



Diet According to *Prakriti* – Personalized Diet – A review

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Abstract

Prakriti is an interesting and unique topic of basic principles of *Ayurveda*. *Prakriti* is a constitution which is based on the predominance of dosha determined at the time of conception. *prakriti* of an individual cannot be changed till death. In society, we found dual *dwidoshaj prakriti* mostly. As doshas are formed according to a specific food, one can eat according to his or her *prakriti*. A balanced diet keeps *Dosha prakriti* balanced. In scientific language we can say it as personalized nutrition. Personalized medicine, diet, and lifestyle guidelines is an emerging science. Here in this study, we propose this unique concept of personalized diet which helps in various manners like prevention, cure, and treatment.

Food interferes with the molecular mechanisms of an organism (physiology). food is consumed in large quantities which interact at the genomic level, hence research in this area is needed to understand the exact

effect at the genomic level. *Ayurgenomics* deals with a personalized approach in predictive, preventive, and curative aspects considering one genomic constitution (*Prakriti*).

If *samana* and *vishesha Siddhant* of Ayurved is considered, it may be seen that the *samana* (homologues) *Guna* food items cause to increase in the same attribute in the body at the mental and physical levels and *vishesha* (non-homologous) *guna* food items tend to decrease the same attribute.

Keywords:

Prakriti. food. dosha. diet, genomics, personalized nutrition

Introduction:

Ayurved an old ancient science and *prakriti* seems unique and beautiful concept of Ayurved. The *prakriti* of a person is formed during conception, but various factors are responsible for it like constitution of parents,

diet of mother, climatic conditions, *bala* and so on¹ At the time of conception one or two dosha become predominant in our body and that forms constitution. dosha are made of *panchamahabhut ,triguna* .

Acharya Charaks factor responsible for determination of *prakriti*².

1. *Shukra and Shonita prakruti*
2. *Kala and Garbhashaya prakruti*
3. *Ahara and Vihara prakruti*
4. *Mahabhuta vikar prakruti*

A herb which is taken as food is indicated for different aliments like when we consume *shunthi* it acts respiratory tract , digestive tract and so on.

Traditional Concept of Ahara (food)

प्राणाः प्राण भूतानां अन्न अन्न लोकोभीधावयती |

वर्ण प्रसादः सौख्यं जीवितं प्रतिभा सुखं ||

Food we ingest is our prana, life of human depends upon food³. Food nourishes mind, body, and soul. When we take food in adequate quantity, time, according to attributes it keeps dosha balance and health is maintained. But when inadequate food is consumed it imbalances dosha resulting in disease.

In *upnishad Ahara* has been considered as *Bramha* as every organism needs energy to survive which comes from food⁴. Bhagwat Gita claimed diet as a source for creation of life⁵. *acharya Charka* given detailed description about diet in *Sutrasthan*⁶. Other all *Acharyas* like *Sushruta, Yogratanakar* also thrown light on the multimodality aspects of food.

Concept of personalized diet - *Ayurgenomics* is a personalized approach in predictive preventive curative manner for medicine food and lifestyle which intersects with body and mind⁷. *prakriti* is the dominance of particular *dosha*. selection of particular suitable diet, lifestyle regimen is made on the basis of individuals *prakriti*. every individual should take diet according his own *prakriti*.

Nutrigenomics relates with study of effect of food on genome⁸. Due to influence of genetic variation on pharmacokinetics (metabolism, absorption) or biological effects of food on human body are incorporated in the concept of nutrigenomics⁹. Ayurvedic concept of food is directed in same manner, *Ayurved* is an evidence-based science so further research in this direction is required.

Material & methods

References for proposed article are collected from classical texts of *Ayurved*. Various books, related article, classical texts, proceedings of seminar related to topic are collected.

Etymologically *prakruti* (pra =primary or first ,kruti – formation) stands for the prototype representing the basic formative distinction in individual. 10

prakriti parikshan is one among *dashvidh pariksha* which *Acharya charak* has described in *Viman sthan*.¹¹ Every individual having unique characters or combination of *Vata, Pitta and Kapha*.

