

PRAKṚTI



प्रकृति

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PRAKṚTI

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*From birth to death each possess
an individual biological blue print,
termed Prakṛti in Ayurveda which
is formed during the combination
of Sukṛa & Artava!*

*Von der Geburt bis zum Tod hat
jeder Mensch einen individuellen
Blueprint (Prakṛti) welcher durch
die Zusammensetzung von Sperma
und Eier geformt wird*



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Prakṛti :

Generally classified into seven types:
Gewöhnlich in sieben Arten unterschieden

Vata Prakṛti :

Pitta Prakṛti :

Kapha Prakṛti :

But it can be infinity depends on the predominance of elements !

Vata Pitta Prakṛti :

Kapha Pitta Prakṛti :

Es kann noch unendlich viele weitere Arten geben, dies hängt aber von der Dominanz der Elemente ab.

Vata Kapha Prakṛti :

Sama Prakṛti :

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Facts about Prakṛti :

❖ *Body constitution can not be changed !*

❖ *Die körperliche Konstitution kann nicht geändert werden!*

❖ *Each one of us posses all the three doshas, but the proportion varies according to the individual !*

❖ *Jeder von uns besteht aus allen drei Dosha, aber die Proportionen unterscheiden sich individuell.*

❖ *There is no treatment directly to Prakṛti !*

❖ *Es gibt keine spezielle Prakṛti Behandlung*

❖ *It is only for understanding the routines to avoid diseases (Vikṛti) and also for the prognosis.*

Es geht dabei nur um das Verstehen der Rituale um diesen Krankheiten vorzubeugen und eine Prognose zu erstellen

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Why to know Prakṛti ?

❖ *Determining one's Prakṛti is the effective - preventive & curative health care.*

❖ *Seine eigene Prakṛti zu bestimmen, ist die effektivste, vorbeugende und heilende Gesundheitsvorsorge.*

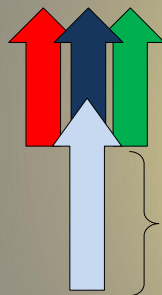
❖ *This wisdom guides you to understand the most suitable daily routine, nutrition and therapies to bring us to a state of optimum health and longevity (Swastha)*

Dieses Wissen hilft uns dabei, die passende tägliche Routine, Ernährung und Behandlung zu finden, um uns zu dem Zustand optimaler Gesundheit und einem langen Leben zu führen.

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Vata Prakṛti mit Vata Vikṛti oder Pitta Vikṛti oder Kapha Vikṛti

The maximum possibility of health threshold is represented by this picture. Our constitutional symptoms can reach a peak value in different conditions like climate, nutrition etc. but it came back again to the lower extremity. The health is maintained in this way. We have hunger, pain or pleasure in different occasions but it came back after a while. If the symptoms are not coming back and the threshold / peak is exceeded then we are diseased. This is Vikṛti. We should bring it back again to the healthy status with intervention of medicines and Panchakarma.

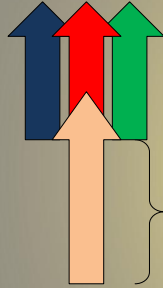


Prakṛti

Das Maximum der gesunden Reizschwelle ist in diesem Bild dargestellt. Unsere körperliche Verfassung kann in verschiedenen Phasen ein Hoch erreichen wie z.B. Klima, Ernährung u.s.w. aber sie kam in einer weniger extremen Art. Die Gesundheit wird auf diese Weise aufrechterhalten. Wir haben Hunger, Schmerz oder Wohlgefallen in verschiedenen Situationen aber sie kam nach einiger Zeit zurück. Wenn die Symptome nicht zurück kommen und die Reizschwelle überschritten wird werden wir krank. Dies nennt man Vikṛti. Wir sollten dies wieder anhand von Medikamenten und Panchakarma heilen.

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**Pitta Prakṛti mit Pitta Vikṛti
oder Vata Vikṛti oder Kapha Vikṛti**

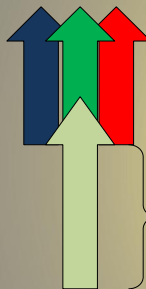


Prakṛti

If the pathological symptoms are similar to the constitutional characters (Vikṛti and prakṛti) there is an overload for the constitution which will result in chronic diseases. We have to take a lot of effort with medicines, Surgery, Nutrition and Detoxification to reduce this extra overload. But the doshas are dissimilar in the vikṛti and prakṛti the diseases can be cured without much effort. This explains that any Prakṛti can get any kind of Dosha imbalances and the same diseases seemingly similar will be treated with different Ayurveda treatment protocols.

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**Kapha Prakṛti mit Kapha Vikṛti
oder Vata Vikṛti oder Pitta Vikṛti**



Prakṛti

According to Ayurveda, your basic constitution is determined at the time of conception. This constitution is called Prakṛti. The term Prakṛti is a Sanskrit word that means, "nature," "creativity," or "the first creation." One of the very important concepts of Ayurveda is that one's basic constitution is fixed throughout his lifetime.

Why everyone is unique and that two persons can react very differently when exposed to the same environment or stimuli. Your Prakṛti is unique to you just as your fingerprint and DNA. Thus, in order to understand a person, it is necessary to determine his or her Prakṛti.

