



## Review Article

www.ijrap.net

(ISSN Online:2229-3566, ISSN Print:2277-4343)



### A REVIEW ON OPTIMIZING THE CHILD PERSONALITY WITH PRAKRITI-BASED LEARNING: A PEDAGOGICAL APPROACH

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Received on: 05/6/24 Accepted on: 12/7/24

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DOI: 10.7897/2277-4343.154125

#### ABSTRACT

Every child is unique from others and has a preferred method of learning. The results of the psychological experiments indicated that the students are not equal in terms of intellect, innate ability, interest, potential, and needs. Every student is not at the same level in this manner. According to this principle, each student's unique characteristics must be considered. We need to optimize the growth of each student based on their unique individual differences in order to prepare them for similar opportunities. This particular variation in children can be linked to prakriti, according to Ayurveda. According to Ayurveda, children can be generally categorized into three groups based on their prakriti (individual differences) - Vata prakriti, Pitta prakriti, Kapha prakriti. To maximize their potential and achieve optimal outcomes, various prakriti children's learning and educational patterns can be modified. This paper will discuss particular learning patterns in children with various prakriti in order to enhance their personalities.

**Keywords:** Prakriti, Ayurveda, Learning Style, Education pattern

#### INTRODUCTION

“The childhood shows the man, as morning shows the day” (John Milton). Children are one-third of our population and our entire future; that's why they should be physically as well as mentally healthy. Each child is unique and different from others, and they have a preferred learning mode. Psychological research has proved that all students are not equal in intelligence, natural ability, interest, potentialities and needs. According to this concept, every student is not at the same level. This view means that the individual differences of the student should be taken into consideration. In order to develop all the students for equal opportunities, we should maximize the development of all the students based on their differences.

According to Ayurveda, prakriti is related to this particular difference in children. Ayurveda divides children into three groups based on their prakriti (individual differences): Vata Prakriti, Pitta Prakriti, and Kapha Prakriti. Children of different prakriti can modify their learning and educational practices to maximize their potential. The article will cover specific learning patterns in children with various prakriti in order to enhance their personalities.

Children's learning and behaviour are more negatively impacted by this than adults. Affected children often have academic and communication difficulties. People with short-term memory may have trouble retaining directions and lessons and may be labelled poorly interested or indolent. For these reasons, there is a critical need for safe and effective memory-encouraging and restorative methods. The present situation has turned our mind towards Ayurveda, the treasure of knowledge to understand the disease better and to utilize better treatment options through the concept of Ayurveda and by modifying diet, drugs and lifestyle, precisely

according to the prakriti of the individual. This may provide better results so the child can become a significant societal personality. The present study is planned to identify different types of learners according to prakriti and develop various teaching technique models according to different prakriti to develop pedagogy to optimize their full learning potential.

All available Ayurveda classical literature was reviewed using the keywords prakriti “Sharirika Prakriti” (physical constitution), and their mental attributes were grouped according to the Vata, Pitta, and Kapha types. Further, these attributes were analyzed based on different types of learning, and methodology has been proposed according to prakriti after birth. The possible correlation has been made between collected information and has been presented in systematic tabulated form.

#### Sharirika Prakriti (Physical Constitution)

‘Prakriti’ in Ayurveda is the biological constitution or genetic makeup that remains constant throughout one's life. This prakriti is the key factor that explains the way we behave and the way we react to certain things, thereby making all of us unique, and the physical and mental traits of an individual influence us to a great extent the way we are distinct from each other. While describing the Doshaja prakriti, also known as Deha prakriti, Acharya has also stated that only Samadosha prakriti is normal and the rest are abnormal because they are always prone to or suffer from disease.

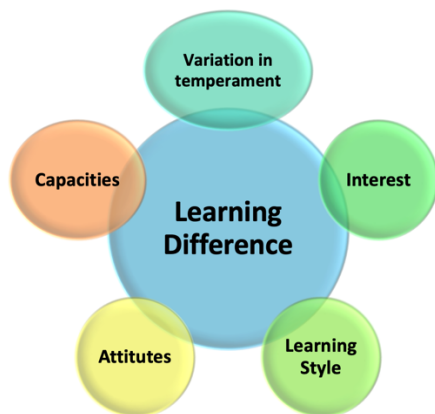
#### Learning

According to Clay P. Bedford, ‘You can teach a student a lesson for a day; but if you can teach him to learn by creating curiosity the learning process as long, she lives.’ we can define learning as a durable change in behaviour or knowledge due to experience. Previous studies have demonstrated a close association between

learning style and academic performance.<sup>1,2</sup> Learning refers to a more or less permanent change in behaviour resulting from practice.

