



Dear Ayurveda Student,

Please find the following documents attached.

Book 2 Chapter 8
The Prakruti-Vikruti Paradigm
Constitutional Assessment

1. [Book 2 Chapter 8 PDF](#)
2. [Book 2 Chap 8 Agni Koshtha Pariksha PDF](#)
3. [Pathology Chart Herbs VPK PDF](#)
4. [Sanskrit Pathology Study Guide PDF](#)

Thank you.

Namaste,
Karyn

According to Ayurvedic principles, by understanding oneself, by identifying one's own constitution, and by recognizing sources of doshic aggravation, one can not only follow the proper guidelines to cleanse, purify, and prevent disease, but also uplift oneself into a realm of awareness previously unknown.

Vasant Lad

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