



E-Divine Souls®

Journey to Eternal Happiness

Integrated Therapeutic Life Balancing Research Gurukulam

LIFESTYLE AS PER PRAKRUTI



Dr. Minal Bharatiya (Jain)

LIFESTYLE AS PER PRAKRUTI

**DR. MINAL
BHARATIYA (JAIN)**

INTEGRATED HEALTH SCIENCES CONSULTING

Cognitive Neuro-Psycho Treatments (Research) | vis medicatrix
naturae | IAYT for Diseases | Lifestyle with Nadi Tarangini |
Therapeutic Healing & Counselling

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*Our Obeisance to
eternal Divine Souls*

*Let's pray for Mother Earth and all her beings,
for showers of
Divine
Infinite bliss of
Vitality.*

*Let **Innovative** Ideas come to
Nurture
Enlightened
Serenity*

*We bow our
Obeisance to the
Union of all the
Liberated
Souls, by total
extinction of all our flaws.*

About Us

eDivineSouls, Integrated Life Balancing Research Gurukulam, central BHARAT's 1st of its kind centre. The centre works an ICMR approved research based Integrated Therapeutic Health Sciences Model suiting current and future problems with patient centric approach. Our online Gurukulam has an amalgamation of ancient foundation, sharing wealth of knowledge Ganges, rich healthy living Life style management with lead by example and mentoring to living a life of significance. We deliver knowledge on best food for body, mind and soul as per basic constitution for each individual for fostering a balanced approach to holistic health care.

The institution's commitment to enhancing well-being extends to various programs, courses and consultation services. In essence, eDivineSouls stands as a sanctuary for comprehensive well-being by applying Sages of SIVANAS wisdom and practices with learning varied skills, tech-know-how, psychology, neuro and allied sciences, impact of social media & gadgets on future of human race – an inside out journey. This infusion creates a unique blend of science and spirituality.

Extends our services to address the intricacies of modern life, offering solutions for Work-Life and Parenting issues overcoming emotional, mental and psychological health challenges. Self Help Portfolio for Life (SHPLife) based on her learnings and experiences from world class organizations and an outcome of Dr. Jain doctorate degree. This is a framework solution for all four stages (as ashrams) of personal and professional well-being.

About Founder, CEO



Dr Minal Bhartiya (Jain)

A daughter of Bharat, she embodies cultural and ethical values, a doctorate in Work-Life Balance. Pursued her career in varied Health Sciences. Realized the integral relationship among them.

She blends best of ancient healing health systems wisdom with modern relevance. Continual research on Integrated Therapeutic Life Balancing Solutions.

Since 2011, she has been on a transformative journey shaped by unwavering faith and the metaphysics of Scientific Spirituality, which she continues to explore through a 12-year degree program. Rooted in true scriptural knowledge and ascetic practices, her path reflects a deep connection to divine wisdom and an enduring commitment to holistic well-being.

Her empathetic nature and love for Mother Earth have driven her to explore diverse healing modalities and advocate for sustainable, sattvic living. With studies in Astrology, Occult Sciences, and Vastu, she addresses life and health challenges at their roots. Her professional journey includes roles as a visiting faculty at Devi Ahilya University and World class IT corporations as TCS, IBM and Ericsson, showcasing her versatile expertise and dedication to empowering others.

Introduction

Each individual is unique in terms of their Prakṛiti. The various qualities of the Tridośha manifest in each individual again in different proportions. As the famous saying goes – ‘one man’s food is another man’s poison,’

Āyurveda believes in individualization both in the matters of life style and treatment.

The specific types of food, habits and thought process which are congenial to each Prakṛiti have been explained below.

Table 1

Lifestyle for Vāta Prakṛuti

Ahara/ FOOD AND DRINKS		
Groups	Indicated	Contraindicated
Taste/Rasa	Sweet, sour, & salt taste.	Pungent, astringent & bitter tasted food & drinks.
Cereals	Rice, wheat, red rice, 60 days rice, Thai rice, black rice, navane (Nivara)	Millets- finger millet, corn, maize, oats, barley, rye, pearl millet and maida
Pulses	Tuvar dal, black gram, soyabean, green gram, ground nut, horse gram.	Horse gram, red lentils, dry peas, soya, bengal gram.