Types of *prakriti*

- Dosh prakriti -- Vata, pitta, kapha, vata-pitta, vata-kapha, pitta-kapha and Sama prakriti.*
- Jatayadi prakriti – jati , vaya ,bala ,kula, desh ,kala ,pratymataniyat*
- Bhautik prakriti – Prithivi, jala ,tej,Vayu ,Akash*
- Mansik prakriti - Satva ,Raja,Tama*

A. Taste and *Dosha*

All food items are made of one or two *panch mahabhutas* , six tastes found in nature ae also having dominance of particular *mahabhuta*.¹². In above table taste, particular *mahabhut*, dosha effect, functions and attached emotions (effect on mind) is summarized. Tastes are having different actions on dosha, dhatu and mala.

Concept of diet with respect to *prakriti*

Table no 1. Taste & Rasa

Taste	Mahabhuta	Dosh effect	Functions	Emotions
<i>Madhur</i>	<i>Prithivi & Jala</i>	<i>Vata, Pitta shaman, kapha vrddhi</i>	<i>Dhatu poshan ,ojus building , nourishing</i>	Love & attachment
<i>Amla</i>	<i>Prithvi & Agni</i>	<i>Vata shaman, pitta kapha vrddhi</i>	<i>Ruchi, Agni Deepan, pachan</i>	Envy
<i>Lavan</i>	<i>Agni & jala</i>	<i>Vata shaman, pitta kapha vrddhi</i>	<i>Ruchikar , stimulates saliva</i>	Greed
<i>Katu</i>	<i>Vayu & Agni</i>	<i>Kapha shaman, vata pitta vrddhi</i>	<i>Agni Deepan</i>	Hate
<i>Tikta</i>	<i>Vayu & Akash</i>	<i>Pitta, kapha shaman, vata vrddhi</i>	Cleans mouth	Sorrow
<i>Kashaya</i>	<i>Vayu & Prithvi</i>	<i>Pitta, kapha shaman, vata vrddhi</i>	<i>Laghu, absorption</i>	Dryness

In order to balance three dosha one should consume food according to dosh *prakriti*,

above table indicates preferences for dosha *prakriti*.

Table no. 2 *Prakriti* & Taste

<i>Prakriti</i>	Tastes preferred	Taste to be avoided
<i>Vata prakriti</i>	<i>Madhur, Amla lavan</i>	<i>Katu Tikta ,kashya</i>
<i>Pitta prakriti</i>	<i>Madhur, tikta ,kashay</i>	<i>Katu, Amla, Lavan</i>
<i>Kapha prakriti</i>	<i>Katu , tikta ,kashay</i>	<i>Madhur, Amla, Lavan</i>

B. Properties (Attributes) according to prakriti

Doshas are having particular attributes or *guna*, to balance these inherit *guna* one

should consume diet apposite to inherit *guna*. If same attributes are consumed it will increase that dosh. So, for proper balance one should follow the following pattern.

Table no. 3 Prakriti & Attributes

<i>Prakriti</i>	Attributes preferred (apposite <i>guna</i>)	Attributes to be taken less (inherent <i>guna</i>)
<i>Vata prakriti</i>	<i>Snigdha</i> , <i>guru</i> , <i>ushna</i> , <i>mrudu</i> , <i>slakshna</i> , <i>sthir</i> ,	<i>Ruksha</i> , <i>laghu</i> , <i>khara</i> , <i>chala</i> , <i>sheet</i> , <i>sukshma</i>
<i>Pitta prakriti</i>	<i>Sheet</i> , <i>mrudu</i> , <i>mand</i> , <i>sthir</i>	<i>Ushna</i> , <i>Tikshna</i> , <i>laghu</i> , <i>vistra</i> , <i>sara</i> , <i>drava</i>
<i>Kapha prakriti</i>	<i>Laghu</i> , <i>chala</i> , <i>ushna</i> , <i>tikshna</i> , <i>kathin</i> ,	<i>Guru</i> , <i>snigdha</i> , <i>mrudu</i> , <i>sthir</i>

C. Dosh prakriti and Triguna attributes in Diet

Satva, *raja* and *tama* are three attributes of food. these three attributes are associated with food even every food is made of three *guna*. *vata* is *rajsik*, *pitta* is *sattvik* and *kapha* is *tamsik*. To maintain health one can choose sattvic food.

