A Protocol RCT on Comparative Evaluation of Efficacy of Prakriti (Unique Constitution) Based Pathya-Apathya with Routine Diet in Healthy Children to Evaluate Its Future Observation towards Diseases to Prevent and Treat Morbidities

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Authors' contributions

This work was carried out in collaboration among all authors. All authors read and approved the final manuscript.

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Study Protocol

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ABSTRACT

Background: Prakriti is a term that refers to an individual's inherent behavioural tendency. Acharyas have outlined many do's and don'ts for maintaining a person's excellent immunity and health, such as Ritucharya (seasonal routine), Dinacharya (dietary regulations), and so on. Pathya (healthy) and Apathya (unhealthy) are two ideas that are equally essential in the treatment of illnesses.

Objectives: To Study Prakriti analysis as per systematic protocol (C-DAC) and its perception

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towards different diseases. To assess the impact of Pathya-Apathya concept to prevent morbidity status in adolescent.

**Materials and Methods:** 12-16 years age group adolescent of nearby CBSE schools from MGAC will be selected Pathyapathy intervention will be given and study its perception towards different diseases prevention.

**Results:** To summarise categorical variables such as gender, religion, education, Ahara, Vihara, and various participant complaints, frequency and percentages will be utilised. Subjective and objective criteria will be used to calculate the percentage of alleviation. The difference in results before and after intervention in this group will be observed, and the results will be presented using statistical data.

**Conclusion:** If this prakriti wise pathya concept will be significantly efficacious then so many diseases can be prevented which is a need of the hour.

**Keywords:** Pathyapathy; prakriti; ahara; vihara; disease; morbidity prevention etc.

### 1. INTRODUCTION

**Prakriti** is a term that refers to an individual's inherent behavioural tendency. Ayurveda is an ancient health discipline that explains about the **Prakriti**, as well as dealing with numerous body metabolic pathways and chronic illnesses [1]. The **Tridosha** is a way of comprehending health and sickness that is central to Ayurveda’s fundamental belief [2]. According to Charaka Samhita, the idea of Tridosha is a key premise of Ayurveda [3]. According to the dosha, different combinations of Vata, Pitta, and Kapha, Prakriti is categorised and will be unique to each individual. The sort of Prakriti that an individual possesses determines susceptibility to certain illnesses [4]. As a result, evaluating the Prakriti analysis not only understanding the patient's physical and mental condition, but it also plays a key role in the prognosis, diagnosis, treatment, and prevention of many complicated disorders [5,6].

#### 1.1 Concept of Pathya-Apathya

According to Ayurveda, pathy (proper nutrition and routine) is just as vital as medication. There is no need for medicine if a patient follows a proper diet and regimen. similarly, there is no need for medication if a patient does not follow a suitable diet and regimen as instructed [4]. This might be the explanation for Charaka Samhita's inclusion of Pathya as a synonym for Chikitsa (treatment) [5]. In Ayurveda, many guidelines recommended such as Ritucharya-seasonal care, Dinacharya-daily care, and so on in order to preserve a person's immunity and health. One of the unique ideas that is equally essential in the treatment of illnesses is Pathya (healthy diet) and Apathaya (unhealthy food) [4,5]. It is described as drugs or regimens that do not have a detrimental impact on the body and psyche. Apathya is opposite to Pathya [5]. Ahara (diet) is one of the three foundations of the human body; the other two are Nidra (sleep) and Maithuna (sexual life). When Vyayama (exercise), Vyasana (addiction), and Vrutti are added, Vihara (regimen) is formed (occupation) [6]. The metabolic Agni transforms Ahara (diet) into Prasada (essence) and Kitta (waste) when it is ingested. These terms have come to refer specifically to meals, refer to both material items and precise routines [7].

#### 1.2 Need of Study

The purpose of this study is to determine the morbidity status of adolescent aged 12 to 16. Childhood disease morbidity and mortality have been a serious problem across the world. Dengue, Malaria, respiratory infections, and diarrheal illnesses are the most common causes of morbidity and death in adolescent. In Ayurveda, there is a concept of Pathya and Apathya in relation to Ahara and Vihara. According to Acharya Charaka, eating wholesome food is one of the causes of human growth and wellness, whereas eating unwholesome food is the source of all illnesses [7-8]. As a result, in order to avoid early morbidity in infants, this idea required to intervene in order to establish Ayurveda as an evidence-based medicine concept. So, with the intervention of Pathya and Apathya, attempt will be made to find out the association of Prakriti based morbidity as well as determine the efficacy of trial group intervention as modified Prakriti opposite diet (Ahara) and routine actions (Vihara) in prevention of diseases within short duration of three months.

