

Facial Morphology and Tridosha Constitution: A Conceptual and Observational Exploration through Ayurvedic Principles

Corresponding Author - Dr. Shilpa Yerme Patil

Ph.D. Scholar

Department of Kriyasharir

Dr. D. Y. Patil College of Ayurved and Research Centre, Dr .D. Y. Patil Vidyapeeth
(Deemed to be University) DPU, Pimpri, Pune, Maharashtra, India.

Mobile – 9822887906 Email - yermeshilpa@gmail.com

Dr. Sheetal Uttam Roman.

Professor Kriya Sharir Department,

Dr. D. Y. Patil College of Ayurved and Research Centre, Dr. D. Y. Patil Vidyapeeth
(Deemed to be University) DPU, Pimpri, Pune, Maharashtra, India.

Dr. Alka Bhandare

Professor, Rachana sharir

Dhantwantari Ayurved College, Udgir Maharashtra

Abstract

In Ayurveda, an individual's phenotypic features reflect their internal constitutional makeup or *Prakriti*, determined by the Tridosha theory—Vata, Pitta, and Kapha. Among these markers, facial morphology stands out as a potential indicator of doshic predominance. This study investigates the correlation between facial shapes and doshic dominance through a dual approach: a classical textual review and observational anthropometric analysis.

A thorough examination of classical Ayurvedic treatises—*Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya*—was undertaken to extract correlations between facial traits and doshic profiles. Simultaneously, a cross-sectional observational study was conducted on 120 healthy individuals aged 18–40 years. *Prakriti* was assessed using validated CCRAS/AYUSOFT questionnaires, and facial shapes were categorized using anthropometric landmarks and Facial Index (FI).

Statistical analysis demonstrated significant associations between facial shapes and dominant doshas:

- Vata: Triangular/elongated face, dry skin, bony prominence.
- Pitta: Oval or heart-shaped face, sharp features, oily skin.
- Kapha: Round or square face, full cheeks, smooth skin.

This study supports Ayurvedic doctrine that morphology reflects internal physiology, and suggests potential for integrating AI-based facial recognition tools into Prakriti-based diagnosis.

Keywords: Ayurveda, Tridosha, Prakriti, Anthropometry, Facial Index, Vata, Pitta, Kapha, Personalized Medicine

1. Introduction

In Ayurveda, *Prakriti* is the inherent constitutional blueprint of an individual, formed at conception through the interplay of doshas—Vata, Pitta, and Kapha—and shaped by genetic, elemental (*Mahabhuta*), and environmental factors (Charaka Samhita, Vimanasthana 8/95) [1]. This constitution governs morphology, physiology, psychology, and disease susceptibility throughout life [2].

As stated:

"प्रकृतिस्तु स्वाभाविकी दोषाणां सम्यक्स्था" (Ch. Vi. 8/95) – “Prakriti is the natural balanced state of doshas in each individual” [1].

Prakriti is traditionally assessed via physiological and psychological parameters, but morphology—especially facial features—is an underutilized diagnostic indicator. Ayurveda identifies facial characteristics as reflections of doshic dominance (Sharira Sthana, Ch. Sha. 4) [1][2][3]. With AI and image analysis advancements, integrating facial metrics into Ayurvedic diagnosis becomes increasingly feasible [5][6].

2. Methodology

2.1 Classical Literary Review

Classical references were sourced from *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya* for dosha-wise facial features:

- **Vata:** “तनुकाः रुक्षाणि च परिणाम शीघ्रं” – thin, dry skin, narrow face, quick movements (Ch. Sha. 4) [1].
- **Pitta:** “टिक्णम् पिङ्गलकं च ज्वललाहि च” – sharp features, coppery hue, intensity (Ch. Sha. 4) [1].
- **Kapha:** “स्निग्धं शीतलम्बच्छा च श्लक्ष्णं” – full cheeks, moist skin, broad face (Ch. Sha. 4) [1].

2.2 Observational Study

Study Design: Cross-sectional

Sample Size: 120 subjects (60 males, 60 females)

Age Range: 18–40 years

Inclusion Criteria: Healthy individuals, non-smokers, no metabolic disorders

Assessment Tools:

- *Prakriti Assessment:* AYUSOFT/CCRAS-based questionnaires [4]

- *Facial Index (FI)*: Calculated from photographs using:

Facial Index (FI) = (Morphological Facial Height / Bizygomatic Width) × 100

Face Shape	FI Range / Criteria
Round	FI < 85
Oval	FI 85–89
Rectangular	FI > 90
Triangular	Wide forehead, narrow jaw, pointed chin
Square	Broad jaw and forehead, low FI

2.3 Statistical Analysis

Descriptive statistics and Chi-square tests were used. A p-value < 0.05 was considered statistically significant.

3. Observations and Results

Face Shape	Dominant Dosha	Key Features
Triangular	Vata	Thin lips, pointed chin, visible bone structure
Oval	Pitta	Sharp jawline, moderate build, reddish skin tone
Round	Kapha	Full cheeks, thick lips, smooth skin
Rectangular	Vata-Pitta	Angular features, moderate musculature
Square	Kapha-Pitta	Broad forehead and jaw, firm skin

