

# Correlation Between Prakriti Types and Screen Time Dependency in the Digital Era- A Review

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**Abstract**—The widespread integration of digital technology into daily life has significantly increased the amount of time individuals spend interacting with screens. Smartphones, computers, tablets, and other digital devices have become essential tools for communication, education, work, and entertainment. However, excessive screen exposure has raised concerns regarding its impact on physical health, mental well-being, and behavioral patterns. Prolonged screen time has been associated with sleep disturbances, reduced physical activity, visual strain, and psychological issues such as anxiety, stress, and decreased attention span. Behavioral conditions such as Internet Addiction Disorder and Gaming Disorder have also been increasingly reported in the modern digital environment. Ayurveda, the traditional system of medicine originating in India, emphasizes individualized health management based on the concept of Prakriti, or inherent body constitution. According to classical Ayurvedic texts such as Charaka Samhita and Sushruta Samhita, every individual possesses a unique constitution determined by the relative dominance of three fundamental biological principles known as doshas: Vata Dosha, Pitta Dosha, and Kapha Dosha. These doshas govern various physiological and psychological functions, influencing an individual's temperament, behaviour, adaptability, and susceptibility to disease. In the context of the digital era, behavioural tendencies associated with different Prakriti types may influence patterns of technology use and susceptibility to screen time dependency. For example, individuals with predominant Vata traits may be more prone to frequent digital engagement due to their restless and novelty-seeking nature, whereas Kapha individuals may exhibit prolonged passive screen consumption. Pitta individuals, on the other hand, may use digital platforms more intensively for productivity and goal-oriented activities. This review article aims to explore the theoretical relationship between Prakriti types and screen time dependency by analyzing classical Ayurvedic

descriptions alongside contemporary research on digital behavior and technology usage patterns. Understanding this correlation may contribute to the development of personalized digital wellness strategies based on constitutional characteristics, thereby integrating traditional Ayurvedic principles with modern lifestyle health management.

**Index Terms**—Prakriti, Ayurveda, screen time dependency, digital addiction, dosha, behavioral health.

## I. INTRODUCTION

The rapid advancement of digital technology over the past two decades has transformed nearly every aspect of human life. The proliferation of smartphones, computers, tablets, and other electronic devices has revolutionized communication, education, professional work, and entertainment. While these technological developments have provided numerous benefits, they have also introduced new lifestyle challenges. One of the most significant concerns in contemporary society is the dramatic increase in daily screen exposure, particularly among adolescents, students, and working professionals.<sup>1</sup>

Excessive screen time has been linked to a variety of health issues, including sleep disturbances, reduced physical activity, obesity, eye strain, and mental health disorders. Continuous interaction with digital devices can also influence cognitive and behavioural functions, leading to problems such as decreased attention span, increased stress levels, and compulsive technology use. Conditions related to excessive internet usage, including Internet Addiction Disorder and Gaming Disorder, have become emerging public health concerns. Recognizing the growing impact of

technology on health, the World Health Organization has acknowledged Gaming Disorder as a diagnosable condition in the International Classification of Diseases (ICD-11).<sup>2</sup>

Although modern medicine primarily addresses the consequences of digital overuse through behavioural therapy and lifestyle interventions, traditional health sciences offer alternative perspectives for understanding individual susceptibility to such behaviors. Ayurveda provides a holistic framework that emphasizes the role of individual constitution in determining health, behavior, and disease susceptibility. According to Ayurvedic philosophy, each person possesses a unique psychophysiological constitution known as Prakriti, which is determined at the time of conception and remains relatively constant throughout life.<sup>3</sup>

Prakriti is governed by the relative predominance of three fundamental biological energies or doshas: Vata Dosha, Pitta Dosha, and Kapha Dosha. These doshas regulate various physiological processes as well as psychological attributes such as temperament, emotional responses, learning capacity, and behavioral tendencies. Classical Ayurvedic texts, including Charaka Samhita and Ashtanga Hridaya, describe how variations in dosha dominance led to different constitutional types, each associated with specific physical characteristics, mental traits, and lifestyle preferences.<sup>4</sup>

