

7th Class Minutes / Class Notes (2nd February 2026, Monday)

Understanding Prakriti and Vata Dosha Prakriti



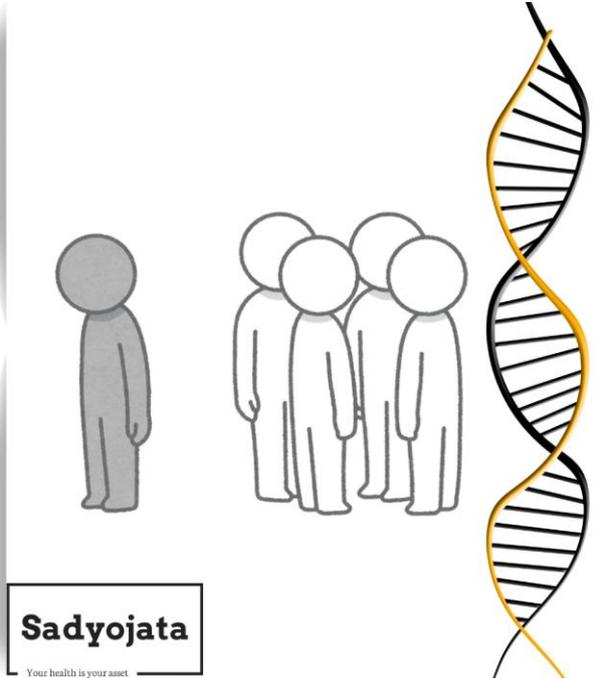
**BIOLOGICAL BLUEPRINT -
DECODING YOUR PRAKRUTI**

Śukrārtavasthaiḥ janmādau viṣeṣeṇa viṣakṛmeḥ ||9||

At the moment of conception (Janmadau), when the Sperm (Shukra) and Ovum (Artava) meet, your unique biological code (Prakriti) is written.

Doubt: If Vata, Pitta, and Kapha are "Doshas" (things that cause problems), how can a baby be born with High Vata and not be sick?

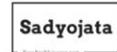
Analogy: Just as a poisonous worm (Visha Krimi) is born within poison and lives in it without being killed by it, a human is born with a dominant Dosha (which would be "toxic" to others) that becomes their natural, harmless constitution (Prakriti).



EXAMPLE:



- **Fish in the Ocean:** Salt water dehydrates and kills a human (poison), but for a fish, it is home (Prakriti).
- **You:** If you are a **Pitta person**, "Heat" is your natural state. You handle stress and competition (Heat) better than others. It is your "poison," but it is also your power.



Genetic Baseline

<p>"Poison"</p> <p>Genetic Variation: If you have a gene that makes your stomach produce high amounts of acid, that "acid" is technically corrosive. To a person without that gene, it would cause ulcers (disease).</p>	<p>"Worm"</p> <p>To you, that high acid is your "normal" because your body has co-evolved protective linings to handle it.</p>	<p>Embryology</p> <p>Shloka specifies Janmadao (at the time of birth/conception). Child's lifelong Prakriti is set during the Garbadhanakala [union of the sperm and ovum], influenced by the parents' health and environment at that micro-moment.</p>
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Taiś ca tisraḥ prakṛtayo hīna-madhyottamāḥ pṛthak |
Samadhātuḥ samastāsu śreṣṭhā nindyā dvidoṣajāḥ ||10||

7-TIER HIERARCHY (HEENA, MADHYA, UTTAMA)



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"Be honest—do you catch a cold easily (Vata/Delicate) or can you eat anything and never get sick (Kapha/Strong)?"

"Resilience" of different body types (Seven Prakritis):

- Vata Predominant
- 01 **Heena** (Delicate) (Creative but fragile, prone to anxiety). Like a racehorse—fast but fragile.
- Pitta Predominant:
- 02 **Madhya** (Medium) (Sharp, hot, driven). Like a sports car—high performance but overheats.
- Kapha Predominant:
- 03 **Uttama** (High) (Stable, strong, calm). Like a tank—slow but indestructible.
- Sama Dhatu (Balanced dosha):**
- 04 The "Best of the Best," full of Sattva (purity). Rare. All systems work in perfect harmony.
- Dual Dosha (3)**
- 05 These are the most inferior (**Nindya**), even worse than the Vata-type. Among these, Pitta-Kapha is slightly better, followed by Vata-Kapha, with Vata-Pitta being the worst.

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"DUAL DOSHA" REALITY



Controversy: The text calls Dual Doshas (Vata-Pitta, Pitta-Kapha) Nindya (Contemptible/Difficult).

"Wait! 80% of us here are likely Dual Dosha. Is it 'bad'?"

It's not "Bad," it's "High Maintenance."

Example: A Vata-Pitta person. Your Vata says "Run fast!" but your Pitta says "I'm overheating!"

We won't "die" from our Prakriti (like the worm in poison), having two masters (two dominant doshas) makes the biological "house" much harder to manage.

It is due to **Viruddha-Upakrama**—contradictory treatments.

Example: If Vata-Pitta person - inflammatory skin condition (Pitta), a doctor wants to give "**Sheetala**" (cooling) herbs.

Sheeta - Pitta Decrease but Vata increase (which is cold by nature), leading to joint pain or constipation.



In modern physiology, we call this Allostasis.

- **Homeostasis (Sama Prakriti):** The body stays balanced with minimal effort. It's like a ball resting in a valley.
- **Allostasis (Dwidoshaja):** The body stays balanced through active stress. It's like a ball balanced on a tightrope.



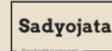
Compensated Imbalance: A Vata-Pitta person isn't "calmly" healthy. Their body is constantly using metabolic energy to cool the Pitta fire while simultaneously trying to lubricate the Vata dryness.

This "compensation" uses up your Ojas (vital reserve).

You feel "fine," but your system is working **2x harder** than a Sama Prakriti person to stay at baseline. **This is why dual types "burn out" faster in old age.**

**Your body is constantly working overtime to keep two opposing forces happy.
You are "healthy," but you burn energy faster to stay that way.**

WHY ARE WE ALL "DUAL" TODAY?



1. **Environmental Pressure:** Our environment "forces" our biology into a dual-dominant state just to survive. We are "Vata-Pitta" by necessity, but our cells are under constant stress because of it. We are "successful" (socially) but "unstable" (biologically).



VATA AGGRAVATION

Travel, screens, fast-paced life and constant noise.

PITTA AGGRAVATION

Processed foods, caffeine, and competitive stress.

KAPHA AGGRAVATION

Long sitting, lack of physical activity, non-consumption of fresh foods.



2. **Genetic Drift:** Generations of ignoring lifestyle rules have created complex genetic mixes.

HOW TO GET BACK TO "NORMAL" FROM THIS CONFLICT? : FOR THE COMMON MAN

To combat the dual-dosha state - **Samsarga (Combination) and Kala (Time)**. You don't try to change your Prakriti; you try to eliminate your **Vikriti** (acquired imbalance).

Think of your Prakriti as a mirror. Over time, environmental stress (pollution, bad food) acts like dust on the mirror.



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The "Golden Rule" of Dual Management:

Prioritize the "Stronger" Master:

01 Vata is the most powerful (Prabala-anila). Usually, in a conflict, manage **Vata** first, as it moves the other two.

The Plan:

02 Through **Panchakarma** (cleansing) and **Rasayana** (rejuvenation), you remove the Vikriti so that your body functions at its original "**factory settings**."