#### 1.3 Research Gap Analysis

1. In Kashyap Samhita it is given that Ahara is the great medicine- ‘Mahaushadhi’ [9].
2. Children are more prone to any infections due to less immunity.

3. Ayurved focuses on prevention than cure of any disease.

4. Prakriti focuses on their possibility of probable diseases and hence Prakriti based Ahara is undertaken as an intervention.

5. As children do not like to take medicine so to maintain the Ahara as opposite to their Prakriti will enhance their immunity.

6. Pathyapathya as an intervention has the ability to prevent and treat their common problems in day today life [7-9].

7. No such study has been carried out till date with Prakriti based Pathyapathya kind of intervention in children.

1.4 Research Question

1. Is there significant association of Prakriti and Pathya-Apathya to prevent and treat morbidities in children?

1.5 Aim

Comparative Evaluation of Efficacy of Prakriti based Pathya-Apathya with routine diet in Healthy adolescent to assess its Future observation towards diseases to prevent and treat morbidities-A Randomized Clinical Trial.

1.6 Objectives

1. To Study Prakriti analysis tool as per systematic protocol (C-DAC [10]) and its perception towards different diseases.

2. To assess the impact of Pathya-Apathya concept to prevent morbidity status in adolescent by different scales such as Musculoskeletal Health Questionnaire (MSK-HQ) [11], Gastrointestinal (GI) Health Assessment, [12] Questionnaire on Respiratory Symptoms [13] as a subjective parameters CBC, RBS & Sr. calcium, Sr. protein as objective criteria.

3. To determine the efficacy of Pathya-Apathya to treat common ailments of adolescent seen during study period in participants of 12-16 years as per above mentioned subjective and objective criteria.

4. To aware and educate adolescent of 12-16 years age regarding their Prakriti based probable morbidities in future to prevent in advance by adopting the general guideline related to diet which will be for all groups of the study.

1.7 Hypothesis

Null Hypothesis: There is no significant difference (p>0.05) in Prakriti and Pathya-Apathya in order to prevent and treat morbidities in children.

Alternative Hypothesis: There is significant difference (p<0.05) in Prakriti and Pathya-Apathya to prevent and treat morbidities in children.

2. METHODOLOGY

Data collection methods-12-16 years age group adolescent of nearby CBSE schools from MGAC, General materials Pathyapathya will remain as intervention instead of drug to check its efficacy.

Source of Data & place of study: Nearby CBSE schools from Mahatma Gandhi Ayurvedic College.

2.1 Statistical Methods

The information will be entered into a Microsoft Excel spreadsheet. STAT, Version 10.1, 2011 statistics software will be used to analyse the data. Gender, Ahara, Vihara, various participant complaints, and other categorical data will be summarised using frequency and percentages based on subjective and objective criteria. Chi Square test, ANOVA test, student t test, and co relation will be used to evaluate whether there is a positive or negative co connection between variables. The level of significance will be set at 5%.

2.2 Study Instrument / Data Collection Tools

Trial design- Randomized comparative study

Type of Study: Interventional study.

Sampling procedure: Stratified sampling method to have same Prakriti participants in each group.

2.2.1 Trial duration - 18 months

Participant timeline: 3 months (90 Days) [There is no seasonal diet pattern is mentioned but participants have to follow general pathya/congenial and Apathya/non-congenial diet for the said duration. To develop immunity and transformation of Rasa dhatu to Shukra dhatu requires 90 days period hence, duration of the study is 90 days]
Allocation (Sequence generation) - Computer-Generated Randomization.

2.2.2 Data collection tools and process

A Survey will be conducted with prior permission from school authority and parents among school adolescents of age between 12 to 16 years. It will be pre discussed in parent teacher meet with power point presentation to aware about prevention of morbidity with the help of dietary modifications. *Prakriti* analysis will be done with the help of ‘C-DAC Prakriti Vichay’ AYU SOFT Software [10]. Accordingly, participants and parents are advised to follow this intervention.