Figure 1: Bar Graph – Dosha Dominance by Face Shape

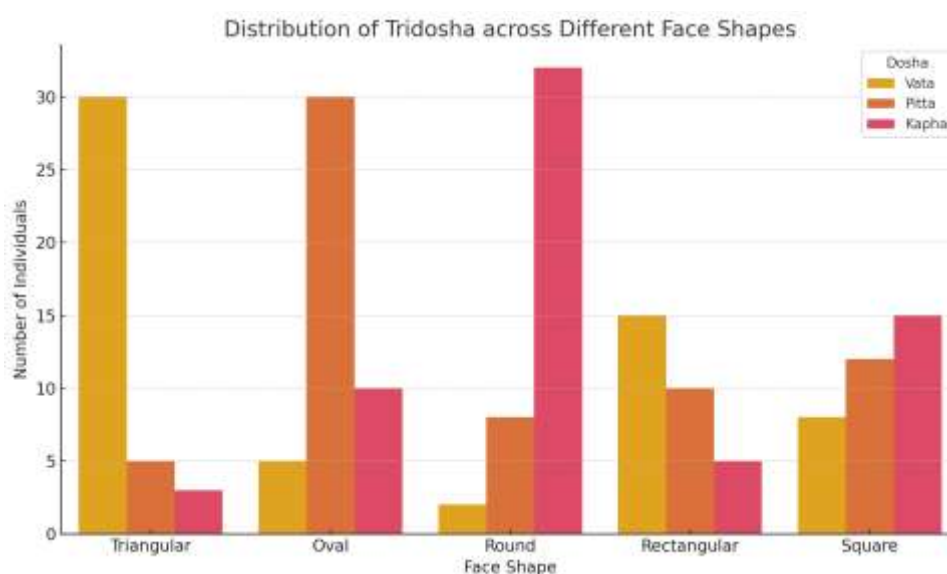
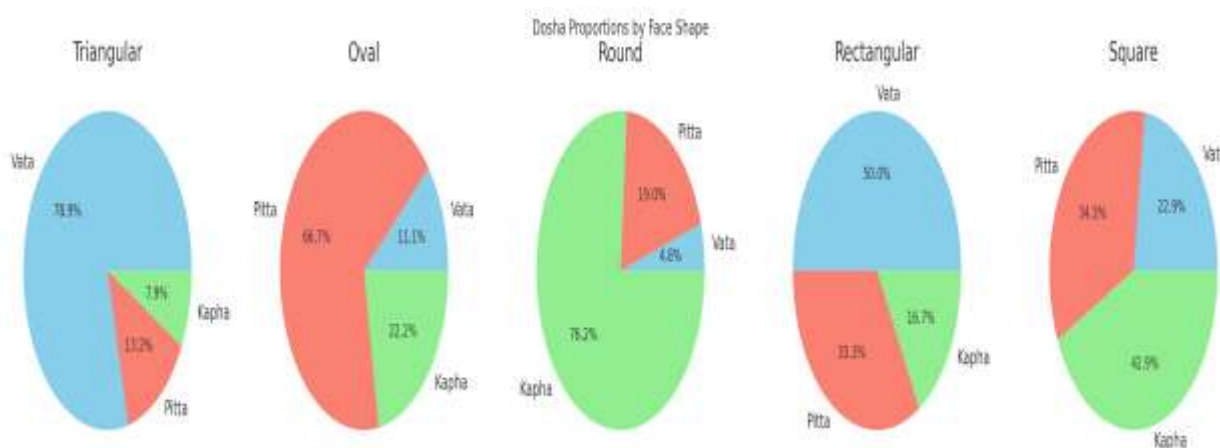


Figure 2: Pie Charts – Dosha Proportion per Facial Shape



4. Discussion

This study validates classical Ayurvedic assertions that physical form reflects internal constitution:

"प्रकृति दृश्यते शरीरे" – "Prakriti is visible in the body" [1].

- **Vata Prakriti:** Elongated/triangular faces, bony prominence, dry skin—consistent with "तनुकाः रुक्षाणि च" (Ch. Sha. 4) [1].
- **Pitta Prakriti:** Oval faces, sharp features, oily/reddish skin—aligned with "तीक्ष्णं पिङ्गलकं च" [1].
- **Kapha Prakriti:** Rounded/square faces, fuller and moist features—matching "स्निग्धं श्लक्ष्णं गुरु स्थिरं" (Su. Sha. 4) [2].

These results align with prior works suggesting Prakriti can be assessed via facial attributes [5][6]. The significant associations ($p < 0.05$) support the use of facial morphology as a screening tool in personalized Ayurvedic medicine.

However, while facial analysis provides critical insight, holistic Prakriti evaluation must also consider voice, behavior, digestion, and mental traits, avoiding reliance on morphology alone [4][7].

5. Conclusion

Facial morphology offers a non-invasive, accessible method for Prakriti assessment, integrating classical Ayurvedic wisdom with modern anthropometric tools. This synergy enables a more personalized approach to healthcare. Future applications may include AI-based facial analysis systems for remote diagnosis and preventive medicine.

References

1. Charaka Samhita – Vimana Sthana 8 & Sharira Sthana 4. Ed. Shukla V., Tripathi R., Chaukhamba Publications.
2. Sushruta Samhita – Sharira Sthana 4. Ed. Sharma P.V., Chaukhamba Orientalia, 2001.
3. Ashtanga Hridaya – Sharira Sthana 3. Ed. Sharma P.V., Chaukhamba Orientalia, 2001.
4. CCRAS Guidelines for Prakriti Pariksha. Ministry of AYUSH, Govt. of India.
5. Sharma R., et al. (2021). Facial Recognition and Prakriti Typing. *Journal of Ayurveda and Integrative Medicine*, 12(2), 215–223.
6. Rastogi S. (2012). Prakriti-based medicine: Personalized Ayurveda. *Ayurveda Research and Practice*, 3(1), 34–39.
7. Shukla V., Tripathi R. (2010). *Charaka Samhita*. Chaukhamba Sanskrit Pratishthan.