

Prakriti and Ageing: An Analytical Examination of the Impact of Personal Constitution on the Ageing Process and Lifestyle Adaptation

Dr. Kuwer Singh¹, Dr. Suresh Kumar Saini², Dr. Jaivardhan Singh³, Dr. Sona Rani⁴

¹ Assistant Professor, Dept. of Kriya Sharir, Government Ayurved College, Bikaner

² Associate Professor, Dept. of Rog Nidan & Vikriti Vigyan, Government Ayurved College, Bikaner

³ Associate Professor, Dept. of Shalya Tantra, Government Ayurved College, Bikaner

⁴ Associate Professor, Dept. of Rachna Sharir, Government Ayurved College, Bikaner

Abstract—Ageing (*Jara*) is a natural, gradual, and unavoidable biological process that involves the gradual breakdown of structural and functional integrity. *Ayurveda*, the ancient Indian system of medicine, views ageing through the concept of *Prakriti*, which refers to the distinctive psychosomatic constitution of an individual, composed of the three *Tridoshas*: *Vata*, *Pitta*, and *Kapha*. Each *Prakriti* influences an individual's physical and mental characteristics, the rate of ageing, and the susceptibility to age-related diseases. This conceptual paper examines the correlation between *Prakriti* and the ageing process, evaluating both *Ayurvedic* and contemporary perspectives. It also talks about changes in behaviour, diet, and lifestyle that are unique to each person's constitution and can help them live longer and healthier lives.

Index Terms—Prakriti, Dosha, Jara, Ageing, Kriya Sharira, Lifestyle Adaptation

I. INTRODUCTION

Ayurveda believes that life is a balance between the body (*Sharira*), the senses (*Indriya*), the mind (*Satva*), and the soul (*Atma*). *Vata*, *Pitta*, and *Kapha* are the three *doshas* that control how a person's body and mind work. The specific ratio and predominance of these *doshas* at conception establish an individual's *Prakriti* or constitutional type, which persists throughout life. Ageing (*Jara*) is perceived as a natural and temporally contingent degenerative process (*Swabhavika Vyadhi*), influenced by both intrinsic (*Niyata Hetu*) and extrinsic (*Aniyata Hetu*) factors. The speed and pattern of this degeneration depend on a person's *Prakriti*. You can make

personalised diet and lifestyle plans that will help you stay healthy and slow down the ageing process if you know about these differences. *Ayurveda* doesn't think of ageing as a disease; instead, it sees it as a stage of life that needs special care and balance. The *Charaka Samhita* and *Ashtanga Hridaya* say that moderation in habits, a healthy diet, and spiritual discipline can help a person's natural constitution fit in with the rhythm of time, which will help them age gracefully.

Ayurveda's view on getting older

Ayurveda considers *Jara* a natural aspect of existence. The *Ashram Vyavastha* (four stages of life) says that old age, or the *Vanaprastha* and *Sannyasa Ashramas*, is a time for self-discovery and looking inside yourself. The *Vata Dosha*, which controls how the body moves, talks, and regulates itself, is in charge of this time. *Vata* builds up naturally as people get older, which makes things dry, stiff, and unstable. The decline in *Dhatu Agni* (tissue metabolism) and *Ojas* (vital essence) subsequently leads to the visible and functional manifestations of ageing.

Charaka says that age can be divided into different stages:-

Bala Avastha (childhood)- A time of growth and nourishment when *Kapha* is most important.

Madhya Avastha (Adulthood) – A time of change and energy when *Pitta* is in charge.

Jirna Avastha (Old Age) – A phase of deterioration and decline characterised by *Vata*.

This *Tridoshic* evolution provides a substantial framework for understanding the biological ageing process from an *Ayurvedic* standpoint. The Link Between *Prakriti* and Getting Older

The Link Between *Prakriti* and Getting Older;-

Ayurveda acknowledges the importance of constitution (*Prakriti*) as a primary determinant affecting the quality and rate of ageing. Different physical, emotional, and metabolic traits in each person's *Prakriti* affect how long they live.

Vata Prakriti: Characterised by aridity, levity, and mobility. People like this often start to show signs of ageing, such as dry skin, wrinkled skin, stiff joints, and anxiety. *Vata Dosha's* hyperactivity speeds up catabolic processes, which makes tissue mass and energy go away faster. This makes you age faster.

Pitta Prakriti: A lot of change and metabolism. *Pitta* types are smart and ambitious because they have a lot of digestive and mental fire (*Agni*). But oxidative stress from too much heat and oxidative metabolism can cause inflammation, early greying, irritability, and early ageing.

