

SUPPLEMENTARY FILE 5

Table S2: Impact of geographical region (desa) on prakriti

Desha-dominant dosha	Properties/features	Mahabhoota
<i>Anoopa-kapha</i>	Abundant water reserves, extensive river networks, heavy rainfall, soft cool breezes, heavily wooded mountainous ranges	Jala
<i>Jaangala-vata</i>	Wide open plains, sparse thorny vegetation, minimal rainfall, strong hot breezes	Vayu
<i>Sadharana-vata, kapha</i>	Optimum cold, rain, hot phases	Vayu, tejas jala