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Protocol for an Observational Study on the Correlation Between *Dosha Kshaya-Vridhhi* and Taste Preferences (*Shad-Rasa*) as Preventive Measures in Ayurveda

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Abstract

Introduction:

The balance of *dosha* in the human body is central to Ayurveda, influencing an individual's health and well-being. *Dosha* imbalances, particularly *Kshaya* (reduction) and *Vridhhi* (increase), can significantly affect physiological functions. One of the key manifestations of *dosha* imbalance is the individual's preference or aversion towards the six tastes (*Shad-Rasa*). This study aims to explore the correlation between *dosha* imbalances and these preferences, and investigate how this relationship can serve as a preventive measure in *Ayurveda* treatment protocols.

Methods:

This observational cross-sectional study will be conducted on a sample of individuals diagnosed with varying *dosha* imbalances (*Kshaya* and *Vridhhi*). Participants will undergo a detailed assessment through a structured questionnaire to assess their aversion and liking towards the six tastes. *Dosha*

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imbalances will be determined based on clinical examination, history, and standardized *Ayurveda* diagnostic criteria. Statistical analysis will be used to explore the correlation between *dosha* imbalances and taste preferences.

Results:

The study is expected to reveal a significant correlation between specific *dosha* imbalances (*Kshaya* and *Vridhhi*) and aversion or liking toward particular tastes. A detailed analysis will highlight the patterns of preferences in individuals with dominant *dosha* imbalances, offering insights into the physiological link between *dosha* status and taste sensitivity.

Discussion:

The findings of this study could have practical implications in *Ayurveda* preventive and therapeutic practices. Understanding the correlation between *dosha* imbalances and taste preferences could allow practitioners to tailor dietary recommendations more effectively, providing an individualized approach to maintaining *dosha* balance. This could enhance the preventative aspects of *Ayurveda* treatments, improving patient outcomes by addressing imbalances before they manifest as disease.

Keywords: *Dosha* Imbalance, *Kshaya-Vridhhi*, *Shad-Rasa*, *Taste Preference*, Questionnaire validation

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