PREFACE

Shortage of time, daily hassles, stress and competition makes life so complex that nearly everyone suffers from health problems. Each individual strives for health because of increased awareness that health is a more optimistic and positive definition. Health is defined as a complete overall state of well being and it is certainly not just the absence of disease. There are many components of health (physical, mental, social, spiritual, etc.), which are not only complementary to each other but also seem to be integral parts of its holistic nature. Health is influenced by several factors of which personality is an important one.

Present study focuses on Indigenous approach of personality which is based on three-dimensional aspects of Prakriti (Sattva, Rajas and Tamas) which is hidden until now is presented in almost all Indian scriptures like Gita, Ayurveda, Upanishads, Vedas and Charak. The term 'Triguna' is composed of two words Tri + Guna. Tri means three and Gunas means a state of mind, qualities and attitudes. A correlational design was used to find out relationship between triguna prakriti and health components. Investigator feels that the empirical research in this area will be very beneficial for the welfare of society.
Adoration to the Almighty God, Who enabled me to carry out the thesis successfully.

"Knowledge is supreme and knowing everything" says the ancient Hindu Philosophy. However, in the era of information explosion the real problem is to select what is worth knowing and here comes the role of a teacher "The Guide".

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