

A study on relationship between temperament of human body and blood groups and ratios among population

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In the Indian system of medicines consist the valuable concept of *prakriti* (temperament of the human body) to differentiate human beings. These are important for diagnosis, treatment, antenatal care in Ayurveda, Rhesus incompatibility, advice for blood donation, forensic purpose, diet and lifestyle, marriage counseling, disease forecasting, drug manufacturing and *anupaan* preparation etc. *Prakriti* is divided into ten groups. They are Single *Doshas*, combined and all *Doshas* together. Those details are a very useful element in diagnosis and treatment based on defined *prakriti*. Those *prakriti* characteristics are mentioned. Blood group (*Raththa Dhathu*) is divided into eight. *Thirukkural* couplet 949 justify this study. It is a pilot survey. Randomly selected 50 samples from a population and filled structured questionnaire. SPSS22 analytical software was used. Initially reliability test for questionnaire was done, Cronbach's alpha 0.863 (above 0.7) then analyzed their *prakriti* type with the help of temperament chart to classify *prakriti* groups and the respective ratios. The *prakriti* groups were analyzed in relationship between blood groups and *prakriti* by correlation analysis. In Sri Lankan context, blood groups are further analyzed by descriptive analysis. From the results the null hypothesis was accepted. That means no relationship. According to Pearson correlation there was a weak positive relationship with blood group and *Prakriti*. Hence seven *Dhathus* composed the *Prakriti*. High *prakriti* as *Pita-kapa* (40%), High blood group is O+ in international and study population in Sri Lankan contexts. The B⁺ blood group is the second highest among the study population in Sri Lankan context. *Prakriti* concept application, leads to closer to nature and healthy life.

Keywords: Temperament (*Prakriti*), Blood group, human body