

## ***A STUDY TO EVALUATE THE RELATIONSHIP BETWEEN PERSONALITY TRAITS AND DIFFERENT PRAKRUTI***

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### ABSTRACT

*Prakruti* is the innate constitution of an individual based on the predominance of *Dosha* determined at the time of conception which cannot be changed from birth till death. Personality is the particular combination of emotional, attitudinal, and behavioural response patterns of an individual. Different personality theorists present their own definitions of the word based on their theoretical positions. Trait is that aspect of our personalities that is genetically based, inborn, there from birth or even before. Different traits of personality can be assessed by “Resived Eysenck Personality Questionnaire (EPQ)”. This is a study to understand the relation between different *Prakruti* and different personality traits. Plan for the study is First standard questionnaire will be used to assess the *Prakruti*. Thereafter their personality traits will be assessed with the help of EPQ-R standard questionnaire and an attempt will be made to understand the relationship between different *Prakruti* and traits of personality. Subjective parameters are – Standard questionnaire will be used for assessing *Prakruti*. EPQ-R Standard questionnaire will be used for assessing traits of personality traits. There was statistically significant found between personality traits and *Prakruti* with respect to *Vata* and *Pitta Prakruti* but *KaphaPrakruti* is not significantly related to any trait. Observation results show that *VataPradhanPrakruti* people are more related with extraversion type of personality trait. *Pitta PradhanPrakruti* people are more related with phycoticism type of personality trait. *KaphaPradhanPrakruti* people are more related with neuroctism type of personality trait. Based on the observations in the sample selected for the study and based on the analysis and discussion of the results the following conclu-

sions can be drawn: *VataPradhanPrakruti* person tend to be extraversion type of personality trait and *PittaPradhanPrakruti* person tend to be phycoticism type of personality trait.

**Keywords:** Personality Traits, *Prakruti*.

## INTRODUCTION

The idea of personality traits may be as old as human language itself. Aristotle, writing the *Ethics* in the fourth century BC, saw dispositions such as vanity, modesty and cowardice as key determinants of moral and immoral behavior. He also described individual differences in these dispositions, often referring to excess, deficit and intermediate levels of each. His student Theophrastus wrote a book describing thirty characters or personality types, of which a translator remarked that Theophrastus's title might better be rendered traits<sup>[1]</sup>. Basic to his whole enterprise was the notion that individual good or bad traits of character may be isolated and studied separately.

Allport and Odbert identified almost 18,000 English personality-relevant terms; more words than Shakespeare used Nouns, sentences and even actions may also have personality connotations<sup>[2]</sup>. The language of personality description permeates our everyday conversation and discourse.

Everyday conceptions of personality traits make two key assumptions. First, traits are stable over time. Most people would accept that an individual behavior naturally varies somewhat from occasion to occasion, but would maintain also that there is a core of consistency which defines the individuals true nature: the unchangeable spots of the leopard. In other words, there are differences between individuals that are apparent across a variety

of situations. A student noted as a worrier, will be unusually disturbed and worried in several different contexts such as examinations, social occasions and group discussions. Stability distinguishes traits from more transient properties of the person, such as temporary mood states. Second, it is generally believed that traits directly influence behavior. If a person spontaneously breaks into cheerful song, we might explain the behavior by saying that he or she has a happy disposition. Such lay explanations are, of course, on shaky ground because of their circularity. Aristotle suggested a more subtle, reciprocal causal hypothesis: that it is through actions that dispositions develop, which in turn influence actions<sup>[3]</sup>.

