

How to modify life style according to prakriti.

Life style is:

1. A set of attitudes / habits / behaviour / conduct
2. A way your life or style of living that reflects the attitudes of person or group.
3. A way of Life or living of a person or group
4. Life long process including dietary habits and exercise all of which have implications for health

Ayurveda is a way of Life which is interlinked with human Lifestyle.

These are reflected in Prakriti i.e. once nature / constitution / traits / behaviour.

Lifestyle means Prakruta Dosha i.e. Prakriti itself.

Maintaining Prakriti is nothing but balancing Lifestyle Prakriti shows morphological, physiological and psychological expression of an individual.

By understanding the individual combination of Tridoshas, gives best guidelines related to Ahara (food and drinks) Vihar (practices and habits) and Vichar (thought and behaviour) on which lifestyle is based. Daily and seasonal regimes can be advised and easily followed as preventive measures.

One should know his or her Prakriti in order to follow or modify ones Ahara (food and drinks) Vihar (practices and habits) and Vichar (thought and behaviour) according to Prakriti which helps each individual to cope with changing Lifestyle.

Lifestyle modification and intervention based on fundamental concept of Tridosha and Prakriti is helpful to maintain a health and cure illness.

It acts as a personalized prevention and personalized medicine and thereby helps to overcome Lifestyle disorders.

Without proper diet, medicine is of no use. With proper diet, medicine is of no need

Thus, the ayurved is personalized medical science.

General principle for lifestyle modification:

Relationship between Agni(metabolism) & Prakruti

Agni of a person is an imperative factor which should be looked into before advising a diet plans.

Agni represents the digestive capacity and power. A proper Agni is one of the most important indications of good health.

In VATA PRAKRUTI-VISHAMAGNI appetite will be variable in nature. so the time required for digestion and characteristic features of digestion will vary because of the Vishma Agni .

In PITTA PRAKRUTI-TEEKSHNAGNI the appetite will be good and strong and the digestion will be quick due to Teekshna Agni .

In KAPHA PRAKRUTI- MANDAGNI the appetite will be relatively lesser and digestion will be slow and the person can even skip a meal without undue discomfort.

General Rules for Vata Dosha

- People with a Vata dosha should eat small, regular meals and avoid combining too many different foods.
- Allowing sufficient time to eat and chewing carefully will ensure that pre-existing digestive enzymes in the saliva are released, making food easier to digest.
- Important for Vata types: drink regularly and in plentiful quantities. Also important: warm drinks.
- Meals should also be predominantly warm and vegetables should generally be cooked, because sweet and warming dishes help subdue Vata.
- The Vata type should avoid stimulating drinks. This includes cola, coffee and black tea. This is because they stimulate the human nervous system too much.
- Carbonated beverages should be avoided as far as possible too.
- Vata type should avoid foods that are astringent, bitter or pungent.
- Raw food is also somewhat detrimental for Vata types because it is more difficult to digest.

General Rules for Pita Dosha

- Regular food intake is crucial for Pitta individuals as their equilibrium can otherwise easily be lost and the heated element can prevail.
- Pitta characters generally have a strong digestive system and can tolerate virtually any food. Nonetheless, the food should calm the fire associated with Pitta;
- in other words, it should not be too pungent, salty or sour.
- The Pitta dosha is strengthened by pungent, salty and sour flavours.
- The dosha is reduced by bitter, astringent and sweet flavours. These generally have a constricting, reductive and cooling impact.
- Always do meditation to control the anger.
- sweet, bitter, astringent and cool flavours combat the Pitta fire.

General Rules For kapha Dosha

- People with a Kapha dosha need to stimulate their metabolism, consequently they require mainly warm, cooked meals that are particularly easy to digest.
- Pungent and bitter flavours also have a stimulating effect on the digestion and help reduce Kapha.
- Many Kapha types do not have any appetite in the morning and can easily skip breakfast.
- A warm drink of lemon and ginger water is perfect to stimulate the digestion first thing, preparing it for subsequent mealtimes.
- As a rule, you should not eat more than three meals per day, with the main meal of the day being eaten at lunchtime because that is when the highest quantity of digestive enzymes are produced.
- The golden rule for Kapha types when eating is to consume less than you think you need to satisfy your hunger or appetite.
- Snacking between meals should be avoided save from the odd exception.
- Kapha types do not need to drink too much water. However, drinks should be warm and can be sweetened with honey if desired.
- Feel free to add more spices in the food.

