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A Multidimensional Evaluation Of Pitta Prakruta & Vaikruta Karma: Integrating Subjective Indicators With Objective Parameters

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Abstract: *Pitta Dosha*, as described in Ayurveda, is characterized by strong digestion (*Tikshnagni*), sharp intellect (*Medha*), moderate build, and intolerance to heat (*Ushna*). While traditional assessment relies on observation (*Darshana*), enquiry (*Prashna*), and palpation (*Sparshana*), these methods lack reproducibility¹. This study aims to enhance Prakruta karma, vrddhi & kshaya assessment by integrating subjective Ayurvedic indicators with objective biomedical tools⁵. Classical signs were systematically mapped to quantifiable parameters such as gastric pH, thermal imaging, ghrelin and leptin levels, cognitive function tests, and metabolic markers⁶. The model also addresses Pitta imbalances: *Vridhhi* (aggravation) was associated with elevated bile pigments, gastric hyperacidity, and liver function markers; *Kshaya* (depletion) correlated with low BMR, cold sensitivity, and reduced skin hydration⁸. This integrative approach strengthens clinical practice by improving diagnostic precision, enabling early detection of Dosha imbalances, and supporting personalized treatment strategies⁹. It also facilitates standardization and opens avenues for interdisciplinary research, including Ayurgenomics and digital Prakriti profiling¹¹.

Index Terms: Pitta Dosha, Prakruti assessment, Vridhhi and Kshaya, Ayurvedic diagnostics, Biomedical integration, Metabolic markers, Ayur genomics, Personalized medicine

Introduction:

Ayurveda categorizes individuals into three primary constitution types or *Prakriti*: *Vata*, *Pitta*, and *Kapha*, each defined by a unique combination of the five elements (*Panchamahabhutas*) and governed by the three *Doshas*¹. *Pitta* dosha is primarily influenced by the fire (*Agni*) and water (*Jala*) elements, which manifest in both physiological and psychological traits². Individuals with Pitta predominance are typically characterized by sharp intellect, strong digestive fire (*Tikshnagni*), medium physique, warm body temperature, and a tendency toward irritability, competitiveness, and precision³.

Understanding and identifying one's *Prakriti* is fundamental to *Ayurvedic* diagnostics, preventive care, and personalized treatment protocols ⁴. Accurate *Prakriti* assessment helps predict disease susceptibility, therapeutic response, and lifestyle compatibility ⁵. Traditionally, this assessment is performed through detailed observation (*Darshana*), interrogation (*Prashna*), and tactile examination (*Sparshana*)¹.

However, as Ayurveda continues to evolve in parallel with modern science, the need for standardized and evidence-based methods has become more pressing ⁶. The integration of objective diagnostic technologies—including biochemical, genetic, and psychometric tools—enhances reproducibility, clinical accuracy, and global acceptance of Ayurvedic diagnostics ⁷. Thus, combining the traditional knowledge system with contemporary scientific methodologies ensures a holistic, robust, and research-friendly model for constitution assessment, especially in the case of *Pitta dosha*¹⁰.

Subjective and Objective Parameters of *Pitta Prakruta Karma*

Aspect	Subjective Parameters	Objective Parameters	Description
पक्ति (Digestion)	Burning sensation, acid reflux, thirst, irritability, irregular hunger	Gastric pH levels, tongue coating, endoscopy findings, stool analysis (for bile), H. pylori test	Reflects the strength and sharpness of <i>Agni</i> (digestive fire); identifies hyperacidity and ulcers
उष्ण (Heat)	Sensation of internal heat, intolerance to heat, burning hands and feet	Elevated body temperature, excessive sweating, flushed skin, thermal imaging, skin surface temperature scan	Indicates heightened metabolic activity and heat accumulation typical of <i>Pitta Prakriti</i>
दर्शन (Vision)	Clarity of thought, interest in philosophy, sharp observation	Eye brightness, focused gaze, visual acuity measurements, fundus examination, contrast sensitivity test	Represents inner clarity and external sharpness in visual and cognitive perception
क्षुत् (Appetite)	Constant hunger, craving cold foods	Food intake quantity/frequency, BMI correlation, appetite hormone levels (ghrelin, leptin), dietary recall	Evaluates digestive capacity and metabolic rate; hunger frequency aligns with <i>Tikshnagni</i>
तृष्णा (Thirst)	Excessive thirst	Dryness of oral cavity, frequency of water intake, serum osmolality, urine-specific gravity	Linked with increased internal heat and fluid demand
रुचि (Taste)	Selectivity in taste, irregular desire for food, food aversion	Bowel sounds, abdominal bloating/tenderness, food timing, satiety assessment, gut microbiota profiling	Reflects <i>Agni</i> sensitivity and digestive compatibility with foods
प्रभा (Complexion)	Loss of glow, increased oiliness, facial redness	Skin tone observation, sebum levels, skin imaging tools, dermoscopy, hydration measurement	Indicates <i>Pitta's</i> influence on skin quality and inflammation
मेधा (Intellect)	Quick learning, good memory recall, logical reasoning	Standardized cognitive tests, verbal reasoning assessments, IQ testing, problem-solving reaction time	Associated with sharp intellect and fast mental processing, hallmark traits of <i>Pitta</i>
धी (Decision)	Sound judgment, clarity in speech, analytical skills	Logical test performance, case-based questions, coherence in expression, decision-making response latency	Reflects decision-making ability and intellectual discrimination

