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Tridosha in Ayurveda assignment

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Abstract

This assignment examines Tridosha in Ayurveda, an ancient Indian medical practice. The article introduces Ayurveda and its basic concepts, concentrating on Tridosha, the three essential energies: Vata, Pitta, and Kapha. Arteriosclerosis and Tridosha energy imbalances may be linked. Understanding this relationship may help Ayurveda diagnose and treat health concerns. The article also examines blood group-dominant Prakriti relationships. This study illuminates how hereditary variables and Tridosha interact. Ayurvedic principles may promote holistic health and quality of life for older individuals by exploring Tridosha's involvement in social well-being. This assignment shows Tridosha's capability to provide individualized healthcare based on an individual's constitution.

Introduction

Ayurveda is an ancient holistic approach to medicine before over 5,000 years in India. The main goal is to attain equilibrium and unity within the physical, mental, and spiritual aspects to enhance overall wellness. As per Katoch et al. (2017), Ayurveda originates from Sanskrit. 'Ayur' in Sanskrit means life, and 'Veda' represents knowledge. Ayurveda can be rightly portrayed as the specialization devoted to recognizing and examining life. According to Ayurveda, the human body comprises five elements: "Space, air, fire, water, and earth" are integral constituents of the natural world. Toprani (2019) stated that these elements combine to form three fundamental energies or doshas: "Vata, Pitta, and Kapha".

The combination of doshas specific to each shapes their physical, mental, and emotional qualities. The association between Vata and the elements of space and air exists. It controls physical movements, nerve transmissions, blood circulation, and waste disposal. The association between Pitta and the elements of fire and water exists. It governs digestion, metabolism, body temperature, and hormonal balance. The aspects of water and earth are linked to Kapha. It oversees the formation, resilience, lubrication, and immune function. Maintaining a balance among the three doshas in older adults becomes crucial for health and well-being. Ayurveda recommends unique strategies for each person to achieve equilibrium through tailored diets, lifestyle changes, Ayurvedic medications, yoga asanas, meditation, and alternative healing methods. Ayurveda emphasizes nourishing and gentle practices for older adults to support digestion, promote vitality, maintain mental clarity, and enhance immunity.



Figure 1 Tridosha in Ayurveda

Source:- Toprani, (2019)

The Significance of arterial stiffness in Tridosha Analysis

Arterial stiffness pertains to the decline in elastic properties or agility of artery walls that interferes with their capacity for expansion and contraction relative to fluctuations in blood flow. This signifies the significance of maintaining optimal cardiovascular health and its association with an increased susceptibility to cardiovascular conditions, including high blood pressure, blockage in coronary arteries due to plaque formation, and heart-related maladies. According to Kumar et al. (2017), the doshas [Vata, Pitta, and Kapha] imbalances are correlated with arterial stiffness in Tridosha analysis within Ayurvedic practice. Arterial health can be influenced by each dosha's exclusive qualities and characteristics, which can contribute to the emergence of arterial stiffness.

The primary constituents of Vata dosha are space and air elements. Movement and communication in the body are its responsibilities. As per Rathore et al. (2022), an imbalance in Vata can manifest as excessive dryness, coldness, and irregularity. Excess Vata can promote greater rigidity and diminished flexibility within the arterial walls, ultimately leading to reduced elasticity and impaired blood circulation.

The dominant qualities of Pitta dosha are fire and water. It manages the body's metabolism, transformation processes, and heat regulation. Halpern (2018) stated that excessive heat, inflammation, and acidity can occur when there is an imbalance in Pitta, which could harm the arterial walls and hinder their flexibility. Concerning arterial stiffness, an overabundance of Pitta can amplify inflammation and oxidative stress levels, thus fostering the advancement of atherosclerosis and arterial stiffness.

As per Kapadia and Dagar (2022), the main constituents of the Kapha dosha are water and earth elements. It supplies framework, stability, and lubrication in the body. An imbalance in Kapha can manifest as heaviness, congestion, and stagnation. Regarding arterial stiffness, excessive levels of Kapha may facilitate the deposition of fatty deposits and plaque within the arteries. As a consequence, there is compromised arterial flexibility along with increased stiffness.

