

SUPPLEMENTARY FILE 3

Relationship between desa and prakriti

'Desa' is the ayurvedic term for the topography-climate-vegetation profile of a given geographical area. 'Prakriti' defines individual human constitution. Desa and prakriti are composed of common source materials and therefore, present with a degree of similarity, interact continuously and share specific features derived from their common roots.

Desa profiles the topography, climate and vegetation of

a given geographical area. Ayurveda classifies desa into three types – anoopa (moist and cool), jaangala (dry and arid) and sadharana (a mixture of the two-moderate). Each desa will have one or the other mahabhoota dominating in it, and as such each desa has a natural affinity to the corresponding dosha. For example, anoopa desa (moist and cool lands) have a natural affinity with kapha dosha, as both are products in which jala mahabhoota dominates. Further, the properties of the desas themselves provide indications of their source mahabhootas, as depicted in Table S2.