



Review Paper

The Gut–Mind–Dosha connection: A Literature review on Tridosha imbalance, Emotional regulation, and Health psychology

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Available online at: www.isca.in, www.isca.me

Received 9th December 2025, revised 20th January 2026, accepted 18th February 2026

Abstract

This literature review explores the complex interplay between the gut–brain axis, the Ayurvedic framework of Tridosha (Vata, Pitta, Kapha), and their influence on emotional regulation and health psychology. Interdisciplinary findings suggest that disruptions in the gut–mind axis affect both psychological and digestive functioning—a relationship long acknowledged in Ayurveda. Imbalances in the Tridoshas correspond to specific psychological patterns: excessive Vata is linked to anxiety and insomnia, heightened Pitta to irritability and anger, and dominant Kapha to lethargy and depression. Such emotional dysregulation, arising from doshic imbalance, compromises both physiological equilibrium and psychological well-being. Contemporary research in health psychology and neuroscience corroborates these insights, emphasizing mechanisms such as microbiome–neurotransmitter dynamics and stress-related hormonal pathways. Bridging Ayurvedic theory with modern health psychology points toward holistic and individualized approaches that address both mental and physical health. This review integrates clinical and theoretical perspectives to propose a unified framework for understanding gut–mind interactions through the lens of doshic balance, with significant implications for prevention and treatment of mental and digestive disorders.

Keywords:

Introduction

Ayurveda, one of the most ancient systems of medicine, offers a holistic view of health by emphasizing the close and inseparable relationship between the body (Sharira), mind (Manas), and consciousness. Rather than focusing solely on disease management, Ayurveda prioritizes the preservation of health through balanced lifestyle practices, ethical conduct, appropriate dietary habits, and harmony with the natural environment. At the core of this philosophy lies the understanding that psychological well-being is deeply influenced by physiological balance, particularly through the regulation of Tridosha (Vata, Pitta, and Kapha) and Triguna (Sattva, Rajas, and Tamas).

Classical Ayurvedic literature describes Manas as the primary regulator of emotions and behavior, responsible for controlling Dharaniya Vegas—emotional impulses such as anger, fear, grief, greed, and anxiety. When these impulses are not properly regulated, they disturb mental equilibrium and contribute to the development of psychosomatic disorders. To address this, Ayurveda advocates the principles of Sadvritta (ethical and disciplined living) and Sattvavajaya Chikitsa (psychotherapeutic interventions), which aim to enhance emotional regulation, mental resilience, and cognitive clarity. Contemporary Ayurvedic studies further suggest that an imbalance in Triguna, particularly the predominance of Rajas and Tamas, is associated with emotional instability, anxiety, depression, hypertension, and metabolic disturbances.

In recent years, modern scientific research has increasingly recognized the importance of the bidirectional communication between the gastrointestinal system and the central nervous system, commonly referred to as the gut–brain axis. Evidence from psychiatry and neuroscience indicates that gut microbiota play a crucial role in influencing emotional regulation, cognitive processes, stress responses, and overall mental health through neural, immune, and endocrine mechanisms. Alterations in gut microbial composition have been linked to various psychiatric conditions, including depression, anxiety disorders, bipolar disorder, schizophrenia, and autism spectrum disorders. These findings closely parallel Ayurvedic concepts such as Agni (digestive fire), Ama (metabolic toxins), and the central role of digestive health in maintaining mental balance.

Integrative research has begun to bridge traditional Ayurvedic principles with contemporary scientific understanding by examining the relationship between Dosha dynamics and neural functioning, emotional intelligence, and behavioral patterns. Studies on classical Ayurvedic formulations, such as Triphala, have provided molecular-level evidence supporting their role in modulating the gut–brain axis and improving cognitive and neuropsychological functions through microbiota regulation. In addition, research on meditation practices, Aachara Rasayana, yoga, and lifestyle modifications reinforces Ayurveda's emphasis on mind–body harmony as both a preventive and therapeutic approach to emotional disturbances.

Moreover, modern Ayurvedic literature highlights the importance of individualized health interventions based on Prakriti (constitutional type), acknowledging variations in emotional processing, stress tolerance, and cognitive functioning among individuals. This personalized approach aligns well with emerging concepts in precision medicine and integrative mental healthcare. By integrating ancient Ayurvedic wisdom with contemporary psychological and neuroscientific evidence, a comprehensive framework emerges for understanding emotional regulation, psychosomatic health, and overall mental well-being.