Individual differences in learning for each child can be discussed in 5 areas:

- Variation in temperament
- Interest
- Learning Styles
- Capacities
- Attitudes



### Variation in Temperament

Temperament in children incorporates a child's different reactions and capability to self-regulate. These can be formed within the first year of life and contain physiological and emotional reactions. It is inherited and stable. However, it is predisposed to environmental and social interactions. Temperament also greatly impacts child development, both socially and emotionally. It is believed to play a role in social interactions, cognition, and adjustment.<sup>3</sup> Several studies have reported that many facets of temperament contribute jointly to school performance within an educational context.<sup>4,5,6</sup>

According to the modern concept, children are divided into three groups based on their temperament -

- Easy Children
- Difficult Children
- Slow Children

**Easy Children:** This group includes regularity, a positive approach, responses to new stimuli, high adaptability to change, and acceptance of most frustration and new rules with little fuss.

**Difficult Children:** The children of this group show negative responses to new stimuli, non-adaptability to change and intense mood expressions that are frequently negative. These children characteristically display irregular sleep and prolonged adjustment periods.

**Slow Children:** The children of this group show negative responses of mild intensity to new stimuli with slow adaptability after repeated contact. These children are slow to warm up.

In Ayurveda, these temperamental variations can easily correlate with prakriti, so, based on prakriti, the children are broadly classified into three categories:

- Vata prakriti (Difficult Child)
- Pitta prakriti (Easy Child)
- Kapha prakriti (Slow to warm up)

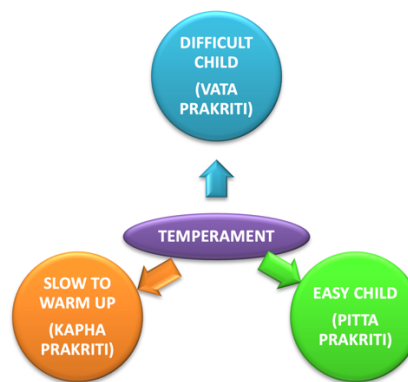


Table 1: Characters of Vata Prakriti<sup>7-9</sup>

Character	Meaning
Jagruk	Alert
Chapal gati	Easily Distracted
Chapal chesta	Quick
Karya Shighra Prarambha	Quick Initiation
Shigra Kshobha	Quick Fatigue
Anavasthita Atma	Inattentive
Ajitendriya	Poor motor control
Alpa nidra	Poor sleep
Drut gati	Fast walker
Vachala	Talkative
Shigra Virag	Quick departure
Vipatya Nibbadh	Talk Irrelevant coherently
Drut grahi	Quick Acquisition
Alpasmriti	Short memory
Shrutgrahinoalpsmratyashch	Quick in grasping and also quick in forgetting
Chal dhriti smriti buddhi	Unstable psychic faculty

Table 2: Characters of Pitta Prakriti<sup>10-12</sup>

Characters	Meaning
Aksham	Impatient
Klesha asahishnce	Lack of endurance
Shighrawaki	Speaking fast
Kshipra kopa Prasad	Quick, angry and cool
Tikshna prakram	Sharp prowess
Abhimani	Proudly
Tikshna	Sharp
Kshanbhangur	Fast change of mood
Vighuefavakta	Dominator orator
Tejasvi	Bright
Shighra	Fast

Table 3: Characters of Kapha Prakriti<sup>11,13,14</sup>

Characters	Meaning
Manda Chesta	Dull in activities
Dhritiman	Patience
Alpa krodha	Less anger
Ashighra kshobha	Delayed irritation
Chira Grahi	Delayed understanding
Shant	Calm
Vijyaansheel	Perform hard work
Subandhan	Good bonding
Asneha	Less physical activity
Nidralu	Sleep more
Gambhir	Dignified
Nischit Vakyaprade	True to his work
Dheer	Constant
Alpawaak	Less talkative
Dirghdarshi	Foresighted

### Interests

Children's interests are crucial for learning. Knowing individual children's interests is also a good guide for planning possible long-term study topics. According to Ayurveda, the interest of a child may be divided according to the prakriti of children-

Children who are interested in moving and talking and interested in reading by using interesting methods like Vata Prakriti children.