Intervention: It will be advised to main and sub-groups for minimum three months.

Primary Outcome - *Prakriti* Based Pathya-Apathya with routine diet to assess its future perception towards diseases to prevent and treat morbidities.

Secondary Outcome - Awareness regarding future perception towards diseases to prevent and treat morbidities.

Sample Size: -Total 200 adolescents will be enrolled in this study including 10 % drop out rate which will be divided into 100 in each group with at least 30 in each three sub-groups dominating with Vata, Pitta & Kapha dwandwaj prakriti.

Grouping: Group R-control-Routine diet & Group P-Trial group-pathya as *Prakriti opposite* diet which will be sub-divided into 3 subgroups as shown in Table no 1 & 2.

2.2.3 Inclusion criteria

1. Healthy adolescent of age & both gender between 12 to 16 years. [As small age group children are moody to follow dietary instructions and adolescent group is mature to follow if counselled properly and they could easily fill up the long questionnaire formats of Prakriti as well as different scales of GIT, Respiratory & Musculoskeletal Health Questionnaire (MSK-HQ)]
2. Recent common but cured illness like cough-cold
3. Parents who are willing to give consent for this study.

2.2.4 Exclusion criteria

1. Parents who do not allow their adolescent to participate in the study and
2. Who are suffering with morbidity.
3. *Ekdoshaja Prakriti* and *Sannipatika Prakriti* [3 dominant Dwandaj Prakriti are only available currently, no availability of ekdoshaj or sannipataj Prakriti in equal proportion]

2.2.5 Screening method

History taking and Ayurvedic diagnostic methods with clinical Examination to confirm health status as screening tools for pre-intervention.

Table 1. showing Group R: - Control group (dwandwaj *Prakriti*) healthy adolescents will be receiving routine diet as blank control intervention

<table>
<thead>
<tr>
<th>Sr. no</th>
<th>Dosha</th>
<th>Control</th>
<th>Sample size in each sub-groups</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Vata-pitta dominant- Musculo-skeletal scale</td>
<td>Routine diet</td>
<td>30</td>
</tr>
<tr>
<td>2</td>
<td>Pitta-kapha dominant- GI scale</td>
<td>Routine diet</td>
<td>30</td>
</tr>
<tr>
<td>3</td>
<td>Kapha-vata dominant- Respiratory scale</td>
<td>Routine diet</td>
<td>30</td>
</tr>
</tbody>
</table>

Table 2. showing Group P: - Trial group (Dwandwaj *Prakriti*) healthy adolescents will be receiving *Prakriti* opposite diet-Pathya as intervention

<table>
<thead>
<tr>
<th>Sr.no</th>
<th>Dosha</th>
<th>Intervention</th>
<th>Sample size in each group</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Vata-pitta dominant-Musculo-skeletal scale</td>
<td><em>Prakriti</em> opposite diet</td>
<td>30</td>
</tr>
<tr>
<td>2</td>
<td>Pitta-kapha dominant-GI scale</td>
<td><em>Prakriti</em> opposite diet</td>
<td>30</td>
</tr>
<tr>
<td>3</td>
<td>Kapha-vata dominant-Respiratory scale</td>
<td><em>Prakriti</em> opposite diet</td>
<td>30</td>
</tr>
</tbody>
</table>
2.2.6 Subjective criteria

1. Prakriti Analysis tool Ayu-soft-CDAC software (Version 1.1.1)
2. Gastrointestinal (GI) Health Assessment
3. Questionnaire on Respiratory Symptoms
4. Morbidity Score will be calculated by using the following formula:
   \[ \text{Morbidity Score} = \text{Incidences (last 3 months)} \times \text{Severity} \]
   [Healthy adolescent also come across with minor seasonal ailments so if morbidity occurs, then need to check the efficacy of Prakriti (unique constitution) wise diet in illness as per dominant dosha-Kapha-Respiratory, Pittaj-GIT, Vataj-Musculoskeletal scale]

Trial design Flow chart

School survey and counselling to parents in Parent-Teacher meeting about this interventional study

\[ \text{Duly signed & informed consent form will be taken from parents of adolescent who are ready} \]

Subjects are screened based on their baseline evaluation and inclusion and exclusion criteria.