In the Tridosha analysis approach for addressing arterial stiffness, EHRLICH and DHRU (2022) stated that Ayurveda focuses on regaining balance among the doshas using lifestyle interventions, dietary changes including specific herbs, recommended physical practices such as yoga and meditation, and selective therapies for therapeutic effects. This could involve embracing techniques that contradict the traits linked to each dosha. Balancing Vata can be accomplished by effectively managing stress and integrating techniques that reduce stress. Consuming anti-inflammatory foods and incorporating cooling herbs can help balance Pitta. Regular exercise and a light, warm diet can help balance Kapha.

Correlations between blood group and dominant Prakriti based on the Tridosha concept of Ayurveda

According to Upadhyaya et al. (2021), in Ayurveda, Prakriti refers to an individual's inherent constitution, which is determined by the balance of the three doshas. Each individual carries a unique Prakriti that influences their physical, mental, and emotional features and predisposition to specific diseases. The presence or lack of specific antigens on red blood cell surfaces establishes different blood groups. The ABO and Rh, blood group systems are widely known for sorting individuals into distinct blood types, including A, B, AB, O, and the positive or negative Rh factor. The blood group systems primarily relate to genetics and do not directly correspond to Ayurvedic principles like doshas and Prakriti. Several Ayurvedic practitioners have

explored potential connections by relying on their observations and firsthand knowledge. That being said, it is crucial to highlight that these associations are not universally accepted or validated through rigorous scientific methods.

According to Sharma and Prajapati (2022), individuals with blood group O tend to possess a dominant Pitta Prakriti. Pitta's association with the elements of fire and water enables it to govern metabolism, digestion, and transformation. According to belief systems, individuals with dominant Pitta Prakriti tend to manifest characteristics like a vigorous appetite, optimal digestion capability, moderate bodily structure, and a proclivity towards heat and acidity. The presence of blood group A is frequently connected to a dominant Vata Prakriti in individuals. Vata is associated with space and air and governs movement, communication, and flexibility. Commonly held beliefs stipulate that those with dominant Vata Prakriti typically have lean physiques, rapid cognitive functioning, imaginative tendencies, and an affinity for dryness and fluctuations. The dual dosha Prakriti associated with blood group AB includes Vata and Kapha elements. These individuals are thought to possess attributes that mirror both doshas, such as having a medium-built physique, being versatile in temperament, and achieving equilibrium between hotness and coldness. Srivastava and Saxena (2019) believe individuals with blood group B tend to exhibit a dominant Kapha Prakriti. Kapha is associated with water and earth elements and governs structure, stability, and lubrication. According to traditional beliefs, individuals characterized by dominant Kapha Prakriti generally manifest attributes encompassing physical robustness, stamina, emotional tranquillity, and a tendency to accumulate excess weight and experience congestion.

Role of Tridosha in the social well-being of older adults

According to Kumar and Sharma (2021), the Tridosha concept in Ayurveda has a dual impact, affecting physical and social well-being in older adults. Social well-being relies on emotional and psychological health, social engagements, and overall life quality.

Vata dosha governs movement, communication, and creativity. Pandey et al. (2019) state that a balanced Vata promotes effective communication, adaptability, and sociability regarding social well-being. An imbalanced Vata in older adults can manifest as feelings of anxiety, fear, and social isolation. Older adults can preserve their Vata equilibrium by engaging in mentally stimulating activities such as reading books, acquiring new expertise or hobbies, and prioritizing social interaction with loved ones. They should participate in creative pursuits such as art, music, or writing to foster expression and reduce feelings of loneliness. Regular exercise, including gentle activities like yoga or tai chi, can aid in soothing Vata and enhancing social bonds. Adopt mindful practices and relaxation techniques to mitigate stress and encourage emotional steadiness.

As per Kapadia and Dagar (2022), Pitta dosha governs leadership, intelligence, and ambition. A balanced Pitta contributes to healthy assertiveness, effective decision-making, and cooperation in social interactions. Manifestations of an imbalanced Pitta often include irritability, impatience, conflict, or competitiveness. Older individuals can uphold Pitta equilibrium by participating in mentally challenging activities, engaging in group conversations, collaborating with others, and pursuing pastimes or interests that spark their enthusiasm and enable them to impart their wisdom and expertise. Older adults need to manage stress effectively. Maintaining a balanced Pitta can be achieved through relaxation techniques like meditation and participating in activities that promote emotional well-being, such as spending time outdoors or pursuing creative outlets.