Food items for balance the dosha

LIFESTYLE	VATA	PITTA	KAPHA
TASTE	Sweet, sour, Salty	Sweet, Bitter, Astringent	Bitter, Pungent, Astringent
OIL	Sesame oil	Cow Ghee, Coconut oil	Sesame oil, Mustard
VEGETABLE	Carrot, Beet, Asparagus, Okra, Pumpkin, Radish, Onions,	Cucumber, Potatoes, Asparagus, Leafy greens, Sprouts, Cauliflower, Beans, Cabage, Sweet potatoes,	All bitter vegetable, Bittergaurd, Cabage, Cauliflower, Peas, Corn, Celery, Broccoli
FRUITS	Grapes, Banana, Berries, Lemon, Mangoes, Pineapple, Plum, Orange, Papaya, WaterMelon	Coconut, Figs, Grapes, Pomegranate, Cherries, Apple, Watermelon	Pomegranate, Papaya, Fig, Guava, Apple, Cranberries

NUTS	Almond, Cashews, Coconut, Peanuts, Flax, Walnut, Pista, Dates	Coconut, Flax seeds, soaked almond	Apricots, Sesame, Pumpkin seeds, Walnuts, Dates
SPICES	Pepper, Asafoetida, Carom seeds, Cumin seeds, Indian Dill, Fenugreek Seeds, coriander, Fresh ginger	Coriander, Cardamom, Cinnamon, Fennel, Turmeric, Fenugreek Seeds,	Ginger, Garlic, Pepper, Turmeric, Carom seeds, Cinnamon, Cardamom, Cloves, Tamarind, SeaSalt, Lemon juice
ACTIVITY	Yogasan, Pranayam	Yogasan, Swimming	Exercise, Walking, Running
GRAIN	Wheat, Rice, Cooked Oats, Millets	Whole grains, Wheat, Rice, Barley , Dry cereals	Barley, Millet, Corn, Oats
SWEETENERS	Jaggary, Honey, Brown sugar	Fruit juice, Mapel syrup, Brown sugar	Honey
LEGUMES	Red lentils, Green Gram Beans & Dal	Black beans, Kidney beans, Mung beans, Pinto beans	Green Gram Dal, Lentils benas
AVOID	Cool, Spicy, Bitter, Durian Astringent item, Stress, Exertion, Excess Sex, Alcohol, Dry food, Black beans, Soybeans, Kidney beans	Salt, Sour, Spicy, Asafoetida, Anger, Stress, Sesame, Garlic, Eggplant, onions, Olives, Tomatoes, Radish, Jaggary, White sugar, Jackfruit(Durian)	Non Veg food, Sweet, Sour, Salt, Dairy product, Day sleep, Mango, Banana, Sweet potato, Cucumber

THE DAILY ROUTINE changes according to dosha prakriti.

A daily routine is absolutely necessary to bring radical change in body, mind, and consciousness. Routine helps to establish balance in one's constitution. It also regularizes a person's biological clock, aids digestion, absorption and assimilation, and generates self-esteem, discipline, peace, happiness, and longevity.

1. Wake Up Early in the Morning

It is good to wake up before the sun rises, when there are loving (sattvic) qualities in nature that bring peace of mind and freshness to the senses. Sunrise varies according to the seasons, but on average vata people should get up about 6 a.m., pitta people by 5:30 a.m., and kapha by 4:30 a.m.

2. Clean the Face, Mouth, and Eyes

Splash your face with cold water and rinse out your mouth. Wash your eyes with cool water (or one of the eye washes mentioned below) and massage the eyelids by gently rubbing them. Blink your eyes 7 times and rotate your eyes in all directions. Dry your face with a clean towel.

