The current Prakrti assessment is NOT accurate.
Even textbooks, in this regard, are INTENTIONALLY inaccurate.
NONE of the current questionnaires are useful. At all.
And another fact... we YOU AREN'T TAUGHT how to apply this concept.
The masters seem to want US to sort it out. And we CAN.

Recently, a man came to me with THREE prakrtis. Curious case!
When his divorce fight started, he developed rashes, overheating, and diarrhoea — he said he is a P type. Just before the final divorce, he was anxious, insomniac — the second doctor called him V type.
After the divorce, he drank, he junked, he put on 30 kilos — the SAME doctor now confirms K type.
Those three analyses were using the current system — the system WE ALL USE.

We use VIKRTI to assess PRAKRTI.
That's a BLUNDER — and NOT science.
Let's learn to identify dosha-prakrti in UNDER A MINUTE, with PRECISION.
No questionnaire. NO CONFUSION.

How do you use Prakrti?
NOT as you think.

We engage the PRIMARY dosha at work, the SECONDARY at the community, and so on.
This TRANSFORMS lives.
I think over 50% of all disease comes from PRAKRTI ABUSE!
What's Prakrti Abuse? Vata types playing Pitta roles primarily, and so on. When we apply our secondary dosha in a major role, LONG ENOUGH, the same dosha in our body gets DISTORTED.

A Vata-type teacher moved into school admin. Within six months: OSTEOPOROSIS.
V types make BRILLIANT teachers and communicators — NOT managers, NOT admins. That's K work.
Overuse the secondary Earth-K, and K-tissue starts to BREAK DOWN. Seven years... and life turned HELLISH.
We switched her role. Six months later: MAJOR improvement.
One year later: her bones RETURNED TO NORMAL.

Learn this CLEAN system, built on Ayurveda logic.
The SIMPLEST, SHARPEST Prakrti analysis.
Get it right EVERY TIME.
Let's bring PRECISION and USE to Prakrti analysis.

Rama Prasad
VaidyaGrama.Com
VaidyaGrama.Com/BodyType