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Predicting ayurveda-based constituent balancing in the human body

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Abstract

One of the ancient Indian medical systems is Ayurveda. Ayurveda is based on the idea that you may avoid needless pain and live a long, healthy life. Ayurveda uses natural elements to balance the body and remove imbalances at their source while promoting a healthy lifestyle to stop imbalances from happening again. Human nature is congruent with human bodily composition (Prakriti), which describes what is out of balance and suffers sickness. Tridosha describes the three fundamental forces or ideas that govern both the physical and emotional operations of our bodies. Particularly Ayurvedic medicine considers patient disloyalty. Treatments are based on individual variations, to put it another way. Ayurvedic medicine offers a set of information for categorising persons in this way. This review focuses on the Ayurvedic notion of human bodily constitution.

1. Introduction

Ayurveda is a traditional medical system that dates back 5,000 years and has its roots in the Indian subcontinent. Ayurveda encourages good lifestyle by bringing oneself into balance. It is a technique for extending life and a natural course of therapy [1]. Ayur (life) and Veda are two terms that are combined to form the term Ayurveda (knowledge). Ayurveda, thus, literally translates as "knowledge of life." According to Ayurveda, each person is unique; therefore, each prescription is tailored to the individual [2]. Like other cultures around the world it promotes the use of herbs and medicinal plants. On the other hand, metal products Unique in Ayurveda because they are metallo-herb products Apart from the supported Unani system not known anywhere else in the world [3]. Herbal medicines are gaining popularity again as an alternative to the once universally accepted synthetic drugs known to produce adverse effects. The use of synthetic drugs to treat high blood pressure has been clinically proven to be detrimental to the mental health of its patients. [4]. According to Ayurveda, each person is unique; so the prescription is suitable for every person. Consequently, Ayurveda focuses not only on the diagnosis of the disease but also on the evaluation of the patient [5].

2. Ayurveda

The beginning of the universe's creation is where Ayurveda's origins may be found. Everything in the cosmos is formed of matter, and according to Ayurveda, matter is made up of five fundamental components (panchamahabhutas): space (akash), earth (prithivi), air (vayu), water (jala), and fire (Agni), all of which are located in space (Athreya, 2002). Systems within the human (microcosm) and cosmic (macrocosm) realms are inextricably linked since they are made of the same constituent parts. Man is a reflection of nature, thus everything that affects him also affects the macrocosm. As a result, Ayurveda may have something to do with the development of life and the creation of the cosmos [6].



FIGURE 1. Five elements in Ayurveda

Ayurveda, Traditional Indian Medicine (TIM) is the best theoretical, empirical and experimental Based on ancient and still living One of the traditions, Increased Side effects, for many chronic diseases Lack of curative treatment, new drugs High cost, antimicrobial and growing Diseases in Complementary and Alternative Medicine A few reasons to renew people's interest [7]. According to the principles of 'Ayurveda', there is no substance in the universe that cannot be used as a medicine if the doctor uses it carefully where it is needed. The word Rasasastra means "science of Mercury". It is a specialty of Ayurveda branch, which is mainly 'rasa dravyams' deals with objects called will be dealt with under this Regulation Products are an important part of Ayurvedic treatment [8]. Ayurveda for humanity and nature Daily life with interrelationship between it is created through experiences. The ancient text of Ayurveda is more than 2000 years old Plant species and their therapeutic abilities refers to Apart from Ayurveda, Indian More than 7500 plant species in the subcontinent Traditional in different periods used and folk health care systems have been created. According to WHO estimates, the world 80% of the population has access to primary health care Traditional medical methods of care Depend on, there than other natural resources Plants dominate. [9].

Table 1. Elements representation in human Constitution

Elements	Representation
Water	Blood, fluid, lymph and other fluids responsible for their transportation
Fire	Digestion, maintaining a healthy body temperature, and power transformation are only a few examples of the metabolic and transformational processes.
Earth	bones, teeth, nails, hair, muscles, cartilage, skin, and other solid structures
Air	the respiratory system, energy in the nervous system, movement of all the tissues and cell functions
Space	Space encloses the body in its entirety. It stands in for all of the body's empty areas, including channels, pores, etc.