Tridoshic eyewash: try triphala eyewash - $\frac{1}{4}$ tsp. in 1 cup water, boil for 10 minutes, cool and strain.

Pitta eyewash: use cool water or rose water from organic rose petals - most commercial rose water has chemicals in it that will sting the eyes.

Kapha eyewash: try diluted cranberry juice, 3-5 drops in a teaspoon of distilled water.

3. Drink Water in the Morning

Then drink a glass of room temperature water, preferably from a pure copper cup filled the night before. This washes the GI track, flushes the kidneys, and stimulates peristalsis. It is not a good idea to start the day with tea or coffee, as this drains kidney energy, stresses the adrenals, causes constipation, and is habit-forming.

4. Evacuation

Sit, or better squat, on the toilet and have a bowel movement. Improper digestion of the previous night's meal or lack of sound sleep can prevent this. However the water, followed by sitting on the toilet at a set time each day, helps to regulate bowel movements. Alternate nostril breathing may also help. After evacuation wash the anal orifice with warm water, then the hands with soap.

5. Scrape your Tongue

Gently scrape the tongue from the back forward, until you have scraped the whole surface for 7-14 strokes. This stimulates the internal organs, helps digestion, and removes dead bacteria. Ideally, vata can use a gold scraper, pitta a silver one, and kapha copper. Stainless steel can be used by all people.

6. Clean your Teeth

Always use a soft toothbrush and an astringent, pungent, and bitter toothpaste or powder. The traditional Indian toothbrush is a neem stick, which dislodges fine food particles from between teeth and makes strong, healthy gums. Licorice root sticks are also used. Roasted almond shell powder can be used for vata and kapha, and ground neem for pitta.

7. Gargling

To strengthen teeth, gums, and jaw, improve the voice and remove wrinkles from cheeks, gargle twice a day with warm sesame oil. Hold the oil in your mouth, swish it around vigorously, then spit it out and gently massage the gums with a finger.

8. Nasal Drops (Nasya)

Putting 3 to 5 drops of warm ghee or oil into each nostril in the morning helps to lubricate the nose, clean the sinuses, and improve voice, vision, and mental clarity. Our nose is the door to the brain, so nose drops nourish prana and bring intelligence.

For vata: sesame oil, ghee, or vacha (calamus) oil.

For pitta: brahmi ghee, sunflower or coconut oil.

For kapha: vacha (calamus root) oil.

9. Apply Oil to the Head & Body (Abhyanga)

Rub warm oil over the head and body. Gentle, daily oil massage of the scalp can bring happiness, as well as prevent headache, baldness, graying, and receding hairline. Oiling your body before bedtime will help induce sound sleep and keep the skin soft.

For vata use warm sesame oil.

For pitta use warm sunflower or coconut oil.

For kapha use warm sunflower or mustard oil.

10. Bathing

Bathing is cleansing and refreshing. It removes sweat, dirt, and fatigue, brings energy to the body, clarity to the mind, and holiness to your life.

11. Dressing

Wearing clean clothes brings beauty and virtue.

12. Exercise

Regular exercise, especially yoga, improves circulation, strength, and endurance. It helps one relax and have sound sleep, and improves digestion and elimination. Exercise daily to half of your capacity, which is until sweat forms on the forehead, armpits, and spine.

Vata: Sun salutation x 12, done slowly; Leg lifting; Camel; Cobra; Cat; Cow. Slow, gentle exercise.

Pitta: Moon salutation x 16, moderately fast; Fish; Boat; Bow. Calming exercise.

Kapha: Sun salutation x 12, done rapidly; Bridge; Peacock; Palm tree; Lion. Vigorous exercise.

13. Pranayama

After exercise, sit quietly and do some deep breathing exercises as follows:

12 alternate nostril breaths for vata;

16 cooling shitali breaths (curling up your tongue lengthwise and breathing through it) for pitta;

100 bhasrika (short, fast breaths) for kapha.

14. Now it is time for your breakfast!

Your meal should be light in the hot months or if your agni is low, and more substantial in the cold. Enjoy your day!