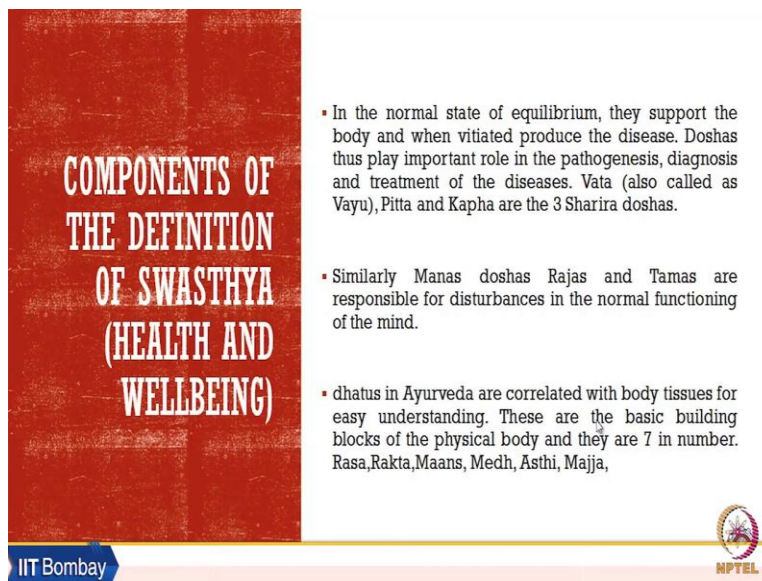


Yoga and Positive Psychology for Managing Career and Life
Prof. Ashish Pandey
Management Studies and Psychology
Shailesh J. Mehta School of Management
Indian Institute of Technology, Bombay


Health and Wellbeing: Perspectives from Positive Psychology, Yoga and Ayurveda
Lecture - 33
Doshas

(Refer Slide Time: 00:16)



COMPONENTS OF THE DEFINITION OF SWASTHYA (HEALTH AND WELLBEING)

- In the normal state of equilibrium, they support the body and when vitiated produce the disease. Doshas thus play important role in the pathogenesis, diagnosis and treatment of the diseases. Vata (also called as Vayu), Pitta and Kapha are the 3 Sharira doshas.
- Similarly Manas doshas Rajas and Tamas are responsible for disturbances in the normal functioning of the mind.
- dhatus in Ayurveda are correlated with body tissues for easy understanding. These are the basic building blocks of the physical body and they are 7 in number. Rasa, Rakta, Maans, Medh, Asthi, Majja,

IIT Bombay 

So, in the normal state of equilibrium they support the body and when vitiated they produce the disease, we are talking about Doshas. So, doshas play important role and pathogenesis, diagnosis and treatment of the disease; vat, pit, kaph these are the doshas as I mentioned; so, let us look at these components in more detail.

In the normal state of equilibrium doshas support the body and when these are vitiated, they produce disease. These are called dosha doshas, because whenever there is a contamination it is reflected in the doshas first.

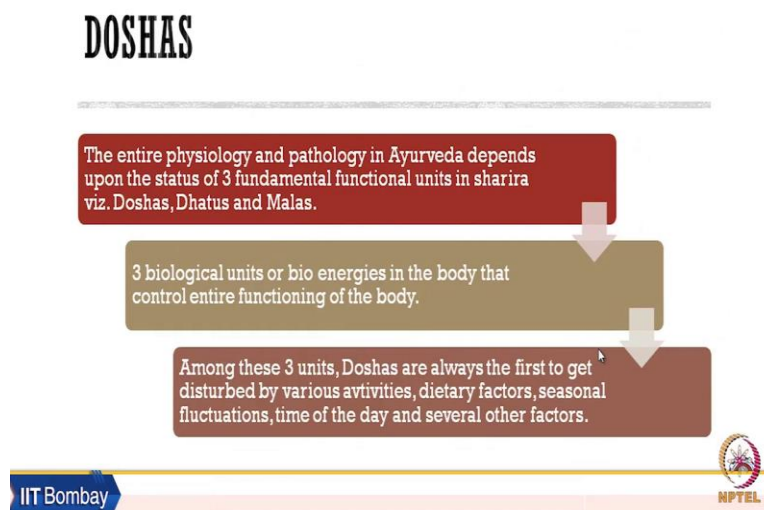
So, kaph, prakriti; kaph doshas or vat dosh or pit dosh, pit dosh is reflected to the problem in digestion, vat rog vat dosh is reflected in our ability to concentrate or the joint pains, kaph dosh is

reflected in the kaphas the in the undue mucous excretion from the in the nasopharyngeal area. So, doshas are the first thing to get disturbed.

So, they play a very important role in pathogenesis and diagnosis as well as treatment and disease management. Mana also moves from sattvik to rajasik or rajasik to tamasik; rajasik is related to activity and tamas is related to inertness, raj and tam when they are properly balanced with activity, these this state is called satva.

So, disturbance in these aspect of gunas result into lack of health or wellbeing. Dhatus in ayurveda are correlated with the body tissues, for an easy understanding we can say these are the basic seven building blocks of the physical body and they are called rasa, rakt, maans, medh, asthi, majja.

(Refer Slide Time: 02:30)



Let us look at doshas, the entire physiology and pathology in Ayurveda depend upon the status of three fundamental functional units in sharer. What are the three fundamental units in sharer? Doshas, dhatus, malas these units or bioenergies they control all functioning of body. So, among these three units doshas are always first to get disturbed by various activities.

If you have a change in the dietary factor, there is a fluctuation in season, time during the day, and my engagement with the work, my dincharya which is my daily routine, or ritucharya that is my

seasonal routine. Doshas are disturbed, doshas are bad which get disturbed first because of my diet or my dincharya or routine.

