

Abstract:

The knowledge of Ayurveda an ancient concept which define the working of human behavior and mind in detail can provide answer to many question which are puzzling scientist even today to a large extent. The major objective of this analysis are to consolidate personality development taking support from the Ayurveda aspect of psychological matter and to explore their correlation with environmental factors. According to Ayurveda, the human body is composed of three fundamental categories called *Do ha*, *Dhatu* and *Mala*. Their psychological correlates which play a role in the functioning and behavior of human are the *Triguna*, namely *Sattva*, *Raja* and *Tama*. According to Ayurveda concept naturally a particular *Do ha* (Vata, Pitta or Kapha) is dominant in a person. That natural state is called *Prakruti* or body constitution. It is genetically predetermined and it how specific character to phenotype and remain unaltered over the individual lifetime. Each *Do ha* give certain characteristic qualities to the person and based on this we can classify personal qualities or *Prakriti* as *Vata*, *Pitta*, *Kapha*, *Vata-Pitta*, *Vata-Kapha*, *Pitta-Kapha* and *vata-Pitta-Kapha*. According to Ayurveda concept *Prakriti* is composed of three psychological qualities or *Guna* namely *Sattva*, *Raja* and *Tama*. According to the qualities we can predict one personality type and this will lead to better function of a human group or an increase in productivity. Ayurveda concept also explore psychotherapeutic system for some personality disorder. *Sattvavajaya* or Ayurveda psychotherapeutic system also comprise the device of *Ahva na* (a urance), *Sam uchana* (suggestion), *Pratyayayana* (per uation), *Nir e ana* (guisance), *Pra hik hana* (education & training), *Parimarjana* (modification), *Sammohana* (hypnosis), *Vi amve ana* (de sensitization), *Rechana* (cathartic - discharge pent up emotion), and *Samtripti* (atifying). In conclusion, according to our analysis Ayurveda can be considered a useful tool to personality development in the modern world.

Keywords: Ayurveda, *Prakruti*, *Triguna*, *Sattvavajaya*