Individuals with Vata predominance are often described as energetic, creative, and mentally active but may also exhibit restlessness and irregular habits. Pitta-dominant individuals typically demonstrate strong intellect, ambition, and goal-oriented behavior, whereas Kapha-dominant individuals are characterized by stability, calmness, and a tendency toward comfort and routine. These inherent behavioral tendencies may influence how individuals interact with digital technology and respond to prolonged screen exposure.<sup>5</sup>

In the modern digital environment, behavioral patterns associated with Prakriti may determine not only the frequency of device usage but also the type of digital engagement, such as social media interaction, online learning, gaming, or passive entertainment. For instance, individuals with dominant Vata characteristics may be more susceptible to frequent device checking and information overload due to their curiosity and rapid mental activity. Conversely, Kapha

individuals may develop habitual or sedentary patterns of screen usage, while Pitta individuals may use digital devices intensively for productivity and achievement-oriented tasks.<sup>6</sup>

Despite the theoretical relevance of these constitutional characteristics, limited scientific research has explored the relationship between Prakriti types and screen time behavior. Most existing studies focus either on digital addiction or on Prakriti-based physiological and psychological traits separately. Therefore, an interdisciplinary approach integrating Ayurvedic constitutional theory with modern behavioral research may provide valuable insights into individual vulnerability to excessive screen exposure.<sup>7</sup> The present review aims to explore the potential correlation between Prakriti types and screen time dependency by synthesizing classical Ayurvedic knowledge with contemporary literature on digital behavior. Understanding these relationships may contribute to the development of personalized preventive strategies and lifestyle interventions that promote digital well-being in the modern era.<sup>8</sup>

## II. AIM AND OBJECTIVES

### Aim

To review and analyze the possible relationship between Ayurvedic Prakriti types and screen time dependency in the digital era, and to explore how constitutional characteristics may influence patterns of digital device usage.

### Objectives

1. To describe the concept of Prakriti classification in Ayurveda based on the dominance of Vata Dosha, Pitta Dosha, and Kapha Dosha.
2. To review the current literature on screen time dependency and digital behavior patterns in the modern digital environment.
3. To analyze behavioral traits associated with different Prakriti types that may predispose individuals to increased screen usage.
4. To identify possible correlations between constitutional characteristics and susceptibility to digital or internet-related behavioral issues, including Internet Addiction Disorder and Gaming Disorder.
5. To highlight the potential role of Prakriti-based lifestyle recommendations for preventing excessive screen exposure.

### III. MATERIALS AND METHODS

#### Study Design

The present study is a narrative review of literature focusing on the relationship between Prakriti types and screen time dependency in the digital era.

#### Data Sources

Relevant literature was collected from various electronic databases including:

- PubMed
- Google Scholar
- Scopus
- ResearchGate

In addition, classical Ayurvedic texts such as Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya were consulted to understand the fundamental concepts of Prakriti and dosha predominance. Concept of Prakriti in Ayurveda

Prakriti refers to the unique psychophysiological constitution of an individual formed by the relative dominance of doshas. Classical Ayurvedic texts such as Charaka Samhita and Sushruta Samhita describe seven major types of Prakriti: Vata, Pitta, Kapha, and their combinations.

#### Vata Prakriti

Individuals with predominant Vata dosha tend to exhibit:

- High mental activity and creativity
- Quick learning but poor retention
- Restlessness and curiosity
- Irregular routines

These behavioral tendencies may predispose them to frequent checking of digital devices and impulsive screen use.<sup>9</sup>

#### Pitta Prakriti

Characteristics include:

- Sharp intellect and strong focus
- Competitive nature
- Goal-oriented behavior
- Leadership qualities

Such individuals may engage in productive screen usage (work, learning, strategic gaming) but may also develop performance-driven digital overuse.<sup>10</sup>

#### Kapha Prakriti

Common traits include:

- Calm and stable temperament
- Slower but consistent learning
- Comfort-seeking behavior
- Resistance to change

Kapha individuals may develop habit-based or passive screen consumption, such as prolonged streaming or gaming.<sup>11</sup>

#### Screen Time Dependency in the Digital Era

Screen time dependency, often referred to as digital addiction, is characterized by excessive and compulsive engagement with digital devices. While not universally classified as a formal disorder, related conditions such as Internet Addiction Disorder and Gaming Disorder have gained recognition in psychological research.<sup>12</sup>

The World Health Organization has officially included Gaming Disorder in the International Classification of Diseases (ICD-11), highlighting the growing concern about excessive digital use.

Major consequences of prolonged screen exposure include:

- Sleep disturbances
- Reduced attention span
- Increased anxiety and stress
- Sedentary lifestyle disorders
- Visual fatigue and digital eye strain

### IV. POSSIBLE CORRELATION BETWEEN PRAKRITI AND SCREEN TIME BEHAVIOR

#### Vata Dominance and Digital Overstimulation<sup>13</sup>

Vata individuals are prone to mental overactivity and sensory stimulation. The rapid information flow of social media, gaming, and messaging platforms aligns with Vata's tendency toward novelty and movement. This may lead to:

- Frequent device switching
- Social media scrolling
- Increased anxiety from information overload

#### Pitta Dominance and Productivity-Driven Screen Use<sup>14</sup>

Pitta personalities often use digital tools for efficiency, productivity, and competition. They may engage heavily in:

- Online learning

- Professional networking
- Competitive gaming or analytics

While productive, excessive use can cause burnout and mental fatigue.

**Kapha Dominance and Passive Digital Consumption**  
Kapha individuals prefer comfort and stability. Screen use for entertainment, such as streaming movies or casual gaming, may become habitual. Prolonged sedentary behavior associated with screen usage may further aggravate Kapha imbalance, contributing to weight gain and metabolic issues.<sup>15</sup>

**Ayurvedic Perspective on Managing Screen Time Dependency**

Ayurveda emphasizes lifestyle regulation to maintain dosha balance. Personalized strategies based on Prakriti can help mitigate excessive screen exposure.<sup>16</sup>

For Vata Individuals

- Establish structured digital routines
- Practice meditation and breathing exercises
- Reduce exposure to fast-paced digital content

For Pitta Individuals

- Schedule breaks during work
- Limit competitive digital activities
- Engage in cooling activities like nature walks

For Kapha Individuals

- Encourage physical activity and outdoor engagement
- Reduce passive screen entertainment
- Adopt stimulating hobbies

Practices such as Yoga and Pranayama may help regulate mental and physiological balance.

Table 1. Characteristics of Different Prakriti Types and Behavioral Traits

Prakriti Type	Dominant Dosha	Key Psychological Traits	Behavioral Tendencies	Possible Digital Behavior
Vata Prakriti	Vata Dosha	Creative, curious, mentally active, restless	Quick learning, multitasking, irregular routines	Frequent device checking, social media browsing, rapid switching between apps
Pitta Prakriti	Pitta Dosha	Intelligent, ambitious, competitive	Goal-oriented, focused, productive	Long hours for work, online learning, competitive gaming
Kapha Prakriti	Kapha Dosha	Calm, stable, patient, comfort-seeking	Slow but consistent, routine-loving	Passive screen consumption such as streaming, prolonged entertainment viewing

Table 2. Estimated Screen Time Behavior Across Prakriti Types (Conceptual Model)

Prakriti Type	Average Daily Screen Exposure (hours)*	Dominant Type of Screen Activity	Risk Level for Screen Dependency
Vata	5-7 hours	Social media, messaging, browsing	Moderate to High
Pitta	6-8 hours	Work, academic tasks, strategic gaming	Moderate
Kapha	4-6 hours	Streaming media, casual gaming	Moderate to High

\*Estimated conceptual values derived from trends reported in studies on digital usage patterns.

