



## Review Article

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## A REVIEW ON HOLISTIC WELLNESS AND SUCCESS: LEVERAGING PRAKRITI FOR PERSONALIZED DIET AND CAREER GUIDANCE

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**ABSTRACT**

Ayurveda, an eternal science with absolute principles, identifies Prakriti as a fundamental concept that influences every aspect of a person's interaction with their environment from conception to death, including lifestyle and diet. Prakriti, which reflects the body's nature in terms of dosha, is determined at conception based on the predominant dosha and remains constant throughout life. It governs an individual's physical and mental traits, with seven distinct types according to the Tridosha. People with specific Prakriti types show biological variations in structure, function, behaviour, response to environmental stimuli, and disease susceptibility. The prevalence of disorders related to diet has been increasing significantly in recent times, and this trend can be attributed to a variety of factors. Career guidance plays a crucial role in helping individuals navigate their professional paths. It involves providing advice, support, and information to assist people in making informed decisions about their career choices, development, and transitions.

**Keywords:** Prakriti, Diet, Career guidance, Life style**INTRODUCTION**

The concept of Prakriti is a distinctive contribution of Ayurveda. Prakriti, defined as 'Nirvikara Doshastithi,' refers to the stable state of doshas those results in a set of characteristics inherited from the Shukra (sperm) and Shonita (ovum) of the parents, based on the predominant dosha at the time of conception (Garbhavakranti). These traits remain with an individual throughout their life, making each person unique and different from others<sup>1</sup>. Therefore, Prakriti denotes the genetically determined anatomical, physiological, and psychological constitution of an individual.<sup>2</sup> Ayurveda identifies seven types of Prakriti: three based on individual doshas (Vata, Pitta, and Kapha), three based on combinations of dosha (Vatapittaja, Vatakaphaja, and Pittakaphaja), and one known as Sama Prakriti, which represents a balanced constitution<sup>3</sup>.

Detailed guidance on particular foods, dietary routines, and lifestyle practices are tailored to match an individual's Prakriti. Additionally, the Agnibala (digestive strength) and Ayu (lifespan) of an individual are classified according to their Prakriti<sup>4</sup>. Prakriti underscores the uniqueness of each person and holds significance

in the diagnosis, preventive medicine, and treatment processes. Consequently, it is integrated into the Dashavidha Atura Pareeksha, a comprehensive system of diagnosis in Ayurveda.

Overall, career guidance is essential for helping individuals make informed decisions, navigate career transitions, and pursue paths that align with their interests, skills, and aspirations. It empowers individuals to take control of their careers and achieve their full potential.

**Diet**

Prakriti, or constitution, refers to an individual's unique blend of physical, functional, and behavioural traits. According to Ayurvedic texts, maintaining good health involves adhering to daily, seasonal, and social routines. By understanding one's Prakriti, adjustments can be made to both diet and lifestyle to promote fitness. Those who follow these regimens tailored to their constitution are likely to enjoy better health and vitality, reducing the risk of illness. Therefore, adhering to specific dietary and lifestyle practices based on one's Prakriti is essential for optimal health and disease prevention<sup>5</sup>.

**Table 1: Diet according to different Prakriti <sup>5</sup>**

	<b>Vata Prakriti</b>	<b>Pitta Prakriti</b>	<b>Kapha Prakriti</b>
Satmya Rasa	Madhur (Sweet), Amla (Sour), Lavana (Salty) Rasa	Tikta (Bitter), Kashaya (Astringent), Madhur (Sweet),	Katu (Spicy), Tikta (Bitter), Kashaya (Astringent)
Guna of Ahara Padarth	Guru (Heavy), Snigdha (Unctuous), Ushna (Warm) Ahara	Ruksha (Dry) and Sheeta (Cold) Ahara	Laghu (Lightness), Ruksha (Dry) and Ushna (Warm) Ahara
Food products	Milk, Meat and Meat soups, Masha (Horse gram), Mudga (Green Gram), Eranda Sneha (Castor Oil), Tila Taila (Sesam Oil), Mustard oil	Ghee, Milk, Narikela Taila (Coconut oil), Mudga (Green Gram)	Old grains, Tila Taila (Sesam Oil), Mustard oil, spices.

