



DESH KA PRAKRITI PARIKSHAN

The Desh ka Prakriti Parikshan initiative, under the Ministry of AYUSH, aims to bring Ayurveda to every individual's doorstep by helping people know about their unique Prakriti, or Ayurvedic body type. With the vision of our Honourable Prime Minister Shri Narendra Modi and the guidance from the Minister of State for AYUSH, Shri Prataprao Jadhav, this national program is managed by the National Commission for Indian System of Medicine (NCISM) and aims to inspire individuals across India to incorporate Ayurveda-based lifestyle practices. Participants will pledge to adopt a healthier lifestyle and have an opportunity to be part of setting several Guinness

World Records, including the largest online photo album of individuals with Prakriti certificates, the most pledges for a health campaign, and the largest video album of participants sharing a campaign message. This campaign is your chance to understand your Prakriti, adopt personalized health practices, and join a nationwide movement for wellness.

HOLISTIC HEALTH AND WELLNESS

This campaign highlights Ayurveda's time-tested practices for maintaining balance, promoting wellness, and strengthening the body's natural resilience. Based on your Prakriti, you'll receive lifestyle recommendations that include daily routines, dietary advice, exercise, yoga and seasonal adjustments. These guidelines can help improve overall health and prevent imbalances before they become health issues. Ayurveda emphasizes the balance of mind, body, and environment to sustain wellness. By understanding your Prakriti, you can adopt practices that fit your unique nature and improve your quality of life.



WHAT IS PRAKRITI?

Prakriti, in Ayurveda, is your unique mind-body constitution influenced by the three Doshas: Vata, Pitta, and Kapha. This Ayurvedic classification recognizes individual differences, meaning each person's Prakriti influences their physical, mental, and emotional characteristics along with their response to environment and stress. Understanding your Prakriti helps you make lifestyle choices suited to your natural state, enabling you to live in balance and harmony with your own biological rhythms and that of environment. Prakriti awareness is a cornerstone of Ayurveda's approach to personalized and predictive health and wellness, paving the way for a preventive and holistic lifestyle through what is known as P5 medicine (predictive, preventive, personalized, participatory, and precision medicine).