Accordingly, the present study aims to explore and synthesize Ayurvedic concepts of Tridosha, Triguna, emotional regulation, and gut health in relation to modern psychological and biomedical perspectives. Through a review of existing literature, this article seeks to highlight the relevance of Ayurveda in current mental health discourse and its potential contribution to holistic, personalized, and integrative healthcare models.

Concept of Gut

The gut, or gastrointestinal tract, is responsible for breaking down food, absorbing nutrients, and eliminating waste. Beyond digestion, it is now widely recognized as a crucial factor in mental and emotional well-being, both in Ayurveda and modern health psychology.

Gut in Ayurveda: In Ayurveda, the gut is seen as the foundation of physical, mental, and emotional health. Digestion is governed by Agni (the “digestive fire”), which is believed to process not only food but also thoughts and emotions. When Agni is balanced, it promotes efficient nutrient absorption, strong immunity (Ojas), and mental clarity. Conversely, weakened Agni leads to toxin accumulation (Ama), illness, and psychological disturbances. Gut health in Ayurveda is further regulated by the three “oshas”: i. Vata – controls movement and elimination. ii. Pitta – governs digestion and metabolism. iii. Kapha – ensures lubrication and stability.

A harmonious balance among these elements strengthens mood, resilience, and overall vitality. The Ayurvedic idea of the gut as a central hub aligns with the concept of the “second brain” located in the abdomen.

Gut in Health Psychology: From a modern perspective, health psychology emphasizes the gut–brain axis, the bidirectional communication system linking the gut and the brain through the vagus nerve, hormones, immune signals, and gut microbiota. The gut is also a major producer of serotonin, the neurotransmitter that regulates mood. Disturbances in microbial balance can influence stress, anxiety, depression, and emotional stability. A healthy gut, therefore, supports mental clarity, stress regulation, and optimal cognitive functioning.

Integration: Both Ayurveda and health psychology agree that gut health extends far beyond digestion. It is central to

emotional regulation, resilience, and overall well-being. Diet, mindfulness, and lifestyle practices that nurture digestive balance serve as powerful tools for fostering both physical and psychological health.

The mind is regarded as a complex, multidimensional phenomenon in both Ayurveda and modern psychology. In Ayurveda, the mind (Manas) is described as the sixth sense organ, serving as a bridge between the physical body and consciousness by coordinating sensory input with motor output.

The Ayurvedic Concept of Mind: According to Ayurveda, the mind operates at three levels: i. Bahya Manas (outer mind): Processes immediate sensory experiences and emotional reactions. ii. Madhya Manas (intermediate mind): Engages in rational thinking, analysis, and decision-making. iii. Antah Manas (inner mind): Represents intuition, deep awareness, and connection to universal consciousness. iv. The functioning of the mind is further shaped by the three Gunas: (a) Sattva – clarity, wisdom, and peace. (b) Rajas – activity, restlessness, and desire. (c) Tamas – inertia, confusion, and ignorance. v. Mental health in Ayurveda depends on balancing these Gunas, with emphasis on cultivating Sattva while regulating Rajas and Tamas.

Mind in Health Psychology

In modern health psychology, the mind is understood as the seat of thoughts, emotions, memories, and behaviours’. It influences perception, reasoning, emotional responses, and actions. The mind is deeply interconnected with the body, responding to and shaping physical health, hormonal activity, and neurological processes. Psychological resilience and emotional balance are considered essential for overall well-being.

Integration: Despite differences in terminology, both Ayurveda and health psychology agree that the mind is not merely abstract—it actively shapes physical health, emotional experiences, and the pursuit of meaning and purpose. True well-being emerges when cognitive, emotional, and spiritual dimensions of the mind exist in harmony.

Concept of Tridosha: The Tridosha concept in Ayurveda refers to the three fundamental biological energies that regulate the physical and mental functions of the human body. These are Vata, Pitta, and Kapha, each formed from different combinations of the five basic elements—earth, water, fire, air, and space—and each carrying distinct qualities and roles.