(Refer Slide Time: 03:32)

VATA DOSHA

'Vata' is derived from the verb 'Va' which means Gati (motion).

Physiological/Functional/Physical Traits

Concerned with the mode of movement within the body and therefore governs nerve impulses, circulation, respiration, and elimination

Responsible for maintaining sensory, emotional, and mental harmony, and it facilitates mental adaptability and comprehension

Classically thin with low body weight and low bone structure

Traits and Psychological Traits

Creativity, enthusiasm, speed, responsiveness, and the drive to achieve goals in life

An individual with vata constitution is characterized by short memory, impulsive, shy, and sensitive

IIT Bombay



There are three types of doshas; first is vata dosh, vata is derived from word va; that means, gati; so, anything related to the movement is related to vata dosh. There are some physiological, functional and physical trait associated with vata dosh and there are some traits and psychological traits which are related to vata dosh. Those who have taken the NPTEL course they must have received a link about assessment of their doshas.

So, by taking that assessment which is developed by david fraley the great scholar, by looking at their assessment they can understand whether they have more of vata dosh, pitta dosh, or kapha dosh. So, let us talk about the vata dosh, vata dosh is concerned with mode of movement within the body; and therefore, governs nerve impulses circulation, respiration, and elimination.

This is responsible for maintaining sensory, emotional and mental harmony and it facilitates mental adaptability and comprehension. So, if there is a vata dosh, people will find it difficult to concentrate on one topic. Classically people with the prominent vata dosh have a thin body, low body weight and low bone structure, these are the physiological aspect, there are some psychological traits as well associated with vata dosh.

These people having more prominent vata dosha are more creative, enthusiastic, fast and responsive people; they have a special drive to achieve goals in life. So, individual with the vata constitution is characterized by a short memory, impulsive, they are shy sensitive and these things also make them little more distracted in comparison to other doshas from one subject to another.

(Refer Slide Time: 05:57)

PITTA DOSHA

The word Pitta is derived from the root 'Tapa' which means heat (Santapa). This Dosha is responsible for Pachana and Parinama (digestion and metabolism) in the body.

Physiological/Functional/Physical Traits

Governs the process of transformation or metabolism by regulating digestion, absorption, assimilation, temperature, skin coloration, and luster of eyes

Regulates digestion on mental and spiritual levels, i.e., our capacity to digest impressions, emotions, and ideas to arrive at the truth

A medium or athletic build with medium height and delicate frame

Traits and Psychological Traits

Intelligence, courage, and vitality

Psychologically, pitta engenders anger, hate, and jealousy

IIT Bombay



So, these are the characteristic general characteristics of vata dosha, pitta dosha and the word pitta is derived from the root tapa which means heat. So, this dosha is responsible for digestion which is pachana and parinama which is metabolism and digestion. So, pitta governs the process of transformation or metabolism by regulating digestion, absorption, assimilation, temperature associated with that, skin coloration and luster of eyes.

Pitta regulates the digestion on mental and spiritual level as well, that is our capacity to digest impression, emotions, ideas that also come from the pitta. So, dosha in the common term is considered as problems or doshas are considered as drawbacks, no in the ayurveda dosha are not considered as drawback these are the basic constituents. These are called dosha because they get they are the first to show the contamination at physiological and psychological level.

But they themselves are not the problems, they themselves are not the errors or drawbacks, these are there in everybody not only in everybody all the forms of being. So, medium or athletic build

is the characteristic of the people having high vatadosh and they are generally having medium height and delicate frame. There are some psychological characteristic associated with the people having more prominent vata dosh or vat prakriti that is intelligence courage and vitality.

They are like they come across as full of energy, courageous people, intelligent people who want to go to the depth of the subject or the people who in whom vata dosh is more prominent. They will have multiple interest from one topic to another topic they can comfortably keep hopping.

But pitta dosh result into capability of focusing on one thing, focusing on one topic and go in depth into it; so, that is that characteristic given by the pitta dosha. Psychologically pitta endangers anger, hate, jealousy, these are also the side effects of the vata dosha. So, people having vata dosh are supposed to reflect these characteristics these psychological characters also more often.

(Refer Slide Time: 08:50)

KAPA DOSHA

This bio energy is responsible for maintaining the proper water balance, hydration, moisture,

Physiological/Functional/Physical Traits

Responsible for growth, adding structure, and governs the lubrication of the body to offer protection and directly influences the emotions

Concerned with emotions it endows us with love and caring, devotion, and faith, which assists in maintaining internal harmony along with unity with others

well-developed body with a tendency to gain weight

Traits and Psychological Traits

Steadiness, calmness, and compassionate

Psychologically, kapha also engenders emotions of attachment such as greed and envy

Kapha dosha is a reflection of the bioenergy that is responsible for maintaining the proper water balance, hydration and moisture in our bodies. So, this this is responsible for growth adding structure and governs the lubrication of the body to offer protection and directly influencing the emotions. This dosha is concerned with emotions and it endows with love, caring, devotion, faith which assist in maintaining internal harmony along with the unity with others.

A well developed body with a tendency to gain weight is the reflection of kapha dosha. So, people with the high and more prominent kapha dosha, they show the characteristic of steadiness, calmness, being compassionate and they are psychologically endanger the emotion of attachment, greed and envy.

So, you see there are some physiological characteristic associated with the doshas and there are psychological characteristic also associated with doshas. Those who are registered through NPTEL in this course they must have received an assessment questionnaire to look at what is their prominent prakriti and vikriti.