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Prakruti in Ayurveda is natural body constitution, your psychobiological temperament which does not change. By understanding your constitution, you can better understand your psychological and physiological strengths and weaknesses and how your habits and lifestyle impact your balance.

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Ayurveda defines Prakriti as the natural physical, mental, immunological & behavioral characteristics of an individual. Concisely speaking Prakriti is the nature of your body and mind. Prakriti is explained in terms of Tridoshas. Each person has a unique combination of the three doshas which decides our features and temperament.

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