



## ▼ FACULTY ABSTRACTS

### **F - 17 : EVALUATION OF AYURVEDIC CONSTITUTION (PRAKRITI) IN 12-14 YEAR OLD CHILDREN AFFECTED WITH DENTAL CARIES**

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**Background:** Ayurveda classifies human population based on individual constitution or prakriti. The concept of tridosha (vata, pitta, kapha) is central to Ayurvedic concept of health and disease. Of the three body types classical texts suggests that vata type individuals have maximum propensity for chronic diseases. It is said that vata prakriti people are more prone to dental caries, tooth sensitivity problems and tooth decay. Dental caries is caused by vitiated Vata along with Kapha and Krimi. Prakriti assessment is very useful in predicting an individual's susceptibility to a disease, prognosis and selection of treatment. The aim of this study is to identify the common prakriti type among children affected with dental caries.

**Methodology:** Assessment of Prakriti type using Ayusoft software developed by CDAC (Centre for Development of Advanced Computing, R&DO – Govt. Of India) among 30 children with dental caries (DMFT $\geq$ 1) between 12 -14 years of age.

**Results:** 67% of children with dental caries were of Kapha-Vata type, 27% of Kapha-Pitta type and 6% of Kapha type Prakriti.

**Conclusion:** Children in general & Kapha prakriti like sweets which aggravates their kapha dosha leading to dosha imbalance and dental caries. Vulnerability to dental caries can be reduced by following certain dietary and lifestyle changes that are specific to specific Prakritis.