Table no. 4 Triguna Prakriti:

<i>Sattvic</i>	<i>Rajasic</i>	<i>Tamasic</i>
Fresh fruits and vegetables, salads, cereals (red rice), herbal tea, fresh cow milk, nuts, honey, jaggery, all spices and freshly cooked Food.	Ready to eat canned food, basmati rice, sour cream, paneer, ice-cream, yeast, sugar, pickle, vinegar, garlic, onion, and salted food	Alcohol, Beef, Chicken, Fish, Pork, Eggs, Frozen food, Microwaved food, Mushroom, Drugs, Tea, Coffee, Fried food, Fried nuts.

D. Dosh prakriti and key Qualities for Cooking

Food processing and preparation methods are also effective to maintain *dosha* balance. For ex. Rice is *Madhur* and *kaphkar* but

when it is prepared after little roasting and with less water it becomes light which is preferable. In below table key qualities of cooking according to *dosha prakriti* are mentioned.

Prakriti	Key qualities
<i>Vata prakriti</i>	warm, heavy, moistening, nourishing, nurturing, soothing, satisfying, grounding, boiling, deep cooking
<i>Pitta prakriti</i>	cool, slightly dry, avoid little, satisfying, nourishing,
<i>Kapha prakriti</i>	eat less, light dry, hot, roasting, steaming, saluting, baking drink when thirsty, eat when hungry

E. Common food items which are preferred by *dosh prakriti*

Table no. 5 food items:

Food items	Vataj	Pitta	Kapha	Vatapitta	Vatakapha	Pittakapha	Samdoshaj
Cereals <i>Godhum</i> (Wheat)	+++	+++	+	+++	++	++	++
<i>Jawar</i> (millet)	++	++	++	++	+	+	+
<i>Shali</i> (rice)	+++	+++	+	+++	++	++	++
<i>Java</i> (barley)	+	++	++	+	+	+	+
<i>Bajra</i> (millet)	+	+	+++	+	+	+	+
Pulses <i>Mudga</i> (green gram)	++	+++	+++	++	++	++	+++
<i>Masha</i> (black gram)	+++	+	+	+	+	+	+
<i>Toor</i> (pigeon pea)	+	+	++	+	++	+	+
<i>Chana</i> (horse gram)	+	+	+	+	+	+	+
<i>Til</i> (sesame)	++	+	++	+	+	+	+
<i>Massor</i> (lentil)	+	++	++	+	+	+++	+

<i>Nishpava</i> (pink beans)	+	++	+++	+	+	++	+
<i>Rajgira</i> (buck wheat)	+	++	+++	+	+	++	++
<i>Kulthi</i> (horse gram)	++	+	+++	+	++	+	+
<i>Kalay</i> (peas)	+	++	+++	+	+	++	+
<i>Soybeen</i>	++	++	+	++	++	+	+
Spices – <i>haldi</i> (turmeric)	+	++	+++	++	++	+++	++
<i>Shunthi</i> (Ginger)	++	+	+++	+	+++	+	+
<i>Methika</i> (fenugreek)	++	+	+++	+	++	+	+
<i>Ela</i> (Cardamom)	+	+	+++	+	+	+	+
<i>Jeerak</i> (cumin)	+	+	+++	+	+	+	+
<i>Hingu</i> (asafoetida)	++	+	+++	+	+	+	+
<i>Mirchi</i> (red chili)	+	+	++	+	++	+	+
<i>Dhania</i> (coriander)	+	+++	++	+	++	+++	+
<i>Lavang</i> (clove)	+	+	+++	+	++	+	+
<i>Marich</i> (black paper)	++	+	+++	+	++	+	
<i>Pudina</i> (mint)	++	+	+++	+	+++	+	++
<i>Lavan</i> (salt)	+++	+	+	+	+	+	+
<i>Tejpatta</i> (cinnamon)							
<i>Chincha</i> (tamrind)							
<i>Keshar</i> saffron							