Kapha Prakriti: Defined by stability, oiliness, and resilience. People with *Kapha* usually have a slower metabolism and stronger tissues. They are getting older slowly, but they are still strong, full of energy, and have a strong immune system. But if they don't move around much and eat a lot of junk food, they could get metabolic diseases like diabetes and obesity when they get older.

Ayurveda suggests that individuals with *Vata* and *Pitta Prakriti* experience relatively early senescence, while those with *Kapha* types experience delayed ageing due to anabolic dominance. *Ayurvedic* Interpretation and Biological Correlates

Modern research increasingly validates *Ayurvedic* principles. The metabolic and stress response patterns of distinct *Prakritis* align with measurable biological correlates:

Vata Prakriti: Metabolism that changes, a nervous system that is more easily excited, and stress that makes you age faster because of more catecholamine activity.

Pitta Prakriti: Elevated oxidative stress, diminished telomere length, and augmented mitochondrial activity, correlated with metabolic and inflammatory gene expressions.

Kapha Prakriti: This *prakriti* has higher levels of antioxidant enzymes, stable glucose control, and lower cellular turnover—traits that is associated with longevity.

Genomic and epigenetic studies further substantiate these findings. *Prakritis* exhibit distinct Single Nucleotide Polymorphism (SNP) profiles, particularly in genes regulating metabolism, detoxification, and immune response. These molecular correlates furnish a biological foundation for traditional *Ayurvedic* classification, thereby facilitating its integration with modern geroscience.

What *Ojas*, *Agni*, and *Srotas* do to help you age:-

Ojas, the essence of all body tissues, is necessary for health and immunity. Being weak, mentally tired, and less able to fight off disease is what weak *Ojas* means. Eating well, getting enough sleep, and keeping your emotions in check are all important for keeping *Ojas* and slowing down the diseases that come with *Jara*.

The metabolic fire, called *Agni*, controls how food and sensory input are turned into energy and awareness. A balanced *Agni* makes tissues and the immune system stronger, while an unbalanced *Agni* makes metabolic waste (*Ama*) build up, which speeds up degeneration.

The *Srotas*, or micro-channels, are the routes that food and waste take to get into and out of the body. *Srotas* become more blocked and stiff as people get older. This makes it harder for cells to get nutrients and waste to leave cells. *Panchakarma* and *Rasayana* therapies are two examples of purification methods that are very important for keeping the body young.

Adapting your lifestyle and diet to your *Prakriti*:-

Ayurveda encourages individualised lifestyle management by harmonising behaviour (*Achar*), diet (*Aahar*), and mental discipline (*Vichar*) in accordance with one's constitutional type.

Kind of *Prakriti*

Rules for Eating

Ideas for living a healthy life

Vata

You should eat warm, oily, sweet, and healthy foods like ghee, milk, and stews. Don't eat or drink things that are cold, raw, or dry.

Do your normal things, get enough sleep, do Abhyanga (oil massage) every day, and do some gentle yoga. Don't think or travel too much.

Pitta

When you want to cool down, eat cucumber, amla, rice, and milk. Stay away from foods that are spicy, sour, or greasy.

Don't get angry or competitive; instead, stay calm and meditate. You should only do a little bit of work and exercise.

Kapha

Some examples of light, dry, and warm foods are barley, lentils, ginger, and black pepper. Eat less fried and sugary foods.

Don't sleep or be lazy during the day; instead, do yoga routines that get your mind going and clean your body.

Following these routines in a way that works for you keeps your *Dosha* in balance, your Agni strong, your *Ojas* strong, and slows down the ageing of your cells.

Rasayana Therapy and Staying Healthy as You Age:-

The *Ayurvedic* part of *Rasayana Tantra* gives you a full plan for looking younger. *Rasayana* uses herbal formulas and routines that make you feel better to make your tissues stronger, your mind clearer, your immune system stronger, and your life longer.

Aachara Rasayana (Behavioural Discipline): This teaches you to be honest, kind, and calm, which are all good for your mind and body.

Aahara Rasayana (Dietary Rejuvenation) is based on the person's *doshic* dominance and suggests healthy foods like ghee, milk, *amalaki*, honey, and dates to keep them full of energy and nourished. *Aushadha Rasayana* (Herbal Formulations): Includes

compounds such as *Chyavanaprasha*, *Brahma Rasayana*, *Ashwagandha*, *Shatavari*, and *Guduchi*, which have been shown to boost mitochondrial efficiency, lower oxidative stress, and increase telomerase activity.