The Three Doshas: Vata Dosha: Derived from air and space, Vata represents movement. It governs circulation, respiration, and nerve impulses. Its qualities include lightness, dryness, and mobility. When imbalanced, Vata may manifest as anxiety, dryness, restlessness, or irregular bodily functions.

Pitta Dosha: Composed of fire and water, Pitta regulates digestion, metabolism, and processes of transformation in both

body and mind. Its qualities are heat, sharpness, and intensity. Imbalance in Pitta often leads to inflammation, anger, irritability, or digestive disturbances.

Kapha Dosha: Formed from earth and water, Kapha provides structure, stability, and lubrication. Its qualities include heaviness, coolness, and steadiness. Excess Kapha may result in lethargy, congestion, weight gain, or emotional stagnation.

Importance of Tridosha: The Tridoshas are dynamic, constantly shifting in response to diet, lifestyle, emotions, environment, and seasonal changes. Health is sustained when Vata, Pitta, and Kapha remain in balance, functioning in harmony. Conversely, imbalance in one or more doshas disrupts physiological and psychological well-being, leading to disease.

Summary: Tridosha serves as the cornerstone of Ayurvedic philosophy, explaining variations in human constitution, biological functioning, temperament, and vulnerability to illness. Maintaining balance among these three energies through proper diet, mindful living, and therapeutic practices is essential for holistic health and well-being.

Gut, Mind and Tridosha Connection

Gut in Ayurveda and Tridosha Connection: In Ayurveda, the gut is considered the central hub of digestion and overall health, primarily regulated by Agni (digestive fire). The three doshas—Vata, Pitta, and Kapha—govern different aspects of gut functioning: i. Vata controls the movement of food and waste throughout the digestive tract. Its imbalance may cause irregular bowel movements, constipation, and bloating. ii. Pitta oversees digestion and enzymatic processes that convert food into energy. Excess Pitta often leads to hyperacidity, inflammation, and indigestion. iii. Kapha provides stability, lubrication, and protective mucus in the gut. When aggravated, it causes sluggish digestion, heaviness, and mucus accumulation. iv. Balanced doshas ensure optimal Agni, efficient digestion, and toxin-free functioning, while imbalance leads to Ama (toxin build-ups), impairing both physical vitality and mental well-being.

Mind and Tridosha Connection: The mind (Manas) in Ayurveda is understood as the seat of emotions, cognition, and consciousness, shaped by the interplay of both doshas and gunas (Sattva, Rajas, Tamas). i. Vata imbalance manifests as fear, anxiety, and mental restlessness. ii. Pitta imbalance gives rise to irritability, anger, and impatience. iii. Kapha imbalance contributes to lethargy, depression, and excessive attachment. iv. Maintaining equilibrium among the doshas fosters mental clarity, emotional stability, and psychological resilience, while imbalance disrupts peace of mind and predisposes individuals to psychological distress.

Gut-Mind Connection through Tridosha: Ayurveda highlights a profound gut-mind connection, parallel to what modern science terms the gut-brain axis. The gut, often referred

to as the “second brain” communicates continuously with the mind through the vagus nerve and subtle energy channels. i. Disturbed gut functioning—caused by weakened Agni and doshic imbalance—produces Ama, which obstructs channels and impairs mental clarity, emotional balance, and cognitive function. ii. Conversely, psychological stress aggravates doshas (especially Vata and Pitta), weakening digestion and creating a cycle of dysfunction.

Emotional Regulation and Tridosha Imbalance in Ayurveda: i. In Ayurveda, the regulation of emotions is deeply connected to the balance of the three doshas—Vata, Pitta, and Kapha. Each dosha shapes characteristic emotional patterns, and imbalance among them disrupts stability, often leading to psychological disturbances. ii. Vata imbalance manifests as fear, anxiety, worry, and restlessness. The unpredictable, mobile nature of Vata makes it difficult to maintain calmness and emotional steadiness. iii. Pitta imbalance is marked by anger, irritability, impatience, and excessive competitiveness. Overactive Pitta intensifies emotions, producing quick and often explosive reactions. iv. Kapha imbalance leads to emotional heaviness, lethargy, attachment, and depressive tendencies. Excess Kapha dulls motivation and fosters resistance to change.

