

SUPPLEMENTARY FILE 1

Table S1: Different attributes of prakritis as per ayurvedic text

<i>Vata</i>	<i>Pitta</i>	<i>Kapha</i>	
<i>Darsana</i> (visual features)			
Apachita (Emaciation)	Peeta anga (Yellow-tinged skin)	Upachita (Plump)	
Alpa sareera (small stature)	Sukumara gatra (Delicate body)	Paripurna sarvanga (well built)	
Sputita anga avayava (Cracked skin)	Avadata gatra (Clear skin)	Drusti sukha gatra (Pleasing Appearance)	
Pratata-sheetata udvepaka (High tendency of cold and shivering)	Kshipra vali (Early wrinkling)	Sukumara gatra (Delicate body)	
Pratata-sheetata sthambaka (High tendency of cold and stiffness)	Kshipra vali (Early wrinkling)	Avadata gatra (Clear skin)	
Kandara sira pratana (Prominent tendons and veins)	Prabhoota pipplu (Excessive red skin marks-port wine stains)	Prasanna darshana (Cheerful disposition)	
	Prabhoota vyanga (Excessive Freckles)	Prasanna aanana (Cheerful facial expression)	
	Prabhoota tila (Excessive Black moles)	Prasanna varna (Healthy complexion)	
	Prabhoota pidaka (manyacne/pimples/boils)	Saara shareera (Well nourished body)	
		Samhata shareera (Compactness of body)	
		Sthira shareera (Firmness of body)	
<i>Sparsana</i> (tactile features)			
Rooksha & Sushka (Dry/very dry)	Mridu mamsa (Soft muscles)	Snigdhangha (oily skin)	
	Shithila mamsa (Lax muscles)	Slakshananga (Smooth skin)	
		Alpa santapa (Cool skin)	
<i>Swara Pareeksha</i> (voice assessment)			
Pratata rooksha swara (Dry Voice)		Prasanna swara (Pleasant voice)	
Pratata kshama swara (Low Voice)		Snigdha swara (Softness in voice)	
Pratata sanna swara (Broken Voice)			
Pratata sakta swara (Obstructed Voice)			
Pratata jarjara swara (Hoarse Voice)			
<i>Jagaruka</i> (sleep patterns)			
Very alert (very light sleeper)	Frequently alert (Moderately deep sleeper)	Less alert (very deep sleeper)	
<i>Chesta & Gati</i> (movements and gait)			
Laghu chesta (Quick, light movements)		Manda chesta (Slow movements)	
Chapala chesta (Hurried movements)		Saara gati (measured movements)	
Laghu gati (Quick, light Gait)		Avasthita gati (Stable Gait)	
Chapala gati (Hurried Gait)		Adhistita gati (Firm step -entire sole of the feet pressing against the earth)	
<i>Aahara & Vyahara</i> (diet and lifestyle)			
Laghu aahara (Poor eater)	Prabhoota aahara (voracious eater)	Manda aahara (Slow eater)	
Chapala aahara (Inconsistent intake/appetite)	Pipasatva (Excessive Thirst)	Alpa trushna (Less Thirst)	
Laghu vyahara (Quick, light Movements)	Prabhoota pana (High fluid intake)	Alpa kshut (Poor appetite)	
Chapala vyahara (Hurried Movements)	Kshudhavan ((Strong appetite)	Madhura priya (sweet tooth)	
	Teekshnagni (Strong Digestive power)	Manda vyahara (Slow movements)	
	Dandashooka (Gluttonous)		
<i>Mala</i> (excretory products)			
	Ati sweda (Profuse sweating)	Alpa sweda (Minimal Sweating)	
	Ati mootra (Excessive micturation)		
<i>Naadi Pareeksha</i> (Ayurvedic assessment of radial pulse)			
<i>Sparsha Sthana</i> (location)			
<i>Vata</i> nadi-Aadou vahate-nearest to base of thumb	<i>Pitta</i> nadi-Madhye vahate-next to vatanadi	<i>Kapha</i> nadi-Ante vahate-farthest from base of thumb	
<i>Naadi gati</i> (pulse wave-feel of)			
Vakra gati (inconsistent)	Kutilla gati (curved)	Manda gati (soft)	
Sarpa gati (snakelike-wave moves side-to-side)	Bheka gati (froglike-wave in form of a curve)	Raajahamsa/Mayura gati (swan/peacock like-low regular measured wave)	
Vata Pitta Nadi	Vata Kaphaja Nadi	Pitta Kaphaja Nadi	Tridoshaj Nadi
Vakram Uthplutya- Chalati	Vakram Mandam	Sukshma Sheeta-Sthira	Tridosha Lakshana-Yukta
Ishat Chapala Ca -Kathina	Sthula Chanchala -Manda		

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Supplementary file 1 Contd....