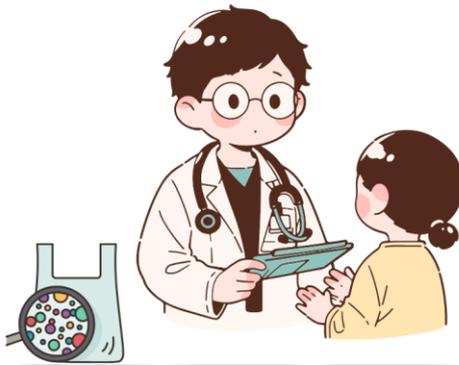
For Purushartha:

03 To achieve Dharma, Artha, Kama, Moksha, you need a clear "instrument" (the body). Clearing the Vikriti allows the Sattvic mind to emerge, as Sama Prakriti is **Sattvagunapradhana**.

The "Neutral" Territory: Use treatments that are "Dosha-Neutral."

04 **Example:** Use substances that calm both. **Ghee**. It calms Vata (Oiliness) AND calms Pitta (Coldness) without significantly aggravating Kapha. It is the ultimate shield for the modern Dual-Dosha person.

For the non-medical individual, this is about self-acceptance and personalized health.



WHAT YOU SHOULD KNOW

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You Are Born "Perfectly Imperfect"

01 Modern society tries to sell a "**one size fits all**" health standard. Ayurveda says your "imbalance" (dominance of a Dosha) is actually your unique nature. If you are a "Vata" type, being thin or talkative isn't a "deficiency"—it's your **Visha-Krimi** reality.

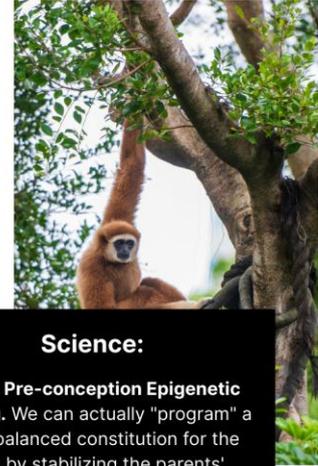
Why You Shouldn't Self-Diagnose:

02 "Dual" types (e.g., Vata-Pitta) are prone to more health complications. If you fall into this category, your **lifestyle needs to be much more disciplined** because your body is a complex "mix of opposites."

**Medicine for one dosha acts as a poison for the other.
It requires a smarter patient and a smarter doctor**

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A GIFT TO NEXT-GENERATION BY PARENTS (GARBHA SAMSKARA):



Genetic Lottery: your constitution depends on the state of your parents' **Shukra (Sperm) and Artava (Ovum)** at conception

Preparation (Shodhana):

Parents should undergo cleansing before conception to ensure the Shukra and Artava are as close to "Sama" (balanced) as possible.

Environment:

The food and behavior of the mother (Garbhini bhojya-chesta) influence the dominant Dosha.

Science:

This is **Pre-conception Epigenetic Priming**. We can actually "program" a more balanced constitution for the child by stabilizing the parents' Doshas 3-6 months before conception.

Homework – "Find Your Poison"

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TASK: IDENTIFY YOUR "VISHA-KRIMI" TRAIT—SOMETHING THAT FEELS NORMAL TO YOU BUT DRIVES OTHERS CRAZY.



·Examples:

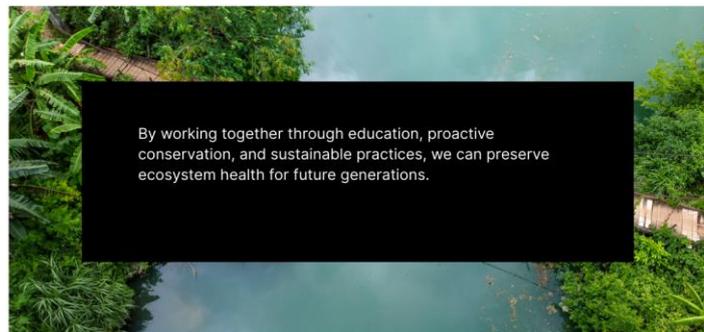
- o **Vata:** "I skip meals and feel fine (others get dizzy)."
- o **Pitta:** "I argue for fun and feel energized (others get stressed)."
- o **Kapha:** "I can sleep for 10 hours and want more (others get a headache)."

Post in the group: "My Poison is [Trait]."

Dosha State	Potential Lab Markers (Modern Science)	Why? (Scientific Logic)
High Vata (Degenerative)	Low Body Mass Index (BMI), Electrolyte imbalances (Na+, K+), High Cortisol, Low Bone Density (DEXA).	Vata governs the nervous system and catabolism (breaking down). High cortisol indicates a stressed Vata state.
High Pitta (Inflammatory)	High C-Reactive Protein (CRP), Elevated Liver Enzymes (ALT/AST), High Bilirubin, Low Serum pH (Acidity).	Pitta governs heat and thermogenesis. High CRP and liver enzymes indicate the "heat" or inflammation Pitta produces.
High Kapha (Accumulative)	High Triglycerides, LDL Cholesterol, High HbA1c (Blood Sugar), High BMI, Low Thyroid (TSH).	Kapha governs growth and stability. When abnormal, it leads to storage (lipids) and sluggishness (hypothyroidism).



SUSTAINING OUR FUTURE



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Introduction to Prakriti

Prakriti can be introduced, emphasizing its significance as an individual's biological blueprint.. Prakriti, or constitution, is determined **at the moment of conception** (shukraarthavasthey janmaadou). It is influenced by the **sperm (shukra)** from the father and the **ovum (arthava)** from the mother. The parents' health, emotional state, diet, lifestyle, and even the season of conception all play a crucial role in shaping the child's Prakriti.

Doshas and Prakriti

The session addressed the common misconception that **doshas (Vata, Pitta, Kapha) are inherently negative**. The analogy of a poisonous worm (**visheneva vishakrimehe**) was used to explain that

while a poisonous worm contains poison, it doesn't harm the worm itself. Similarly, a dominant dosha in an individual's Prakriti does not necessarily cause illness but rather defines their natural state. **For example**, a Pitta person's natural state might involve higher heat, which allows them to handle stress and competition better than others, turning what might be a 'poison' for others into their strength.

Types of Prakriti

There are seven main types of Prakriti:

- **Single Dosha Dominance:** Vata, Pitta, Kapha (**three types**)
- **Dual Dosha Dominance (Dvidoshaja):** Vata-Pitta, Pitta-Kapha, Kapha-Vata (**three types**)
- **Balanced Doshas (Samadhata):** All three doshas are in equilibrium (**one type**)

Vata Prakriti

Vata predominant individuals are generally considered "**Heena**" (**delicate**).

They are often fragile, prone to anxiety, and experience a lot of movement. They are compared to a fast but fragile racehorse.

They tend to have **shorter lifespans** compared to Pitta or Kapha individuals.

Pitta Prakriti

Pitta predominant individuals are considered "**Madhya**" (**medium**).

They are typically sharp, energetic, and prone to overheating.

They are likened to a high-performance sports car that can heat up. Balancing Pitta is crucial for their well-being.

Kapha Prakriti

Kapha predominant individuals are considered "**Uttama**" (**high/good**).

They are usually stable, strong, and calm.

They possess the greatest capacity to tolerate problems and diseases and generally have **the longest lifespan**.

