Combination of *Tridoshas* in different groups of people

Shilpa. S.*

C.G. Venkatesha Murthy**

* Research Scholar, Regional Institute of Education, Manasagangotri, Mysore, 570 006
** Professor, Regional Institute of Education, Manasagangotri Mysore, 570 006

Abstract:

 Tridoshas are composed of the *Pancha Mahabhuta.* One or the other *Dosha* is dominant singularly or in combination in man. There can never be a state when one or the other *Pancha Mahabhutas* and consequently the *Tridoshas* are absent totally. All are essential to sustain life. Though *Tridosha* is studied, understood and applied in *Ayurveda,* the present authors have studied how the *Tridoshas* are present in different variations in different professional groups in the present study. The way in which the combination of the *Tridoshas* are different and characteristic for each profession is analyzed which gives rise to new ways of understanding people and their behaviour *vis-à-vis* their professions.

Keywords: *Vata, Pitta, Kapha, Tridoshas, Mahabhutas, Prakriti,* profession

Introduction:

 One of the basic tenets of all systems of Indian philosophy is that man is a microcosm of the macrocosmic world that he inhabits. This implies explicitly that whatever man is made up of, the world too is made up of those same things or elements, but with different combinations and degrees. Here, by elements is meant the five *mahabhutas*—that is *Akasa, Vayu, Tejas, Ap and Prithvi.* (Ether, air, fire, water and earth proto-elements respectively). The universe and man are made up of these five elements. In fact *Ayurveda* postulates that all living beings on the earth including the non-living too are made up of these same five elements in varying degrees, specific to each form, matter and species, and according to a predetermined ratio that cannot be changed. These five elements combine with each other to form the three humors of *Vata, Pitta* and *Kapha,* (also called the *Tridoshas* in unison) which is the corner stone of *Ayurvedic* philosophy. (Sharma, P. 1981; Sharma, P. 2004; and Murthy, K.R.S. 2007).

 The *Tridoshas* are composed of all the *Pancha Mahabhutas,* but one or the other is predominant, with the other four in lesser dominance. There can never be a state when one or the other *Pancha Mahabhuta* is absent totally. All five are essential to sustain life. The *Tridoshas* constitute the physical—physiological components and are designed to understand the physiology and pathology of living organisms including human beings. Features of different constitutions are innate and born along with the person (congenital); though some of these are abnormal and troublesome to some extent, yet they are not going to cause severe distress; great

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variations do happen prior to death and such change then, are considered as fatal signs. (Shilpa & Murthy, 2011a).

Proper balance between these three *doshas* is essential for good health. In a balanced state the *doshas* sustain the body by endowing good mental and physical health to the individual. When they are in imbalance, it leads to a dominance of one or more *doshas* (in combination), which is the cause of many ailments and illnesses. The whole aim of *Ayurveda* is to restore proper balance between the *doshas* in the body, thereby restoring health, which leads to a sound mind too. (Shilpa & Murthy, 2011a).

When we talk about imbalance of *doshas*, we say that a person is *Vata, Pitta* or *Kapha* dominated. This does not mean an absence of the other two *doshas*, but that the other two *doshas* are suppressed compared to the dominant *dosha*. This also does not mean that a person who is either of the *dosha* dominated is not in good health. That particular dominant *dosha* is his natural state of being or *Prakriti*. It is not ill health. (Shilpa & Murthy, 2011a).

"Prakriti is specific for each individual. It is said to be determined at the time of conception (in modern terms, by the recombination of zygotic DNA from sperm and ovum) and remains unaltered over the individual's lifetime. *Prakriti* specific treatment, including prescription of medications, diet, and lifestyle, is a distinctive feature of *Ayurveda*. We hypothesize that *Prakriti* has a genetic connotation that could provide a tool for classifying the human population based on broad phenotype clusters." (Patwardhan, *et al.,* 2005).

Prakriti is composed of three *gunas, Sattva* (white, knowledge, happiness, *pra*), *Rajas* (red**,** activity, pain, *kr*) and *Tamas* (dark, resistance or inertia, confusion, *ti*). Thus it is endowed with all the necessary and sufficient powers of production, preservation and dissolution of the phenomenal world. Mainly, it is the material cause of multiplicity (Rao, 1987, p. 161).