Grouping, randomization allocation, during study and post study Follow up

Observation

Statistical analysis & Conclusion

2.3 Objective Criteria/Investigations

1. CBC (Complete blood count)
2. RBS (Random Blood Sugar)
3. Serum Calcium
4. Serum Protein (as objective criteria) will be done in 15% samples per group

As healthy children are included in the study plan hence to avoid the cost burden, planned only 15% participant’s investigations pre and post to reflect the whole study population.

Follow up –3 follow up during intervention and 3 post on monthly basis.

3. OBSERVATION AND RESULTS

Data will be derived with the help of Prakriti opposite dietary modifications as guided in group P whereas general Pathya and Apathya will remain same for both the groups adolescents.

3.1 General Pathya and Apathya

Healthy people should constantly take certain food items, according to Acharya Charka.

Shashtika (rice variety), Shali (rice variety), Mudga (Phaseolus radiatus Linn.), Saindhav, Amalaka (Emblica officinalis Gaertn.), rain water, Ghee (clarified butter), meat from arid-climate animals, and honey are among the foods mentioned [14]. In the same way, Acharya Charka has mentioned several foods that healthy people should avoid. dried meat, dried vegetables, lotus rhizome, and stalk are examples of such dietary items, and sick animal meat should never be consumed [15].

3.2 General Guidelines Regarding Aharaa [16,17]

1. Quantity of food should be appropriate and as per one’s hunger.
2. Participants will be advised about wholesome diet, with proper chewing, not to be very slow or fast or other task like watching TV, chatting etc, not to have water much (1 cup only) in the diet, should consume slightly less than actual capacity for good digestion with proper chewing is not be very slow or fast engaged with other task etc like, chatting, tv watching).
3. All participants are advised to take Ushapan early in the morning and the water can be taken as per *rutu* i.e., *sheet, ushna* etc.

4. It is also advised to have a cup of buttermilk with cumin seed and milk at night.

### Table 3. Daily Pathya Advised Ahara (Diet) and Vihar [15]

<table>
<thead>
<tr>
<th>Particulars</th>
<th>Vata prakriti</th>
<th>Pitta prakriti</th>
<th>Kapha prakriti</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast (Time 8.00 am)</td>
<td>Upama, Paratha, Halawa</td>
<td>Upama, Halawa, Goat milk, buffalo milk, cow milk, Multi grain as Paratha with less spicy, Fruits includes Angur, Anjir, Awla, Guava, Manuka, Barley oat, Milk, butter milk, Aloe vera juice, cucumber, Sweet potato, Turnip, Goose berry jam, Date palm, Fig, Pomegranate, Mango, Orange juice, Coconut, Pear juice, Cherry plum, Mulberry, Watermelon, Musk melon, Wood apple, Current, cashew nut, Almond, Wallnut, Pea nut, Pistachio soft</td>
<td>Poha, jwar roti, Bajra roti, Finger millet, jamun, manuka, Aloe vera juice, Papaya, Carrot, Turnip, Goose berry jam, Date palm, Fig, Pomegranate, Pear juice, Blackberry, Water melon, Wood apple, Radish, cashew nut, Pea nut, Honey</td>
</tr>
<tr>
<td>Lunch (11.00 am)</td>
<td>Chapati, Wheat Roti, Shastishali Rice, Mung Dal, Black gram, Sweet halwa, Sewai in Milk, less spicy chicken, Mutton, Fish, Soya bean, Methi, Gobhi, Lemon pork meat, Pumpkin, Monkey fruit, old ghee, Jaggery, Old jaggery, Sugar, Sesame oil, Mustard oil, Linseed oil, Peanut Coconut oil, Rock salt, Black salt, Common salt</td>
<td>Chapati, Wheat Roti, Shastishali Chawal, Mung Dal, masur dal, Sweet, mutton, Fish, Palak, Butter milk, Reddish, Choulai, Turai, Bhendi, karela, Bengal gram leaves, Pumpkin, bitter guard, ridge guard, Banana, Drumstick, Lemon Old ghee, Old jaggery, Sugar, Coconut oil, Rock salt</td>
<td>jwar roti, Bajra roti, Rice, masur dal, Eggs, Mutton, Palak, Gobhi, Choulai, Reddish, karela, Pumpkin, Gaurad, Whiregurad, cucumber, Drumstick, Lemon, Old ghee, Sesame oil, Mustard oil, Rock salt</td>
</tr>
<tr>
<td>Dinner (7.00 pm)</td>
<td>Chapati, Wheat Roti, Shastishali Chawal, Mung Dal, gajar, Black gram, Sweet Shira, Mutton, Fish, Soya bean, Methi, Pointed gourd, Garlic, Onion, Khichadi with smooth ghee</td>
<td>Chapati, Wheat Roti, Shastishali Chawal, Mung Dal, masur dal, Sweet, Fish, Mutton, Butter guard, Pointed gourd, Brinjal, Round melon, Cluster bean, Khichdi with ghee</td>
<td>jwar roti, Bajra roti, Rice, Masur dal, Gajar, Eggs, Mutton, Bitter guard, Pointed gourd, Brinjal, Round melon, Yam, Garlic, Khichadi</td>
</tr>
</tbody>
</table>