The ideal state is "Samadhata," where all three doshas are balanced, leading to sattvic qualities and greater purity.

Dual Doshas (Dvidoshaja)

Dual dosha Prakritis are often considered "**Nindhya**" (**inferior/most inferior**) because they require high maintenance.

For instance, a **Vata-Pitta** person experiences the conflicting urges of Vata (run fast) and Pitta (heating up), leading to exhaustion and burnout. While these individuals do not necessarily get sick, their bodies work harder to maintain balance, potentially leading to a **decline in immunity over time**.

The session used the analogy of a ball resting on a land (balanced Prakriti) versus a ball hanging on rope from a high point with gravity pulling it down and also stress of the rope (dual dosha), illustrating **constant stress** on the body.

Modern Lifestyle and Dual Doshas

The prevalence of dual dosha Prakritis in today's world (**estimated 80%**) is attributed to modern environmental pressures

Factors like increased travel (**aggravating Vata**), consumption of caffeine, processed foods, stress, and peer pressure (**aggravating Pitta**), and sedentary lifestyles (**aggravating Kapha**) contribute to these imbalances.

Managing Dosha Imbalances

It was emphasized that one **cannot change their innate Prakriti**, but they can eliminate "vikruti" (imbalance).

The analogy of cleaning a dusty mirror was used: you can clean **the dust (vikruti)** but not change the **mirror (Prakriti)**.

The golden rule for management is to focus on balancing **Vata first**, as it carries and influences the other two doshas, tissues (dhatus), waste products (mala), and overall immunity (ojas).

Panchakarma

Panchakarma is a crucial detoxifying therapy. It **resets the body to a baby-like state**, as described by Charaka, necessitating a gradual return to solid foods.

Regular Panchakarma (yearly or bi-annually) is vital for normalizing the body in today's lifestyle.

Rasayana

Rasayana therapies, like those mentioned in the previous session (Vatatapika, Kupipaka Rasayana), are one among rejuvenating treatments **that combat aging** and free radicals, helping to remove accumulated toxins from the body.

Ghee as a Remedy

Ghee is highlighted as an excellent remedy.

It combats Vata due to its **unctuous (snigdha)** quality, calms Pitta with its **coolness**, and does not increase Kapha, making it a versatile balancing agent.

Personalized Health and Self-Diagnosis

Ayurveda emphasizes personalized health.

A **"one-size-fits-all"** approach does not work due to individual Prakriti variations.

Self-diagnosis is strongly discouraged, especially for dual dosha Prakritis, which are prone to complications.

An example was given of bitter substances for diabetes, which, when consumed excessively, can increase Vata due to their dry (ruksha) quality, leading to joint pains.

Garbha Samskara and Epigenetic Priming

Garbha Samskara, or preconception care, was presented as **a gift parents can give to the next generation**.

It involves detoxifying and balancing the parents' bodies (physical and mental) before conception to ensure a child is born **closer to a balanced state (sama prakriti)**.

The environment, food, and behavioral patterns of the mother during pregnancy significantly influence the child's dominant doshas.

This preconception care acts as epigenetic priming, programming the baby for better health.

Diagnosing Dosha Imbalances with Modern Markers

- **High Vata:** Low BMI, electrolyte imbalances, high cortisol, low DEXA results.
- **High Pitta:** High CRP, elevated liver enzymes, high bilirubin, acidic symptoms (indicating inflammation).
- **High Kapha:** High triglycerides, Hba1c.

Vata Prakriti Lakshanas (Characteristics)

Physical Characteristics

- Lean body, difficulty gaining weight.
- Tall height.
- Dusky skin shade.
- Brittle teeth and bones, dry hair, dry nails, crooked teeth.
- More visible knuckles, joint sounds during movement.
- Intolerance to cold (e.g., getting irritated by fans, complaining about winter/rain).
- Quick and restless movements, inability to sit still.

Voice and Emotional State

- Dry, low-pitched, coarse, shivering, tired, or dull voice.
- Very talkative, good sense of humor.
- Sometimes speaking is irrelevant or without thinking.
- **Example:** Geet from "Jab We Met" exemplifies typical Vata nature.

Physiological State

- Variable appetite (sometimes very hungry, sometimes no hunger).
- Prone to constipation, especially with dietary changes or lack of fiber/ghee.
- Struggling to sleep at night, (light sleepers) often need only 3-5 hours of sleep.
- Highly active, cannot stay in one place.
- **Likings:** Hot food, sweet, sour, and salty tastes (e.g., raw mango with salt/chili).
- Do not gain weight easily despite eating a lot.

Psychological State

- Unpredictable nature due to Vata's adaptability (**yogavahitva**).
- Can be soft, calm, friendly, but also irritating, anxious, fearful.
- Grasp and forget things quickly (**chala guna**).
- Poor memory and retention.
- Multitaskers often leave tasks unfinished due to lack of motivation.

- Difficulty making decisions, often confused.
- Always in a hurry, no calmness.
- Unorganized in personal spaces (home, workspace).
- Easily distracted, brings unrelated topics into discussions.
- Creative and innovative, good at finding shortcuts.

Social Behavior

- Not trustworthy in terms of dependability; they may agree to do things and then forget.
- Tendency to steal (not just money, but even unnecessary items).
- Many friends but do not get deeply attached; lose friends easily.
- Anxious and fearful during crises, lack endurance.
- Dislike peaceful environments, may create conflict.

- Creative, artistic, love singing and dancing (movement-oriented).
- Enjoy fun and luxurious life.

Dreams

- Often dream of floating, flying, falling, or climbing mountains.

Animal Similarities

- Goat: Eats everything, doesn't gain weight.
- Jackal: Sharp mind, swift, plans things, can betray.
- Rabbit: Moves around, jumps, active.
- Mouse: Constantly moving, swift.
- Camel: Thin, needs little water/food, can travel long distances without tiring (dryness).
- Dog: Active, alert, sleeps less.
- Crow: Quarrelsome, noisy voice.
- Donkey: Can be productive if trained, can do many things, finds shortcuts.

Vata's Weaknesses

- Less strength, endurance, success, lifespan, wealth, and fewer progenies.
- This is due to Vata's fluctuating nature (chalaguna), unstable mind, and inability to focus.

Vata's Strengths

- Can be very successful if they channel their energy properly.
- Good sense of humor, very active, creative.
- Fast learners, unique problem solvers, innovative, energetic.

- Helpful, versatile (360-degree coverage).
- Excellent communicators, easily build bonds with strangers.
- Can lift the mood of a room, enthusiastic.
- Curious, adaptable to crisis and new situations.

Vata Prakriti Characteristics (Summary)

Vata Prakriti individuals are defined by the mobile, dry, light, and cold qualities of the Vata dosha, leading to a nature that is generally active, creative, and unpredictable. **Physical & Physiological Profile**

- **Build:** Naturally lean, tall, and struggle to gain weight.
- **Appearance:** Dusky skin, dry hair, nails, and brittle teeth/bones, often with crooked teeth and prominent knuckles.
- **Movement:** Quick, restless, and often unable to sit still, with frequent joint sounds.
- **Thermal Preference:** Highly sensitive to and intolerant of cold (dislike fans, winter, and rain).
- **Digestion:** Variable and irregular appetite; prone to constipation, especially with dietary changes or low fiber/ghee intake.
- **Sleep:** Light sleepers who are highly active and often require only 3–5 hours of sleep.
- **Preferences:** Strongly desire hot food and the sweet, sour, and salty tastes (e.g., raw mango with salt/chili).