Table 3. Potential Health Effects of Excessive Screen Time by Prakriti

Prakriti Type	Common Digital Behavior	Possible Health Impact
Vata	Continuous information browsing and rapid device switching	Anxiety, restlessness, sleep disturbances
Pitta	Long work hours on digital devices	Mental stress, irritability, burnout
Kapha	Sedentary entertainment consumption	Weight gain, lethargy, reduced physical activity

Table 4. Suggested Ayurvedic Lifestyle Interventions for Screen Time Regulation

Prakriti Type	Recommended Lifestyle Strategy	Expected Outcome
Vata	Meditation, regular routine, limited multitasking	Reduced mental overstimulation
Pitta	Scheduled screen breaks, relaxation practices	Reduced stress and burnout
Kapha	Increased physical activity, outdoor activities	Reduced sedentary lifestyle and improved metabolism

Table 5. Conceptual Framework Linking Prakriti and Screen Time Dependency

Step	Factor	Description
1	Constitutional Type	Individual Prakriti determined by dominance of Vata, Pitta, or Kapha
2	Psychological Traits	Behavioral tendencies such as curiosity, competitiveness, or stability
3	Digital Usage Pattern	Type and duration of digital device engagement
4	Health Outcomes	Screen dependency, mental stress, sedentary lifestyle disorders

## V. DISCUSSION

The increasing dependence on digital devices has become a defining feature of modern lifestyles. While technology has enhanced communication, education, and productivity, excessive screen time has also led to significant physical, psychological, and behavioral challenges. Understanding individual variability in technology usage patterns is essential for developing effective preventive strategies. In this context, the constitutional framework of Ayurveda provides a valuable perspective for examining how inherent personality traits may influence digital behavior.<sup>17</sup>

According to Ayurvedic principles, the concept of Prakriti reflects the unique psychophysiological constitution of an individual determined by the relative dominance of three doshas: Vata Dosha, Pitta Dosha, and Kapha Dosha. These doshas govern not only physical characteristics but also mental and behavioral tendencies, including patterns of attention, emotional responses, and lifestyle preferences. Such inherent traits may play a role in determining how individuals interact with digital technologies.<sup>18</sup>

Individuals with predominant Vata Prakriti are typically characterized by high mental activity, curiosity, creativity, and a tendency toward rapid thought processes. These attributes may make them more inclined toward frequent digital engagement, especially through social media platforms, online browsing, and constant communication. However, the same traits may also predispose them to digital overstimulation, difficulty maintaining attention, and increased susceptibility to anxiety or restlessness caused by excessive screen exposure. Continuous interaction with rapidly changing digital content may aggravate Vata imbalance, potentially contributing to mental fatigue and sleep disturbances.<sup>19</sup>

In contrast, individuals with Pitta Prakriti are often described as intelligent, focused, competitive, and achievement-oriented. Such individuals may primarily utilize digital devices for productivity, professional activities, academic learning, and problem-solving

tasks. Their strong goal-oriented nature may lead to extended periods of screen use related to work, research, or strategic gaming. Although this form of screen engagement may initially appear productive, prolonged exposure without adequate breaks may lead to burnout, irritability, and mental stress. The intensity and perfectionistic tendencies associated with Pitta may also increase vulnerability to work-related digital overuse.<sup>20</sup>

Individuals with Kapha Prakriti are generally calm, stable, patient, and comfort-seeking in nature. These characteristics may influence a different pattern of screen usage compared to Vata and Pitta types. Kapha-dominant individuals may engage more frequently in passive forms of digital entertainment, such as streaming videos, watching television programs, or casual gaming. While their calm temperament may protect them from certain forms of digital stress, prolonged sedentary behavior associated with passive screen consumption may contribute to reduced physical activity and metabolic concerns. In Ayurvedic terms, excessive sedentary lifestyle habits may aggravate Kapha imbalance, potentially leading to weight gain, lethargy, and decreased motivation.<sup>21</sup>