F. Vegetables & fruits

Table no. 5 food items for *prakriti*

Food items	<i>Vataj</i>	<i>Pitta</i>	<i>Kapha</i>	<i>Vatapitta</i>	<i>Vatakapha</i>	<i>Pittakapha</i>	<i>Samdoshaj</i>
Vegetables <i>Palakya</i> (Spinach)	+	++	+	+	+	+	+
<i>Palandu</i> (Onion)	++	+	+	+	+	+	+
(Potato) <i>Aloo</i>	+	++	+	+	+	+	+
(Tomato)	+++	+	+	+	+	+	+
(Capsicums)							
<i>Okra</i> (Ladies finger)	+	++	+	+	+	+	+
Beet	+	++	+	+	+	+	+
<i>Gobhi</i> (Cauliflower)	+	++	++	+	+	+	+
<i>Karkati</i> Cucumber (Cabbage)	+	+	+	+	+	+	+
<i>Rason</i> (Garlic)	+++	+	+++	+	+	+	+
<i>Grunjak</i> (Carrot)	+++	+	+++	+	+	+	+
<i>Dudhi</i> (White gourd)	+	++	+	+	+	++	+
<i>Shigru</i> (drumstick)	+++	+	+++	+	++	+	+
<i>Mulak</i> (radish)	+	+	++	+	+	+	+
<i>Karvellak</i> (bitter gourd)	+	++	+++	+	++	++	+
<i>Vartak</i> (brinjal)	++	+	++	+	+	++	+
Fruits <i>Amra</i> (unripe mango)	+	+	++	+	+	+	+
<i>Amra</i> (ripe mango)	+++	+	+	+++	++	++	+

<i>Draksha</i> (grapes)	+++	+++	+++	+++	++	++	+
<i>Papaya</i>	++	+	+	+	+	+	+
<i>Badar</i> (jujube)	+++	++	+	+			
<i>Anjeer</i> (fig)	+	+	++	+	+	+	+
<i>Kadali</i> (banana)	+++	++	+	+++	++	+	++
<i>Seb</i> (apple)	+++	++	+	+++	+	+	
<i>Narikael</i> (coconut)	+++	+++	+	++	+	+	+
<i>Dadim</i> (pomegranate)	+++	+++	++	++	++	++	++
<i>Amrud</i> (guava)	+	++	+	+	+	+	+
<i>Kalinga</i> (watermelon)	+	++	+	+	+	+	+
<i>Phanas</i> (jackfruit)	++	++	+	++	++	+	+
<i>Santri</i> (orange)							
<i>Khajur</i> (dates)	+++	+++	+	+++	++	++	+
<i>Jambu</i> (rose apple)	+	++	+++	+	+	++	+
<i>Annan</i> (Pineapple)	++	+	+	+	+	+	+
<i>Nimbuk</i> (lemon)	++	+	++	+	++	+	+

G. Dairy products

Table no. 6 Dairy products & *prakriti*

Food items	<i>Vataj</i>	<i>Pitta</i>	<i>Kapha</i>	<i>Vatapitta</i>	<i>Vatakapha</i>	<i>Pittakapha</i>	<i>Samdoshaj</i>
<i>Dudh</i> (milk)	+++	+++	+	+++	++	+	++
<i>Dadhi</i> (curd)	++	++	+	++	+	+	+

Navneet (butter)	+++	+++	+	+++	+	+	+
Ghrut (clarified butter)	+++	+++	+	+++	+	+	++
Takra (buttermilk)	++	+	++	++	+	+	+
Cream	+++	++	+	+++	+	+	+

H. Breakfast menus for different *prakriti*

Different *prakriti* person should plan according to their *dosha* .here some advises or plan is given for different dosh *prakriti*.

1. **Vata *prakriti*** – as due to *ruksh ,chala guna vata* people needs more nourishing, energetic ,nutritious food .

Breakfast menus for vata-

Hot milk ,dry ginger , ginger tea ,cinnamon tea

Snaks- whole wheat bread with plenty of butter , ghee

Musli wheat flakes with warm milk , honey

Sweet *semolina ,upama ,paratha*, sweet puri (bitter gourd), spicy puri , idli wheat *kheer ,payas*

Whatever available hot nourishing. moong, besan ,wheat flour *dal laddu*, halva,

Lunch - *chapati*(ghee), Alu paratha cooked vegetables, dal rice

Dinner – *khichari*, Soups tomato, vegetables, rice, roti

- a. **Vata *pitta*** - follow all above warmness should be little bit

reduced. Sweet mango pickle, sweet lassi, moong Curry, soup

2. **Pitta *prakriti*** –The *Pitta* person can be soothed by a predominantly vegetarian diet; bitter vegetables are preferable.