Mental & Psychological Profile

- **Nature:** Unpredictable and adaptable (**yogavahitva**), leading to a wide range of emotions: can be friendly, soft, and calm, but also anxious, fearful, and irritating.
- **Cognition:** Quick to grasp information but also quick to forget (**chala guna**); generally have poor memory and retention.
- **Work Style:** Tend to be poor at decision-making, often confused. They are multitaskers but frequently leave tasks unfinished due to a lack of sustained motivation.
- **Temperament:** Always hurried, lacking a sense of calmness, and easily distracted. They are often unorganized in their personal spaces.
- **Innovation:** Highly creative and innovative, excelling at finding clever shortcuts and unique problem-solving.

Communication & Emotional Expression

- **Voice:** Dry, low-pitched, coarse, often sounding shivering, tired, or dull.
- **Speech:** Very talkative, possess a good sense of humor, though their speech can sometimes be irrelevant or impulsive (without thinking).
- **Example:** The character Geet from "Jab We Met" is a classic portrayal of the Vata nature.

Social & Behavioral Traits

- **Trust & Dependability:** Not always trustworthy in terms of follow-through; they may agree to tasks but then forget them.
- **Relationships:** Have many friends but do not form deep attachments and can lose friends easily.
- **Behavioral Tendencies:** Anxious and fearful during crises, lacking endurance. They may dislike peaceful environments and sometimes create conflict.
- **Artistic Inclinations:** Highly creative, artistic, and enjoy activities focused on movement, such as singing and dancing.
- **Lifestyle:** Enjoy a fun and luxurious life.
- **Dreams:** Common dream themes include floating, flying, falling, or climbing mountains.
- **Negative Tendency:** May have a tendency to take things that don't belong to them (not just money).

Strengths & Weaknesses

Strengths:

- **Activity & Energy:** Very active, energetic, and can easily lift the mood of a room (enthusiastic).
- **Cognition:** Fast learners, excellent communicators, and unique problem solvers.
- **Adaptability:** Highly versatile (360-degree coverage), curious, and adaptable to new situations and crises.
- **Social:** Easily build bonds with strangers.
- **Potential:** Can achieve great success if their energy is properly channeled.

Weaknesses:

- **Lack of Consistency:** Due to their fluctuating nature (**chalaguna**) and unstable mind, they generally possess less strength, endurance, success, lifespan, wealth, and fewer children.

Animal Similarities

Vata traits are reflected in animals that are thin, fast, active, or erratic:

- **Thin/Active:** Goat (eats a lot, stays thin), Rabbit (jumps, moves around), Mouse (constantly moving), Dog (active, alert, sleeps less).
- **Endurance/Dryness:** Camel (thin, needs little water/food, can travel long distances).
- **Wit/Speed:** Jackal (sharp mind, swift, can plan).

- **Noise/Activity:** Crow (quarrelsome, noisy), Donkey (can be productive if trained, finds shortcuts).

Conclusion and Analogy

Knowing one's Prakriti is essential for personalized health management.

It helps in understanding hunger patterns, sleep disturbances, motivation issues, and communication styles.

For Vata individuals, preventing **neurological disorders, musculoskeletal issues (joint pain, arthritis, sciatica), and tingling sensations** is crucial due to their natural predisposition.

Vata dosha was compared to a son-in-law ("aliya") – needing careful and balanced treatment due to its **sometimes loving, sometimes agitated** nature.

This analogy highlights the importance of understanding and managing Vata to maintain overall physical, mental, and social well-being.

Discussion and Q&A

- **Panchakarma Experience:** 4 Participants shared positive experiences with Sadyojata Ayurveda doctors (Dr. Raghavendra and Dr. Sripritha) for their Panchakarma treatments, noting increased activity, mental calmness, and lightness in the body. It was reiterated that Panchakarma is a powerful detoxification method and that positive health effects stay with them for at least 1 year.
- **Triphala and Doshas:** A participant shared that Triphala increased her Pitta. The doctor clarified that Triphala is a Rasayana (rejuvenating), a mother-like substance, and generally balances all three doshas. However, the *Anupana* (adjuvant) and *matra* (dose) are crucial. The timing of medicine intake in Ayurveda is highly personalized and more complex than just "before/after food." Individual factors like *Agni* (digestive fire), *koshta* (bowel type), *ahara* (diet), and lifestyle also influence treatment.
- **Vata and Gunas (Satva, Raja, Tama):** The question of whether Vata predominant individuals are tamasic was raised. It was clarified that Vata is primarily *Rajasic* (active, energetic), not tamasic. Mental *doshas* (Satva, Raja, Tama) are distinct from physical *doshas*. While physical Prakriti (Vata, Pitta, Kapha) cannot be changed, mental Prakriti can be modified through effort to achieve a **Sattvic state (purity and balance)**.

ಪ್ರಕೃತಿ ಮತ್ತು ವಾತ ದೋಷ ಪ್ರಕೃತಿಯ ತಿಳುವಳಿಕೆ

ಪ್ರಕೃತಿಯ ಪರಿಚಯ

ಪ್ರಕೃತಿಯು ಒಬ್ಬ ವ್ಯಕ್ತಿಯ ನೀಲನಕ್ಷೆ (**Biological blueprint**) ಇದ್ದಂತೆ. ಪ್ರಕೃತಿಯು ಗರ್ಭಧಾರಣೆಯ ಕ್ಷಣದಲ್ಲೇ (ಶುಕ್ರಾತ್ಮವನ್ನೇ ಜನ್ಮಾದೌ) ನಿರ್ಧರಿಸಲ್ಪಡುತ್ತದೆ. ಇದು ತಂದೆಯ ಶುಕ್ರಾಣು (ಶುಕ್ರ) ಮತ್ತು ತಾಯಿಯ ಅಂಡಾಣು (ಆರ್ತವ) ಇವುಗಳಿಂದ ಪ್ರಭಾವಿತವಾಗಿರುತ್ತದೆ. ಪೋಷಕರ ಆರೋಗ್ಯ, ಮಾನಸಿಕ ಸ್ಥಿತಿ, ಆಹಾರ ಕ್ರಮ, ಜೀವನಶೈಲಿ ಮತ್ತು ಗರ್ಭಧಾರಣೆಯ ಸಮಯದ ಋತುಮಾನವು ಮಗುವಿನ ಪ್ರಕೃತಿಯನ್ನು ರೂಪಿಸುವಲ್ಲಿ ಪ್ರಮುಖ ಪಾತ್ರ ವಹಿಸುತ್ತವೆ.

