KAYA
know your body

PRAKRUTI

Folow simple steps and know more about Yourself

According to ancient ayurveda each and every individual can be classified into 7 categories of body types as per the concept of doshas and prakruti. Chat with our chatbot Kaya and answer some simple questions to know what your body type is and get tips and tricks for better health and lifestyle.

Chat with KAYA

Scroll to know more about prakruti

⌄