### Table 4. Daily Apathya Advised Ahara (Diet) and Vihar

<table>
<thead>
<tr>
<th>Particulars</th>
<th>VatapraKriti</th>
<th>Pitta prakriti</th>
<th>Kapha prakriti</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast (Time 8.00 am)</td>
<td>Poha, fast food, Burger, pizza, noodles, Packed junk food, besan, maida oily food</td>
<td>Salty food, sour, pickle, chutney, coloured beverages, packed fast food, pizza, Chinese, Spicy oily, fried food</td>
<td>Ice cream, cold drinks, halwa, sweets, diary food, stuff.</td>
</tr>
<tr>
<td>Lunch (11.00 am)</td>
<td>Bread, pav, bhaji, biscuits</td>
<td>Bread pav, Noodles, chicken spicy, fried</td>
<td>Cheese, cold items, sweet, santarpak Guru Ahara,</td>
</tr>
</tbody>
</table>
To summarise categorical variables such as gender, religion, education, Ahara, Vihar, and various participant concerns, frequency and percentages will be utilised. Subjective and objective criteria will be used to calculate the percentage of alleviation and result will be drawn after statistical analysis of all observations of both the groups.

4. DISCUSSION

Prakriti is an important tool to not only prevention of disease but also helpful in diagnosis, prognosis and treatment [6,19]. Adolescent is more sensitive to illness because their immune systems are still in developing stage with sudden hormonal change, making them more likely to become sick. Adolescent may suffer from immunodeficiency due to differences in age, race, genders; which might cause the respiratory and gastrointestinal systems to get engaged in recurring infections [20]. Health is maintained by proper nutrition and diseases are also produced by food; happiness and unhappiness depend on the use of suitable and unsuitable foods respectively.

<table>
<thead>
<tr>
<th>Particulars</th>
<th>Vataprakriti</th>
<th>Pittaprakriti</th>
<th>Kaphaprakriti</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vihar</td>
<td>Diwa-swap, Hurry, exertion</td>
<td>Stress, strain, hurry, worry</td>
<td>Laziness, diwaswap, sedentary lifestyle</td>
</tr>
</tbody>
</table>

Table 5. Pathya-Apathya [18]

A) Vata dominant Prakriti

<table>
<thead>
<tr>
<th>Varga/group</th>
<th>Pathya</th>
<th>Apathya</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shuk Dhanya/cereals</td>
<td>Raktashali, Shastika Godhum, Jwar</td>
<td>Yavaka</td>
</tr>
<tr>
<td>Shami Dhanya/Pulses</td>
<td>Mudga, Masura, Mangalya, Soyabeen</td>
<td>Masha</td>
</tr>
<tr>
<td>MansVarga/meat</td>
<td>Rohit Matsya, Mutton</td>
<td>Chicken</td>
</tr>
<tr>
<td>PhalaVarga/fruits</td>
<td>Seasonal fruits like Anjir, Angur, Khajur, Guava, Apple, Narikel</td>
<td>Nikucha (Atrocarpus lakoocha)</td>
</tr>
<tr>
<td>Gorasavarga/milk products</td>
<td>Milk, Ghee, buttermilk, Navneet/butter, Paneer, Cheese</td>
<td></td>
</tr>
</tbody>
</table>

