



Tridosha: Link to Health Consciousness and Impulsiveness in Female

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DOI : <https://doi.org/10.5281/zenodo.21391214>

ARTICLE DETAILS

Research Paper

Received: 21-05-2026

Accepted: 28-06-2026

Published: 15-07-2026

Keywords:

Tridosha, imbalances, healthcare, personality

ABSTRACT

The purpose of research was to study of Tridosha: link to health consciousness and impulsiveness in females. For this purpose, total 90 females (30vatta, 30pitta and 30kapha) were taken as a sample. Tridosha scale, Health Consciousness scale and Impulsiveness scale was used for measuring. Tridosha scale was developed by Jogsan, Jadeja, Doshi and Varu (2025). Health Consciousness scale was developed by Narayana. Impulsiveness scale was developed by Rai and Sharma. One Way ANOVA was used for analysis. The result of health consciousness was found ($f = 2.91$) and the result of impulsiveness was found ($f = 0.88$). The result of correlation between health consciousness and impulsiveness was found ($r = -0.30$). The result was found that, there was Significant Effect of Tridosha on Health Consciousness and Impulsiveness in Females. There was negative correlation between health consciousness and impulsiveness.

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Introduction:

The concept of Tridosha, derived from Ayurveda, describes three primary energies—Vata, Pitta, and Kapha—that regulate both physical and mental functions of the body. In women, these doshas often change due to factors such as hormonal variations, menstruation, pregnancy, and menopause, thereby affecting overall health and well-being.

Health consciousness in relation to Tridosha emphasizes understanding an individual's natural constitution (Prakriti) as well as existing imbalances (Vikriti). This awareness helps women follow appropriate lifestyle habits, dietary patterns, and herbal remedies to restore balance and maintain good health. Such practices may include consuming foods that calm a particular aggravated dosha, using stress-management techniques suited to personal needs, and adopting routines that support hormonal balance and overall wellness. Nowadays, females are very health consciousness about their health because they want perfect body shape and beauty. In contemporary society, health awareness is influenced by several factors such as education, access to health information, social media, healthcare facilities, and lifestyle practices. These factors may contribute more strongly to health consciousness than Tridosha-based personality differences. As a result, females belonging to different dosha categories may exhibit similar levels of concern and awareness regarding their health.

The three 'doshas', the combination of which makes each individual unique in his/her nature & individual unique in 'vata', 'pitta' & 'kapha'. These three mind – body types reflect the qualities of the elements they represent. Vata relates to space & air, pitta relates to fire & water & kapha relates to water & earth elements. Each individual will have a predominant dosha, reflecting the properties of those elements in his/her personality. For example, vata dominant person will be typically more active, whereas pitta dominant personality will be of fiery type. When all the three doshas are in proper proportion in the individual, it results in a balanced personality.

Impulses excite our mind or make the mind restless. Impulses are very useful in time of crisis in a person's life. There are 2 main types of impulses: 1) Excitatory impulses 2) Inhibitory impulses. Impulsivity is a characteristic of a person, viewed from different perspectives. Impulsivity is a symptom of many diseases, for e.g., attention deficit hyperactivity disorder (ADHD) is linked to anxiety & personality Disorder. According to the DSM – 5, impulsivity is an immediate reaction to stimuli. Impulsivity is a problem with planning unplanned reaction to the moment, emotional instability & a tendency to self – harm. Females who are more aware of and concerned about their health are likely to exhibit lower levels of

impulsive behavior. Conversely, individuals with higher impulsiveness may be less likely to engage in careful health-related decision-making and preventive health practices.

For the female population specifically, Ayurvedic literature frequently emphasizes that women's health is closely tied to dosha balance across life stage such as menstruation, pregnancy & postpartum periods. While much of this is written from a clinical – Ayurvedic perspective rather than a strict psychologic one, it suggests that women's health – related attitudes and behaviors may be shaped by constitution, emotional regulation & bodily awareness. This gives a reasonable basis for studying health consciousness in female through a Tridosha lens. Impulsiveness in females refers to the tendency to act suddenly without careful thought about the consequences. It may appear in daily life as quick decisions, emotional reactions, interruptions, or risk-taking behavior. Understanding impulsiveness is important in psychology because it affects self-control, emotional regulation, and decision-making. The finding is consistent with the view that self-regulation plays an important role in health-related behaviors. Individuals who are capable of controlling immediate urges and considering long-term consequences are more likely to adopt healthy lifestyles and avoid risky behaviors.

