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Effect of yoga personality development camp on tridoshas in children

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Abstract

Background:
Yoga has proven effect on personality and psychological disturbances in children. But no studies are available on short term effect of Yoga on Tridoshas, which may point to restoration of positive health.

Objective: To understand the effect of Yoga Personality Development Camp on the tridoshas in children.

Method:
The study was pre-post design with control. 320 children(160 children in each group), aged 8-12 yrs, selected from a residential camp at Prashanti kutiram Jigani (experimental group) and Jayagopal Garodia Rasrtothana school. Experimental group children practiced Integral Yoga module including Asanas, pranayama, nadanusandhana, chanting, and games.Control group children observed were not given any intervention. Caraka Child personality inventory was administered before and after 10 days. Mann-Whitney U test and Wilcoxon Signed Ranks Test were applied.

Results: Vata decreased significantly, while Pitta and Kapha increased significantly as compared to the control group.

Conclusions: Yoga Personality Development camp has the significant effect on the tridoshas (Vata,Pitta and Kapha) in Children.

Key words: Tridosha,prakriti, vata, pitta, kapha

Biography

Dr. Suchitra.Patil , is Ayurveda Doctor.has completed her Msc(Yoga) PhD(Yoga) SVYASA University . She is the director of Shri Ramakrishna Kerala Ayuryoga kendra, a premier Ayurveda and Yoga Therapy center. Founder and Managing trustee at Charaka Sushruta Foundation for Social Reformation-trust. She has published 5 papers in reputed journals.