

## Abstract

**Background and Introduction:** When Vata, pitta and kapha is in balance condition then we called this individual is in health condition (R.Vidyanath, 2012). Vata dosha formed by the combination of ether and air element, Pitta dosha formed by the combination of fire and water element, Kapha dosha formed by the combination of ether and water element (Vidyanath, 2012). Tridosha also play as an important role in producing the natural urges of individuals (Lad, 1984). Similarly, tridosha has relation with individual's psychological aspect such as emotions like forgiveness, passion, fear, love, and so on. The main place for Vata is below umbilical and all the cavities inside body, including large intestine, thigh, pelvic cavity, bone, ears. The main place for Pitta is below the chest and above the umbilical, including stomach and small intestine, and pitta also stays in eyes, sweating glands, skin, blood. The main place for Kapha is chest and above region, including lungs, bronchitis, heart, and it also appears in throat, nose, and head region (Lad, 2002). These three dosha – Vata, Pitta, Kapha – govern all the biological, psychological and psychopathological functions of the body (Lad, 1984). Tridosha are the fundamental elements of the body that help to maintain body functioning well in our daily routine when it is in the balance condition. If they are out of the balance, diseases will start appearing in the body. Tridoshas have their respective characters and functions. Perfect balance of Tridosha lead to health (R.Vidyanath, 2012). These three dosha – Vata, Pitta, Kapha – govern all the biological, psychological and psychopathological functions of the body (Lad, 1984). Tridosha are the fundamental elements of the body that help to maintain body functioning well in our daily routine when it is in the balance condition. If they are out of balance, diseases will start appearing in the body. Tridoshas has their respective characters and functions. Perfect balance of Tridosha lead to health (R.Vidyanath, 2012). Nadi Tarangini is a pulse based ayurvedic diagnosis system through the electronic device equipped with a strain gauge, a transmitter with amplifier, and the digitizer to quantify analog signal (Joshi, Kulkarni, Chandran, Jayaraman, & Kulkarni, 2007). So there is no subjective bias while feeling the pulse. Also using machine can save the time and money (Joshi, Kulkarni, Chandran, Jayaraman, & Kulkarni, 2007). This study is to quantify the dosha changes before and after performing vaman dhauti.

The objective of this study is to find the statistical changes in imbalance in Tridosha level before and after Vaman Dhauti practice though Nadi Tarangini. The hypothesis is that Vaman Dhauti practice may reduce participant's imbalance in tridosha level.

**Methods:** The experiment is conducted on Long-term residential students of SVYASA yoga university Bangalore, Karnataka. Sample size is 34. Both male and female healthy persons are taken. Age range 20 to 40 years. Self as control Pre-post design.

**Results:** Experimental group bala decreased statistically significantly. Pitta level increased statistically significantly in control group whereas the decrease in pitta in experimental group is not statistically significant. The decrease in imbalance in tridosha in control group is 4.28% whereas that in experimental group is 29%. This is showing a positive change of a better moving towards balance of Tridosha in experimental group as compared to the control group. However, none of these changes are statistically significant.

**Conclusion:** The imbalance in tridoshas decreased in control as well as experimental group. The decrease in control group is 4.28% whereas that in experimental group is 29%. This indicates that the practice of vaman dhouti reduces the imbalances and makes the person move towards better health