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## Recommendation of Ayurvedic diet and lifestyle guidelines for different *Prakriti* (constitution) people

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### Abstract :

*Prakriti* (constitution) is a unique psychosomatic temperament of an individual, encompassing the physical, functional and behavioral characters of a person. *Ayurvedic* classics described daily regimen (*Dinacharya*), seasonal regimen (*Ritucharya*) and social code of conducts (*Sadavritta*) to keep the body in a sound state. Hence, for achieving fitness, modification in diet as well as lifestyle according to *Prakriti* (constitution) has to be given importance. Persons who properly follow the diet and lifestyle regimen according to own *Prakriti* will have better health and strength. So, for maintaining health in a proper way and to stay away from illness, one should follow and avoid certain regimens regarding diet and life style depending on *Prakriti*.

**Keywords:** *Ayurveda*, *Prakriti*, Diet, Lifestyle, Season

### Introduction:

Health crisis is one of the prime concerns of mankind in present era. World Health Organization and World Economic Forum, 2008 reports that India will incur an accumulated loss of \$236.6 billion by 2015 on account of unhealthy lifestyles and faulty diet. Unhealthy lifestyle and faulty diet results in heart disease, stroke, cancer, diabetes and respiratory infections etc. These ailments take years to develop and encountered do not lend themselves easily to cure.<sup>[1]</sup> ICMR and WHO have predicted that cardiovascular diseases would be the most important cause of mortality and morbidity in India by the year 2015 AD.<sup>[2]</sup> In present era, poor diet, lack of exercise, smoking, excess alcohol, poor sleep, heavy workload stress, decreasing physical activity, unhealthy lifestyle and increased consumption of unhealthy food are largely held responsible for rise in pandemic of lifestyle disorders.

*Ayurveda* primarily aims to preserve health for prolong life and to curb the diseases.<sup>[3]</sup> Preservation of health is the priority of medical science and it can be attained by two means; first by conquering diseases when it invades the

body and other by following ideal lifestyle conducts mentioned in *Ayurvedic* literature under the heading of *Dinacharya* (daily regimen), *Ritucharya* (seasonal regimen) and *Sadavritta* (social code of conducts) to keep the body healthy. *Prakriti* (constitution) is a unique concept of *Ayurveda* which has genetic and acquired aspects. Genetic aspect depends upon sperm and ovum<sup>[4]</sup> while acquired constitution develops in relation to environmental factors such as climate, season, time factor, age, race, familial inheritance.<sup>[5]</sup>

Nature has blessed every living being with different colors of seasons and it has great influence on individual. Seasonal factors such as temperature, humidity make impact on *Dosha* (three basic humour of body) and because of the vitiated *Dosha* it agitates the equilibrium of body. Persons who properly follows the diet and regimen according to own *Prakriti* will have better health and strength. Hence, to maintain health and to stay away from illness, one should follow and avoid certain regimens regarding diet and lifestyle depending on *Prakriti*.

In spite of several researches already carried out during the past decades, only scattered information exploring general guidelines of diet and lifestyle is found and there is need to re-collect them from our classics. Therefore, an attempt is made to scrutinize ancient *Ayurvedic* guidelines on diet and lifestyle that have portrayed its values in different *Prakriti* people.

### Impact of season on body physiology

Six broad divisions of seasons are mentioned in *Ayurveda* (Table 1).<sup>[6]</sup> Various references are available in *Ayurvedic* literature about their influence upon human physiology viz. taste dominancy in body, appetite, *guna* (properties) dominancy and physical strength. These are explained in Table 2. In the months of *Chaitra*, *Shravana* and *Margshirsha* (approximately March-April, July-August and November-December respectively), one should administer elimination therapies.<sup>[7]</sup>

**Table 1: Division of seasons**

Sr. no.	Season ( <i>Ritu</i> )		
	Indian season	Gregorian tropical months	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 dominance, 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>
<b>Taste dominance</b>	Bitter	Astringent	Pungent	Sour	Salty	Sweet
<b>Increase in properties</b>	Dry, light, Cold	Dry, cold, heavy	Dry, hot, Light	Uction, hot, light	Uction, hot, light	Uction, cold, heavy
<b>Dosha status</b>	<i>Kapha Chaya</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>
<b>Physical strength</b>	Maximum	Moderate	Minimum	Minimum	Moderate	Maximum
<b>Appetite</b>	Maximum	Moderate	Minimum	Minimum	Moderate	Maximum

