i>Saindhava</i> (Rock salt)	<i>Usara</i> (salt prepared from saline soil)
Herbs	<i>Jeevanti</i> , <i>Amalaka</i> (<i>Emblica officinalis Gaertin</i>)	Mustard
Ghee	Cow ghee	Ghee of sheep milk
milk,	Cow milk	sheep milk
Vegetable oil	<i>Tila</i> (<i>Sesamum indicum</i> Linn)	<i>Kusumbha</i> (<i>Canthamus tinctorious</i> Linn)
Bulbs	Ginger	<i>Aluka</i>
Fruits	Grape	<i>Nikucha</i> (<i>Antrocarpus nikucha</i> Rpxb)
Products of sugar cane	Sugar	<i>Phanita</i> (treacle)
Meat of animal, birds, animals living in holes	<i>Ena</i> (antelope), <i>lava</i> (common quail), <i>Godha</i> (inguana)	Beaf, young dove, frog
Fish, Fish fat, fat of aquatic birds, fats of gallianaceous type of birds, fats of Branch eating animals	<i>Rohita</i> , <i>Chuliki</i> (Gangatic dolphin), <i>Pakahansa</i> (white swan), hen, goat, common quail	<i>Chilichim</i> , buffalo, crocodile, water fowl, sparrow, elephant

Others	Honey	After taking food avoid Pastries, rice, <i>Pruthika</i> (boiled and flattened rice), dried meat, dry vegetables, lotus rhizomes and lotus stalk, diseased animal meat, boiled buttermilk, inspissated milk,
--------	-------	---

However such is observed that, salvo human beings don't observe the rules concerning acceptance meals whilst ingesting even healthful weight-reduction plan according after his *Prakriti*, that become detrimental because health. That's why, wholesome persons as nicely

as like (some over the) sufferers have to follow the rules because of acceptance food, too while using certain concerning food articles namely are just wholesome with the aid of nature. Hence, these rules must stand modified according to *Prakriti* because sustained equilibrium.

Table 6: Conducts for diet intake in different *Prakriti* people.

Rules for taking food	Applicable for <i>Prakriti</i>
food should be warm	<i>Vata</i> and <i>Kaphapradhana Prakriti</i>
food should be unctous	<i>Vata</i> and <i>Pittapradhana Prakriti</i>
intake not too hurry	<i>Vatapradhana Prakriti</i>
intake not too slow	<i>Kaphapradhana Prakriti</i>
intake without lagging and talking	<i>Vatapradhana Prakriti</i>
intake with concentration	<i>all types of Prakriti</i>
Intake of food having no contradictory potencies	<i>all types of Prakriti</i>
Intake after digestion of previous food	<i>all types of Prakriti</i>
food in proper quantity	<i>all types of Prakriti</i>
Intake with self consciousness	<i>all types of Prakriti</i>
Intake in proper place and with all accessories	<i>all types of Prakriti</i>

Daily conducts guidelines for every season in all *Prakriti* persons:

Daily conducts recommendations encouraged in *Ayurveda* need to stand followed by means of entire *Prakriti* humans robotically for maintenance concerning

Dosha, but nicely advocated in imitation of these *Prakriti* men and women whosoever have vitiation and dominancy of as precise *Dosha*. The conducts yet its effect regarding precise *Dosha* are pronounced in Table 7.

Table 7: Daily conducts for every *Prakriti* people.

Daily personal conducts	Target body part	Pacifying <i>Dosha</i>	Proposed approx. time
<i>Anjana</i> (Collyrium)	Eye	<i>Kapha</i>	1/2 min.
<i>Dhumapana</i> (herbal smoking)	Nose	<i>Pitta, Kapha</i>	2 min.
<i>Nasya</i> (nasal drop)*	Nose	<i>Pitta, Kapha</i>	2 min.
<i>Dantadhavana</i> (teeth brushing)	Teeth	<i>Kapha, Pitta</i>	3 min.
<i>Jihvanirlekhana</i> (tongue scraping)	Tongue	<i>Kapha, Pitta</i>	1 min.
<i>Tambulasevana</i> (chewing)	Oral cavity	<i>Kapha, Pitta</i>	3 min.
Gandusha (gargles)	Oral cavity	<i>Vata</i>	2 min.
Shirah Abhyanga (oiling on head)	Head	<i>Vata</i>	5 min.
Karna purana (oiling in ear)	Ear	<i>Vata</i>	1 min.
Abhyanga (massage) **	Body	<i>Vata</i>	10 min.
<i>Pada Abhyanga</i> (Leg massage)	Leg	<i>Vata</i>	2 min.
Vyayama (Exercise)	Body	<i>Vata, Kapha</i>	20 min***
<i>Udvartana</i> (unction)	Body	<i>Vata</i>	10 min.
<i>Snana</i> (bathing)	Body	<i>Kapha</i>	10 min.
<i>Vastradharana</i> (clothing)	Body	-	5 min.
<i>Gandhamala ratnadharana</i> (Garlands and stone ornaments)	Body	-	5 min.
<i>Padatra</i> (shoes)	Leg	-	5 min.
<i>Chhatradharana</i> (umbrella)	Head	-	
<i>Dandadharana</i> (walking stick)	Body	-	