<i>Vata</i>	<i>Pitta</i>	<i>Kapha</i>
<i>Sandhi</i> (joints)		
Anavasthita sandhi (poor stability of joints)	Mridu sandhi (Soft joints)	Sushlistha sandhi bandhana (Firmn, strong joints)
Satata sandhi shabda gamina (Crackling on movment)	Shithila sandhi (Loose- jointed)	Saara sandhi (Compact joints)
<i>Akshi</i> (Eyes)		
Anavasthita akshi (Restless Eyes)		Shuklaksha (White Eyes-sclera)
Anavasthita bhru (Restless Eye Brows)		Raktanta netra (Reddish angles of Eyes)
Anavasthita hanu-ostha-jihwa (Restless Jaws- Lips- Tongue)		
Anavasthita shira-skandha (Restless Head- Shoulder)		
Anavasthita pani (Restless Hands)		
Anavasthita pada (Restless Legs)		
<i>Manasika Lakshana</i>		
Bahu pralapa (Talkative)	Vigrahya vakta (Hostile debator)	Asheegra kshoba (Low irritability)
Sheegra kshoba (Highly Irritable)	Kshipra kopa – prasada (Quick temper-recovery)	Alpa krodha (Slow temper)
Sheegra trasa (Poor stress tolerance)	Madhya jnana (Moderate Spiritual knowledge)	Shantha (Calm)
Sheegra raga (Quick to like)	Madhya vijnana (Moderate Materialistic knowledge)	Chira grahi (Slow to comprehend)
Sheegra viraga (Quick to Dislike)	Ushna asahishnu (Intolerance for hot)	Vidyavanta (Excellent Knowledge)
Shrutha grahi (Understands what is heard)	Teekshna parakrama (Very aggressive)	Dhratiman (Patience)
Alpa smruthi (Forgets quickly)	Klesha asahishnu (Low stress tolerance)	Asheegra arambha (Slow intiative)
Sheeta asahishnu (Intolerance for cold)		Asheegra vikara (Slow onset of diseases)
Sheegra samarambha (Quick initiative)		Ojasvina (Optimum Resistance)
Sheegra vikara (Quick onset of diseases)		Klesha kshama (High Stress Tolerance)
		Dhrida vaira (Determined adversary)
<i>Nakha</i> (nails)		
Parusha nakha (Rough nails)	Tamra nakha (Coppery Nails)	
<i>Dashana</i> (teeth)		
Parusha dashana (Rough teeth)		
<i>Vadana</i> (mouth)		
Parusha vadana (Rough mouth)	Ushna vadana (warm mouth)	
	Asya gandha (Bad breath -halitosis)	
<i>Pani & Pada</i> (palm and sole)		
Parusha pani, paada (Rough palm & sole)	Tamra pani (Coppery Palms)	
	Tamra pada (Coppery Soles)	
<i>Kesha, Loma, Shmashru</i> (Head-body-facial hair respectively)		
Parusha kesha (Rough hair)	Kshipra palita (Early greying)	Sthira kesha (Firm Hairs)
Parusha loma (Rough body hair)	Kshipra khalitya (Early Balding)	Kutilla kesha (Curly Hairs)
Parusha shmashru (Rough facial hair)	Mridu kesha (Soft hair)	Neela kesha (Blue Black Hairs)
	Alpa kesha (Less hair)	Jalada - Mridanga - Simha gosha (Voice resembles roaring of clouds, Mrindanga or Lion)
	Kapila kesha (Brown hair)	
	Mridu loma (Soft body hairs)	
	Alpa loma (Less body hairs)	
	Kapila loma (Brown body hair)	
	Mridu shmashru (Soft facial hair)	
	Alpa shmashru (Less facial hairs)	
	Kapila shmashru (Brown facial hair)	
	Prabhoota puti kaksha, shira, shareera gandha (Foul odour of axilla, head and body in excess)	
<i>Bala</i>		
Alpa (less strength)	Madhyama (moderate strength)	Balavan (excellent strength)