

4. AIMS OF THE STUDY

4.1 AIM OF THE STUDY

To develop and measure a State and Trait inventory in adolescents and to understand the integrative yoga module to assess Prakṛti in adolescents.

4.2 OBJECTIVES OF THE STUDY

1. To develop and standardize and evaluation of a new questionnaire, the Kāśyapa Prakṛti Inventory, designed to evaluate the natural state of dośas in adolescents.
2. To develop and standardize a Kāśyapa Psycho physiological State Inventory to assess the present state of mind by measuring fluctuating states in the psychology characterizing particular states of tridośas in adolescents.
3. To administer the inventory pre - post to assess any changes and see the effects in adolescents using Integrated Yoga module designed for this purpose.

4.3 RESEARCH QUESTIONS

1. How to assess the tridośas in adolescents
2. Whether the state and trait changes be seen and can be evaluated?
4. Which is the best way in yoga to bring in change in the effect of tridośas on state and trait in adolescents?

4.4 JUSTIFICATION OF THE STUDY

There are many scales available which are published to assess Tridośas and Trigūṇas, but none of them are standardized. In fact, the available and published scales to assess Tridośa are definitely a good attempt to standardize but none of them are based on the vast and comprehensive concepts which are described in the Āyurveda classics. Added to this, none of the published scales are associated with either good reliability or validity. Hence such scales still need much work to be re-standardized. Further, questionnaire pertaining to adults and children to measure Tridośa is still available but there are no scales specifically for adolescents. Here, we present a questionnaire designed to assess states of Tridośa and Dośa Prakṛti in adolescents, for which there is still a need, since problems can arise when administering adult questionnaires to younger age groups; hence, this inventory. Also, there are no studies available to see the effect of yoga on Tridośa in adolescents, hence this study is taken up to develop and standardize the inventories based on the Āyurveda concepts and standardize it by administering it on the adolescents aged between 13-18years of age.

4.5 HYPOTHESIS:

1. Inventories to assess tridośa Prakṛti in adolescents that can measure information on state and trait based on tridośas can be developed and standardized.
2. Yoga practice can bring in the changes in vikṛta state of tridośa.

4.6 NULL HYPOTHESIS:

1. Inventories cannot be standardized to assess tridośa Prakṛti in adolescents that can measure state and trait.
2. Yoga doesn't help in showing any significant changes in tridośa.

4.7 RELEVANCE AND BENEFITS OF THIS STUDY:

Āyurveda always emphasized on maintenance of health in a healthy person and help restoring of the imbalanced dośas in a diseased person by focussing on the regimen. Sushruta defines a balanced healthy individual as follows:

समदोषःसमाग्निश्च समधातुमलक्रियः ।

प्रसन्नात्मेन्द्रियमनाःस्वस्थ इत्यभिधीयते।।

Samadośaḥsammagnīścāsamadhātumalakriyaḥ ।

Prasannātmendriyamanāḥsvasthāityabhidhīyate।।

In an individual in whom both śāririka and mānasika dośas are very well-balanced, the digestive fire/jatharagni being strong, sapta dhātus- which constitute bodily tissues are in their balanced state, all the sense organs and the organs of action are performing well; and tranquility of mind has been attained through pure sattva guṇa, such a person is considered healthy. The Prakṛti analysis begins at early age and helps to attain positive health by allowing the individual to follow proper diet and life-style regimes in accordance to their constitution.

To understand this in depth - VātaPrakṛti people possess qualities like irregular appetite, increased speed, reduced memory, and limited strength, all of which are depleting for health and end up having shorter duration of life span. In contrast to this, the other two dośas, Pitta and KaphaPrakṛti people have exceptional qualities like increased appetite is seen in PittaPrakṛti and possess good memory, good physical and mental strength, and a great longevity of life. Those with predominance of Sattva guṇa are very well balanced with physical and mental attributes with good intelligence and memory, whereas Rajas and Tamas on the other hand are

considered to be dośas of the mind and tends to be the causative factor for the manifestation of physical and psychological problems. The balanced states of dośas are considered to be Ārogya., the dośas to be maintained is Prakṛti in the body. Whereas the imbalanced states of tridośa is the vikṛti, the pathological causes leading to diseases. Lastly, through Yoga we can bring about changes in the states of their dośas, thus enabling the individuals to move towards promotion of positive health