### General diet and lifestyle guidelines recommended in different seasons

Seasonal changes have impact on body physiology, which is already mentioned in *Ayurvedic* texts and is now supported by recent researches.<sup>[8]</sup> Even, during change of season it recommended to shift from previous diet and lifestyle gradually to diet and lifestyle suggested in next season. This conjuncture of two seasons is called *Ritu Sandhi*. *Ayurveda* has quite elaborately remarked upon seasons and suggested dietary and lifestyle indications and contraindications. (Table 3)<sup>[9],[10]</sup>

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 fermented 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)	Products of fermented	Exercises, unction, herbal smoking,	Heavy, sour, unctuous, sweet,

	or ghee) food, old barley, wheat, Nonveg- quail, grey partridge, antelope, sheep, wapiti, rabbit	sugarcane juice, honey, fermented product of grapes, mango juice, ginger water, <i>Vijayasara</i> and <i>chandana</i> water, water with honey, water with <i>Nagarmotha</i>	gargling, collyrium, bath with luke warm water, herbal pack with chandan etc, To feel blossom with spouse in garden, Therapy- <i>Vaman</i> , <i>Pratimarsha Nasya</i> with <i>tikshna</i> and hot herbs	cold, Day sleeping
<i>Grishma</i>	Sweet, cold, liquid, unctuous (with oil or ghee), <i>Shali</i> rice with cow milk and ghee Nonveg- meat of animals or birds of aried climate	Sweet, cold, liquid, unctuous, cold and sweet <i>Mantha</i> with sugar, low alcohol with large amount of water, <i>Rasala</i> (curd product), <i>Rayta</i> , fruit juices, sour cold drinks, cold buffalo milk at night	Day sleep in cold house or in garden, night sleep in moon night on the terrace, pack of <i>Chandana</i> etc, garlands of pearls, fan, touch, sprinkling of shunted water	Salty, sour, pungent, hot, exercise, sexual activity
<i>Varsha</i>	Use honey with preparation, sweet, sour, salty, unctuous, oil or ghee, old barley, wheat, <i>Shali</i> 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- <i>Vamana</i> , <i>Virechana</i> , <i>Asthapana</i>	<i>Mantha</i> with much water, day sleep, frosts, river water, exercise (excessive), sun exposure, sexual activity
<i>Sharada</i>	Sweet, light, cold, bitter, astringent, barley, wheat, <i>Shali</i> rice, <i>Moonga</i> , sugar, <i>Amalaki</i> , <i>Patola</i> , <i>Madhu</i> , Nonveg-quail, grey partridge, antelope, sheep, rabbit	Sweet, light, cold, bitter, bitter ghee	<i>Hansodaka</i> , <i>chandana</i> , <i>ushira</i> etc pack, garlands of pearls, clean cloths, sitting on the terrace Therapy- <i>Virechana</i> , <i>Raktamokshana</i> ,	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 <i>Vata</i> , 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>Jentakasweda</i> , <i>Atapasevana</i> , warm underground house	
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### Diet and lifestyle guidelines to different *Prakriti* people in different seasons

The experts in the subject advise habitual use of such diets (including drugs) and regimen having opposite qualities of the habitat of the individuals and the diseases they are suffering from. It is not possible to have the knowledge of suitable diet and regimen for different seasons without having the knowledge of seasons themselves.

#### Diet in *Hemant-Shishira* season:

Code and conducts of diet and lifestyle both are similar in *Hemanta* and *Shishira* season with the only difference that in the latter, dryness caused by absorption and cold caused by the cloud, wind and rains prevail.<sup>[11]</sup> Because *Hemant* is the season of *Kapha* accumulation (*Samchaya*) *Kapha Pradhana Prakriti* person have to take special care while taking this advised diet. They should not eat oily and heavy diet. On other side, they can use more quantity of hot property articles. *Vatapradhana Prakriti* person have to strictly follow this advised diet to counteract the coldness and dryness. For *Pittapradhana Prakriti*, they should eat unction and heavy articles, while not to eat hot articles.

*Vatapradhana Prakriti* person can make maximum use of this advised diet chart but, *Kaphapradhana Prakriti* person have to take special care while taking these advised diet. *Kaphapradhana Prakriti* person should not eat oily and heavy diet while they can use more quantity of hot articles.