Eysenck distinguishes between the concept of trait and type. A trait refers to a set of related behaviours that covary or repeatedly occur together. People with a trait of sociability go to parties, talk with friends, likes to spend time with people and so on. A type is a higher order or sperordinate construct comprised of a set of correlated traits. The distinction is that a type is more general and inclusive. Eysenck's model of personality includes three basic typological dimensions: Introversion vs Extraversion; Neuroticism vs Stability; Psychoticism vs Impulse control. The EPQ-R Scales:

- E (Extraversion vs. Introversion)
- N (Neuroticism or Emotionality stability)
- P (Psychoticism or Tough Mindedness)<sup>[4]</sup>

**Table 1:** The EPQ-R Scales

Psychoticism	Extraversion	Neuroticism
Aggressive	Sociable	Anxious
Assertive	Irresponsible	Depressed
Egocentric	Dominant	Guilt Feelings
Unsympathetic	Lack of reflection	Low self-esteem
Manipulative	Sensation-seeking	Tense
Achievement-oriented	Impulsive	Moody
Dogmatic	Risk-taking	Hypochondriac
Masculine	Expressive	Lack of autonomy
Tough-minded	Active	Obsessive

*Prakruti* is an important concept of *Ayurveda* that explains individuality and has role in prevention, diagnosis and treatment of diseases. It signifies the physical, psychological and social tendencies of an individual. It expresses unique trait of an individual that is defined by specific and permanent composition of *Dosha* at conception.

The word *Prakruti* is derived from *Pra + Kri* (to create or to act). *Prakruti* means constitution, disposition or fundamental form. Basic entity responsible for creation of Universe is called as *Prakruti*. *Saamkhya* and *Sushruta* describe it as *AvyaktaPrakruti* or *MoolaPrakruti* the state of equilibrium of *Triguna*. *Charaka* explains *AshtadhaaPrakruti* as *Panchatanmaatras + Ahamkaara + Mahat + Avyakta*. Though the word *Prakruti* is referred in many contexts, focus of this review is *DehaPrakruti* or *DoshaPrakruti*.<sup>[5]</sup>

*Prakruti* with reference to *Dosha* is known as *DoshaPrakruti* or *DehaPrakruti* as it expresses mainly physical characters. *Ekdoshja* (One *Dosha*) types are concerned with one dominant *Dosha* they are three *Vata Pitta - Kapha*, *Dvidoshaja* types exhibit dominance of two *Dosha* and they are three (*VataPitta, PittaKapha, KaphaVata*) while *SamaPrakruti*

has three *Dosha* in balanced state. Thus there are 7 types of *DehaPrakruti*.<sup>[6]</sup>

***KaphaPrakruti:*** *Snigdha*- Unctousness of Organs. *Slakshna*- Smoothness of Organs. *Sheeta*- Lack of intensity in hunger, thirst, heat and perspiration. *Mrudu* - Pleasing appearance, tenderness and clarity of complexion. *Madhura*- Semen of good quality, desire for sexual act and number of procreation *Saan-dra*- Plumpness and roundedness of all organs. *Manda*- Slow in action, intake of food and movement. *Stimita*- Slowness in initiating actions, getting irritated and morbid manifestations. *Guru*- Non slippery and stable gait with the entire sole of the feet, pressing against the earth. *Saara*- Firmness, compactness and stability of the body. *Vijjala* - Firmness and compactness in joints. *Accha*- Happiness in the look and face, happiness and softness of complexion and voice.

***Pitta Prakruti:*** *Ushna*- Intolerance for hot things. Tender and clear body. Abundance of freckles, black moles and birthmarks. Excessive hunger and thirst. Quick advent of wrinkles, graying of hair and baldness, the hair will be soft and will have a tinge of light brown colour in the scalp and face. *Teekshna*- Sharp

(demonstration) of physical strength, Strong digestive power, Intake of food and drink in large quantity, intolerance to stressful conditions. *Drava*- Looseness and softness of joints and muscles, voiding of sweat, urine and feces in large quantity. *Katu And AmlaPradhana*- Insufficiency of Semen, less sexual desire and procreation power.