Fats/oils	All types of oils & ghee particularly sesame, olive, almond, mustard, sunflower, ground nut, coconut, rice bran, wheat bran, palm, linseed, soya	Grape seed oil, all fried and roasted food, bakery products, burgers and pizzas, chocolates, ice cream, honey, junk food
Fruits	Seasonal fruits- mangoes, sweet apples, bananas, red banana, papaya, oranges, citron, Citrus medica, tamarind, kokum, lemon, cherry, sweet pears, cranberry, figs, plums, pineapple, butter fruit, peaches & kiwi.	Un-seasonal and unripe fruits, berries and cherries, guava, grapes, dates, jack fruit, tomatoes, melons.

<p>Nuts & Seeds</p>	<p>All kind of nuts, dry fruits & oil seeds. Preferably ground nuts, almonds, cashews, pistachios, apricot, walnut, sesame, poppy seeds, linseeds, pumpkin seeds.</p>	<p>All roasted nuts and seeds, spiced nuts, pop corns, dry roasted grams.</p>
<p>Vegetables</p>	<p>Baked & fried vegetables with ghee and oil- particularly dodi, drumstick, onions, ash gourd, asparagus, amorphophallus, radish, bamboo sprouts, carrots.</p>	<p>Half baked & raw vegetables, baked & roasted without oil and ghee, particularly peas, potato, sweet potatoes, beet root, country peas, legumes, bitter taste vegetables- bitter gourd, snake-gourd, ridge-gourd, pumpkin, capsicum, brinjal, arrowroot, half ripe - bananas, green leafy vegetables, cabbages, beans, caouliflower and sprouts.</p>

Spices	Spices - ginger, asafoetida, garlic, mint, cumin, dill, coriander, cinnamon, pepper, mint, clove, nutmeg, pepper, mustard, curcuma, cardamom, rock salt, black salt, bay leaf, all spices, curry leaves, mango ginger, pulao spices.	Too much of spices, red and green chillies.
Milk & milk products	Fresh and warm milk with cream, fresh cheese, ghee, spiced buttermilk & paneer.	Butter, buttermilk, yogurt, curds, old cheese and lassi
Drinks beverages & others	Warm water, lemon juice, ginger lemon tea, pudina mint tea.	Cold water, aerated soft drinks & beverages, alcoholic drinks, tobacco, coffee, tea.
Non-veg	STRICT NO	STRICT NO

VIHARA/HABITS

Groups	Indicated	Contraindicated
Bathing & Massage	Warm water bath/shower, oil bath/oil massage at regular intervals, steam bath, sauna bath.	Cold water bath; river, pond, well and waterfalls bath.
Sexual act	Less practice.	Frequent/daily practice.
Exercise	Light exercise, warm water swimming, loosening exercise.	Heavy exercise, long walking, exposure to cold breeze, tread mill, cycling, trekking, hiking, skiing, skating, jogging, horse riding, heavy vehicle driving and racing, outdoor play.
Sleep	7-8 hours at night only.	Day time sleeping, keeping awake in the night.
Rejuvenating therapy	Seasonal Panchakarma (Basti) therapy during Varsha ritu (August & September).	

Profession	Office jobs, less travelling, other than roaming jobs.	Monotonous working, traveling & touring, marketing profession, in depth studies and focused work.
Self study	Spiritual and moral literature.	Novels, adventure scripts.
Spiritual practices	Bhajans, prayers, holy assembly.	
Yoga practices	Yoga Asanas, Pranayamas - Anuloma Viloma, Ujjyayi, Bhramari, Sukshma Vyayama and meditation	Dynamic Yoga, power Yoga, Bikram Yoga.

Table 1.1. Lifestyle for Pitta Prakṛuti

Ahara/ FOOD AND DRINKS		
Groups	Indicated	Containdicated
Taste/Rasa	Bitter, astringent & sweet tasted food & drinks	Pungent, sour and salt tasted food & drinks.
Cereals	White rice, wheat, barley, oats, sprouted grains, 60 days rice, finger millet.	Milletts, rye, brown rice, red rice, buck wheat & corn.
Pulses	Green gram, tur dal (lentils), pulses, gram sprouts.	Horse gram, black gram, red lentils, dry peas, soya, bengal gram.