Children who take an interest in technological things and are more analytical, like Pitta Prakriti children.

Children who feel difficulty engaging or do not use speech to communicate are like Kapha Prakriti children.

According to Vata, Pitta and Kapha Prakriti, a specific character related to interest affects learning.

**Table 4: Traits Related to Interest in Different Prakriti**

Vata <sup>15</sup>	Pitta <sup>13</sup>	Kapha <sup>10</sup>
Swapna akashchhari - flying in dreams Chal dristi - rolling eyes Alpa mitra - fewer friends Shighra Vairagya - quick detachment Chanchal - unsteady, quick wavering	Kshiprakopa prasad -just change of mood.	Drida suhridya-cordially friendly. Manda vihara-slow and tardy play.

### Learning Styles<sup>16</sup>

Every person has a preferred way of learning. Some people are visual learners. Some learn better by listening, while others have to handle something physically before understanding it. One style is better than another- the way a person learns best is simple. We can probably observe different styles of learning in the gap of children.

**Auditory learners:** These learners learn best by listening and attending to sounds and words. They solve problems by talking about them. Auditory learners can follow verbal instructions and explanations. We can build their knowledge base by describing in words what they do. We also can ask open-ended requisitions to encourage children to verbalize their thoughts. The more opportunities we provide listeners to hear and verbalize concepts, the more they will learn.

**Visual learners:** Children who learn best by looking are drawn to colour, shape, and imagination. They think in images or pictures, taking in what they hear and see and transforming it into images in their brain. Visual learners benefit from showing them how things are done rather than just telling them verbally. Visual learners also remember ideas and concepts better when attached to an image. Children who learn by looking need to make visual representations of their thoughts and jelling to learn.

**Kinesthetic learners:** Children who learn best by moving are generally well-coordinated and confident in their bodies. Touching and jelling things and transforming ideas and information into movement boosts their memory and understanding.

Something in the process of physically moving may trigger their brain to learn a concept or idea. Kinesthetic learners benefit by knowing getting up and moving around is okay. We can Juliette their learning by relating concepts to their bodies.

According to a popular quote by William Glasser<sup>17</sup> -

- 10% -of what we read,
- 20%-of what we hear,
- 30%-of what we see,
- 50%-of what we see and hear,
- 70%-of what we discuss with others,
- 80%-of what we experience, and
- 95 %-of what we teach to someone.

**Table 5: Traits Related to Learning Style in Different Prakriti**

Vata <sup>15,18</sup>	Pitta <sup>19,20</sup>	Kapha <sup>21,22</sup>
Laghu mati -short memory	Medhavi -intelligent	Vidyawan -knowledgeable
Ksrutgrahi -quick grasping	Buddhiman-very intelligent	Chira-grahi-delayed understanding
Alpa smriti -weak memory	Nipunamati -clever	Smritiwan-good memory
Bahubhasi-talkative	Tikshna -sharp and jerry	Buddhimaan-intelligent
Chanchal-unsteady quick wavering	Shighra -just	Gambhira buddhi

**Capacity:** The capacity of an individual highly affects his work. In the case of learning, the student's capacity highly affected his learning and memory. In Ayurveda, some traits affect learning very much.

**Table 6: Traits related to capacity in different prakriti**

Vata <sup>16</sup>	Pitta <sup>10</sup>	Kapha <sup>14</sup>
Jagruk -alert	Madhyambala-moderate immunity	Balwan - Strong
Laghu chesta -quick fatigue	Aksham -impatient	Dheer -Passionate
Chapal chesta-quick	Tikshna parakram-Sharp provisos	Shighra kshobha
Shighra kshobha- quick irritation or fatigue		Shaant- cool and calm
Alpa bala -weak		Satva guna -strong willpower
Ajitendriya- poor motor control		Asheha-less power
Satva heena- poor will power		Vijyamashula-perform hard work
Alpabala- low energy		

**Attitude:** The attitude of an individual is a mirror of his soul and thinking.

**Table 7: Traits Related to Attitude in Different Prakriti**

Vata <sup>16</sup>	Pitta <sup>23</sup>	Kapha <sup>20</sup>
Chapala - hyperactive	Abhimani - proudly	Shant - calm
Bahu pralap - delirious	Krodhi - get angry just	Gambhir - dignified
Anarya - uncultured	Sada chaari - well mannered	Tripta - satisfied
Krodhi - short tempered irritable		Sahishnu - sill control

### Recommended Learning Pattern for Vata Prakriti Child

#### According to their Temperament

- Stimulus should be new because they are very alert and have great ideas.
- Divided teaching span because they are easily distracted, so the regular short span of teaching and learning can boost their learning.
- Filter distractions are caused by poor concentration, so the surroundings are created to give more conversation to the topic.
- New and innovative things are necessary because they are swift in initiation.
- Rest in between study periods is necessary because they are quick.
- The grasping power of such children is excellent, so they can easily input something in them, but repetition is essential because they have short memory.
- Motivation is essential due to poor willpower, and repetition and revision are also necessary due to poor mental control and poor retention power.