Recent studies on these formulations indicate that they enhance antioxidant levels (SOD, catalase), immune responses, and neurocognitive function, aligning with anti-ageing effects. The Psychological and Physiological Aspects of Ageing

Mental stability is a significant factor in ageing according to *Prakriti*. Stress speeds up free radicals, shortens telomeres, and makes it harder to think clearly. People with the *Vata* type are very sensitive to stress and need things that make them feel safe, like meditation and being with warm people. People with *Pitta* do best when they find a balance between work and play. People with *Kapha* do best when they are in places that inspire them and make them move. *Ayurveda's* goal is to keep healthy people healthy, which is what the synergistic integration of mind, body, and spirit wellness does combining with Modern Science.

Ayurgenomics demonstrates that *Prakriti* exhibits quantifiable genetic and biochemical characteristics. Govindaraj Joshi and others have done research that shows links between *doshic* types and gene polymorphisms that are linked to inflammation, immunity, and metabolism. This validates *Ayurvedic* typology as a prognostic framework for disease susceptibility and ageing trajectories.

Circadian biology also has some things in common with *Ayurvedic* ideas about *Dinacharya* (daily routine) and *Ritucharya* (seasonal adaptation). Aligning daily routines with natural rhythms helps keep hormones in check, lowers metabolic stress, and keeps mechanisms for longevity working. By combining these old ideas with biomarkers like telomere length, DNA methylation patterns, and mitochondrial efficiency, we can create personalised healthcare models that combine *Ayurveda* and molecular biology.

II. DISCUSSION

Ayurveda doesn't just see ageing as a natural decline; it also sees it as a process of *doshic* imbalance and loss of *Ojas*. Using restorative and preventive measures on a regular basis helps people live longer and be happier. Using *Ayurvedic* constitution analysis and biomedical markers together can help find signs of ageing early on.

Rasayana Chikitsa, when combined with genomic evaluation, is a new step forward in integrative gerontology. Integrating conventional diagnostic techniques such as *Nadi Pariksha* and *Prakriti* analysis with molecular markers (oxidative stress markers, pro-inflammatory cytokines) has the potential to transform contemporary healthcare practices.

III. FUTURE OUTLOOK

Incorporating *Prakriti*-based healthcare into geriatric medicine could impact the future evolution of predictive, preventive, and personalised medical frameworks. Digital tools for *Prakriti* profiling, AI-enhanced diagnostic frameworks, and genomic analysis could help doctors create personalised anti-ageing plans.

Further research into the epigenetic modifications induced by yoga, meditation, and *Rasayana* therapies may uncover mechanisms for natural longevity. The interdisciplinary links between *Ayurveda* and modern geroscience provide a complete plan for keeping your mind sharp and your body healthy at all stages of life.

IV. CONCLUSION

Ayurveda explains how *Prakriti* regulates an individual's physiology, pathology, and the ageing process. People with Vata- and Pitta-dominant bodies experience aging faster, while people with *Kapha* types experience aging slower and live longer. When people follow dietary, behavioural, and rejuvenation guidelines that are specific to their constitution of *Doshas* of *Prakriti* then they can balance their *doshas*, keep *Agni*, save *Ojas*, and slow down biological ageing. Living according to *Prakriti* can help you find a balance between your body, mind,

and spirit. *Ayurveda's* main goal is to help people get healthy, live a long time, and find inner peace through personalised knowledge.

REFERENCES

- [1] Purvya M.C. and Meena R.M. (2011). A Review on the Role of Prakriti in Ageing. Journal of AYU.
- [2] Dey S., Govindaraj P., et al. (2014). Prakriti and Its Correlation with Metabolism. AYU Journal. Rao R.V. (2018). The Science of Ageing and Ayurveda. ScienceDirect.
- [3] Ayurvedic diet and way of life based on Prakriti. Liveright.in, 2023.
- [4] Scientific Examination of Longevity Indicators in Ayurveda. Ayushdhara Journal, 2025.
- [5] Ayurveda, Panchakarma, and Telomere Longevity. AyurIndus, 2023.
- [6] Honagannavar A.I. et al. (2021). The Connection Between Prakriti and Early Ageing in Women. JAAMS.
- [7] Govindaraj P. et al. (2015). Genome-Wide Analysis Links Ayurveda Prakriti and Genomic Variations. Nature Scientific Reports.