In this season, honey is good for *Kaphapradhana Prakriti* person. It is unwholesome for *Vatapradhana Prakriti* person as it increases *Vata Dosha* by its dry and astringent property. Vegetables like *Methika*, *Karvellaka*, green turmeric etc. having bitter and astringent taste are available in market in *Hemanta* and *Shishira* season, but these foods increase *Vata* and decrease the *Kapha* hence, *Vatapradhana Prakriti* person should take them in less quantity while *Kaphapradhana Prakriti* person can use them abundantly.

#### Lifestyle in *Hemant-Shishira* season:

*Vatapradhana Prakriti* person can make maximum use of advised life style but, *Kaphapradhana Prakriti* person have to take special care while performing this advised life style. Because it is the season of *Kapha* accumulation (*Samchaya*), *Kaphapradhana Prakriti* person should not do day sleeping and sedentary work but they can indulge in adequate exercise, unction and sexual activities. All these advice should be followed in *Shishira* season, especially during this season; one should stay in a windless and warm home.

#### **Diet in *Vasanta* season:**

Generally in this season, people have the habit of taking grapes, mango, *Shrikhanda* (sweet preparation of curd), ice- cream, cold drinks etc. *Kaphapradhana Prakriti* person should take special care while taking such type of diet. On other side, *Pittapradhana Prakriti* person can use these abundantly and *Vatapradhana Prakriti* person can take sweet, sour taste in moderate quantity but they should not take more of cold items.

#### **Lifestyle in *Vasanta* season:**

In this season, *Kapha* is provoked and hence *Kaphapradhana Prakriti* person have to give more attention in this season to avoid seasonal diseases and strictly follow above advice. One should not sleep during day time. At the advent of spring one should habitually resort to exercise, unction, smoking, gargling and collyrium. The excretory orifices should be regularly washed with lukewarm water. One should besmear his body with *Chandana* (*Santalum Album Linn.*) and *Agaru* (*Aquilaria Agallocha Roxb.*).

#### **Diet in *Grishma* season:**

In *Grishma Ritu*, pungent taste is predominant in environment hence *Pittapradhana Prakriti* people have to give more attention. They should not take pungent, sour and salty taste more. *Vatapradhana Prakriti* people can take cold food along with unctuous and heavy in moderate quantity because it is opposite to the season. Generally, in this period people were taking excessive quantity of chilled water, juices, and cold drinks etc. which further decrease the digestion power.

#### **Lifestyle in *Grishma* season:**

During day time, one should sleep in an air-cooled house. During night, after having besmeared the body with sandal paste, one should sleep on the open airy roof of the house which is cooled by the rays of the moon. One decorated with pearls should be comfortably seated on a chair enjoying fans and the touch of tender hands – both cooled with sandal water.

*Grishma* is the season of *Vata* accumulation (*Samchaya*) therefore *Vatapradhana Prakriti* person should take special care in this season. They have to avoid life style like keep awake at night, exercise, swimming, journey or

sexual activities etc. While, *Pittapradhana Prakriti* person have to strictly follow the advised life style and avoid the contraindicated life style.

#### **Diet and lifestyle in *Varsha* season:**

As it is the season, when aggravation of all *Dosha* (*Tridosha Prakopaka*) occurs in all *Prakriti* people therefore they have to take care while doing their routine work especially *Vatapradhana Prakriti* people. One should take excess use of wholesome diet which are always good for health. Though, honey is responsible for vitiation of *Vata*, its intake in small quantity is prescribed in order to overcome dampness (*Kleda*) of the rainy season. When it is too cold due to heavy rains accompanied with storms, the sour and salty diets are to be taken. Even though such diets vitiate *Pitta*, they are exceedingly useful in overcoming the vitiation of *Vata*, which is the most harmful of all. Hence, it is good for *Vatapradhana Prakriti* people to consume hot diet. For *Pitta* it is dry and light diet and for *Kapha* it is dry, light and hot diet. It is observed that during rainy season virtuously importance to do fasting (*Langhana*) in all religion like in Hindu- *Shravana* Month, in Muslim- *Roza*, in Jain –*Paryushana* etc. (Scientific approach against low digestion power.) Hence, one meal diet can be advised in *Varsha Ritu*. The awareness regarding diet is most important for all people in this season, especially *Vata* and *Pittapradhana Prakriti* person. Everyone should take light, dry and hot diet.