**According to their Interest:** These children are interested in moving and talking, so-

- Group tasks
- Group study
- Outdoor learning not in the classroom
- A healthy conversation between teacher and student or student to student is beneficial for such a child.

**According to their Learning Style, the** Kinesthetic way of learning is helpful because they are interested in moving. The auditory method is also beneficial, as Vata is made up of Akash mahabhoot, and shabda is the main guna of Akash mahabhoot, so Vata prakriti children learn better by listening.

**Visual Method:** As we know, they can distract easily, so by the visual method of learning, we can maintain their interest in the task.

**According to their Capacity,** we can teach them by using imaginary ideas because they have high imaginary power so that they can understand things easily.

### Recommended Learning Pattern for Pitta Prakriti Child

#### According to their temperament

- Stimulus should be quick and variable as they are impatient and have fast change of mood.
- Reasoning teaching patterns are beneficial for them because they have good reasoning power.
- The importance of their involvement should be explained so that they take more interest in the task.

#### According to their Interest

- Children are interested in technological things.
- They are more analytical in learning.

- Debate and group discussion also help them.

**According to their Learning Styles,** the Visual way of learning is helpful for them because Pitta (Jala+Agni) and Chakshu (eyes) (Jala+Agni) have the same kind of constitution chakshuvaishesik Pitta is also described by Bhela. e.g., charts, maps, pictures, videos.

They are good at grasping as they are clever, sharp and aggressive.

**According to their Capacity,** they have moderate immunity and they are impatient, so good support is required.

### Recommended Learning Pattern for Kapha Prakriti Child

#### According to their Temperament

- Strong stimuli are required as they are slow in initiation and activities.
- They require a long explanation as they have delayed understanding.
- Exciting stimulus should be required as they sleep more.
- They can perform hard work, so they get the best result when they get involved in a task.

**According to their Interest:** They are slow in playing, so outdoor games are recommended to boost up.

#### According to their Learning Style

- They have good memory power.
- They are intelligent and good at studying, so they can learn better.
- They are dedicated to the teacher so they can perform better according to the teacher and fulfil their expectations.

#### According to their Capacity

- They are strong, so they can bear substantial tasks.
- They have strong willpower.
- They can be involved in a task for a long duration as they have less distraction.
- Kapha comprises Jala and Prithvi mahabhoot, and Sthirta (stability) is the character of Prithvi mahabhoot, so Kapha prakriti individuals can sit for longer time and spend more hours studying.

## DISCUSSION

Ayurveda treats the person as a whole, making use of all possible ways to attain perfectness of various measures mentioned in Ayurveda to achieve perfectness of graham (grasping power), dharan shakti (retentive power) and smriti(memory), etc., can be successfully utilized for management of poor mental concentration. Pedagogical practices encompass a wide range of dimensions regarding how teachers work with children, such as methods of work, daily routines, and whole-group or individual activities. Prakriti-based learning helps teachers understand the educational psychology of a child, which is required for the teaching and learning process in a classroom environment.

## CONCLUSION

The modern era does not only demand a better life but also an efficient and effective life. To survive in such throat-cutting competition, every parent wants his child to excel in every field by using their super mind with super memory. Therefore, if they are taught according to their prakriti, they will benefit better. The present paper provides a protocol to teach children according to their prakriti to achieve maximum outcomes. This paper may help educationists to develop specific teaching methodologies for different prakriti children to use their maximum potential in terms of learning.

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### Cite this article as:

Ankita Mishra and Nisha Kumari Ojha. A review on optimizing the child personality with Prakriti-based learning: A Pedagogical approach. *Int. J. Res. Ayurveda Pharm.* 2024;15(4):93-97  
DOI: <http://dx.doi.org/10.7897/2277-4343.154125>

Source of support: Nil, Conflict of interest: None Declared

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