

**“A COMPARATIVE STUDY OF INTERRELATION  
BETWEEN *DEHA- PRAKRITI* AND *VYAYAMA-SHAKTI*  
BY PUSH-UP TEST AND HARVARD STEP TEST”**



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**Ayurveda Vachaspati**  
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## **ABSTRACT**

### **Title:**

**“A COMPARATIVE STUDY OF INTERRELATION BETWEEN *DEHA-PRAKRITI* AND *VYAYAMA-SHAKTI* BY PUSH-UP TEST AND HARVARD STEP TEST”**

### **Introduction:**

According to *Ayurveda Samhitas* different *Dosha Pradhana Deha-Prakriti* individuals have different levels of *Bala*. *Vyayama-Shakti* is also an important parameter to assume *Trividha Bala* i.e. *Pravara*, *Madhyama* and *Avara*. According to all these references different *Dosha Pradhana Deha-Prakriti* individuals should have different levels of *Vyayama-shakti* too; but there is not any clear reference found about direct interrelation between *Deha-prakriti* and *Vyayama-Shakti*.

For examination of *Vyayama-Shakti* there is not any standard test described in *Ayurveda* text, but some of the modern fitness test/ efficiency tests which include different body exercises like Push-up test and Harvard step test can be used for this purpose.

### **Aim & Objectives:**

To study if there is interrelation between *Deha-Prakriti* and *Vyayama-Shakti*. To study different *Deha-prakritis* of healthy volunteers. To study *Vyayama-shakti* of healthy volunteers having different *Deha-prakritis*. To compare the *Vyayama-shakti* assessed by Push-up Test and Harvard Step Test in different *Deha-Prakriti* individuals.

### **Materials-Methods:**

Total 90 healthy volunteers of different *Deha-Prakriti* having age group 18 to 22 years with normal BMI were selected from Parul University Campus, Vadodara for the study after examination of *Deha-Prakriti*. They were grouped in 3 main groups of *Kapha*, *Vata* or *Pitta Dosha Pradhana Deha-Prakriti*. They were asked to perform Push-up Test and Harvard Step Test up to the appearance of *Ardha-Vyayama-Sakti* symptoms for examination of *Vyayama-shakti*. Observations were noted and compared with the standard rating tables for individual tests and finally *Vyayama-shakti* levels of individuals were assessed. *Vyayama-shakti* levels were compared in different *Dosha Pradhana Prakriti* groups.

### **Results:**

Results were calculated and statistically analysed using One Way ANOVA Test. The test showed significant interrelation between *Deha-Prakriti* and *Vyayama-shakti* with Push-up Test results.

### **Interpretation:**

*Kapha Pradhan Prakriti* individuals shown *Pravara Vyayama-shakti* of *Vata Pradhan Prakriti* individuals shown *Madhyama Vyayama-shakti* whereas *Pitta Pradhan Prakriti* individuals shown *Avara Vyayama-shakti* with Push-up Test results. The *Bala* examined by *Vyayama-shakti* may have combined effect of *Sahaja, Kalaja and Yuktikrut Bala* mentioned in texts whereas the *Bala* levels described in *Deha-prakriti laxana* may be of *Sahaja Bala* only that one got at the time of *sukrashonita samyoga*.

### **Conclusion:**

There is interrelation between *Deha-Prakriti* and *Vyayama-shakti*. Fitness assessed by the push-up test is more reliable to assess *Vyayama-Shakti* related to *Dosha* constitution in different *Deha-prakriti* described in Ayurveda as compare to Harvard step test.

### **Key words:**

*Deha-Prakriti, Vyayama-shakti, Push-up Test, Harvard Step Test.*