शौर्य (Courage)	Confidence, leadership, quick decision making	Participation in challenging tasks, response in simulated risk scenarios, leadership response under stress testing	Indicates inner strength, initiative, and response to high-pressure situations
तनु मार्दव (Gentleness)	Tolerance, humility, patience	Speech tone analysis, behavioral observation under stress, emotional stability metrics, social behavior tracking	Balances <i>Pitta's</i> intensity with emotional sensitivity and social harmony

Subjective and Objective Parameters of *Pitta Vriddhi*

Aspect	Subjective Parameters	Objective Parameters	Description
पीत विट	Burning Sensation, Bitter Taste, Foul Smell, Frequency of stool	Stool Color, Consistency, Odor, Lab Reports, pH of Stool, bile pigment levels	Indicates excessive bile secretion and hyperactive digestion associated with <i>Pitta</i> aggravation
पीत मूत्र	Bitter Taste, Burning Sensation, Frequency, Color Perception	Urine Color, Consistency, Odor, Lab Reports, pH of Urine, urobilinogen, bilirubin	Reflects intensified <i>Pitta</i> leading to altered urine characteristics and increased frequency
पीत नेत्र	Sensation of heat or burning in eyes, Heaviness or discomfort, Dryness, Photophobia	Yellow discoloration of sclera, Redness/congestion in conjunctiva, yellowish tinge in eyelids, Elevated bilirubin, liver panel tests	Shows hepatic involvement and ocular signs of aggravated <i>Pitta</i>
पीत त्वक्	Dryness or tightness of skin, Itching or irritation, General body fatigue	Yellow discoloration of skin, sclera, nail beds, yellow coating on tongue, yellowish urine and stool, Abnormal LFT, serum bilirubin	External skin and systemic signs reflecting excess <i>Pitta</i> ; useful for early jaundice detection
क्षुत्	Constant hunger, sensation Craving for cold substances	Frequency and quantity of food, dietary logs, calorie tracking apps	Represents intensified digestive fire resulting in excessive appetite
तृष्णा	Excessive thirst	Dryness of tongue, water intake monitoring, serum osmolality	Indicates internal dehydration and heat dominance
दाह	Internal burning, Irritability due to heat, Thirst and dryness, Desire for cold environment/drinks	Increased body temperature, Hyperacidity, Lab reports (gastric acid levels), VAS for burning sensation	Denotes systemic heat and acid dominance typical of <i>Pitta</i> aggravation
अल्पनिद्रता	Feeling of inadequate sleep duration, Sense of fatigue, Poor memory/concentration, Irritability	Sleep duration < 6 hours (regularly), Dark circles under eyes, Observed daytime napping, Reduced attention span, actigraphy readings	Insomnia and light sleep due to mental and thermal agitation