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Prakṛti Facebook !



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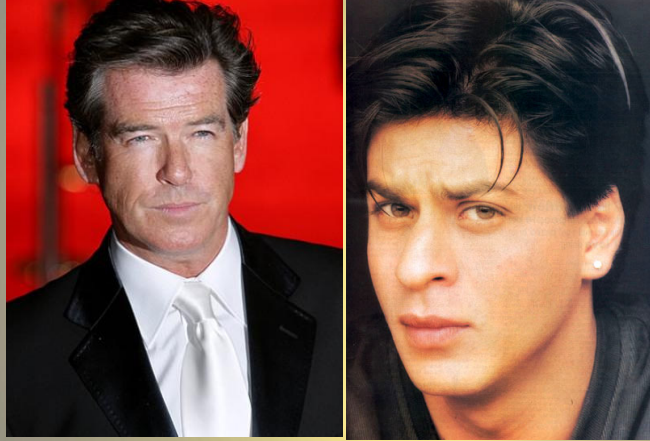
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Manasa Prakṛti :

A Satvika manasa Prakṛti is having Rajas and Tamas- negative qualities. Here the manasa Prakṛti can be changed and influenced with spiritual, Mental, emotional, nutritional and social factors.

Satvika Manasa Prakṛti :

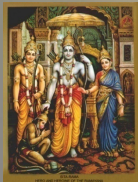
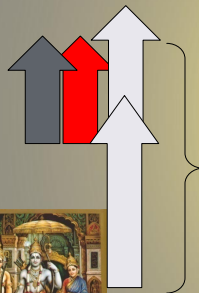
Eine Satvika Manasa Prakṛti Persönlichkeit hat eine Rajas und Tamas- Negative Eigenschaft aber eine starke Satvik Eigenschaft. Hierbei kann die Manasa Prakṛti durch Spirituelle, mentale, emotionale, ernährung und Soziale Faktoren beeinflusst werden

A character called Lakṣmīna in Ramayana.

Seinen Charakter bezeichnet man als Lakṣmīna in Ramayana

Our aim is to keep our bodily constitution as it is and change our mental constitution to Satva or increase our satva even if you are Rajas or Tamas

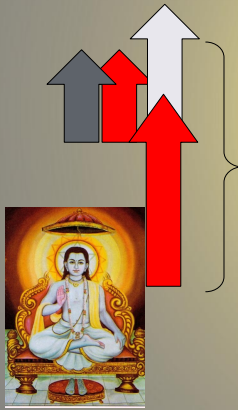
Unser Ziel ist es unsere Körperliche Konstitution beizubehalten und Unsere mentale Einstellung auf Satva umzustellen oder auszubauen selbst wenn Sie sich Rajas oder Tamas fühlen.



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Manasa Prakṛti :

Rajasika Manasa Prakṛti :



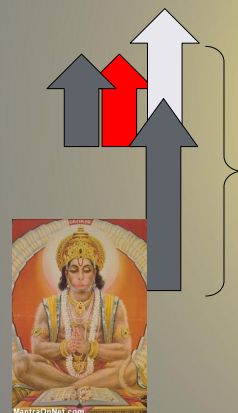
*A Rajasika Manasa Prakṛti is having Rajas and Tamas-negative quality but an improved Satvik quality.
A character called Vibheeshana in Ramayana.*

*Eine Rajasika Manasa Prakṛti Persönlichkeit hat eine Rajas und Tamas-Negative Eigenschaft aber eine starke Satvik Eigenschaft.
Seinen Charakter bezeichnet man als Vibheeshana in Ramayana*

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Manasa Prakṛti :

Tamasika Manasa Prakṛti :

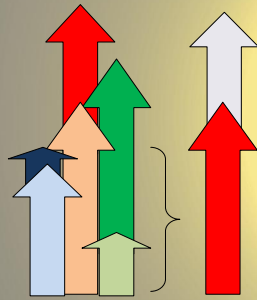


*A Tamasika Manasa Prakṛti is having Rajas and Tamas-negative quality but an improved Satvik quality.
A character called Sugreeva in Ramayana.*

*Eine Tamasika Manasa Prakṛti Persönlichkeit hat eine Rajas und Tamas-Negative Eigenschaft aber eine starke Satvik Eigenschaft.
Seinen Charakter bezeichnet man als Sugreeva in Ramayana*

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Body & Mind



**A Pitta Vata Prakruti with Pitta Kapha disease,
But Rajasika Mind and Satva Quality.**

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A Prakṛti is helpful: ist hilfreich

To choose ; *Man muss dabei das richtige Wählen:*

- | | |
|---------------------------|-----------------------|
| right yoga; | richtiges Yoga |
| right nutrition ; | richtige Ernährung |
| right routines; ; | richtige Routine |
| right career; | richtige Karriere |
| right relationsip ; | richtige Beziehung |
| right clothing; | richtige Kleidung |
| right place for holidays; | richtige Urlaubsziele |



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To find your Prakṛti & Vikṛti
Um Ihre Prakṛti & Vikṛti herauszufinden

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Dhanyavad – Thank you /Vielen Dank

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