The three *gunas—Sattva, Rajas* and *Tamas* also promote different kinds of temperament based on the dominance of one or the other *gunas*. The temperament of a person can be discerned based on the "mode of worship, the type of food consumed and other activities of everyday life" (Krishnan, 2002). The *Trigunas* constitute the psychological components and govern all animate and inanimate existence. They also influence forces of living which are conceptualized as *Vata, Pitta* and *Kapha*. The behavior of human physiology, psychophysiology and patho-physiology reflect the *Vata-Pitta-Kapha* (*Tridosha*) dynamics, and this understanding helps in devising various assessments, treatments and management strategies.

The present authors have attempted to study the relationship between the *Tridosha* and *Triguna*. They have developed and standardized scales to assess psychological aspects of

Tridosha and *Triguna.* This paper is one in the series of papers that were written based on empirical results obtained from the study conducted wherein the ancient scriptures of Indian origin and tradition were consulted in devising scales to understand and assess personality—both physical-physiological (*Tridoshas*) and psychological (*Trigunas*).

In this paper it is studied if the three professional groups of Teachers, Police personnel and IT Professionals differ significantly from each other on *Vata, Pitta* and *Kapha*—also known as the *Tridoshas*, when compared with a General Adult group of people.

The Mysore *Tridosha* Scale (Shilpa & Murthy, 2011b) to assess VPK and the Mysore *Triguna* Scale (Shilpa & Murthy, 2012) to assess SRT was administered to 1548 people from three different professions like Teachers, IT Professionals and Police Personnel. The development and standardization procedures followed have been published.

Based on results obtained in the standardization procedures followed, the following hypothesis was tested. Equal number of people in each of the groups was taken to test the hypothesis and hence the final number of people in each group was 345 leading to a total number of 1380 people for analyses.

Hypothesis: *Teachers, Police and IT professionals differ significantly on Vata, Pitta and Kapha.*

To test the above hypothesis, different professional groups i.e., Teachers, Police and IT professionals were studied for any differences on their scores of VPK components. In order to have equal number of respondents in each group, the scores of 345 respondents—which was the common denominator—was studied. Thus, in each of the four groups, the sample size is 345.

The mean scores of all the three professional groups including the General adults group are tabulated as follows.

Table 1: Mean scores of different groups on *Vata, Pitta* and *Kapha*

Mean Scores				
	N	*Vata*	*Pitta*	*Kapha*
Teachers	345	19.21	34.88	41.50
Police	345	22.05	31.26	43.54
IT Prof.	345	22.12	35.99	40.70
Gen. Adults	345	26.50	38.85	45.74
Entire Group	**1380**	22.47	35.25	42.87

An analysis of the above table shows that Teachers, Police, IT professionals, Gen. Adults and the Entire group is predominantly *Kapha*, dominated followed by *Pitta* and *Vata.*

In order to see whether different professional groups differ significantly on *Vata, Pitta* and *Kapha*, the scores of three groups were subjected to one way ANOVA which yielded the following.

Table 2: Significance of differences among different groups on VPK scores

		Sum of Squares	df	Mean Square	F	Sig.
	ANOVA					
Vata	Between Groups	9386.733	3	3128.911	16.013	.000
	Within Groups	268866.928	1376	195.397		
	Total	278253.660	1379			
Pitta	Between Groups	10180.767	3	3393.589	8.869	.000
	Within Groups	526488.957	1376	382.623		
	Total	536669.724	1379			
Kapha	Between Groups	5277.202	3	1759.067	3.205	.022
	Within Groups	755211.606	1376	548.846		
	Total	760488.808	1379			

An analysis of the above group indicates that the different groups .i.e., Teachers, Police, IT professionals and Gen. Adults differ significantly on all the components i.e., *Vata, Pitta* at the 0.01 level and at 0.05 level for *Kapha*. It means different professional groups differ on *Vata, Pitta* and *Kapha* components.

To study how different groups have differed, they were further subjected to post hoc comparisons which yielded the following.

Table 3: Post Hoc comparisons of *Vata*, *Pitta* and *Kapha* with respect to different groups

Dependent Variable	(I) Profession	(J) Profession	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval Lower Bound	95% Confidence Interval Upper Bound
Multiple Comparisons							
Vata	Tukey HSD	Teacher	Police	-2.843[*]	1.064	.038	-5.58	-.11
			IT Prof.	-2.913[*]	1.064	.032	-5.65	-.18
			Gen. Adult	-7.296[*]	1.064	.000	-10.03	-4.56