Subjective and Objective Parameters of *Pitta Kshaya*

Aspect	Subjective Parameters	Objective Parameters	Description
मन्दअनल	Feeling of heaviness after meals, Lack of appetite, Indigestion even after light food, Bloating or fullness, Desire to skip meals	Abdominal distension or gas, Slow bowel movements or constipation, Low basal metabolic rate (BMR), Weight loss despite eating well, gastric emptying scans	Indicates weakened digestive fire (<i>Mandagni</i>), often seen in <i>Pitta</i> depletion
शीत	Coldness in hands and feet, Excess cold sensitivity, Lethargy in cold weather, Numbness or stiffness	Pale or cyanotic extremities, Shivering or tremor, Low body temperature, Vasoconstriction signs, thermography, capillary refill test	Reflects reduction in internal heat and <i>Pitta</i> function, influencing circulation and metabolism
प्रभाहानि	Dull or tired appearance, Loss of charm or attractiveness, Early aging signs	Facial pallor, Dark circles or pigmentation, Low skin moisture, Reduced skin glow, Skin hydration test, clinical skin scoring systems	Visible decline in skin radiance and vitality due to decreased <i>Pitta</i> elements

Discussion

The combined use of subjective and objective parameters for evaluating *Pitta Prakriti*, *Vridhhi* (aggravation), and *Kshaya* (depletion) offers a significant evolution in *Ayurvedic* clinical practice⁶. While classical methods—*Darshana* (observation), *Prashna* (interrogation), and *Sparshana* (palpation)—are foundational to personalized assessment, they can be prone to variability⁴. This integrative model addresses that gap by correlating classical signs with quantifiable biomedical indicators, enhancing diagnostic accuracy, reproducibility, and global applicability⁹.

For instance, features like *Tikshnagni* (sharp digestion), *Ushna* (internal heat), and *Kshut* (intense hunger) are supported by gastric pH testing, thermal imaging, and appetite hormone assays (ghrelin, leptin)⁷. Traits of sharp intellect (*Medha*) and decisive thinking (*Dhi*) are reinforced by IQ tests, executive function analysis, and reaction time evaluations, creating a bridge between traditional psychological profiling and modern cognitive science⁸.

In the context of *Pitta Vridhhi*, classical symptoms such as *Pīta Viṭ* (yellowish stool), *Pīta Mūtra* (yellow urine), and *Dāha* (burning sensation) align with clinical markers like bile pigment levels, bilirubin concentration, urine pH, and gastric acidity tests¹¹. These reflect hepatic or metabolic hyperfunction commonly seen in *Pitta aggravation*. Conversely, *Pitta Kshaya* symptoms such as *Mandāgni* (weak digestion), *Śīta* (coldness), and *Prabhā-hāni* (loss of radiance) are linked with low BMR, delayed gastric emptying, skin hydration measurements, and cold stress thermography, indicating metabolic slowdown and reduced *Pitta* activity⁶.

This approach strengthens Ayurveda in several dimensions:

- **Clinical Practice:** Enables precise constitution profiling and dynamic monitoring of *Dosha* imbalance⁶.
- **Preventive Care:** Supports early detection and intervention through measurable trends in appetite, heat regulation, and skin or cognitive changes⁵.
- **Research and Standardization:** Provides a structured, data-friendly framework for clinical trials and *Prakriti*-genomic correlations⁹.

- **Interdisciplinary Integration:** Enhances acceptance of Ayurveda in mainstream healthcare by aligning it with modern diagnostic standards ¹⁰.

Conclusion

The fusion of subjective *Ayurvedic* insights with objective biomedical tools marks a pivotal step in advancing the clinical relevance and scientific credibility of *Prakriti*-based diagnostics ⁵. By systematically correlating classical Pitta-related traits—such as *Tikshnagni*, *Ushna*, *Kshut*, and *Prabhā*—with measurable parameters like gastric pH, thermography, hormone assays, and cognitive testing, this approach offers a reproducible, quantifiable, and holistic framework for constitution assessment ⁶.

Furthermore, the identification of early signs of *Pitta Vriddhi* and *Pitta Kshaya* through observable symptoms and lab-supported biomarkers enhances preventive care and therapeutic precision ⁸. It not only facilitates early intervention and *Dosha*-balancing strategies but also bridges the philosophical strengths of Ayurveda with the evidence demands of contemporary healthcare ¹¹.

This integrated model lays the groundwork for standardization, digitalization, and interdisciplinary research, including *Prakriti*-genomics, psychophysiological studies, and personalized medicine ¹⁰. By embracing both tradition and technology, the model ensures that *Ayurvedic* principles remain relevant, research-compatible, and globally impactful in the evolving landscape of integrative health sciences ⁶.

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