**VataPrakruti:** *Ruksha* - dry, slightly built physique dry, low, broken obstructed and hoarse voice, alert in approach. *Laghu*- light and inconsistent in actions, movement, likes and dislikes. *Chala*- unstable joints, eyes, eyebrows, jaws, lips, tongue, head, shoulder, hands and legs. *Bahu*- Talkativeness, abundance in visibility of tendons & veins. *Vishada*- Cracking of the limbs & Organs, production of cracking sounds in joints when they move. *Sheeghra*- Quick in initiating actions, Quick in getting irritated and quick in the onset of ailments. Quick in affliction with fear, Quick in likes & dislikes, Quick in understanding and forgetting things. *Sheeta*- Intolerance for cold things, often getting afflicted with cold, Tendency towards shivering and stiffness. *Khara*- Roughness in the hair of the head, face and other parts of the body, nails, teeth, face, hands & feet. Due to all these properties of *Vata*, persons of *VataPrakruti* are physically weak, lives short span of life, and are creative minded and at times crooked minded people.<sup>[7]</sup>

#### AIMS AND OBJECTIVES

- To evaluate the traits of personality in different Prakruti.
- To understand the relation between Prakruti and different traits of personality.

#### MATERIALS AND METHODS

Apparently healthy individuals of either gender living and working in the campus of SDM College of *Ayurveda*, Hassan, are selected irrespective of gender, caste, creed etc. Apparently healthy 150 individuals who are fulfilling the criteria of inclusion were selected and their *Prakruti* was assessed with standard questionnaire. The 150 individuals were divided into 3 groups based on the *Pradhanata* of the *Dosha* which decides the *Prakruti* like *VataPradhana*, *Pitta Pradhana* and *KaphaPradhana*. The health status was assessed using a Standard questionnaire HSQ-2.0. Thereafter personality traits were assessed with the help of the questionnaire REVISED EPQ-R by schedule technique.

#### OBSERVATION

**Demographic Data:** Among 150 individual 122 were age group of 18-22 years and individual 28 were age group of 23-29 years

**Incidence of Prakruthi & personality:** Among 150 individuals 50 individuals each were belonging to *Vata*, *Pitta*, *KaphaPradhanaPrakruti*. Among 150 individual 30 were psychoticism, 67 were extraversion and 53 were neuroticism.

Among 150 individual 50 were *VataPradhanPrakruti* and among them no one were psychoticism, 34 were extraversion and 16 were neuroticism type of personality traits. Among 150 individual 50 were *Pitta PradhanPrakruti* and among them 30 were psychoticism, 10 were extraversion and 10 were neuroticism type of personality traits. Among 150 individual 50 were *KaphaPradhanPrakruti* and among them no one were psychoticism, 23 were extraversion

sion and 27 were neuroticism type of personality traits.

**Table 2:** Showing the Chi-Square results of *Prakruti* and personality traits

Personality traits				
<i>Prakruti</i>		Observed		
<i>Vata</i>	Extraversion	34	Chi-Square	6.480
	Neuroticism	16	Df	1
	Total	50	Asymp. Sig.	.011
<i>Pitta</i>	extraversion	10	Chi-Square	16.000
	neuroticism	10		
	psychoticism	30	Df	2
	Total	50	Asymp. Sig.	.000
<i>Kapha</i>	extraversion	23	Chi-Square	.320
	neuroticism	27	Df	1
	Total	50	Asymp. Sig.	.572

Among 150 individual 50 are *Vata Pradhan Prakruti* and among them 34 are extraversion types of personality traits. In *Vata Pradhan Prakruti* it is found to be significant with the x value of 6.480 at p value <0.011. Among 150

individual 50 are *Pitta Pradhan Prakruti* and among them 30 are psychoticism types of personality traits. In *Pitta Pradhan Prakruti* it is found to be significant with the x value of 16.000 at p value <0.000.