Review of literature:

Mithilesh Kumar Sah (2024) conducted a systematic review connecting Tridosha theory with biophysical processes. The review suggested that dosha-based understanding encourages individuals to become more conscious about lifestyle, diet, stress management, and overall well-being, thereby supporting health-conscious behavior.

Alex Hankey (2010) explained the scientific validity of the Tridosha concept and emphasized that Vata, Pitta, and Kapha regulate physiological and psychological functioning. The study highlighted that understanding one's prakriti (body constitution) can promote personalized health awareness and preventive healthcare practices.

Mehare Mrunal Vinod, Nimbalkar Manoj, and Bhatkar Arun (2024) examined the emotional and psychological attributes associated with Tridosha. Their review found that balanced doshas contribute to emotional stability, mental health, and positive behavioral patterns, which are important aspects of health consciousness.

Sureshrao P. Suchitra, Honagalli S. Devika, Bangalore N. Gangadhar, Raghuram Nagarathna, Hongasamudra R. Nagendra, and Ravi Kulkarni (2010) examined psychological symptoms associated with

Tridosha imbalance in psychosis. Their findings indicated that disturbances in Vata and Pitta doshas were related to emotional instability, poor behavioral control, and impulsive reactions.

Ananda Lakshmy K. N. (2022) studied the biological rhythm of Tridosha and explained that imbalance in doshic rhythm negatively affects emotional regulation and behavioral stability. The review suggested that irregular lifestyle patterns disturbing Vata may increase restlessness and impulsive tendencies.

Rajani R. Joshi (2004) developed a biostatistical approach to quantify the Tridosha concept and explained that different dosha constitutions are associated with distinct behavioral and personality characteristics. The study suggested that Vata-dominant individuals may display higher mental activity, restlessness, and rapid decision-making tendencies, which are often linked with impulsive behavior.

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Dr. Amrita Choudhary, Dr. Preeti Sharma, Dr. Amrita Chauhan, and Dr. Anshul Sharma (2025) studied the correlation between Triguna and Tridosha. The study explained that Tridosha influences both physical and psychological functioning and contributes to psychosomatic health.

Importance of Research:

In today's modern era, the importance of research has increased greatly. In general, research means the effort to extract the truth from a subject through careful and systematic study. In addition to research, the facts of the events happening in the world can be known through research. The subject of research in psychological research includes matters related to human behavior and nature. Today's human beings have many problems, but the future of the country, i.e., young men and women, face the most difficulties. Understanding health consciousness and impulsiveness is crucial for several reasons, particularly in educational and developmental context.

1. Relationship Among the Three Variables:

Health consciousness, impulsiveness, and Tri-Dosha are strongly interconnected. An individual's level of health awareness can shape thoughts, emotions, and behaviors, while impulsiveness and doshic characteristics may influence lifestyle patterns and daily activities. Studying these variables together helps researchers gain a more comprehensive understanding of personality and human behavior.

2. Effect of Health Consciousness on Behavior:

Research indicates that individuals who are more aware of their health tend to make healthier choices regarding diet, exercise, and lifestyle habits. They are generally less involved in harmful or risky behaviors. Examining health consciousness helps in understanding how awareness contributes to better physical and psychological well-being.

3. Importance of Studying Impulsiveness:

Impulsiveness plays a significant role in emotional regulation, social interaction, and decision-making. Research in this area helps psychologists identify the reasons behind sudden or risky behaviors. It also supports the development of strategies that improve self-control, emotional stability, and overall personality development.

4. Significance of Tri-Dosha in Personality:

According to Ayurveda, the three doshas—Vata, Pitta, and Kapha—affect both physical constitution and psychological characteristics. Research on Tri-Dosha provides insight into how body constitution influences emotions, stress responses, habits, and personality traits. This understanding encourages holistic and natural approaches to health and wellness.