ದೋಷಗಳು ಮತ್ತು ಪ್ರಕೃತಿ

ದೋಷಗಳು (ವಾತ, ಪಿತ್ತ, ಕಫ) ಯಾವಾಗಲೂ ನಕಾರಾತ್ಮಕವಾಗಿರುತ್ತವೆ ಎಂಬುದು ತಪ್ಪು ಕಲ್ಪನೆ. ಇದಕ್ಕೆ 'ವಿಷೇಣೀವ ವಿಷಕೃಮಿಃ' ಎಂಬ ವಿಷದ ಕೀಟದ ಉದಾಹರಣೆಯನ್ನು ನೀಡಲಾಗಿದೆ. ವಿಷದ ಕೀಟದ ದೇಹದಲ್ಲಿ ವಿಷವಿದ್ದರೂ ಅದು ಆ ಕೀಟಕ್ಕೆ ಹಾನಿ ಮಾಡುವುದಿಲ್ಲ. ಅದೇ ರೀತಿ, ಒಬ್ಬ ವ್ಯಕ್ತಿಯ ಪ್ರಕೃತಿಯಲ್ಲಿ ಒಂದು ದೋಷವು ಪ್ರಬಲವಾಗಿದ್ದರೂ, ಅದು ಕಾಯಿಲೆ ತರುವುದಿಲ್ಲ, ಬದಲಿಗೆ ಅವರ ನೈಸರ್ಗಿಕ ಸ್ವಭಾವವನ್ನು ನಿರ್ಧರಿಸುತ್ತದೆ. ಉದಾಹರಣೆಗೆ, ಪಿತ್ತ ಪ್ರಕೃತಿಯ ವ್ಯಕ್ತಿಗೆ ಸಹಜವಾಗಿಯೇ ದೇಹದಲ್ಲಿ ಉಷ್ಣತೆ ಹೆಚ್ಚಿರುತ್ತದೆ, ಇದು ಅವರಿಗೆ ಒತ್ತಡ ಮತ್ತು ಸ್ಪರ್ಧೆಯನ್ನು ಎದುರಿಸುವ ಶಕ್ತಿಯನ್ನು ನೀಡುತ್ತದೆ.

ಪ್ರಕೃತಿಯ ವಿಧಗಳು

ಒಟ್ಟು ಏಳು ವಿಧದ ಪ್ರಕೃತಿಗಳಿವೆ:

1. ಏಕ ದೋಷ ಪ್ರಕೃತಿ: ವಾತ, ಪಿತ್ತ, ಕಫ (ಮೂರು ವಿಧ).
2. ದ್ವಿದೋಷಜ ಪ್ರಕೃತಿ (Dvidoshaja): ವಾತ-ಪಿತ್ತ, ಪಿತ್ತ-ಕಫ, ಕಫ-ವಾತ (ಮೂರು ವಿಧ).
3. ಸಮಧಾತು ಪ್ರಕೃತಿ: ಮೂರೂ ದೋಷಗಳು ಸಮತೋಲನದಲ್ಲಿರುವುದು (ಒಂದು ವಿಧ).

ಪ್ರಕೃತಿಗಳ ಲಕ್ಷಣಗಳು

ಪ್ರಕೃತಿ	ಗುಣಲಕ್ಷಣ	ಹೋಲಿಕೆ	ಜೀವಿತಾವಧಿ
ವಾತ ಪ್ರಕೃತಿ	ಸುಕುಮಾರ ಅಥವಾ ಸೂಕ್ಷ್ಮ (ಹೀನ)	ವೇಗವಾಗಿ ಓಡುವ ಆದರೆ ನಾಜೂಕಾದ ರೇಸ್ ಕುದುರೆ	ಸಾಮಾನ್ಯವಾಗಿ ಕಡಿಮೆ
ಪಿತ್ತ ಪ್ರಕೃತಿ	ಸಾಧಾರಣ ಅಥವಾ ಮಧ್ಯಮ (ಮಧ್ಯ)	ಅತಿ ವೇಗವಾಗಿ ಚಲಿಸುವ ಆದರೆ ಬೇಗ ಬಿಸಿಯಾಗುವ ಸ್ಪೋರ್ಟ್ಸ್ ಕಾರ್	ಮಧ್ಯಮ
ಕಫ ಪ್ರಕೃತಿ	ಸ್ಥಿರ ಮತ್ತು ಬಲಿಷ್ಠ (ಉತ್ತಮ)	ಗಟ್ಟಿಮುಟ್ಟಾದ ಮತ್ತು ಶಾಂತ ಸ್ವಭಾವದ ಆನೆ	ಸಾಮಾನ್ಯವಾಗಿ ದೀರ್ಘ

ಸಮಧಾತು ಪ್ರಕೃತಿ: ಇದು ಆದರ್ಶ ಸ್ಥಿತಿಯಾಗಿದ್ದು, ಇದು ಸಾತ್ವಿಕ ಗುಣಗಳು ಮತ್ತು ಹೆಚ್ಚಿನ ಶುದ್ಧತೆಯನ್ನು ತರುತ್ತದೆ.

ದ್ವಿದೋಷಜ ಪ್ರಕೃತಿ (Dual Dosha) ಮತ್ತು ಆಧುನಿಕ ಜೀವನ

ದ್ವಿದೋಷಜ ಪ್ರಕೃತಿಗಳನ್ನು 'ನಿಂದ್ಯ' (ಕಡಿಮೆ ದರ್ಜೆಯ ಅಥವಾ ಅತಿ ಶ್ರಮದಾಯಕ) ಎಂದು ಕರೆಯಲಾಗುತ್ತದೆ ಏಕೆಂದರೆ ಇವುಗಳ ನಿರ್ವಹಣೆಗೆ ಹೆಚ್ಚಿನ ಗಮನ ಬೇಕು.

- ಉದಾಹರಣೆಗೆ, ವಾತ-ಪಿತ್ತ ವ್ಯಕ್ತಿಯಲ್ಲಿ ವಾತವು ವೇಗವಾಗಿ ಓಡಲು ಪ್ರೇರೇಪಿಸಿದರೆ, ಪಿತ್ತವು ದೇಹವನ್ನು ಬಿಸಿ ಮಾಡುತ್ತದೆ. ಇದು ಬೇಗನೆ ಸುಸ್ತಾಗಲು (Burnout) ಕಾರಣವಾಗುತ್ತದೆ.
- ಇಂದಿನ ಕಾಲದಲ್ಲಿ ಶೇ. 80 ರಷ್ಟು ಜನರು ದ್ವಿದೋಷಜ ಪ್ರಕೃತಿಯನ್ನು ಹೊಂದಿರುತ್ತಾರೆ. ಇದಕ್ಕೆ ಅತಿಯಾದ ಪ್ರಯಾಣ (ವಾತ), ಕೆಫೀನ್, ಸಂಸ್ಕರಿಸಿದ ಆಹಾರ, ಒತ್ತಡ (ಪಿತ್ತ) ಮತ್ತು ದೈಹಿಕ ಶ್ರಮವಿಲ್ಲದ ಜೀವನಶೈಲಿ (ಕಫ) ಕಾರಣವಾಗಿವೆ.

ದೋಷಗಳ ಅಸಮತೋಲನ ನಿರ್ವಹಣೆ

ನಾವು ನಮ್ಮ ಜನ್ಮಜಾತ ಪ್ರಕೃತಿಯನ್ನು ಬದಲಾಯಿಸಲು ಸಾಧ್ಯವಿಲ್ಲ, ಆದರೆ **ವಿಕೃತಿ**ಯನ್ನು (ಅಸಮತೋಲನ) ಹೋಗಲಾಡಿಸಬಹುದು.

