



International Journal of Recent Development in Engineering and Technology
Website: www.ijrdet.com (ISSN 2347-6435 (Online) Volume 15, Issue 06, June 2026)

Role of Tridosha and Triguna in The Development of Human Personality: An Ayurvedic Perspective

Dr. Rakesh Srivasatava

Associate Professor, Department of Ayurveda, MGCGV Chitrakoot Satna (M.P.)

Abstract-- Ayurveda, the ancient Indian system of medicine, considers human personality as a unique combination of physical, psychological, and spiritual attributes. The concepts of Tridosha (Vata, Pitta, and Kapha) and Triguna (Sattva, Rajas, and Tamas) play a significant role in determining an individual's personality. Tridosha governs physiological functions and physical constitution, while Triguna influences mental and behavioral characteristics. This paper explores the Ayurvedic understanding of personality, factors responsible for its development, and the contribution of Tridosha and Triguna in shaping human behavior. The study highlights the relevance of Ayurvedic personality assessment in maintaining health, disease prevention, diagnosis, and personalized treatment.

Keywords-- Ayurveda, Personality, Prakriti, Tridosha, Triguna, Manas Prakriti, Deha Prakriti.

I. INTRODUCTION

Ayurveda is a holistic science of life that emphasizes physical, mental, social, and spiritual well-being. According to Ayurvedic principles, every individual possesses a unique personality known as *Prakriti*, which is established at conception and remains relatively constant throughout life. Human personality is influenced by physiological factors represented by Tridosha and psychological factors represented by Triguna. Understanding these determinants is essential for maintaining health and promoting overall well-being.

II. CONCEPT OF PERSONALITY (PRAKRITI) IN AYURVEDA

Prakriti refers to the inherent constitution or natural disposition of an individual. It is formed by the predominance of specific Doshas at the time of fertilization and influences physical appearance, physiological functions, mental tendencies, and susceptibility to diseases. Ayurveda recognizes that no two individuals are exactly alike, making personality assessment fundamental to personalized healthcare.

III. FORMATION OF PERSONALITY

According to Ayurvedic literature, personality is formed during conception and influenced by:

- Quality of sperm and ovum.
- Maternal diet and lifestyle during pregnancy.
- Mental and emotional state of the mother.
- Intrauterine environment.
- Hereditary and environmental factors.
- Predominance of Doshas and Gunas.

These factors collectively determine the Deha Prakriti (physical constitution) and Manas Prakriti (mental constitution) of an individual.

IV. ROLE OF TRIDOSHA IN PERSONALITY DEVELOPMENT

4.1 Vata Personality

Characteristics include:

- Creativity and enthusiasm.
- Quick thinking and adaptability.
- Irregular habits and restlessness.
- Lean body structure and sensitivity to cold.

4.2 Pitta Personality

Characteristics include:

- Intelligence and leadership qualities.
- Strong digestion and determination.
- Competitive nature and ambition.
- Tendency toward irritability and impatience.

4.3 Kapha Personality

Characteristics include:

- Calmness and emotional stability.
- Strong physique and endurance.
- Compassion and loyalty.
- Slow but steady performance.



V. ROLE OF TRIGUNA IN PERSONALITY DEVELOPMENT

5.1 Sattva

Represents purity, wisdom, and harmony. Individuals with dominant Sattva exhibit:

- Truthfulness
- Self-control
- Compassion
- Knowledge and spiritual inclination

5.2 Rajas

Represents activity and passion. Dominant characteristics include:

- Ambition
- Desire and attachment
- Aggressiveness
- Restlessness

5.3 Tamas

Represents inertia and ignorance. Characteristics include:

- Laziness
- Confusion
- Lack of motivation
- Excessive sleep and attachment

VI. RELATIONSHIP BETWEEN TRIDOSHA AND TRIGUNA

Tridosha and Triguna work together in determining human personality. Vata is associated predominantly with Rajas, Pitta with Sattva-Rajas, and Kapha with Sattva-Tamas. Their interaction influences physical health, mental behavior, emotional responses, and overall quality of life.

VII. IMPORTANCE OF PERSONALITY ASSESSMENT IN AYURVEDA

Personality assessment helps in:

- Maintaining health.

- Predicting disease susceptibility.
- Individualizing diet and lifestyle recommendations.
- Selecting appropriate treatment strategies.
- Enhancing mental and emotional well-being.

VIII. DISCUSSION

The Ayurvedic concept of personality provides a comprehensive framework for understanding individual differences. Unlike modern personality theories that mainly focus on psychological dimensions, Ayurveda integrates physical, mental, environmental, and spiritual factors. This holistic approach enables personalized healthcare and preventive medicine.

IX. CONCLUSION

Tridosha and Triguna are fundamental determinants of human personality according to Ayurveda. Tridosha governs physical constitution, whereas Triguna shapes mental and behavioral tendencies. Understanding these concepts can contribute significantly to personalized medicine, health promotion, and disease prevention. The Ayurvedic model of personality remains relevant in modern healthcare due to its holistic and individualized approach.

REFERENCES

- [1] Charaka Samhita.
- [2] Sushruta Samhita.
- [3] Ashtanga Hridaya.
- [4] Sharma, P.V. (2014). Fundamentals of Ayurveda.
- [5] Lad, V. (2002). Ayurveda: The Science of Self-Healing.
- [6] Dash, B. & Sharma, B.K. Charaka Samhita: Text with English Translation.
- [7] Singh, R.H. Exploring Larger Evidence Base for Contemporary