5. Improved Understanding of Human Behavior:

Research combining these three variables offers a deeper understanding of personality and behavior. It helps psychologists and healthcare professionals examine how physical, emotional, and mental factors interact in shaping an individual's lifestyle and actions.

6. Development of Counseling and Therapeutic Approaches:

The findings from such studies can assist professionals in designing more effective counseling techniques and treatment programs. Understanding the relationship between impulsiveness, health consciousness, and Tri-Dosha traits enables experts to provide personalized guidance for stress management, emotional regulation, and healthy living.

7. Encouragement of Preventive Healthcare:

Research in this field also promotes preventive healthcare practices by increasing awareness about healthy habits and early prevention of physical and mental health problems. Such studies contribute to enhancing overall well-being and improving quality of life.

In summary, the research is important because it connects Ayurveda's Tridosha framework with modern psychology by exploring how constitutional traits may relate to health awareness and impulsive behavior in women. Studies on Tridosha emphasize that Vata, Pitta, and Kapha are linked not only to physical balance but also to mental and emotional functioning, making them relevant to psychological assessment and behavior. This topic is especially useful for understanding whether different doshic patterns are associated with how female participants think about health, regulate emotions, and make quick or risk-based decisions.

Objectives:

To find significant difference between the mean of health consciousness of female.

To find significant difference between the mean of impulsiveness of female.

To find correlation between health consciousness and impulsiveness.

Hypothesis:

There will be no significant difference in health consciousness of female.

There will be no significant difference in impulsiveness of female.

There will be no correlation between health consciousness and impulsiveness.

Methodology:**Sample:**

In this study total 90 females were taken as a sample. Out of them 90 females were taken as a sample with Random Sampling Method. Out of them 30 females were taken as a Vatta, 30 females were taken as a Pitta, 30 females were taken as a Kapha.

Research Tools:**Tridosha:**

This test was developed by Jogsan, Jadeja, Doshi and Varu (2025). There are a total 39 statements. In which statement no. 1 is given as Vatta, statement no. 2 is given as Pitta, statement no. 3 is given as Kapha. The reliability of the tridosha was found to be vatta as 0.64, pitta as 0.70, kapha as 0.69 by the test- retest method. The validity of this is high.

Health Consciousness:

This test was developed by Narayana. The Gujarati translation has been done by Jogsan. There is total 35 statements. In which statement no. 11,12,13,14,15,22,27,28,29,32,33,34,35 is given as Self and Habit, statement no. 17,18,19,20,21,23,26 is given as Monitoring (Control), statement no. 1,2,3,4,16 is given as Nutrition and Satisfaction, statement no. 5,6,7,8,10 is given as Power, statement no. 9,30,31 is given as Foresight. The reliability of health consciousness scale was tested using Spearman Brown rank correlation and Gautam rand correlation methods. It is noticed from the table that the reliability was found to be Self and Habit as .871 and .869, Monitoring (Control) as .735 and .729, Nutrition and Satisfaction as .771 and .743, Power as .673 and .640, Foresight as .420 and .404 .

Impulsiveness:

This test was developed by Rai and Sharma. Its Gujarati translation has been done by Jogsan and Doshi. There is total 30 statements. In which statement no. 1,2,4,8,9,12,13,14,17,20,21,25,26,28,30 statement no. 3,5,6,7,10,11,15,16,18,19,22,23,24,27,29. The reliability of impulsiveness has been found by Pearson method. It was found to be 0.72, which is high reliability. The validity is found to be 0.58.

Data Collection:

According to the purpose of present research, the null hypothesis has been created. The statistical technique was chosen to collect reliable information. The purpose of the research is on Tridosha, Health Consciousness and Impulsiveness in females. For this, Tridosha scale which was developed by Jogsan, Jadeja, Doshi and Varu (2025), Health Consciousness scale which was developed by Narayana and Gujarati translation is done by Jogsan, Impulsiveness scale which was developed by Rai and Sharma and Gujarati translation was done by Jogsan and Doshi which was used for data collection.

Research Design:

The purpose of the research was to measure effect of tridosha (vatta, pitta, kapha) on health consciousness and impulsiveness in female. 90 females were selected for sample by random method. One Way ANOVA

was used to find the difference between the mean of the two groups. Carl Pearson correlation method was used to check the correlation between the two variables.