B) Pitta dominant Prakriti Ahara

<table>
<thead>
<tr>
<th>Varga</th>
<th>Pathya</th>
<th>Apathya</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shuk Dhanya</td>
<td>Raktashali, Shastika Godhum, Jwar</td>
<td>Yavaka</td>
</tr>
<tr>
<td>Shami Dhanya</td>
<td>Mudga, Masura,</td>
<td>Masha</td>
</tr>
<tr>
<td>Mansa</td>
<td>Rohit Matsya</td>
<td>Go mansa, Chicken, Eggs</td>
</tr>
<tr>
<td>Phala Varga</td>
<td>Seasonal fruits like Dry plum(ber), Khajur, Musk melon, Apple, Jujube, rasin, Fig, pomegranate</td>
<td>banana, coconut citrus, fruits.</td>
</tr>
<tr>
<td>Go rasa varga</td>
<td>Dairy products</td>
<td>milk, curd</td>
</tr>
</tbody>
</table>

C) Kapha dominant Prakriti

<table>
<thead>
<tr>
<th>Varga/group</th>
<th>Pathya</th>
<th>Apathya</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shuk Dhanya (cereals)</td>
<td>Raktashali, Yava</td>
<td>Shastika shali-rice, Godhum-wheat</td>
</tr>
<tr>
<td>Shami Dhanya (pulses)</td>
<td>Mudga, Mangalya,</td>
<td>Masha/black gram</td>
</tr>
<tr>
<td>Mansa (meat)</td>
<td>fish, Chicken, Eggs</td>
<td>Go meat, Chilchim-fish,</td>
</tr>
<tr>
<td>Phala Varga-fruits</td>
<td>Seasonal fruits like pea nut, fox nut, cashew nut</td>
<td>banana, Dadima,</td>
</tr>
<tr>
<td>Gorasavarga-Dairy products</td>
<td>All can be taken except buffalo milk, curd</td>
<td>Avi(sheep) Dugdha, curd, milk</td>
</tr>
</tbody>
</table>
No medicine is equivalent to food. It is possibly making person diseases free with just proper diet Prakriti based immunity boosting diet may prevent future diseases to much extent as per recent studies [21-25] Covid like infections have promoted deep faith in the society towards dietary instructions, routine actions and Ayurveda too. This research will aware and educate in the discovery of variables that cause disease as well as ones that improve immunity and reduce morbidity in adolescent. As Ayurveda promotes, studies on customised treatment on different areas can be undertaken. Because adolescent's immune system is still at young stage, morbidity can be reduced by the use of Pathya-Ahara, Vihara. After Prakriti Parikshana, the Pathya, Apathya paradigm would be utilised as clinical practise in individual medicine. The study's findings would be used in public health programmes as policy recommendations if found highly significant.

5. SUMMARY

The difference in results before and after intervention in this group will be observed, and the results will be presented using statistical data. The entire investigations will be summarized in the results and discussion of dissertation. At the end of the trial, conclusions will be drawn based on statistical analysis, symptom alleviation, and medication effects on numerous parameters.

5.1 Scope and Implications of the Proposed Study

5.1.1 Scope

Dinacharya (Diurnal regime) and Ritucharya (Seasonal regime) are recommended in Ayurveda, as well as different Pathya-Apathy Ahara and Vihara, based on Prakriti. These regimens can be followed according to Prakriti's needs in order to maintain the body healthy and the Dosha in balance. For example, Kapha Prakriti people require more exercise and Laghu Ahara to stay in shape, and they should avoid Divaswapna, whereas Vata Prakriti people should eat more nourishing and heavier foods, exercise less, and perform Divaswapna.

Further, each individual's Prakriti and health can be maintained by promoting Pathya Ahara (favourable foods and drinks) and Vihara (unfavourable foods and drinks) and Vihara (unhealthy behaviour and physical activities) (Behavior and physical activities). As a result, it is possible to preserve excellent health in adolescents and minimise morbidity associated with numerous illnesses.

6. CONCLUSION

If this Prakriti wise pathya concept will be significantly efficacious then so many diseases can be prevented which is a need of the hour.

CONSENT

Informed consent will be obtained from the /parents/guardians prior to the start of clinical trial.

RESEARCH ETHICS APPROVAL

As per international standard or university standard written ethical approval has been collected, REF- MGACHRC/IEC/JULY-2021/354 Registered in CTRI, number is CTRI/2021/12/038855.

COMPETING INTERESTS

Authors have declared that no competing interests exist.

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