- ಧೂಳಿನ ಕನ್ನಡಿಯ ಉದಾಹರಣೆ: ನೀವು ಕನ್ನಡಿಯ ಮೇಲಿರುವ ಧೂಳನ್ನು (ವಿಕೃತಿ) ಸ್ವಚ್ಛಗೊಳಿಸಬಹುದು, ಆದರೆ ಕನ್ನಡಿಯನ್ನು (ಪ್ರಕೃತಿ) ಬದಲಾಯಿಸಲು ಸಾಧ್ಯವಿಲ್ಲ.
- ನಿರ್ವಹಣೆಯ ಬಂಗಾರದ ನಿಯಮವೆಂದರೆ ಮೊದಲು ವಾತವನ್ನು ಸಮತೋಲನಗೊಳಿಸುವುದು. ಏಕೆಂದರೆ ವಾತವೇ ಇತರ ದೋಷಗಳು, ಧಾತುಗಳು, ಮಲಗಳು ಮತ್ತು ಓಜಸ್ಸನ್ನು (Immunity) ನಿಯಂತ್ರಿಸುತ್ತದೆ.

ಆಯುರ್ವೇದ ಪರಿಹಾರಗಳು

- ಪಂಚಕರ್ಮ: ಇದು ದೇಹವನ್ನು ಪುನರ್ಜನ್ಮದಂತಹ ಸ್ಥಿತಿಗೆ ತರುವ ಅತ್ಯುತ್ತಮ ನಿರ್ವಿಶೇಕರಣ (Detox) ಚಿಕಿತ್ಸೆ. ವರ್ಷಕ್ಕೊಮ್ಮೆ ಅಥವಾ ಆರು ತಿಂಗಳಿಗೊಮ್ಮೆ ಇದನ್ನು ಮಾಡುವುದು ಇಂದಿನ ಜೀವನಶೈಲಿಯಲ್ಲಿ ಅಗತ್ಯ.
- ರಸಾಯನ: ಇದು ವಯಸ್ಸಾಗುವಿಕೆಯನ್ನು ತಡೆಯುವ ಮತ್ತು ರೋಗನಿರೋಧಕ ಶಕ್ತಿಯನ್ನು ಹೆಚ್ಚಿಸುವ ಪುನಶ್ಚೇತನ ಚಿಕಿತ್ಸೆಯಾಗಿದೆ.
- ತುಪ್ಪದ ಬಳಕೆ: ತುಪ್ಪವು ವಾತವನ್ನು ಸ್ನಿಗ್ಧತೆಯಿಂದ (Snigdha), ಪಿತ್ತವನ್ನು ತನ್ನ ಶೀತ ಗುಣದಿಂದ ಶಾಂತಗೊಳಿಸುತ್ತದೆ ಮತ್ತು ಕಫವನ್ನು ಹೆಚ್ಚಿಸುವುದಿಲ್ಲ. ಇದು ಅತ್ಯುತ್ತಮ ಸಮತೋಲನಕಾರಿ ಔಷಧ.

ಎಚ್ಚರಿಕೆ: ಸ್ವಯಂ ರೋಗನಿರ್ಣಯ ಮಾಡಬೇಡಿ

ಆಯುರ್ವೇದವು ವೈಯಕ್ತಿಕ ಆರೋಗ್ಯಕ್ಕೆ ಒತ್ತು ನೀಡುತ್ತದೆ. ಒಬ್ಬರಿಗೆ ಔಷಧಿಯಾಗಿರುವುದು ಇನ್ನೊಬ್ಬರಿಗೆ ವಿಷವಾಗಬಹುದು.

- ಉದಾಹರಣೆ: ಮಧುಮೇಹಕ್ಕೆ ಅತಿಯಾಗಿ ಕಹಿ ಪದಾರ್ಥಗಳನ್ನು ಸೇವಿಸುವುದು ವಾತವನ್ನು ಹೆಚ್ಚಿಸಿ ಕೀಲು ನೋವಿಗೆ ಕಾರಣವಾಗಬಹುದು. ವಿಶೇಷವಾಗಿ ದ್ವಿದೋಷಜ ಪ್ರಕೃತಿಯವರು ಸ್ವಯಂ ಚಿಕಿತ್ಸೆ ಮಾಡಿಕೊಳ್ಳಬಾರದು.

ಇದು ಗರ್ಭ ಸಂಸ್ಕಾರ ಮತ್ತು ವಾತ ಪ್ರಕೃತಿಯ ಲಕ್ಷಣಗಳ ಕುರಿತಾದ ಅರ್ಥಪೂರ್ಣ ಕನ್ನಡ ಅನುವಾದ:

ಗರ್ಭ ಸಂಸ್ಕಾರ ಮತ್ತು ಎಪಿಜೆನೆಟಿಕ್ ಪ್ರೈಮಿಂಗ್ (Epigenetic Priming)

ಗರ್ಭ ಸಂಸ್ಕಾರ ಅಥವಾ ಗರ್ಭಧಾರಣೆಯ ಪೂರ್ವದ ಆರೈಕೆಯನ್ನು ಪೋಷಕರು ಮುಂದಿನ ಪೀಳಿಗೆಗೆ ನೀಡಬಹುದಾದ ಅತ್ಯುತ್ತಮ ಕೊಡುಗೆ ಎಂದು ವಿವರಿಸಲಾಗಿದೆ.

- ಇದು ಮಗುವು ಜನಿಸುವಾಗಲೇ ಸಮತೋಲಿತ ಸ್ಥಿತಿಗೆ (ಸಮ ಪ್ರಕೃತಿ) ಹತ್ತಿರವಿರುವಂತೆ ನೋಡಿಕೊಳ್ಳಲು, ಗರ್ಭಧಾರಣೆಗೆ ಮೊದಲು ಪೋಷಕರ ದೇಹ ಮತ್ತು ಮನಸ್ಸನ್ನು ನಿರ್ವಿಷಗೊಳಿಸುವುದನ್ನು (Detox) ಒಳಗೊಂಡಿದೆ.
- ಗರ್ಭಾವಸ್ಥೆಯಲ್ಲಿ ತಾಯಿಯ ಪರಿಸರ, ಆಹಾರ ಮತ್ತು ನಡವಳಿಕೆಯು ಮಗುವಿನ ಪ್ರಧಾನ ದೋಷಗಳ ಮೇಲೆ ಗಮನಾರ್ಹ ಪ್ರಭಾವ ಬೀರುತ್ತದೆ.
- ಈ ಪೂರ್ವಸಿದ್ಧತೆಯು ಮಗುವಿನ ಉತ್ತಮ ಆರೋಗ್ಯಕ್ಕಾಗಿ ಡಿಎನ್‌ಎ ಮಟ್ಟದಲ್ಲಿ ಪ್ರೋಗ್ರಾಮಿಂಗ್ ಮಾಡುವ 'ಎಪಿಜೆನೆಟಿಕ್ ಪ್ರೈಮಿಂಗ್' ನಂತೆ ಕೆಲಸ ಮಾಡುತ್ತದೆ.

ಆಧುನಿಕ ಗುರುತುಗಳ ಮೂಲಕ ದೋಷಗಳ ಪತ್ತೆ

- ಹೆಚ್ಚಿನ ವಾತ: ಕಡಿಮೆ ಬಿಎಂಐ (BMI), ಎಲೆಕ್ಟ್ರೋಲೈಟ್ ಅಸಮತೋಲನ, ಹೆಚ್ಚಿನ ಕಾರ್ಟಿಸೋಲ್ (Cortisol), ಕಡಿಮೆ ಡೆಕ್ಸಾ (DEXA) ಸ್ಕ್ಯಾನ್ ಫಲಿತಾಂಶ.
- ಹೆಚ್ಚಿನ ಪಿತ್ತ: ಹೆಚ್ಚಿನ ಸಿಆರ್‌ಪಿ (CRP), ಯಕೃತ್ತಿನ ಕಿಣ್ವಗಳ ಏರಿಕೆ, ಹೆಚ್ಚಿನ ಬಿಲಿರುಬಿನ್, ಅಸಿಡಿಟಿ ಲಕ್ಷಣಗಳು (ದೇಹದ ಉರಿಯೂತವನ್ನು ಸೂಚಿಸುತ್ತದೆ).
- ಹೆಚ್ಚಿನ ಕಫ: ಹೆಚ್ಚಿನ ಟ್ರಿಗ್ಲಿಸರೈಡ್‌ಗಳು (Triglycerides), ಎಚ್‌ಬಿಎ1ಸಿ (Hba1c).