**Table 3:** Showing the Chi-Square results of *Prakruti* and enjoy meeting new people

Q: Do you enjoy meeting new people?				
<i>Prakruti</i>		Observed		
<i>Vata</i>	Yes	39	Chi-Square	15.680
	No	11	Df	1
	Total	50	Asymp. Sig.	.000
<i>Pitta</i>	Yes	34	Chi-Square	6.480
	No	16	Df	1
	Total	50	Asymp. Sig.	.011
<i>Kapha</i>	Yes	39	Chi-Square	15.680
	No	11	Df	1
	Total	50	Asymp. Sig.	.000

To see the difference in distribution of data chi square test was done. It was found that the parameter 'enjoy meeting new people' is found to positively significant in all *Prakruti* since

majority of them have chosen 'yes' option with the x value of 15.680 at pvalue <0.000 , 6.480 At p value <0.011 and 15.680 At p value <0.000 respectively.

**Table 4:** Showing the Chi-Square results of *Prakruti* and moody

Q: Have your mood often go up and down?				
<i>Prakruti</i>		Observed		
<i>Vata</i>	Yes	39	Chi-Square	15.680
	No	11	Df	1
	Total	50	Asymp. Sig.	.000
<i>Pitta</i>	Yes	36	Chi-Square	9.680
	No	14	Df	1
	Total	50	Asymp. Sig.	.002
<i>Kapha</i>	Yes	35	Chi-Square	8.000
	No	15	Df	1
	Total	50	Asymp. Sig.	.005

To see the difference in distribution of data chi square test was done. It was found that the parameter ‘moody’ is found to positively significant in all *Prakruti* since majority of them

have chosen ‘yes’ option with the x value of 15.680 at pvalue<0.000 , 9.680 At p value <0.002 and 8.000 At p value <0.005 respectively.

**Table 5:** Showing the Chi-Square results of *Prakruti* and try not to be rude to people

Q: Do you try not to be rude to people?				
<i>Prakruti</i>		Observed		
<i>Vata</i>	Yes	37	Chi-Square	11.520
	No	13	Df	1
	Total	50	Asymp. Sig.	.001
<i>Pitta</i>	Yes	41	Chi-Square	20.480
	No	9	Df	1
	Total	50	Asymp. Sig.	.000
<i>Kapha</i>	Yes	40	Chi-Square	18.000
	No	10	Df	1
	Total	50	Asymp. Sig.	.000

To see the difference in distribution of data chi square test was done. It was found that the parameter ‘Try not to be rude to people’ is found to positively significant in all *Prakruti* since

majority of them have chosen ‘yes’ option with the x value of 11.520 at p value<0.001 , 20.480 at p value <0.000 and 18.000 At p value <0.000 respectively.

**Table 6:** Showing the Chi-Square results of *Prakruti* and liveliness

Q: Are you rather lively?				
<i>Prakruti</i>		Observed		
<i>Vata</i>	Yes	44	Chi-Square	28.880
	No	6	Df	1
	Total	50	Asymp. Sig.	.000
<i>Pitta</i>	Yes	42	Chi-Square	23.120

	No	8	Df	1
	Total	50	Asymp. Sig.	.000
<i>Kapha</i>	Yes	43	Chi-Square	25.920
	No	7	Df	1
	Total	50	Asymp. Sig.	.000

To see the difference in distribution of data chi square test was done. It was found that the parameter ‘liveliness’ is found to positively significant in all *Prakruti* since majority of them

have chosen ‘yes’ option with the x value of 28.880 at p value<0.000 , 23.120 at p value <0.000 and 25.920 At p value <0.000 respectively.

**Table 7:** Showing the Chi-Square results of *Prakruti* and talkative person

Q: Are you a talkative person?				
<i>Prakruti</i>		Observed		
<i>Vata</i>	Yes	35	Chi-Square	8.000
	No	15	Df	1
	Total	50	Asymp. Sig.	.005
<i>Pitta</i>	Yes	30	Chi-Square	2.000
	No	20	Df	1
	Total	50	Asymp. Sig.	.157
<i>Kapha</i>	Yes	31	Chi-Square	2.880
	No	19	Df	1
	Total	50	Asymp. Sig.	.090

To see the difference in distribution of data chi square test was done. It was found that the parameter ‘talkative person’ is found to positively significant in *VataPradhanPrakruti* since majority of them have chosen ‘yes’ option with the x value of 8.000 at p value <0.005.