Groups	Indicated	Containdicated
Fats/oils	Oils like olive oil, soya oil, grape seed oil, wheat and rice bran oils, food items prepared with moderate ghee.	Mustard oil, coconut oil, sesame oil, sunflower oil, almond oil, palm oil, all deep oil fried and roasted foods.
Fruits	All sweet fruits, preferably bananas, sweet mangoes, sweet melons, avocado, figs, pears, sweet grapes, raisins, cherry, pineapple, plums, sweet oranges, citrons, Citrus medica, sweet berries, juice fruit, bilva fruit, craneberry.	All sour fruits, particularly tamarind, orange, sour apples, sour berries, sour plums, sour grapes, lemons, peach, papaya, olives, apricots.
Nuts & Seeds	Fresh dates, pumpkin seeds, melon seeds, cumin seeds, dill seeds, sowa seeds, ajwain seeds.	All dryfruits & nuts, particularly ground nuts, cashew, almonds, walnut, pistachio, dry coconut salted and spiced nuts. Seeds like sesame, linseed, poppy seeds.

Groups	Indicated	Containdicated
Vegetables	All kinds of leafy vegetables, lentil seeds, spinach, cabbage, cauliflower, broccoli, celery, fennel, onions, bitter vegetables, cluster beans, dried sprouts, carrots, banana flower, dodi, ash gourd, asparagus.	Capsicum, radish, beetroot, carrot, drumstick, corns, tomatoes, bamboo sprouts, brinjal.
Spices	Spices like cumin, coriander, fennel, saffron, cinnamon, cardamom, turmeric, fresh ginger.	Spices like black pepper, dry ginger, all kinds of chillies, cloves, mustard seeds, salts, asafoetida, garlic, pulao spices.
Milk & Milk Products	fresh and warm milk with cream, fresh cheese, ghee, buttermilk, paneer.	Sour products, milk Sour creams

Groups	Indicated	Containdicated
Drinks beverages & others	Tender coconut water, candy sugar, drinks, wines, beer, vodka, plenty of water, lemon water with honey, fresh herbal juices- Amla, Pomegranate, Centella, Grape, Jamun Fruit and sauces milk ice cream and candies.	Coffee, tea, alcoholic beverages, jaggery, brown sugar, suagr cane juice, honey, molasses, soda water, packed and preserved juices, jams, ketchups, chocolates, and roasted and spiced grams, chips, pizzas and burgers, cocoa, salty and hot foods, tobacco in any form.
NON-VEG	STRICT NO	STRICT NO

Vihara/habits

Groups	Indicated	Containdicated
Bathing & Massage	Warm/cold water bath/shower, sauna bath, warm water jacuzzi and tub bath, oil bath and massage without steam.	Hot water bath/shower/swimming, steam bath, sunbath.
Exercise	Light exercise, micro exercise, all types of exercise with moderate effort, early morning & late evening walking in gardens and parks, skewing.	Heavy exercise, long walking, exposure to hot air, thread mill, cycling, trekking, skating, jogging, horse riding, heavy vehicle driving and racing, outdoor play.
Sexual act	Moderate	Regular and frequent
Sleep	Moderate	Day sleep except during summer.
Rejuvenating therapy	Seasonal Panchakarma (Virechana) therapy during Saradritu (October-November).	

Vihara / Thoughts

Groups	Indicated	Containdicated
Profession	Less intellectual jobs, routine and casual work, less focused field.	Monotonous working, travelling and touring, marketing profession, intellectual and focused
Self study	Spiritual and sober literature.	Exciting and temptation-causing books
Spiritual practices	Bhajans, prayers, holy rituals and practices, divine practices and service-oriented acts.	Regular and frequent
Yoga practices	Yoga Asanas, Pranayamas - Chandranuloma Viloma, Sitali, Sitkari - Sadanta, Bhramari, meditation	Dynamic Yoga, power Yoga, Bikram Yoga, Pranayama-Suryanuloma Viloma.

Table 1.2: Lifestyle for Kapha Prakṛiti

Vihara / Thoughts		
Groups	Indicated	Containdicated
Professio n	Less intellectual jobs, routine and casual work, less focused field.	Monotonous working, travelling and touring, marketing profession, intellectual and focused
Self study	Spiritual and sober literature.	Exciting and temptation-causing books
Spiritual practices	Bhajans, prayers, holy rituals and practices, divine practices and service-oriented acts.	Regular and frequent
Yoga practices	Yoga Asanas, Pranayamas - Chandranuloma Viloma, Sitali, Sitkari - Sadanta, Bhramari, meditation	Dynamic Yoga, power Yoga, Bikram Yoga, Pranayama- Suryanuloma Viloma.