Eighth decade of the 20th century in the popularity of Ayurveda among Westerners A third saw the rise. 1920s and Some were first to develop Ayurveda in the 1940s Attempts are sulfa drugs and penicillins Discovery of antibiotics such as failed due to But again Treatment of once chronic diseases Because of the absence of traditional medicine Despite the side effects, developed countries have theirs Ayurveda to restore the health of citizens They started seeking treatment. [10]. Eighth decade of the 20th century in the popularity of Ayurveda among Westerners saw the rise. In 1920sand 1940s rise of Ayurveda Attempts are failed due to sulfa drugs and penicillins Discovery of antibiotics. But again Treatment of once chronic diseases Because of the absence of traditional medicine, lot of the side effects happened. Developed countries to maintain have their health of citizens they started seeking to restore the Ayurveda. [11]. Complete healing like Ayurveda Western users of the methods mostly Improved or they report strengthened social connectedness. In fact, holistic therapies are psychological through means individual's body, mind and Treatments designed to treat the spirit are defined as, and in Kripalu Early exposure to Ayurveda is healing Importance of social factors at work indicated. With this in mind, this Psychology in the design of observational experiments Measures of change are included [12].

3. Human Constitution in Ayurveda

The seven different types of tissues (Dathas), the five fundamental components (mahabhutham), three dynamic theories of humours (Doshas), and the relationships between several other notions are all part of the study of Ayurveda. Readers unfamiliar with the science of Ayurveda will find an introduction to the basic concepts useful. When referring to human beings Prakriti is personal to the body Physical and psychological nature. Prakriti because it is determined at the time of conception because it doesn't change throughout life Genetic in nature. A human body Water, Fire, Earth, Air and Space It is composed of five elements and these elements some in the human body Responsible for operations [13]. According to Ayurveda, people depend on Prakrti the path to optimal health is varied. A balanced state of Prakrti is healthy and balanced person (physically and mentally) creates. Because for all of us there are different combinations of Prakrti. Prakriti Diagnosis is one's health Unique to understand and evaluate Provides insights. This is a diagnosis not just a tool, but for good health it is also a guide to action [14]. Recognition of the human element in Ayurveda Now, Ayurvedic scholars Saraka, 1000 BC and ancient of Susruta, 600 BC Subjectivity based on theories a standard based on criteria Based on questionnaire [15]. Diagnosis and treatment under Ayurveda The basic Prakrati is physical, mental and emotional three basic functional forms of energy One's natural based on the elements Describes the system (Prakrati). This Prakriti Elements Movement (Vata), Metabolism (Pitta), and system (Kapha) are collectively known as tridosha [16].

- ❖ Vatta (Air and Space)
- ❖ Pitta (Fire and Water)
- ❖ Kapha (Earth and Water)



FIGURE 2.Tridosha

Vata: Vata types are low with body mass index thin persons, and this condition an intermediate, transient Changing state. These people are changeable with their interests and preferences Quick and active in mind. They usually are Transients and transients, too Firmness, consistency and with Lack of self-confidence [17]. They are about themselves have negative connotations. They are Curious, unstable and those who are not depressed. They are for human interaction highly sensitive lonely people. They are independent minded and rioters. They are leaders or to be followers don't want they are flexible and Adaptable to change. They are Vulnerable diseases are mental illnesses such as disorders [18]. Pitta: Pitta type is average height and well developed muscles. The pitta state is a critical, discriminating and Rationality is described as a psychological state of mind. They are competitive, intelligent, sensitive, discriminating, opinion, judgement, self-righteousness, aggression, dominance and Self-willed. They are good leaders Constructive and desensitized May be. They are merciless and others it is difficult to see perspectives. They are the law and want order, and a world sees in a clear systematic way. They love Hierarchy and power rather than consensus [19]. They have an inquisitive mind and excel in research and discovery. The types of diseases they are susceptible to include recurring infectious diseases. The pitta state is a critical, discriminating one and rationality as psychological dispositions described, while the Kapha state Dominance to emotional stimulation pays. Vata status is an Intermediate unstable transition state [20]. Kapha types are short type and are prone to obesity. They are Sedentary individuals are sensitive in temperament and Romantic and passionate. They are Strong bonds like love, devotion and have a tendency towards loyalty, and they are on their own, however, they are creative or inventive No.

