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Effect of yoga on Prakriti of the children: A randomized control study

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Background: Yoga has established the effect on personality, stress, the memory of the children. However, there are no randomized control studies available on the effect of yoga on Prakriti (constitution) children.

Objective: To understand the effect of Yoga on tridoshas and trigunas in children.

Method: The study was pre-post design with the control group. 100 children aged 8-12 years, selected from New Generation National Public School, were randomly assigned to experimental and control group. Experimental group children practiced Integral Yoga module including asanas, pranayama, nadanusandhana, chanting. Control group children practiced physical exercises. Caraka Child Personality Inventory and Sushruta Child personality inventory were administered before and after one month. Mann-Whitney U-test and Wilcoxon Signed Ranks Test were applied.

Results: Vata decreased significantly and Pitta, Kapha increased significantly in the Yoga group. Sattva increased significantly, while Rajas and Tamas decreased significantly as compared to the control group in which Rajas increased, Tamas decreased but not significantly.

Conclusions: Yoga has the significant effect on tridoshas and trigunas in Children.

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