Ahara/ FOOD AND DRINKS

Groups	Indicated	Containdicated
Taste/Rasa	Warm and hot, dry & less fatty foods.	Sweet, sour and salty tasted food & drinks, cold and chilled food, fatty food.
Cereals	White and stored rice, wheat, barley, oats, jawar, corn, buckwheat, finger millet.	Brown rice, red rice, new rice, new wheat, basmati rice, 60 days rice.
Pulses	All types of grams and pulses-green gram, tur dal (lentils), black gram, horse gram, bengal gram, red dal, kabool chana.	Soya beans and soya products, white and red beans.
Fats/oils	Mustard oil, coconut oil, sesame oil, sunflower oil, almond oil, margarine oil, linseed oil, groundnut oil, olive oil small quantity of ghee.	Rice and wheat bran oils, grape seed oil, palm oil.

Groups	Indicated	Containdicated
Fruits	Papaya, pears, berries, cherries, mangoes, peaches, dry fruits.	Bananas, apples, grapes, jack fruit, guava, butter fruits, citrus fruits, lemon, melons, pineapples, avocado, sapotas and kiwi.
Nuts & Seeds	All dry nuts and seeds preferably dry dates, almonds, cashew nuts, apricots, pumpkin seeds, sunflower seeds, cucumber seeds, ground nuts, sesame seeds, copra, sesame, poppy seeds and linseeds.	Pistachio, fresh dates, poppy seeds
Vegetables	All types of grams and pulses-green gram, tur dal (lentils), black gram, All kind of leafy vegetables, lentil salads, spinach, cabbage, cauliflower, broccoli, celery, fennel, asparagus, radish, onions, capsicum, amorphophallus, bamboo sprouts, bitter vegetableshorse gram, bengal gram, red dal, kabool chana.	Potatoes, cucumber, pumpkin, tomatoes, peas, white beans, onion salads, ladies-finger, ash guard, ridge gourd, bananas, banana stems, beet roots, sweet potatoes, Indian penny wort, bottle gourd.

Groups	Indicated	Containdicated
Spices	All spices in moderate quantity- ginger, black and white pepper, clove, cinnamon, turmeric, cardamom, long pepper, coriander, cumin, all spices, cinnamon leaves, camphor, saffron.	Spices like black pepper, dry ginger, all kinds of chillies, cloves, mustard seeds, salts, asafoetida, garlic, pulao spices
Milk & Milk Products	Low fat milk, spiced buttermilk	Butter, buttermilk, yogurt, curds, aged cheese, lassi, ghee and paneer.
Drinks, Beverage s & others	Warm water, lemon juice, ginger lemon tea, coffee, herbal tea, pudina-mint tea, ginger-tulsi, ginger lemon, honey-lemon, coffee and tea. Alcoholic drinks-whiskey, brandy, rum in small dose.	Cold water, aerated soft drinks & beverages, alcoholic drinks-winws, beers, vodka and tobacco in different forms.
NON-VEG	STRICT NO	STRICT NO

Vihara/ habits

Groups	Indicated	Containdicated
Bathing & Massage	Hot water bath, shower, swimming and tub bath, oil bath and body massage with steam, hot powder massage, herbal powder massage, foot massage.	Cold water bath, shower, swimming and tub bath.
Exercise	Dynamic exercise, Power Yoga, brisk walking, running, jogging, skiing, hiking, wrestling, swimming, horse riding, skating, cycling and treadmill.	Indoor games and sedentary sports.
Sexual act	Preferred	
Sleep	4-6 hours at night only	Day time sleeping.
Rejuvenati ng therapy	Seasonal Panchakarma (Virechana) therapy during Vasanta ritu (April & May).	

Vihara / Thoughts

Groups	Indicated	Containdicated
Profession	All marketing professions, driving, sports.	Sedentary work.
Self study	Exciting temptation and creating literature.	Casual and sober literature, in-depth studies.
Spiritual practices	Divine dances, loud bhajans, and prayers, Yajna, Homa, Havana rituals, Upavasa.	



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Our Accreditations



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