Mechanisms of Emotional Regulation: Ayurveda explains emotional regulation through the dynamic interaction of the Tridoshas with the Trigunas (Sattva, Rajas, and Tamas). A predominance of Sattva promotes clarity, peace, and balance, whereas excessive Rajas fuels agitation and excessive desire, and Tamas generates inertia and confusion.

Physiological mechanisms also play a role. Ayurveda describes dharaneeya vegas (instincts and natural urges that should be controlled) as guiding principles for emotional restraint. When doshas remain in balance, emotions are expressed appropriately and integrated smoothly. When disturbed, imbalances manifest through both psychological symptoms and physical ailments.

Ayurvedic Approaches to Restoring Balance: To harmonize emotional states and restore doshic equilibrium, Ayurveda prescribes a holistic approach combining diet, lifestyle practices, and therapeutic interventions: i. Vata is calmed with grounding routines, warm nourishing foods, and relaxation practices. ii. Pitta is balanced with cooling diets, soothing environments, meditation, and stress-reducing techniques. iii. Kapha benefits from light, stimulating foods, dynamic physical activity, and practices that energize body and mind. iv. Detoxification therapies (Panchakarma), herbal formulations, yoga, meditation, and pranayama (breath regulation) are also integral methods to regulate emotions and promote well-being.

Summary: In Ayurveda, emotional regulation is understood as a holistic process shaped by the interplay of Tridoshas and Trigunas. By identifying an individual's unique doshic constitution and addressing imbalances, personalized interventions can be applied to stabilize emotions, prevent psychological distress, and foster lasting mental health.

Gut, Mind, and Tridosha: An Integrative Perspective on Emotional Regulation and Health

The human body and mind function as interconnected systems in which physiological and psychological health continuously influence one another. In Ayurveda, the gut is regarded as the foundation of well-being, regulated by Agni (digestive fire) and the three doshas—Vata, Pitta, and Kapha. These doshas govern not only physical processes but also mental and emotional tendencies. i. Vata, associated with movement and nervous system activity, is linked to creativity and adaptability but, when imbalanced, produces anxiety, fear, and restlessness. ii. Pitta, governing metabolism and transformation, supports clarity and determination but in excess leads to irritability, anger, and emotional intensity. iii. Kapha, providing structure and stability, fosters calmness and compassion yet, when aggravated, results in lethargy, depression, and attachment. iv. A balanced state of doshas sustains efficient digestion, nutrient absorption, and toxin elimination, thereby promoting mental clarity and emotional resilience.

The mind (Manas), according to Ayurveda, is further shaped by the three Gunas—Sattva (clarity, harmony), Rajas (activity, restlessness), and Tamas (inertia, ignorance). Emotional regulation arises from the interaction between doshas and gunas. Disturbances in this equilibrium manifest as psychological states such as anxiety, irritability, or depressive withdrawal.

From the perspective of modern health psychology, emotional regulation refers to the processes through which individuals monitor, evaluate, and modify emotional experiences to cope with stress and maintain psychological well-being. Contemporary research on the gut-brain axis echoes Ayurvedic principles, demonstrating that bidirectional communication between the gut and brain occurs via neural pathways (particularly the vagus nerve), hormones, immune signals, and the gut microbiota. Disruptions in gut health have been shown to influence mood, cognition, and emotional stability, validating the ancient insight that digestive health underpins mental well-being.

Taken together, these perspectives reveal a holistic framework in which gut health, mental balance, and emotional regulation are deeply interconnected. Ayurveda emphasizes balancing the Tridoshas through individualized diet, lifestyle, and mind-body therapies such as yoga, meditation, and pranayama, while health psychology highlights cognitive and behavioral strategies for emotional regulation. Integrating these approaches underscores the convergence of ancient wisdom with modern science in addressing psychosomatic health and enhancing overall well-being.

Solutions for Addressing Tridosha Imbalance, Gut Health, and Emotional Regulation

Drawing from the integrative framework of Ayurveda and health psychology, effective interventions for Tridosha

imbalance and its impact on gut health and emotional regulation require a holistic, individualized approach. Such interventions target physical, mental, and emotional well-being simultaneously.

Personalized Dosha-Balanced Diet and Nutrition: i. Dietary plans should be tailored to an individual's constitutional type (Prakriti) and current imbalance (Vikriti). ii. Foods should be selected to pacify aggravated doshas: grounding and warming meals for Vata, cooling and soothing foods for Pitta, and light, stimulating options for Kapha. iii. Processed, incompatible, or heavy foods that weaken Agni and promote toxin (Ama) formation should be minimized, as they negatively affect both digestion and emotional balance.