* two nasal drops of oil should be poured regularly but mainly in *Sharada, Vasanta, Varsha*

** Regular oil massage should be on head, ear and leg

*** *Vyayama* is depending upon strength and *Prakriti* of person.

Note: (1) *Kshourakarma* (to cut hair) ought to stand instituted within 3 instances care of 15 day, due to the fact *Udvardana* mentioned here is no longer a drug certain the period want not keep an awful lot longer. It is aimed at disposing of the skin particles then the lubricant utilized in the course of *Abhyanga*. (2) Now a days, embroidery and accomplish over must remain viewed underneath *Vastradharana* yet *Gandhamala Ratnadharana*.

All day by day conducts described in classics should eat approx total 85 min (approx. 1.30 hours); or such be able be made by using every humans any are eager in theirs

daily life. All these tips are narrated in *Ayurveda* texts underneath the umbrella of *Sadvritta* (code or conducts).

Other conducts after keep followed with the aid of every *Prakriti* folks are associated according to more than a few natural reflexes. Reflexes such namely micturation, defecation, metallic discharge, flatus passing, vomiting, sneezing, eructation, yawning, hunger, thirst, tears, napping urge and breathing induced by means of atop ambition not in accordance with lie suppressed. Mental, bodily or oral conducts according to stand suppressible are also described as can stay blanketed among conventional conducts. Practices involving articles about typical ethics, diet intake, natural urges, relation along ladies, instruction methods, self-interest control, fire idolize and communal members of the family are additionally described of important points in *Ayurvedic* classics.

Table 8: Suppressible urges are grouped as mental, physical and oral conducts.

Mental suppressible	Physical suppressible	Oral suppressible
Greed, grief, fear, anger, vanity, shamelessness, jealousy, too much attachment and malice	Violence to others whatsoever, adultery, theft and persecution	Speaking extremely harsh words, back biting, lying, use of untimely words

Principle of adopting wholesome things of individual *Prakriti*

By slowing then steadily award upon unwholesome practices or by way of growing the healthy practices correspondingly the unwholesome practices are eradicated continuously and the healthy practices are wholly adopted.

Principles of dietetics and regimen for persons having different *Prakriti*

Such about diets and regimen, as lie into contradiction with *Dosha* accountable because manufacturing of unique *Prakriti* are prescribed because of the maintenance of wonderful health. For unaccompanied grudging symmetry government about *Dosha*, routine consumption of diets component regarding every tastes in proportionate extent is prescribed. The existence over a person, whichever continually engage within the utilizes regarding healthful foods and regimen, whosoever observe the just conduct certainly resembles nectar then has demise at its stipulated time. While within others anybody bear noxious practices within life, back premature death.

Need of diet and lifestyle code and conducts according to *Prakriti*

When an odd takes exclusive sorts about beverage then diets, viz. drinkables, eatables, chewables then lickables without paying excellent admit toward their nature, anger about preparation, combination, quantity, locality, time, dietetic policies then wholesomeness because of the individual, since *Vata, Pitta* and *Kapha* among his body reach imbalanced fit after this irregularity. These imbalanced *Dosha* spreads every upstairs physique and

so he get localized between digest regarding the obstacle after the entree concerning the channels concerning circulation, below something food is done by way of the individual is in the main converted into undigested food instead than *Dhatu* (tissue elements) on the body which further leads in imitation of a number of diseases. Therefore, a clever individual take certain diets as are now not unwholesome beyond the factor regarding consider over nature, anger concerning preparation, combination, quantity, locality, time, dietetic guidelines or the wholesomeness because the alone anybody takes them. There is corroborative evidence that diet then way of life is taking part in a foremost role of predisposition according to quite a number ailments as cancer. WHO and partial health corporations bear issued pointers related to existence style modifications. These pointers include: Stop smoking, reduce physique weight, moderate potation intake, decrease powder intake, enhance dietary habits and expand bodily activity. Overall, excitement about healthful lifestyles between the populace must assist to decrease the excessive burden of way of life ailments into India. Governmental yet non-governmental groups about the must employment together after attain that goal. Lifestyle interventions bear proven particular benefit among the administration yet control over these diseases between extensive strip studies.