Discussion of the result:

The present study was conducted to examine the relationship between Tidosha (Vatta, Pitta, and Kapha) and health consciousness and impulsiveness among females. To determine whether significant differences existed in health consciousness and impulsiveness across the three Doshas groups, a One-Way ANOVA was performed.

Result Table: 1

ANOVA Table of Health Consciousness

	Sum of Squares	df.	Mean Squares	f	Sig.
BSS	3839.27	2	1919.63	2.91	NS
WSS	57455.13	87	660.40		
TSS	61294.40	89			

Significant level: 0.05 = 3.09

0.01 = 4.82

According to Table 1, it indicates that the calculated f-ratio for health consciousness was 2.91. The obtained f-value was lower than the critical f-value required for significance at the 0.05 level ($f = 3.09$) and also at the 0.01 level ($f = 4.82$). Therefore, the null hypothesis stating that there is no significant difference in health consciousness among Vata, Pitta, and Kapha females was accepted.

Result Table: 2

MEAN Table of Health Consciousness

	N	Mean
Vatta	30	111.43
Pitta	30	107.37
Kapha	30	122.80

According to Table 2, the mean scores some variation among the groups, these differences were not statistically significant. The mean health consciousness score was highest among Kapha females ($M = 122.80$), followed by Vata females ($M = 111.43$), while Pitta females ($M = 107.37$) obtained the lowest mean score. These findings suggest that Kapha females appeared to be somewhat more health conscious than Vata and Pitta females; however, the observed differences were not large enough to rule out the possibility of chance variation.

Result Table :3

ANOVA Table of Impulsiveness

	Sum of Squares	df	Mean Square	f	Sig.
BSS	33.87	2	16.93	0.88	NS
WSS	1673.03	87	19.23		
TSS	1706.90	89			

Significance level: $0.05=3.09$

$0.01=4.82$

According to Table 3, the obtained f-ratio was 0.88. The calculated f-value was lower than the critical value required for significance at both the 0.05 level ($f = 3.09$) and the 0.01 level ($f = 4.82$). Therefore, the null hypothesis stating that there is no significant difference in impulsiveness among Vata, Pitta, and Kapha females was accepted.

Result Table:4

MEAN Table of Impulsiveness

	N	Mean
Vatta	30	12.77
Pitta	30	12.83
Kapha	30	11.50

According to Table 4 it indicates slight variations among the three groups. The analysis of variance did not show statistically differences. Pitta females obtained the highest mean impulsiveness score ($M = 12.83$), followed closely by Vata females ($M = 12.77$), while Kapha females ($M = 11.50$) scored the lowest. These differences, however, were too small to reach statistical significance and may have occurred due to chance variation.

Result Table: 5

Table of correlation between health consciousness and impulsiveness

Variables	N	Mean	r
Health Consciousness	90	113.87	-0.30
Impulsiveness	90	12.37	

Significance level: $0.05 = 0.14$

$0.01 = 0.18$

According to Result Table 5, there was a negative correlation between health consciousness and impulsiveness was obtained ($r = -0.30$). The correlation was found to be significant at the 0.01 level. This implies that females with greater health consciousness are likely to display lower impulsive behavior.

Conclusion:

- 1 There was significant impact of Tridosha on Health Consciousness of Female.
- 2 There was significant impact of Tridosha on Impulsiveness of Female.
- 3 There was a negative correlation between Health Consciousness and Impulsiveness of Female.

Limitations of the Research:

The present research is limited to the females of Rajkot city. Sample of the present research is of 90 females; its results cannot be generalized from above. This result cannot be applied to boys as this research has been done only on females. This research was done through questionnaire method; it may be that the respondents gave good answers rather than the right ones. The research included between the ages of 18 to 40.

Suggestions for future research:

In the present research, 90 females have been taken, but by making a comprehensive generalization of it, a more accurate result can be obtained by increasing the size of the sample. Instead of using questionnaires for data collection in the present research, more in- depth studies can be done using other alternative methods such as Interviewed method, observation method, etc. Only females of age 18 to 40 years have been included in the presented research. In the present research, only females have been taken.

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