#### **Diet in *Sharada* season:**

*Sharada* season is *Pitta Prakopaka* season hence *Pittapradhana Prakriti* people have to give more attention in this season. They should not take hot, sour, salty, spicy, irritant and fermented foods (having alkaline salt like sodium bicarbonate), tinned and canned food (having preservatives) etc. *Kaphapradhana Prakriti* people have to eat dry and light diet without hotness. Though, it is good for *Kapha*, but here season is also hot property dominant.

#### **Lifestyle in *Sharada* season:**

*Kaphapradhana Prakriti* people shouldn't follow the life style like daysleep, keep awake at night, fomentation, direct exposure to sun light or wind, exercise, drinking (wine etc.), smoking, journey, excess sexual activities etc. Also they have to avoid anxiety, tension, jealousy, fear etc. The rays of the moon in the evenings are beneficial to the health in this season.

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

According to the accumulation, aggravation and pacification of *Dosha* in different seasons, individual *Prakriti* people should have to follow specific dietary and life style related regimen described in classics with respect to their *Prakriti*. The guideline for seasonal regimen according to *Prakriti* is similar for diet and lifestyle. General guidelines



for seasonal regimen in different seasons in different *Prakriti* are suggested in table 4. For example, *Kaphapradhana Prakriti* persons should adopt all *Hemanta* season recommendations in mild way whereas *Pitta* and *Vata Pradhana Prakriti* persons should adopt them in moderate and full way. But it can be varies in individual to individual because of the other factors such as secondary *Dosha* of *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 and lifestyle plans as per different seasons play a significant role for healthy living. However, few dietary recommendations are available in *Ayurvedic* literature suggesting usages and contraindication of certain food items in daily routine.<sup>[12]</sup> (Table 5) Valuable guidelines for daily activities are enlisted in Table 6. These entire dietary and lifestyle regimen are wholesome for every *Prakriti* people.

**Dietary guidelines:**

One should eat in proper quantity which is depends on the power of digestion and metabolism and is varies according to the season as well as the age of the individual.<sup>[13]</sup> The proper quantity of food does not depend upon the nature of food articles. If the food article is heavy in digestion only three fourth or half of the stomach capacity is to be filled up and even in the case of light food articles excessive intake is not conducive to the maintenance of the power of digestion and metabolism. The importance of food taken in proper quantity: Food taken in appropriate quantity, food certainly helps the individual in bringing about strength, complexion, happiness and longevity without disturbing the equilibrium of *Dhatu* and *Dosha* of the body.

**Table 5: Wholesome food for all *Prakriti* people<sup>[14]</sup>**

Food articles	Food indicated for daily use	Food contraindicated
Grain	Red <i>Sali</i> ( <i>Oryza sativum</i> Linn.), <i>Shashtika</i> (a kind of rice harvested in sixty days)	<i>Yavaka</i> (a variety of <i>Hordeum vulgare</i> Linn)
Pulses	<i>Moonga</i> ( <i>Phaseolus mungo</i> Linn.)	<i>Masha</i> ( <i>Phaseolus radious</i> Linn.)
Water	Rainy	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>Embllica officinalis Gaertin</i> )	Mustard
Ghee	Cow ghee	Ghee of sheep milk
milk,	Cow milk	sheep milk
Vegetable oil	<i>Tila</i> ( <i>Sesamum indicum Linn</i> )	<i>Kusumbha</i> ( <i>Canthamus tinctorious Linn</i> )
Bulbs	Ginger	<i>Aluka</i>
Fruits	Grape	<i>Nikucha</i> ( <i>Antrocarpus nikucha Rpxb</i> )
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, insipissiated milk,

However it is found that, if people don't follow the rules of taking food while consuming even wholesome diet according to his *Prakriti*, it become harmful for health. That's why, healthy individuals as well as (some of the) patients should follow the rules for taking food, even while using such of food articles as are most wholesome by nature. Hence, these rules should be modified according to *Prakriti* for sustained equilibrium.<sup>[15]</sup>

**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 laghing and talking	<i>Vatapradhana Prakriti</i>

intake with concentration	all types of <i>Prakriti</i>
Intake of food having no contradictory potencies	all types of <i>Prakriti</i>
intake after digestion of previous food	all types of <i>Prakriti</i>
food in proper quantity	all types of <i>Prakriti</i>
intake with self consciousness	all types of <i>Prakriti</i>
intake in proper place and with all accessories	all types of <i>Prakriti</i>