TABLE 2.Dhatu in Ayurveda

Dhatu (Tissue)	
Rasa	The body-plasma fluids are transported by this dhatu, which also feeds the other dhatus. The kapha dosha supports the Rasa dhatu.
Rakta	All of the body's tissues and cells are nourished by this dhatu, which is the foundation of life. Additionally, it gives the blood colour and strength to the body. The pitha dosha supports the Rakta dhatu.
Mamsa	The muscle system in the body moves because to this dhatu. It supports the medadhathu physically. The kapha dosha supports the Mamsa dhatu.
Meda	Fat: The energy are gathered and stored by this dhatu to provide the body power. Additionally, fat is stored in the adipose tissue to lubricate the body and support the bones. Kapha dosha provides assistance for the Medhadhatu.
Asthi	All of the bones and cartilages are part of this dhatu, which also gives the body its form. Additionally, it backs the Mamsa Dhatu. The vata dosha supports the Asthi dhatu.
Majja	Bone marrow is referred to by this dhatu. It feeds the body and aids in keeping its processes intact. Majja dhatu fortifies the body, nourishes Shukra dhatu, and fills the bones. The kapha dosha supports the Majja dhatu.
Shukra	The reproductive capabilities of a person are fed by this dhatu. It consists of sperm and eggs. The kapha dosha supports the Shukra dhatu.

They are slower than other types learn, but what they learn they retain. They are a group Joiners and occasional rebels Traditionalists like and Regulars. They are good followers and they want to work in the association. They are to bring things into shape Likes, companies and organizations Want to create, and in life don't want to make the transition difficult. They are Close to their families and have difficulty interacting with strangers [22]. Comparison of three physiological factors (dosha). Depending on the dominance, of an individual Physiological System VATT, PITT, and KAPH, VATT-

PITT, VATT-KAPH, PITT-KAPH and Samdosha (equilibrium) can be divided into seven categories. A person is dominated by more than one dosha paying, in certain types of dosha cause personal downfall. Ayurveda Science deals with man in his physical structure and Classifies according to physiological characteristics. (Prakriti) Study about doctors and their patients Helps to lead a healthy life. [23]. According to Ayurveda, the human body is made up of the Sapta Dhatus (seven tissues), which include Rasa (tissue fluids), Meda (fat and connective tissue), Rakta (blood), Asthi (bones), Majja (marrow), Mamsa (muscle), and Shukra (semen), as well as three Malas (body waste products), Purisha (faeces), Mutra (urine), and Sweda (sweat). Cellular transport, Electrolyte Equilibrium and disposal of waste products of Vata dosha which regulates Drought intensifies the effects. Body Temperature, coherence of the optic nerves and Controls appetite and thirst Governed by pitta dosha. Body heat Pitta is aggravated by conditions. Sweet and fatty Spicy foods cause Kapha dosha Enhancing and healthy joint Lubricates joints to ensure function. Vata Catabolism of the body, pitta Metabolism, kapha Also thought to inhibit anabolism[24].In Ayurveda, pulse parameters are kathi (movement), velocity (Velocity), Tala (Rhythm), Pala (Key), Tapamana (temperature), composition (volume and tension) and As kadinya (consistency of vessel wall) Clinical significanceconsidered significant. Khatinya parameter thickness, stiffness, elasticity indicates the position of the vessel wall as and this is for the finger and radial artery bone Quality by rolling the artery between evaluated method. Artery stiffness in Basavarajya is discussed in detail [25].

4. Conclusion

Ayurveda, which derives from the Atharvaveda, the perseverance of "Kurukula" sages and recognized by sharp minds Formed as a ritual system. Middle East and the influence of Europe is also India and of Ayurveda among the people of neighboring countries because the popularity could not be stopped Ayurveda belongs to the people in our country deeply embedded in the brain.Ayurveda is from ancient times Based on experiences Contains, some of them experimental scientifically proven. Of an individual Body composition of regular lifestyle, Pathological history, symptoms, lifestyle Consider method and environmental conditions. To improve the well-being of individuals with Ayurveda has many therapeutic strategies.To treat human diseases and people and to provide positive health benefits Ayurvedic practice continues today. Widespread use and popularity of Ayurveda, Nature based Medicine, human anatomy and nature are taken into consideration.

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