

6.0 RESULTS

Kāśyapa Prakṛti Inventory:

Data analysis was performed on 501 questionnaires, a drop-out rate of 3.8%. Consistency and Reliability: data analysis obtained Cronbach's α for each of the tridośas: Vātadośa $\alpha = 0.549$, Pittadośa $\alpha = 0.531$, and Kaphadośa $\alpha = 0.628$. Similarly, Spearman's rho, the coefficient for split-half consistency was $\alpha = 0.438$. The, important question of the degree of independence of each dośa from the other two for the KPI was assessed by calculating correlations between pairs of dośas. All were negative, the largest being for Vāta / Kapha.

Table 7: Table A. Reliability Statistics:

TRIDOŚA	No. of ITEMS	CRONBACH'S ALPHA	SPLIT HALF CO-EFFICIENT
VĀTA	26	0.549	0.498
PITTA	28	0.531	0.795
KAPHA	30	0.628	0.561

Table A1: Correlations:

TRIDOŚA	PEARSON CORRELATION
VĀTA Vs PITTA	-0.156
VĀTA Vs KAPHA	-0.631
PITTA Vs KAPHA	-0.298

Kāśyapa Psychophysiological State Inventory:

Analysis done for 450 students shows - Cronbach's Alpha for Vātadośa was 0.806; for Pitta dośa, it was 0.825; and for Kaphadośa, 0.768.

Mutual Correlations-Results for all dośa pairs were negatively correlated, significant at the $p < 0.01$ level (2-tailed).

Table 8: Table B: Reliability Statistics

Table B: Reliability Statistics		
Dośa	No. of Items	Cronbach's Alpha
Vāta	02	0.806
Pitta	02	0.825
Kapha	02	0.768

The Kāśyapa Psychophysiological State Inventory is Consistent and Reliable with Cronbach's Alpha of Vāta being (0.806), Pitta (0.825), Kapha (0.768) see (Table-03) since the Cronbach's alpha values are above 0.7, the scale has a very good Internal consistency. Correlation between Vātaja, Pittaja and Kaphaja was negative which is suggesting of the discriminative validity.

Table B1: Correlation

Table B1: Cross Correlation Matrix for N = 450 Subjects			
dośa	Vāta	Pitta	Kapha
Vāta Pearson Correlation Signif (2-tailed)	1.000 N/A	-0.562** .000	-0.129** .006
Pitta Pearson Correlation Signif (2-tailed)	-0.562** .000	1.000 N/A	-0.654** .000
Kapha Pearson Correlation Signif (2-tailed)	-0.129** 0.006	-0.654** 0.000	1.000 N/A
** All Correlations significant at least at the 0.01 level (2-tailed)			

C. Pre- Post Yoga study:

The data analysis shows that dośa prakṛti measured according to the KPI changed highly significantly for each dośa. The decreases in vātadośa seen over the course of the four-week period indicate more steadiness of mind suggesting reductions in (a) Chitta- Vritti activity, and (b)generally unnerving speed of thought, which lead to speedier actions on a physical level. This result also suggests slowing of the breath and / or breathing. In contrast, the other two dośas, pitta dośa and kaphadośa were both strikingly much stronger than vātadośa at the end of the month.

Table 9: Pre- Post study values

Table 3a: Pre and Post dośa Values					
VĀTA		PITTA		KAPHA	
Pre	Post	Pre	Post	Pre	Post
11.28±3.12	8.09±2.60	12.91±3.24	15.86±3.32	16.37±3.34	19.59±3.25
Table 3b: Pre and Post dośa Values of Patil Study.					
10.74±3.42	7.98±2.11†	12.80±3.57	13.96±1.85†	11.80±4.42	13.72±2.04
Caption: Tables 3as & 3b display Pre and Post Values of dośa Prakṛti s for Adolescents (3a) & Children (3b)					