For individuals with Vata and Kapha-dominant Prakriti, it is recommended to consume warm foods. Those with Vata and Pitta-dominant Prakriti should choose unctuous (oily or fatty) foods. Individuals with Vata-dominant Prakriti should avoid eating too quickly, while those with Kapha-dominant Prakriti should not eat too slowly.<sup>6</sup>

Regardless of Prakriti type:

1. Eat with concentration and mindfulness.
2. Avoid foods with contradictory potencies.
3. Wait until the previous meal is fully digested before eating again.
4. Consume food in appropriate quantities.
5. Eat with self-awareness.
6. Choose a proper place and have all necessary accessories for eating.

### Career Guidance

**Table 2: For Vata Pradhan Prakriti**

Laghu (Lightness), Chala (Movable), Shigra (Quick) Guna <sup>7</sup>	Dancing - Choreographer
Vachala (Talkative) <sup>8</sup>	Marketing - Salesman, Shopkeeper, Banker
Bahupralap (Scream loudly), Laghu (Lightness), Chala (Movable), Shigra (Quick) Guna <sup>7</sup>	Sports coach – Gymnastic, Football, fulfillment Vally ball, Race and other outdoor games.
Prajagaruka (Concious) <sup>9</sup> , Shigrasamaarambha (Fast initiation) <sup>7</sup>	Cook

Vata Prakriti Purusha can easily do job in hot environment (Ushna Pradesh) – as a plant worker, consciousness gardener.

**Table 3: For Pitta Pradhan Prakriti**

Medhavi (Brilliant), Nipunmati (Clever), Tejaswi (Bright) <sup>10</sup>	Businessman - Sole traders, Manufacturer, Partnership business
Vakta (Orator), Medhavi (Brilliant), Nipunmati (Clever), Tejaswi (Bright) <sup>10</sup>	Dominant speaker – Reporter, Politician
Parakrama (Courage) <sup>11</sup> , Na Bhayat (Fearless) <sup>10</sup> , Amridu, Tejaswi (Bright) <sup>10</sup>	Armed force – Police, Navy, CRPF, B.S.F, Air force
Jnana (Knowledge), Vigyan (Science), Vitta (Wealth), Upakaranvantsch (with all equipment's) <sup>11</sup>	Adventurous field – Paragliders, River rafting experts
Vakta (Orator) <sup>10</sup> , Jnanayukta (Knowledgeable) <sup>11</sup>	Advocate

**Table 4: For Kapha Pradhan Prakriti**

Shanta (Calm) <sup>12</sup> , Klesh Kshamo (Tolerating capacity), Shigra Arambha (Fast initiation)	Art
Prasanna Snigdha Varna Swarash (Pleasant colour and voice) <sup>12</sup>	Music field
Parinischt Vakyapadah <sup>13</sup> , Vidhyavanta (Educated) <sup>12</sup> , Satvagunopapanna <sup>13</sup> , Dridhashastramati (Good Knowledge of Shastra)	Teaching field
Vidhyavanta, Dridhashastramati <sup>13</sup> , Gambhir buddhi	Research and development
Vidhyavanta, Dridhashastramati, Gambhir buddhi <sup>14</sup>	Accounts
Suvibhaktagatra, Snigdha Chavi, Shukla Aksha (White Sclera), Snigdha, Slakshnang, Mridutwat drusti, Sukumarvatgatra, Prasanna Darshan Ananaa, Priya Darshano <sup>13</sup> Prasanna Snigdha Varna. <sup>12</sup>	Modelling

## DISCUSSION

### Integration of Prakriti with Modern Approaches

The integration of Prakriti with contemporary wellness and career guidance frameworks can offer a more personalized and holistic approach to achieving overall well-being and success. The concept of Prakriti, which categorizes individuals based on three primary doshas (Vata, Pitta, and Kapha), provides a nuanced understanding of a person's physical, mental, and emotional characteristics. When combined with modern nutritional science and career counselling's, it enables a more tailored approach that can enhance the effectiveness of interventions.