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

Daily conducts guidelines advocated in Ayurveda should be followed by all *Prakriti* persons routinely for maintenance of *Dosha*, but strictly recommended to those *Prakriti* persons who have vitiation or dominancy of that particular *Dosha*. The conducts and its effect on particular *Dosha* are mentioned in table 7. <sup>[16]</sup>

**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.
<i>Vyayama</i> (Exercise)	Body	<i>Vata, Kapha</i>	20 min***
<i>Udvardana</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) should be done in 3 times per 15 day, since *Udvardana* mentioned here is not a therapeutic one the duration need not be much longer. It is aimed at removing the skin debris and the oil applied during *Abhyanga*. (2) Now a days, dressing and make up should be considered under *Vastradharana* and *Gandhamala ratnadharana*.

All daily conducts described in classics should consume approx total 85 min (approx. 1.30 hours); and it can be done by all people who are engaged in their daily life. All these guidelines are narrated in *Ayurveda* texts under the umbrella of *Sadvritta* (code and conducts).

Other conducts to be followed by all *Prakriti* persons are related to various natural reflexes. Reflexes such as micturation, defecation, seminal discharge, flatus passing, vomiting, sneezing, eructation, yawning, hunger, thirst, tears, sleeping urge and breathing caused by over exertion should not to be suppressed.<sup>[17]</sup> Mental, physical and oral conducts to be suppressible are also described which can be included in social conducts.<sup>[17]</sup> Practices regarding code of general ethics, diet intake, natural urges, relation with ladies, study methods, self control, fire worship and social relations are also described in details in *Ayurvedic* classics.

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

<b>Mental suppressible</b>	<b>Physical suppressible</b>	<b>Oral suppressible</b>
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 and gradually giving up unwholesome practices and by increasing the wholesome practices correspondingly the unwholesome practices are eradicated forever and the wholesome practices are fully adopted.<sup>[17]</sup>

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

Such of diets and regimen, as stand in contradiction with *Dosha* responsible for production of particular *Prakriti* are prescribed for the maintenance of positive health. For individual having equipoise state of *Dosha*, habitual intake of diets consisting of all tastes in proportionate quantity is prescribed.<sup>[17]</sup> The life of a person, who always engage in the use of wholesome foods and regimen, who follow the righteous conduct definitely resembles nectar and has death at its stipulated time. While in others who have unhealthy practices in life, face untimely death.

[18]

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

When an individual takes different types of drinks and diets, viz. drinkables, eatables, chewables and lickables without paying proper heed towards their nature, mode of preparation, combination, quantity, locality, time, dietetic rules and wholesomeness for the individual, then *Vata*, *Pitta* and *Kapha* in his body get imbalanced due to this irregularity. These imbalanced *Dosha* spreads all over body and when they get localized in view of the obstruction to the entrance of the channels of circulation, then whatever food is taken by the individual is mostly converted into undigested food rather than *Dhatu* (tissue elements) of the body which further leads to various diseases. Therefore, a wise person should take such diets as are not unwholesome from the point of view of nature, mode of preparation, combination, quantity, locality, time, dietetic rules and the wholesomeness for the individual who takes them.<sup>[19]</sup> There is corroborative evidence that diet and lifestyle is playing a major role in predisposition to various diseases like cancer.<sup>[20]</sup> WHO and some health agencies have issued recommendations regarding life style modifications. These recommendations include: Stop smoking, reduce body weight, moderate alcohol intake, reduce salt intake, improve dietary habits and increase physical activity.<sup>[21]</sup> Overall, encouragement of healthy lifestyles in the population should help to reduce the high burden of lifestyle diseases in India. Governmental and non-governmental agencies of the country should work together to achieve this goal. Lifestyle interventions have shown definite benefit in the management and prevention of these diseases in large scale studies.<sup>[22]</sup>

### Conclusion

*Ayurveda* describes healthy lifestyle as physical, mental, social and spiritual conducts and through it one can make the society disease free. In *Ayurvedic* classics, a fruitful guideline for maintaining healthy life is given just after the description of *Prakriti* formation which suggests importance of *Prakriti* in adaptation of diet and life style. These dietary and lifestyle regimen should be followed as per individual *Prakriti* properly to avoid lifestyle related disorders in this stressful and competitive era. Necessary changes in the adaptation of diet and life style as per to *Prakriti* hopefully bring up solutions in public health initiatives to boost health care delivery system in respective areas.

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