

# Prakriti vs. Vikriti

## Prakriti

- Determined at time of birth.
- Influenced by the mothers and fathers prakriti & vikriti, as well as current doshic influences.
- Our prakriti is our original and true nature, which, if maintained, puts us in balance and helps us achieve ultimate happiness and wellness.

## Vikriti

- Determined by current doshic circumstances and lifestyle.
- Can be in line with our prakriti, or can be in an altered state, causing us to be out of balance from our true nature.
- Ayurveda assists in bringing vikriti back into harmony with our prakriti (original nature).

# The 3 Doshas: Vata, Pitta, Kapha

- Ayurveda states that each of us is born with a unique combination of elemental energies, called *doshas*. Our dosha is derived from a combination of the five great elements: ether, air, fire, water and earth. The doshic combination we are born with (our *prakriti*) stays with us throughout our lifetime, while our current state of being (*vikriti*) may be swayed away from our original nature by outside factors.
- All of us embody all three doshas, while maintaining a dominant (or dual-dominant) dosha. Keeping our original doshic nature in balance allows us to experience life in a harmonious state. The three doshas are Vata, Pitta and Kapha.