The food should not be too spicy, salty, or sour (rather cool in summer and hot in winter). Cool water and the occasional use of stimulants like coffee, tea are recommended. foods that are dry, mild, cooling, grounding, stabilizing, and dense— serve to balance excess pitta.

Breakfast – *sheera, paratha*, sweet puri, Snacks- *moong laddu*, rice *laddu*, ragi spinach soup, soya milk , fresh fruits ,barley soup.

Lunch - *kadhi, wheat roti ,spinach paratha*, sweet roti , cabbage, cauliflower

Dinner - *khichadi* ,green peas rice ,kheer, vermicelli, carrot, pineapple, raita, cucumber, mint chutny, white gourd halva, *shrikhand, basundi*

Other- sweet lassi ,mint tea

Pitta Vata-

Breakfast- warm milk ,

Snacks - pumpkin puri, sweet mango pickle, moong, mix salad wheat flour laddu

lunch- roti ,with cream ghee sugar , rice, bean vegetable , cauliflower green peas ,beet root salad , mix salad ,cabbage

Afternoon- black tea, wheat flour laddu, plain dosa mango juice

Dinner- chapati rice, soup, *moong* dal curry ,ladies finger

a. Pitta kapha-

Breakfast- *upma*, warm milk with black pepper, spinach paratha with cheese rice, buttermilk, *phulka*, cauliflower soup, pitta controlling diet from late spring through fall. Kapha controlling diet from winter

Lunch- *jeera* fried rice, buttermilk soup, *phulka* cauliflower with little spices, cabbage coriander chutney

Afternoon – warm milk with cardamom

Less spicy paratha

Dinner- *khichari*, vegetable soup, spinach vegetable with buttermilk, mix dal chutney

3. Kapha Prakriti

As *kapha dosha* is well nourished and *kapha* people too. Important things for *kapha* are they should eat less, light dry, hot drink when thirsty, eat when hungry.

Breakfast - fresh fruits, soya milk, mint tea , herbal tea, *kadha*

Lunch- salad, soup, rice, roti – *sabji*

Dinner- green salad, baked beans, *Khichdi*, soup ,any light food

Snacks – popcorn, sunflower seeds, corn chips, fresh fruits , Hot milk with black pepper, *upma*, spicy flakes, *puri* spicy, wheat roti spinach vegetables, moong, salads, mint, mango chutney, garlic chutney, dry coconut, roasted groundnut chutney are preferred for *kapha*.

a. **Kapha Pitta** – follow all *kapha* rules but avoid hot spicy food to balance *pitta*.

Breakfast – fruit juice, *upma*, *paratha*, *moong chila*

Lunch – *phulka* – *sabji*, soup, masala buttermilk, salad, moong daal

Dinner – *bajra roti*, moong daal, moong *khichadi*

Snacks – roasted items,

b. **Kapha vata** – follow all *kapha* rules but as *vata* is secondary add little nutritious food to keep balance.

Breakfast – warm masala milk, *upma*, *paratha*, ginger tea, milk with cinnamon, idly, steamed food

Lunch – curry roti, mango lemon pickle, spinach veggi, beet, radish, cabbage carrot

Dinner – *jeera rice*, soup, papad, *phulka*

Snacks – less sweet laddu, oats, soyabean ladd , crisp bread ,roasted nuts

Conclusion

To maintain harmony or balance in *dosha* one should analyses his own *prakriti* and plan diet accordingly. Specific *rasa* (taste) *Guna* (attributes) affects physiology of *dosha* .so this beautiful concept of personalized nutrition is need of hour to makeup with ones genetics. Technological developments may help for further development in said topic.

This review helps and introduces this unique concept of personalized food with nutrigenomics which will be good topic for an enthusiastic researcher.

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