

# **Importance of Aahara [Diet] and Vihara [Lifestyle] in Pittaja Prakruti Persons**

**Dr. Ashwin Kumar Premaji Dighore and Dr. Satish Patil**

PG Scholar, Kriya Sharir, Yashwant Ayurvedic College, Kodoli, Kolhapur, Maharashtra, India<sup>1</sup>

MD [Kriya Sharir], Reader, Dept of Kriya Sharir, Yashwant Ayurvedic College, Kodoli, Kolhapur, Maharashtra, India<sup>2</sup>

**Abstract:** *In Ayurveda, concept of Prakruti was described according to composition of Doshas in the body and it may vary from person to person. Therefore, Prakruti has 7 types which are Vataja, Pittaja, Kaphaja, Sannipataja & Dvamdva. Here in this paper, need to study the Pittaja Prakruti and its importance in Aahara & Vihara. Various Diet and lifestyle will be important for the Doshaja Prakruti. In Pitta Prakruti person maintenance of Aahara and Vihara is important for the management of Vyadhi or disease formation. Pittashamaka Aahara and Vihara, also Dinacharya, Ritucharya etc. This treatment modalities helps to maintain health and Aahara & Vihara helps to keep away from diseases.*

**Keywords:** *Aahara, Vihara, Pittaja Prakruti*