				Mean Diff.	Std. Error	Sig.	Lower	Upper
		Police	Teacher	2.843[*]	1.064	.038	.11	5.58
			IT Prof.	-.070	1.064	1.000	-2.81	2.67
			Gen. Adult	-4.452[*]	1.064	.000	-7.19	-1.71
		IT Prof.	Teacher	2.913[*]	1.064	.032	.18	5.65
			Police	.070	1.064	1.000	-2.67	2.81
			Gen. Adult	-4.383[*]	1.064	.000	-7.12	-1.65
		Gen. Adult	Teacher	7.296[*]	1.064	.000	4.56	10.03
			Police	4.452[*]	1.064	.000	1.71	7.19
			IT Prof.	4.383[*]	1.064	.000	1.65	7.12
Pitta	Tukey HSD	Teacher	Police	3.617	1.489	.072	-.21	7.45
			IT Prof.	-1.110	1.489	.879	-4.94	2.72
			Gen. Adult	-3.965[*]	1.489	.039	-7.80	-.13
		Police	Teacher	-3.617	1.489	.072	-7.45	.21
			IT Prof.	-4.728[*]	1.489	.008	-8.56	-.90
			Gen. Adult	-7.583[*]	1.489	.000	-11.41	-3.75
		IT Prof.	Teacher	1.110	1.489	.879	-2.72	4.94
			Police	4.728[*]	1.489	.008	.90	8.56
			Gen. Adult	-2.855	1.489	.221	-6.69	.98
		Gen. Adult	Teacher	3.965[*]	1.489	.039	.13	7.80
			Police	7.583[*]	1.489	.000	3.75	11.41
			IT Prof.	2.855	1.489	.221	-.98	6.69
Kapha	Tukey HSD	Teacher	Police	-2.043	1.784	.661	-6.63	2.54
			IT Prof.	.800	1.784	.970	-3.79	5.39
			Gen. Adult	-4.243	1.784	.082	-8.83	.34
		Police	Teacher	2.043	1.784	.661	-2.54	6.63
			IT Prof.	2.843	1.784	.382	-1.74	7.43
			Gen. Adult	-2.200	1.784	.606	-6.79	2.39
		IT Prof.	Teacher	-.800	1.784	.970	-5.39	3.79
			Police	-2.843	1.784	.382	-7.43	1.74
			Gen. Adult	-5.043[*]	1.784	.025	-9.63	-.46
		Gen. Adult	Teacher	4.243	1.784	.082	-.34	8.83
			Police	2.200	1.784	.606	-2.39	6.79
			IT Prof.	5.043[*]	1.784	.025	.46	9.63
*. The mean difference is significant at the 0.05 level.								

In order to make the understanding of the results of the above table better, the outcomes are further simplified and presented as follows. This can support interpretation easier.

Table 4: Two group differences among different groups on VPK

	Factor	Significantly differed Groups	Higher mean	Lower mean
1	*Vata*	Teacher –Police	Police	Teacher
		Teacher- IT	IT	Teacher
		Teacher –Gen. Adult	Gen. Adult	Teacher
		Police –Gen. Adult	Gen. Adult	Police
		IT –Gen. Adult	Gen. Adult	IT
2	*Pitta*	Teacher –Gen. Adult	Gen. Adult	Teacher
		Police - IT	IT	Police
		Police –Gen. Adult	Gen. Adult	Police
3	*Kapha*	IT –Gen. Adult	Gen. Adult	IT

An analysis of the above table indicates that for **Vata,** 'general adults group' is significantly higher on *Vata* in comparison to Teachers, Police and IT professionals. Police is also significantly higher on *Vata* from Teachers, and IT professionals are also significantly higher on *Vata* than Teachers, while other groups do not differ significantly. It means, the higher mean score of general adults is indeed is significantly higher than other groups. The characteristics for *Vata* are unpredictability, erratic in all behaviour, fast and restless as also being highly creative.

As regards **Pitta,** again, the general group is significantly higher from Teacher group and Police group. And, the IT group is significantly higher than Police group. The characteristics of *Pitta* are being short tempered, precise, sharp and decisive. This indicates that Gen. Adult and IT groups are higher in these characteristics which are **more *Pitta*** dominant, followed by Police and Teachers groups.

As regards **Kapha**, the Gen. Adult group is significantly different from the IT group and has a higher mean compared to the IT group also. Hence it can be inferred that the Gen. Adult group is higher in *Kapha* characteristics which are stability, predictability, slow, dedication and being thorough in all activities. The other group differences are not statistically significant. Hence it could be said that the Gen. Adult group is higher on *Kapha* factor compared to IT only.

Conclusion:
A composite analysis indicates that different groups differ significantly on *Vata* factor of *Tridosha* aspects of personality. Teachers are indeed least on *Vata* factor of personality, while the general group dominate, followed by IT and Police groups.

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