Lifestyle and Daily Routines (Dinacharya): i. Consistent daily routines—including regular meal times, restorative sleep, and stress management practices—help stabilize the doshas. ii. Physical activities such as yoga, walking, or light exercise should be adapted to balance each dosha. iii. Mindfulness practices, meditation, and pranayama (breath regulation) can calm Vata, cool and soothe Pitta, and energize Kapha.

Ayurvedic Therapeutics and Detoxification: i. Herbal formulations may be used to strengthen digestion, regulate the doshas, and calm the mind (e.g., Triphala for gut cleansing, Ashwagandha for Vata pacification). ii. Panchakarma therapies (detoxification and cleansing procedures) remove accumulated Ama, enhancing both gut function and psychological stability. iii. Rejuvenating practices such as Abhyanga (oil massage) and Shirodhara (gentle oil pouring on the forehead) relax the nervous system and aid emotional regulation.

Psychological and Behavioral Interventions: i. From the lens of health psychology, techniques such as cognitive reappraisal, mindfulness-based stress reduction, and relaxation training can enhance emotional regulation. ii. Clients should be guided to recognize emotional tendencies associated with their doshic imbalances (e.g., Vata-related anxiety, Pitta-related anger) and apply strategies to modulate responses. iii. Counseling and psychotherapy that emphasize mind-body harmony provide additional support for long-term resilience.

Gut Microbiome Support: i. Nutritional strategies that include probiotic and prebiotic-rich foods support a healthy gut microbiome, strengthening the gut-brain axis. ii. Herbal teas and digestive aids, such as ginger and fennel, promote gut motility, improve digestion, and reduce discomfort. iii. Adequate hydration further supports gastrointestinal and emotional health.

Regular Monitoring and Personalized Adjustments: i. Periodic evaluation of physical symptoms, emotional well-being, and doshic balance ensures ongoing progress. ii. Ayurvedic pulse diagnosis alongside modern psychological assessments can provide a comprehensive understanding of

changes over time. iii. Regular monitoring enables timely modifications to diet, lifestyle, and therapeutic interventions, reducing the risk of relapse.

Summary: Addressing emotional dysregulation linked with Tridosha imbalance and gut dysfunction requires a multidimensional strategy. Personalized Ayurvedic interventions—encompassing diet, lifestyle, detoxification, and herbal remedies—combined with psychological and behavioral techniques and gut microbiome support, create a comprehensive framework for restoring balance. This integrative approach unites ancient Ayurvedic wisdom with contemporary health psychology, aiming to enhance resilience, emotional stability, and holistic well-being.

Review of Previous Studies on Gut, Mind, Tridosha, and Emotional Regulation

Ayurveda conceptualizes health as a dynamic balance between the body (Sharira), mind (Manas), and environment, emphasizing that psychological well-being is inseparable from physiological harmony. Central to this framework are the principles of Tridosha (Vata, Pitta, Kapha) and Triguna (Sattva, Rajas, Tamas), which collectively govern emotional regulation, cognition, and behavior. Contemporary Ayurvedic psychology increasingly highlights the relevance of these concepts in understanding mental health and psychosomatic disorders.

Mehra and colleagues reviewed the emotional and psychological attributes associated with Tridosha and reported that Vata predominance is commonly linked with anxiety, fear, restlessness, and emotional instability, whereas Pitta dominance is associated with irritability, anger, and aggression, and Kapha dominance with lethargy, emotional withdrawal, and depressive tendencies¹. The authors emphasized that psychological functioning cannot be evaluated independently of bodily constitution, reinforcing Ayurveda's holistic mind-body paradigm and supporting the role of Prakriti-based psychological assessment in personalized mental healthcare.

Expanding on this integrative framework, Chandra examined the interaction between Triguna and Tridosha in shaping mental health outcomes². The study demonstrated that imbalances in Triguna, particularly increased Rajas and Tamas, adversely affect emotional stability, cognitive functioning, and behavioral regulation. These disturbances further interact with doshic imbalances, contributing to the development of psychological and psychosomatic disorders. The findings underscore the applicability of Ayurvedic psychological concepts within contemporary mental health discourse².