ವಾತ ಪ್ರಕೃತಿಯ ಲಕ್ಷಣಗಳು (Lakshanas)

ದೈಹಿಕ ಲಕ್ಷಣಗಳು

- ತೆಳುವಾದ ದೇಹ, ತೂಕ ಹೆಚ್ಚಿಸಿಕೊಳ್ಳುವುದು ಕಷ್ಟ.
- ಎತ್ತರವಾದ ನಿಲುವು, ಕಪ್ಪು ಅಥವಾ ಕಂದು ಮೈಬಣ್ಣ.
- ಬೇಗನೆ ಒಡೆಯುವ ಹಲ್ಲು ಮತ್ತು ಮೂಳೆಗಳು, ಒಣಗಿದ ಕೂದಲು ಮತ್ತು ಉಗುರುಗಳು, ವಂಕರಾದ ಹಲ್ಲುಗಳು.
- ಎದ್ದುಕಾಣುವ ಬೆರಳುಗಳ ಗಂಟುಗಳು, ಚಲಿಸುವಾಗ ಕೀಲುಗಳಲ್ಲಿ ಶಬ್ದ ಬರುವುದು.

- ಚಳಿಯನ್ನು ಸಹಿಸಿಕೊಳ್ಳಲಾರರು (ಉದಾಹರಣೆಗೆ: ಫ್ಯಾನ್ ಗಾಳಿಗೆ ಸಿಡಿಮಿಡಿಗೊಳ್ಳುವುದು, ಮಳೆ/ಚಳಿಗಾಲದಲ್ಲಿ ದೂರುವುದು).
- ಚಂಚಲವಾದ ಚಲನೆ, ಒಂದೆಡೆ ಸ್ಥಿರವಾಗಿ ಕುಳಿತುಕೊಳ್ಳಲು ಸಾಧ್ಯವಾಗದಿರುವುದು.

ಧ್ವನಿ ಮತ್ತು ಭಾವನಾತ್ಮಕ ಸ್ಥಿತಿ

- ಧ್ವನಿಯು ಒರಟಾಗಿರುತ್ತದೆ, ಕಡಿಮೆ ಪಿಚ್ ಅಥವಾ ನಡುಕದಿಂದ ಕೂಡಿರುತ್ತದೆ.
- ತುಂಬಾ ಮಾತನಾಡುವ ಸ್ವಭಾವ, ಉತ್ತಮ ಹಾಸ್ಯ ಪ್ರಜ್ಞೆ.
- ಕೆಲವೊಮ್ಮೆ ಯೋಚಿಸದೆ ಅಥವಾ ಅವ್ಯಸ್ತವಾಗಿ ಮಾತನಾಡುತ್ತಾರೆ.
- ಉದಾಹರಣೆ: 'ಜಬ್ ವಿ ಮೆಟ್' ಚಿತ್ರದ ಗೀತ್ ಪಾತ್ರವು ವಿಶಿಷ್ಟ ವಾತ ಸ್ವಭಾವವನ್ನು ಹೋಲುತ್ತದೆ.

ದೈಹಿಕ ಕಾರ್ಯಗಳು (Physiological State)

- ಹಸಿವು ಅಸ್ಥಿರವಾಗಿರುತ್ತದೆ (ಕೆಲವೊಮ್ಮೆ ವಿಪರೀತ ಹಸಿವು, ಕೆಲವೊಮ್ಮೆ ಹಸಿವೇ ಇರುವುದಿಲ್ಲ).
- ಮಲಬದ್ಧತೆಗೆ ಒಳಗಾಗುವ ಪ್ರವೃತ್ತಿ, ವಿಶೇಷವಾಗಿ ಆಹಾರ ಬದಲಾದಾಗ ಅಥವಾ ತುಪ್ಪ/ನಾರಿನಂಶ ಕಡಿಮೆ ಇದ್ದಾಗ.
- ನಿದ್ರೆ ಬರುವುದು ಕಷ್ಟ, ಇವರು ಲಘು ನಿದ್ರೆ ಮಾಡುವವರು (3-5 ಗಂಟೆ ನಿದ್ರೆ ಸಾಕಾಗಬಹುದು).
- ಇಷ್ಟಗಳು: ಬಿಸಿ ಆಹಾರ, ಸಿಹಿ, ಹುಳಿ ಮತ್ತು ಉಪ್ಪು ರುಚಿಗಳು (ಉದಾ: ಉಪ್ಪು-ಖಾರ ಹಾಕಿದ ಮಾವಿನಕಾಯಿ).
- ಎಷ್ಟು ತಿಂದರೂ ಸುಲಭವಾಗಿ ತೂಕ ಹೆಚ್ಚುವುದಿಲ್ಲ.

ಮಾನಸಿಕ ಸ್ಥಿತಿ

- ವಾತದ ಹೊಂದಾಣಿಕೆಯ ಗುಣದಿಂದಾಗಿ (ಯೋಗವಾಹಿತ್ಯ) ಇವರ ಸ್ವಭಾವ ಉಹಿಸಲು ಸಾಧ್ಯವಿಲ್ಲ.
- ಮೃದುವಾಗಿ, ಶಾಂತವಾಗಿ ಇರಬಲ್ಲರು, ಆದರೆ ತಕ್ಷಣವೇ ಆತಂಕ ಅಥವಾ ಭಯಕ್ಕೊಳಗಾಗಬಹುದು.
- ವಿಷಯಗಳನ್ನು ಬೇಗನೆ ಗ್ರಹಿಸುತ್ತಾರೆ ಆದರೆ ಅಷ್ಟೇ ಬೇಗ ಮರೆಯುತ್ತಾರೆ (ಚಲ ಗುಣ).
- ಏಕಕಾಲದಲ್ಲಿ ಹಲವು ಕೆಲಸಗಳನ್ನು ಕೈಗೆತ್ತಿಕೊಳ್ಳುತ್ತಾರೆ ಆದರೆ ಪ್ರೇರಣೆಯ ಕೊರತೆಯಿಂದ ಅವುಗಳನ್ನು ಪೂರ್ಣಗೊಳಿಸುವುದಿಲ್ಲ.
- ನಿರ್ಧಾರ ತೆಗೆದುಕೊಳ್ಳಲು ಕಷ್ಟಪಡುತ್ತಾರೆ, ಯಾವಾಗಲೂ ಗೊಂದಲದಲ್ಲಿರುತ್ತಾರೆ ಮತ್ತು ಅವಸರದಲ್ಲಿರುತ್ತಾರೆ.
- ತಮ್ಮ ಕೊರಡಿ ಅಥವಾ ಕೆಲಸದ ಸ್ಥಳವನ್ನು ಅಸ್ತವ್ಯಸ್ತವಾಗಿ (Unorganized) ಇಟ್ಟುಕೊಳ್ಳುತ್ತಾರೆ.