From a broader perspective, the behavioral patterns described in classical Ayurvedic texts appear to align with modern psychological theories that recognize individual personality differences in technology use. For example, traits such as impulsivity, novelty-seeking, and emotional regulation have been associated with problematic internet use and digital dependency. These characteristics show parallels with the behavioral tendencies attributed to different Prakriti types in Ayurveda. Therefore, integrating Ayurvedic constitutional assessment with modern behavioral research may offer a more comprehensive understanding of individual vulnerability to excessive screen exposure.<sup>22</sup>

Furthermore, lifestyle interventions recommended in Ayurveda may serve as useful preventive strategies for managing screen time dependency. Practices such as maintaining regular daily routines, engaging in

physical activity, practicing mindfulness, and adopting balanced dietary habits are known to help maintain dosha equilibrium. Techniques such as Yoga and Pranayama may help improve concentration, reduce stress, and counteract the mental and physical effects of prolonged digital engagement.<sup>23</sup>

Despite these theoretical associations, scientific research directly examining the relationship between Prakriti types and screen time dependency remains limited. Most existing studies in Ayurveda focus on the relationship between Prakriti and physiological conditions, metabolic disorders, or psychological traits. Similarly, research on digital addiction has largely been conducted within the fields of psychology and behavioral science without incorporating traditional constitutional frameworks. Therefore, further interdisciplinary research is required to validate these observations through empirical studies involving Prakriti assessment, behavioral analysis, and digital usage monitoring.<sup>24</sup>

Future research may involve large-scale cross-sectional or longitudinal studies that assess individuals' Prakriti types alongside their digital behavior patterns. Such investigations may help identify specific constitutional tendencies associated with higher risk of digital dependency and guide the development of personalized lifestyle interventions aimed at promoting digital well-being.<sup>25</sup>

## VI. RESEARCH GAPS

Despite the theoretical relevance, empirical studies examining the direct correlation between Prakriti types and screen time dependency are limited. Most existing research focuses either on digital addiction or Prakriti-based behavioral studies separately. Future interdisciplinary research integrating Ayurveda with modern behavioral science is required.

Potential research approaches include:

- Prakriti assessment using validated questionnaires
- Screen time tracking through digital analytics
- Psychological profiling and lifestyle analysis

## VII. FUTURE PERSPECTIVES

Understanding the interaction between constitutional traits and digital behavior could contribute to personalized digital wellness programs. Integrating

Ayurvedic frameworks with modern psychology may help create preventive strategies for technology-related health problems.

## VIII. CONCLUSION

The rapid expansion of digital technology has significantly increased screen exposure in modern society, raising concerns about its impact on physical health, mental well-being, and behavioral patterns. Excessive screen time has been associated with various lifestyle disorders, psychological disturbances, and reduced quality of life. Addressing these challenges requires a comprehensive understanding of the factors that influence individual patterns of technology use. The constitutional concept of Prakriti described in Ayurveda provides a unique framework for understanding individual differences in behavior and lifestyle tendencies. Variations in the dominance of Vata Dosha, Pitta Dosha, and Kapha Dosha influence psychological characteristics such as curiosity, focus, emotional stability, and habits, which may in turn affect patterns of digital device usage. The theoretical analysis presented in this review suggests that individuals with Vata dominance may be more prone to frequent and impulsive digital engagement, Pitta individuals may experience productivity-driven screen overuse, and Kapha individuals may develop passive or sedentary patterns of screen consumption. These constitutional tendencies may influence the risk of developing screen time dependency in the digital era. Although direct empirical evidence is currently limited, integrating Ayurvedic constitutional assessment with modern behavioral research offers promising opportunities for understanding technology-related lifestyle disorders. Such an interdisciplinary approach may facilitate the development of personalized preventive strategies that align with both traditional health principles and contemporary digital lifestyles. Further scientific research is required to validate the relationship between Prakriti types and screen time dependency through systematic clinical and behavioral studies. Incorporating Ayurvedic insights into digital wellness programs may contribute to more individualized and holistic approaches for maintaining balance and well-being in the increasingly technology-driven world.

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