Further evidence for constitution-based mental health assessment was provided by Surabhi and colleagues, who investigated the role of Tridosha Prakriti in psychological well-being³. Their findings revealed that individual differences in emotional resilience, stress tolerance, and mental health outcomes are closely linked to doshic dominance. The authors

highlighted the importance of personalized interventions rooted in Prakriti assessment for preventive and promotive mental healthcare³.

Ayurvedic theory also places significant emphasis on digestive health (Agni) as a foundation of both physical and psychological well-being. Steer conducted a cross-comparative analysis between the Ayurvedic aetiology of Major Depressive Disorder and the modern concept of the gut-brain axis, highlighting strong conceptual parallels⁴. The study proposed that Agni Dushti and Ama formation influence neurochemical balance and emotional processing, thereby contributing to depressive symptomatology. This integrative perspective reinforces the relevance of Ayurvedic digestive principles in understanding mental health disorders.

In alignment with this, Aswathy and Abhilash explored emotion regulation mechanisms through an integrative lens combining Ayurvedic principles with modern physiological understanding⁵. The authors emphasized that regulation of emotional impulses through Dharaneeya Vega and ethical conduct (Sadvritha) plays a crucial role in preventing and managing emotional disturbances. Their work bridges Ayurvedic emotional regulation models with contemporary integrative mental healthcare practices.

The growing recognition of the gut-brain axis in modern science further strengthens Ayurvedic concepts of mind-body interdependence. Butler and colleagues highlighted that gut microbiota significantly influence emotional regulation, cognition, and stress responses through neural, immune, and endocrine pathways. Alterations in gut microbial composition have been associated with depression, anxiety, bipolar disorder, and schizophrenia, findings that closely resonate with Ayurvedic notions of Agni and Ama imbalance.

Supporting this connection, Naaz and colleagues reviewed the relationship between Agni, Ama, and the gut-brain axis, emphasizing their role in mental and emotional regulation⁷. The authors argued that impaired digestion and metabolic toxin accumulation disrupt gut-brain communication, leading to psychological disturbances, thereby validating classical Ayurvedic explanations through contemporary biomedical insights.

Experimental evidence further supports these integrative views. Upadhyay and colleagues demonstrated the bidirectional effect of Triphala in modulating the gut-brain axis and improving cognition in an Alzheimer's disease murine model⁸. The study provided molecular-level evidence that Ayurvedic formulations can influence gut microbiota, neurotransmitter balance, and cognitive functioning, strengthening the scientific basis of Ayurvedic psychonutrition.

Ayurveda's lifestyle-based interventions have also shown benefits in emotional regulation and stress management. Studies

on meditation practices, including Transcendental Meditation, have reported improvements in emotional intelligence, stress reduction, and psychological resilience among medical students and clinical populations. These findings align with Ayurvedic principles of Sattvavajaya Chikitsa, which emphasize mental discipline and mind–body harmony.

Behavioral and ethical lifestyle interventions such as Aachara Rasayana have been examined in the context of the gut–brain axis. Choudhary and Sharma highlighted that disciplined behavior, dietary regulation, and ethical conduct positively influence digestion, emotional balance, and mental health through gut–brain pathways¹⁰. This review reinforces Ayurveda’s preventive approach to psychosomatic health.

Neurophysiological correlates of Tridosha have also been explored in contemporary research. Travis and Wallace proposed a neural model of dosha-based brain functioning, demonstrating distinct patterns of nervous system regulation associated with Vata, Pitta, and Kapha types¹¹. This model provides a physiological foundation for understanding individual differences in cognition, emotion, and behavior, supporting personalized therapeutic approaches¹¹.

Conceptual studies on the gut–brain axis within Ayurveda further elaborate the role of Vata Dosha in regulating neural, digestive, and respiratory functions. Juyal and colleagues highlighted parallels between vagal nerve activity and Vata regulation, suggesting that dysregulation in either leads to similar psychosomatic manifestations¹².

Additional reviews emphasize the holistic integration of environment, awareness, and health in Ayurveda. Morandi and colleagues, documenting proceedings of the International Congress on Ayurveda, highlighted the interconnectedness of mind, body, and environment, establishing a bridge between Ayurvedic philosophy and modern scientific disciplines such as epigenetics and systems biology¹³.