### Personalized Diet Plans

One of the primary applications of leveraging Prakriti is in the domain of personalized nutrition. Traditional Ayurvedic principles suggest specific dietary regimens that align with an individual's Prakriti to promote balance and health. Modern dietary plans often emphasize macronutrient distribution, calorie counting, and dietary restrictions based on general health parameters. By incorporating Prakriti, diet plans can be more precisely aligned with an individual's unique digestive and metabolic tendencies. For instance, a Pitta-dominant individual, who may have a faster metabolism and higher internal heat, can benefit from cooling foods and those that reduce inflammation, whereas a Vata-dominant person might thrive on warm, grounding foods that counteract their naturally lighter and more variable digestive system.

### Career Guidance and Prakriti

Similarly, understanding Prakriti can significantly enhance career guidance by aligning career paths with an individual's inherent tendencies and strengths. By providing personalized advice and resources, career guidance helps individuals align their careers with their skills, interests, and values, leading to greater job satisfaction, fulfilment, and overall life satisfaction. It also plays a vital role in adapting to the ever-changing job market, ensuring individuals are prepared for future career opportunities and challenges. For instance, Vata-dominant individuals, who are often creative and energetic, might excel in dynamic and creative roles such as choreographing, writing, or entrepreneurship. Pitta-dominant individuals, characterized by their focus and leadership qualities, might thrive in high-pressure roles like management, law, or surgery. Kapha-dominant individuals, known for their stability and nurturing nature, might find fulfilment in careers that require patience and empathy, such as teaching, counselling, or healthcare.

### Psychological Well-being

Incorporating Prakriti into wellness and career guidance also addresses psychological well-being, which is crucial for long-term success. Each dosha has tendencies that can influence mental health. Vata types may struggle with anxiety and stress, Pitta types with anger and frustration, and Kapha types with lethargy and depression. Tailored strategies that include stress management techniques, lifestyle modifications, and supportive therapies can help mitigate these tendencies, promoting mental and emotional balance.

### Challenges and Considerations

While the benefits of integrating Prakriti into personalized diet and career guidance are substantial, there are challenges to consider. One major challenge is the lack of widespread understanding and acceptance of Ayurvedic principles in mainstream wellness and career counselling sectors. Bridging this gap requires rigorous scientific validation of Ayurvedic concepts and their practical applications. Moreover, a comprehensive

approach must also address the dynamic nature of Prakriti, which can change with age, lifestyle, and environmental factors.

## CONCLUSION

In conclusion, leveraging Prakriti for personalized diet and career guidance represents a promising avenue for promoting holistic wellness and success. By aligning individual characteristics with tailored interventions, this approach can enhance physical health, career satisfaction, and overall quality of life. Embracing holistic wellness through an understanding of Prakriti offers a powerful pathway to personalized diet and career guidance. By recognizing and aligning with one's unique constitution, individuals can make informed decisions that enhance their physical health, mental clarity, and emotional balance. This tailored approach not only fosters overall well-being but also paves the way for greater success in both personal and professional realms. By integrating the principles of Prakriti, we can cultivate a harmonious lifestyle that supports our individual strengths and aspirations, leading to a more fulfilling and prosperous life.

## Future Directions

Future research should focus on longitudinal studies that examine the outcomes of Prakriti-based interventions in diet and career success. Integrating technological advancements such as AI and machine learning with Ayurvedic principles could also enhance the precision of personalized recommendations. For instance, apps and platforms could be developed to assess an individual's Prakriti and provide real-time, adaptive guidance on diet and career paths based on continuous monitoring of health and lifestyle factors.

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