**DISCUSSION**

In the study it revealed that among 150 individual 50 are *VataPradhanPrakruti* and among them 34 are extraversion types of personality traits and among 150 individual 50 are *Pitta PradhanPrakruti* and among them 30 are psychoticism types of personality traits. Chi-square test between *Prakruti* and personality traits was found to be significant in *Vata* and *Pitta PradhanPrakruti*. In *VataPradhanPrakruti* this is because of similarities between

*Prakruti* and extraversion in features like expressive, irresponsible, dominant, risk taking most of these features are related to quickness and lightness which can be associated with *Laghutva* and *ChalatvaGuna* of *vata*. The features lack reflection of extraversion might be related with *AnavasthitchitaLaxana* of *VataPrakruti*.

The features sociable of extraversion might be related with *Bahupralap*, *ShigrasamarambhaKshobhLaxana* of *VataPrakruti*. So, it was found to be significant in *VataPradhanPrakruti*. In *Pitta PradhanPrakruti* this is because of these are similarities between *Pitta* and psychoticism in features like aggressive, egocentric, unsympathetic, assertive, dogmatic these features are associated with the courage, aggression which are similar to features of

*Teekshna* and *UshnaGuna* of *Pitta*. So, it was found to be significant in *Pitta PradhanPrakruti*.

In the study it revealed that among 150 individual of all *Prakruti* 112 of them enjoy meeting new people. Chi-square test between *Prakruti* and enjoy meeting new people was found to be significant in all *Prakruti*. This is because of the age group of the population between 18-30years. This might be because of the *Prakrutha Karma* of *Dosha's* as per their *Guna* and *Laxana*; in *VataPradhanPrakruti* this might be because of predominance of *Shigra*, *ChalGuna* and *BahupralapLaxana*; in *Pitta PradhanPrakruti* this might be because of predominance of *MadhyamaGyan*, *Vigyan*, *PanditLaxana*; in *KaphaPradhanPrakruti* this might be because of predominance of *SaumyaPrakshinata*, *PrasannaDarsanAnana*.

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In the study it revealed that among 150 individual of all *Prakruti* 118 of them said they are try not to be rude to people. Chi-square

test between *Prakruti* and try not to be rude to people was found to be significant in all *Prakruti*. This is because of the age group of the population between 18-30years and majority of them belonging to UG of medical profession, might be brought up in civilized family and taught off good manner with people. They are well aware about good mannerism and maintain of cleanliness. So it is found significant in all *Prakruti*.

In the study it revealed that among 150 individual of all *Prakruti* 129 of them said they are lively. Chi-square test between *Prakruti* and liveliness was found to be significant in all *Prakruti*. This is because of the age group of the population between 18-30 years and they were devoid of personal problems and physical or mental stress. So it is found significant in all *Prakruti*

In the study it revealed that among 50 individual of *VataPradhanPrakruti* 35 of them said they are talkative person, among 50 individual of *PittaPradhanPrakruti* 30 of them said they are talkative person, among 50 individual of *KaphaPradhanPrakruti* 31 of them said they are talkative person. Chi-square test between *Prakruti* and talkative person was found to be significant in *VataPradhanPrakruti*. In *VataPradhanPrakruti* this might be because of *BahalGuna* of *Vata*.

## CONCLUSION

Based on the observations in the sample selected for the study and based on the analysis and discussion of the results the following conclusions can be drawn: *VataPradhanPrakruti* people are more related with extraversion type of personality trait. *Pitta PradhanPrakruti* people are more related with phycotic-



ism type of personality trait. *KaphaPradhanPrakruti* people are more related with neuroticism type of personality trait. There is statistically significant found between personality traits and *Prakruti* with respect to *Vata* and *Pitta PradhanPrakruti* but *KaphaPradhanPrakruti* is not significantly related to any trait. So, *VataPradhanPrakruti* person tend to be extraversion type of personality trait and *Pitta PradhanPrakruti* person tend to be psychoticism type of personality trait.

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