Collectively, these studies demonstrate that Ayurvedic concepts of Tridosha, Triguna, emotional regulation, and gut health offer a comprehensive framework for understanding psychological well-being. By integrating ancient wisdom with contemporary neuroscience, psychology, and biomedical research, Ayurveda presents a personalized, holistic, and preventive approach to mental healthcare that is increasingly relevant in modern integrative medicine¹⁴. *Ayurvedic Insights on Emotional Regulation and Health*.

Discussion: The interplay between emotional regulation and Tridosha imbalance represents a critical area where Ayurveda and modern health psychology converge, offering comprehensive insights into mental and physical well-being. Existing research illustrates that Ayurvedic frameworks, particularly those concerning Tridosha and Trigunas, provide a nuanced understanding of emotional disturbances and their

physiological correlates. This perspective complements contemporary psychological models by presenting a holistic framework that emphasizes interconnectedness rather than compartmentalized symptom management.

Ayurvedic principles such as Dharaneeya Vegas (emotions to be regulated) and Sattvavajaya Chikitsa (mental discipline therapies) highlight that emotional stability arises from harmony between the three doshas and the qualities of the mind—Sattva, Rajas, and Tamas. Specific imbalances produce distinct emotional challenges: excess Vata is associated with anxiety and fear, aggravated Pitta with anger and irritability, and disturbed Kapha with lethargy and depression. This dosha-specific profiling provides a foundation for individualized interventions, a concept echoed in modern research on mechanisms of emotional regulation.

Contemporary studies also validate Ayurveda’s emphasis on the gut–brain axis, demonstrating that gut health—regulated through dosha balance—affects neural and biochemical pathways that influence emotional regulation. Interventions such as meditation, personalized diets, and Ayurvedic therapeutics have been shown to improve emotional resilience, supporting the integration of traditional Ayurvedic insights with psychological strategies.

Furthermore, Ayurvedic diagnostic methods such as pulse diagnosis and prakriti analysis align closely with the principles of personalized medicine in health psychology, which emphasize individual differences in emotional and physiological health. Complementary practices including Dinacharya (daily routines), dietary adjustments, herbal medicines, and mind-body techniques provide structured methods for restoring balance and enhancing emotional regulation.

Unlike biomedical models that primarily target symptom reduction, the Ayurvedic-philosophical approach addresses root causes at physical, psychological, and spiritual levels. This integrative paradigm offers a comprehensive treatment model supported by emerging clinical evidence. The convergence of Ayurveda and psychology highlights the potential for blended interventions that not only mitigate emotional dysregulation but also strengthen resilience and long-term well-being.

In summary, the integration of Ayurvedic principles with contemporary health psychology provides a rich foundation for advancing research and clinical practice. The focus on Tridosha balance, gut–mind dynamics, and individualized care underscores the potential of this holistic framework to enhance emotional regulation and promote overall health.

Conclusion

This study underscores the integrative role of Tridosha theory, gut health, and the mind in the regulation of emotions and the maintenance of overall well-being. Ayurvedic principles

emphasize that emotional balance emerges from the dynamic interplay of the three doshas—Vata, Pitta, and Kapha—which govern both physiological functions, such as digestion and circulation, and psychological processes, including mood and cognition. The gut, regulated by doshic harmony and digestive fire (Agni), serves as a foundational system that directly influences mental clarity and emotional stability through its connection with the mind and nervous system.

Insights from modern health psychology complement these perspectives by highlighting cognitive and behavioral mechanisms of emotional regulation and validating the gut–brain axis as a central pathway linking digestive health and psychological well-being. Together, these frameworks converge to offer a holistic and personalized approach to understanding and managing emotional dysregulation and psychosomatic disorders.

The integration of personalized Ayurvedic interventions—such as dosha-specific nutrition, lifestyle routines, detoxification therapies, and mind–body practices—with evidence-based psychological methods for emotion regulation has the potential to enhance resilience, alleviate distress, and foster holistic health. Future research and clinical applications can build on this integrative model to develop effective and sustainable strategies that honor individual constitution, recognize the gut–mind connection, and address the multifaceted nature of emotional health. This holistic understanding provides a robust foundation for advancing prevention, treatment, and long-term well-being in both psychological and physical domains.

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