ಸಾಮಾಜಿಕ ನಡವಳಿಕೆ

- ನಂಬಿಕೆಗೆ ಅರ್ಹರಲ್ಲಂತಿರಬಹುದು; ಒಪ್ಪಿಕೊಂಡ ಕೆಲಸವನ್ನು ಮರೆತುಬಿಡುವ ಸಾಧ್ಯತೆ ಹೆಚ್ಚು.
- ಕಳವು ಮಾಡುವ ಪ್ರವೃತ್ತಿ ಇರಬಹುದು (ಕೇವಲ ಹಣವಲ್ಲ, ಅನಗತ್ಯ ವಸ್ತುಗಳನ್ನೂ ಕೂಡ).

- ಅನೇಕ ಸ್ನೇಹಿತರಿರುತ್ತಾರೆ ಆದರೆ ಗಾಢವಾದ ಸಂಬಂಧವಿರುವುದಿಲ್ಲ.
- ಬಿಕ್ಕಟ್ಟಿನ ಸಮಯದಲ್ಲಿ ಭಯಭೀತರಾಗುತ್ತಾರೆ, ತಾಳ್ಮೆ ಕಡಿಮೆ.
- ಸೃಜನಶೀಲರು, ಕಲೆ, ಹಾಡು ಮತ್ತು ನೃತ್ಯದಲ್ಲಿ ಆಸಕ್ತಿ ಹೆಚ್ಚು.

ಕನಸುಗಳು

- ಹಾರುವುದು, ಗಾಳಿಯಲ್ಲಿ ತೇಲುವುದು, ಎತ್ತರದಿಂದ ಬೀಳುವುದು ಅಥವಾ ಪರ್ವತ ಹತ್ತುವ ಕನಸುಗಳನ್ನು ಹೆಚ್ಚಾಗಿ ಕಾಣುತ್ತಾರೆ.

ಪ್ರಾಣಿಗಳ ಸಾಮ್ಯತೆ

- ಆಡು: ಎಲ್ಲವನ್ನೂ ತಿನ್ನುತ್ತದೆ ಆದರೆ ತೂಕ ಹೆಚ್ಚುವುದಿಲ್ಲ.
- ನರಿ: ಚುರುಕು ಬುದ್ಧಿ, ಹರಾತ್ ಯೋಜನೆಗಳು.
- ಮೊಲ ಮತ್ತು ಇಲಿ: ನಿರಂತರ ಚಲನೆ, ಚುರುಕುತನ.
- ಒಂಟೆ: ತೆಳ್ಳಗಿನ ದೇಹ, ದೀರ್ಘಕಾಲದವರೆಗೆ ದಣಿಯದೆ ಪ್ರಯಾಣಿಸುವ ಸಾಮರ್ಥ್ಯ (ರೂಕ್ಷ ಗುಣ).
- ಕಾಗೆ: ಜಗಳಗಂಟ ಸ್ವಭಾವ, ಕರ್ಕಶ ಧ್ವನಿ.

ವಾತದ ದೌರ್ಬಲ್ಯ ಮತ್ತು ಸಾಮರ್ಥ್ಯಗಳು

- ದೌರ್ಬಲ್ಯ: ಚಂಚಲ ಸ್ವಭಾವದಿಂದಾಗಿ ಬಲ, ತಾಳ್ಮೆ ಮತ್ತು ಸಂಪತ್ತು ಸ್ಥಿರವಾಗಿ ಇರುವುದಿಲ್ಲ. ನರಮಂಡಲದ ಕಾಯಿಲೆಗಳು ಮತ್ತು ಕೀಲು ನೋವಿಗೆ ಇವರು ಬೇಗನೆ ತುತ್ತಾಗುತ್ತಾರೆ.
- ಸಾಮರ್ಥ್ಯ: ಶಕ್ತಿಯನ್ನು ಸರಿಯಾದ ದಾರಿಯಲ್ಲಿ ಬಳಸಿದರೆ ಇವರು ಅತ್ಯಂತ ಯಶಸ್ವಿ ಸೃಜನಶೀಲ ವ್ಯಕ್ತಿಗಳಾಗುತ್ತಾರೆ. ಇವರು ಅದ್ಭುತ ಸಂವಹನಕಾರರು ಮತ್ತು ಹೊಸ ಸಂದರ್ಭಗಳಿಗೆ ಬೇಗನೆ ಹೊಂದಿಕೊಳ್ಳುತ್ತಾರೆ.

ಚರ್ಚೆ ಮತ್ತು ಪ್ರಶೋತ್ತರಗಳು

- ಪಂಚಕರ್ಮದ ಅನುಭವ: ಭಾಗವಹಿಸಿದವರು ಪಂಚಕರ್ಮ ಚಿಕಿತ್ಸೆಯ ನಂತರ ದೇಹ ಹಗುರವಾದ ಮತ್ತು ಮನಸ್ಸು ಶಾಂತವಾದ ಅನುಭವವನ್ನು ಹಂಚಿಕೊಂಡರು. ಇದರ ಪರಿಣಾಮ ಕನಿಷ್ಠ ಒಂದು ವರ್ಷ ಇರುತ್ತದೆ ಎಂದು ತಿಳಿಸಲಾಯಿತು.
- ತ್ರಿಫಲ ಮತ್ತು ದೋಷಗಳು: ತ್ರಿಫಲವು ಎಲ್ಲಾ ಮೂರು ದೋಷಗಳನ್ನು ಸಮತೋಲನಗೊಳಿಸುತ್ತದೆ. ಆದರೆ ಅದನ್ನು ತೆಗೆದುಕೊಳ್ಳುವ ಸಮಯ, ಪ್ರಮಾಣ ಮತ್ತು ಅನುಸರಿಸುವ ವಿಧಾನ (ಅನುಪಾನ) ಪ್ರತಿಯೊಬ್ಬರಿಗೂ ಭಿನ್ನವಾಗಿರುತ್ತದೆ.

- ವಾತ ಮತ್ತು ಗುಣಗಳು: ವಾತ ಪ್ರಕೃತಿಯವರು 'ತಾಮಸಿಕ'ರಲ್ಲ, ಬದಲಿಗೆ 'ರಾಜಸಿಕ' (ಕ್ರಿಯಾಶೀಲ) ಸ್ವಭಾವದವರು. ನಮ್ಮ ಪ್ರಯತ್ನದಿಂದ ಮಾನಸಿಕ ಸ್ಥಿತಿಯನ್ನು 'ಸಾತ್ವಿಕ' ಸ್ಥಿತಿಗೆ ಕೊಂಡೊಯ್ಯಬಹುದು.

ವಾತ ದೋಷವನ್ನು ಮನೆಯ 'ಅಳಿಯ'ನಿಗೆ ಹೋಲಿಸಲಾಗಿದೆ - ಕೆಲವೊಮ್ಮೆ ಪ್ರೀತಿಯಿಂದ, ಕೆಲವೊಮ್ಮೆ ಸಿಟ್ಟಿನಿಂದ ಇರುವುದರಿಂದ ಇವರನ್ನು ಬಹಳ ಜಾಗರೂಕತೆಯಿಂದ ಮತ್ತು ಸಮತೋಲನದಿಂದ ನೋಡಿಕೊಳ್ಳಬೇಕು.

Sadyojata

Your health is your asset