Kapha dosha governs stability, patience, and compassion. A balanced Kapha promotes emotional support, empathy, and nurturing relationships for social well-being. An imbalance in Kapha can contribute to feelings of stagnation, stubbornness, and withdrawal in older adults. Engaging in community activities, offering one's services through volunteering, and cherishing moments with loved ones are vital in maintaining Kapha balance among older adults. Engagement in regular physical activity is recommended to boost energy levels and motivation. As per Colles (2020), one can also foster Kapha balance by cultivating gratitude, practising acts of kindness, and promoting a harmonious home environment.

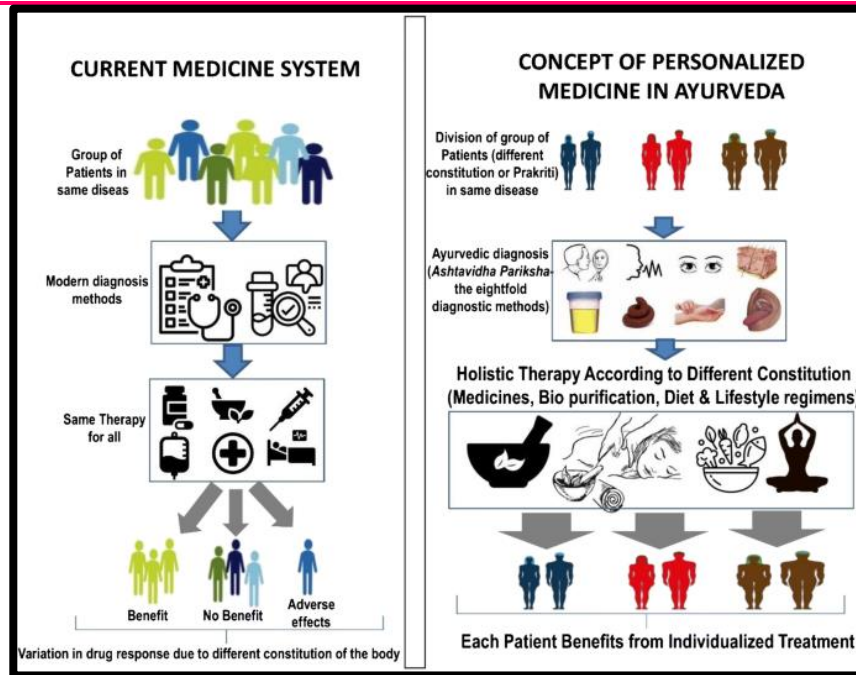


Figure 2 Role of Tridosha in Ayurveda

Source: - Witt and Mehta, (2021)

Achieving a state of equilibrium among the three doshas is imperative for older adults in maintaining their overall social well-being. As per Witt and Mehta (2021), accomplishing this goal of overall well-being enhancement explicitly tailored to each individual's constitution requires adopting an integrative approach consisting of a balanced diet customized according to their unique needs and characteristics along with routine exercise practices suitable for them, ensuring enough time spent resting and recovering adequately from fatigue or exertion as well as learning beneficial methods to cope skillfully with stressful situations while simultaneously fostering strong connections within one's social support network. Moreover, integrating Ayurvedic herbs and treatments into one's routine and endeavours, such as meditation and self-analysis, can help maintain dosha harmony while enhancing societal welfare.

Conclusion

To conclude, the Tridosha within Ayurvedic philosophy carries importance across different domains related to the well-being and health of elderly individuals due to its incorporation of Vata, Pitta, and Kapha. A grasp on the doshas' equilibrium and its upkeep can promote physical, mental, and social well-being. By embracing personalized lifestyle practices encompassing aspects like diet, exercise, stress management, and social engagement, older adults can strive for balance among the doshas while promoting their general health. Ayurveda adopts a comprehensive methodology when addressing age-related concerns, highlighting the Significance of an individual's distinctive constitution while offering advice on sustaining balance and well-being in later life.

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