CONCLUSION

Ayurveda describes healthy lifestyle as like physical, mental, communal yet spiritual conducts yet via such one can fulfill the tribe sickness free. In *Ayurvedic* classics, a fertile tenet because of maintaining healthful life is given

just below the representation of *Prakriti* formation who suggests honor over *Prakriti* among adaptation about weight loss plan yet life style. These dietary or way of life rule stand accompanied as by single *Prakriti* good in accordance with avoid lifestyle associated disorders between it annoying then competitive era. Necessary modifications into the adaptation concerning weight loss program then life style namely by in imitation of *Prakriti* hopefully deliver above solutions between public health initiatives after increase health ponderabil transport law within respective areas.

REFERENCES

1. Lifestyle diseases. Available at: <http://naturalhealthperspective.com/home/civilization.html>. Accessed on, August 25th, 2013.
2. Rajesh Dholapuria, Sadik Raja, Gupta CK, Chahar RB, Rajeev Gupta, Purohit VP. Atherosclerotic risk factors in adolescents. Indian Journal of Pediatrics, 2007; 74: 823.
3. Acharya YT. Charaka Samhita, Sutrasthana, 7th edition, Ch 30, Verse 28, Varanasi: Chaukhambha Orientalia, 2002; 187.
4. Acharya YT. Sushruta Samhita, Sharirasthana, 7th edition, Ch 4, Verse 51, Varanasi: Chaukhambha Orientalia, 2002; 360.
5. Acharya YT. Charaka Samhita, Indriyasthan, 7th edition, Ch 1, Verse 5, Varanasi: Chaukhambha Orientalia, 2002; 354.
6. Sharma R, Amin H, Galib R, Prajapati PK. Seasonal variations in physicochemical profiles of Guduchi Satva (starchy substance from *Tinospora cordifolia* [Willd.] Miers). J Ayurveda Integr Med, 2013; 4: 193-7.
7. Acharya YT. Charaka Samhita, Sutrasthana, 7th edition, Ch 7, Verse 46, Varanasi: Chaukhambha Orientalia, 2002; 355.
8. Pramod KS, Impact of season and constitution on lipid parameters, Ayu, 2013 Jan-Mar; 34(1): 77-80.
9. Acharya YT. Charaka Samhita, Sutrasthana, 7th edition, Ch 6, Verse 12, Varanasi: Chaukhambha Orientalia, 2002; 44-49.
10. Acharya YT. Sushruta Samhita, Uttarantra, 7th edition, Ch 64, Verse 20-40, Varanasi: Chaukhambha Orientalia, 2002; 808-811.
11. Acharya YT. Charaka Samhita, Sutrasthana, 7th edition, Ch 6, Verse 19, Varanasi: Chaukhambha Orientalia, 2002; 354.
12. Acharya YT. Charaka Samhita, Sutrasthana, 7th edition, Ch 25, Verse 39, Varanasi: Chaukhambha Orientalia, 2002; 131.
13. Acharya YT. Charaka Samhita, Sutrasthana, 7th edition, Ch 25, Verse 45, Varanasi: Chaukhambha Orientalia, 2002; 134.
14. Acharya YT. Charaka Samhita, Sutrasthana, 7th edition, Ch 5, Verse 5, Varanasi: Chaukhambha Orientalia, 2002; 36.
15. Acharya YT. Charaka Samhita, Vimanasthana, 7th edition, Ch 1, Verse 20, Varanasi: Chaukhambha Orientalia, 2002; 235.
16. Acharya YT. Charaka Samhita, Sutrasthana, 7th edition, Ch 5, Verse 13, Varanasi: Chaukhambha Orientalia, 2002; 39-43.
17. Acharya YT. Charaka Samhita, Sutrasthana, 7th edition, Ch 7, Verse 29, Varanasi: Chaukhambha Orientalia, 2002; 49-53.
18. Paradakara HS. Astanga Hridaya, Sutrasthana, 4th edition, Ch 8, Verse 42, Varanasi: Chaukhambha Sanskrita Sansthan, 2010; 157.
19. Acharya YT. Charaka Samhita, Nidanasthana, 7th edition, Ch 6, Verse 10, Varanasi: Chaukhambha Orientalia, 2002; 221.
20. Key TJ, Allen NE, Spencer EA. 2002. The effect of diet on risk of cancer. Lancet, 360: 861-8.
21. Chalmers J. WHO-ISH Hypertension Guidelines Committee. Technical report Series 628.1999. Guidelines for the Management of Hypertension. J Hypertens, 1999; 17: 151-185.
22. Pappachan JM, Chacko EC, Arunagirinathan G, Sriraman. Management of hypertension and diabetes in obesity: non-pharmacological measures. Int J Hypertens, 2011 March 22; doi:10.4061/2011/398065.