



# **Divya Mahavastu**

## **Prakriti Assessment Report**

✚ Recognizing & aligning to you to true self

**By Shri Shivanshu Verma**

**Vedic Vastu | Vedic Astrologer | Marma Healer | Prakriti**



Shivanshu Verma  
Founder of Divya Mahavastu

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Founder of Divya Mahavastu, Shri Shivanshu Verma has 15 years of vast experience in occult field like Vedic Vastu, Vedic Astrology, Prakruti and Marma Healing across the Nation as well as other Countries like Russia, United Kingdom, China, UAE etc.,

Shri Verma is highly accomplished cross-industry consultant with an extensive track record of providing invaluable insights and guidance. Shri Verma has emerged himself as a trusted advisor to various industries. His versatile approach of consultancy has made a significant impact on businesses ranging from Medical Colleges, Pharma industries, Jewellery industries to Food industries. Shri Verma's comprehensive understanding of ancient wisdom combined with his ability to apply these principles to contemporary challenges, sets him apart as a visionary consultant. Shri Verma has successfully assisted clients in the realms of FMCG manufacturing units, Animal Feed

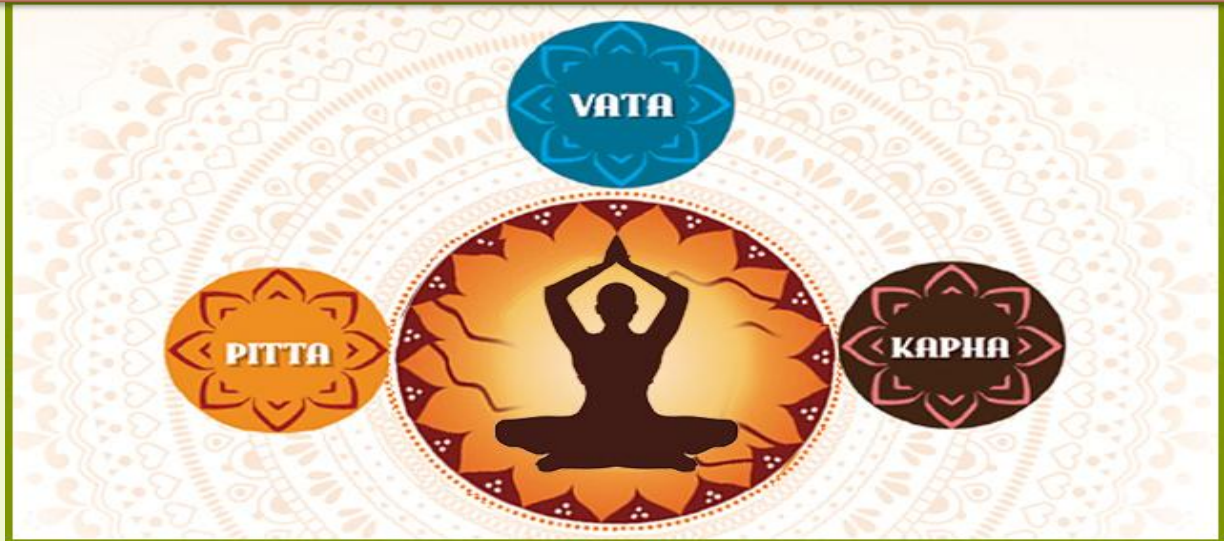
industries, Battery industries, Agro Based industries and Solar panel manufacturing units and also delivering tailored solutions that resonate across industries.



Shri Verma's consultancy and expertise has proven invaluable to a wide array of businesses, including dental consultants, chemicals/pharmaceuticals developers, Solar Panel Manufacturing Units, Battery Manufacturing Business, E-Riksha manufacturers, carpet manufacturers, real estate developers, retailers, wholesalers of mobile devices, clothing and home decor, groceries and service providers such as mutual fund managers, Bank, policy managers, and corporate gifting experts. Shri Verma's ability to bridge the gap between ancient wisdom and contemporary industry challenges has made him a sought-after advisor, empowering his clients to make informed decisions, enhance their operations and achieve sustainable growth in their respective fields.



# Prakriti



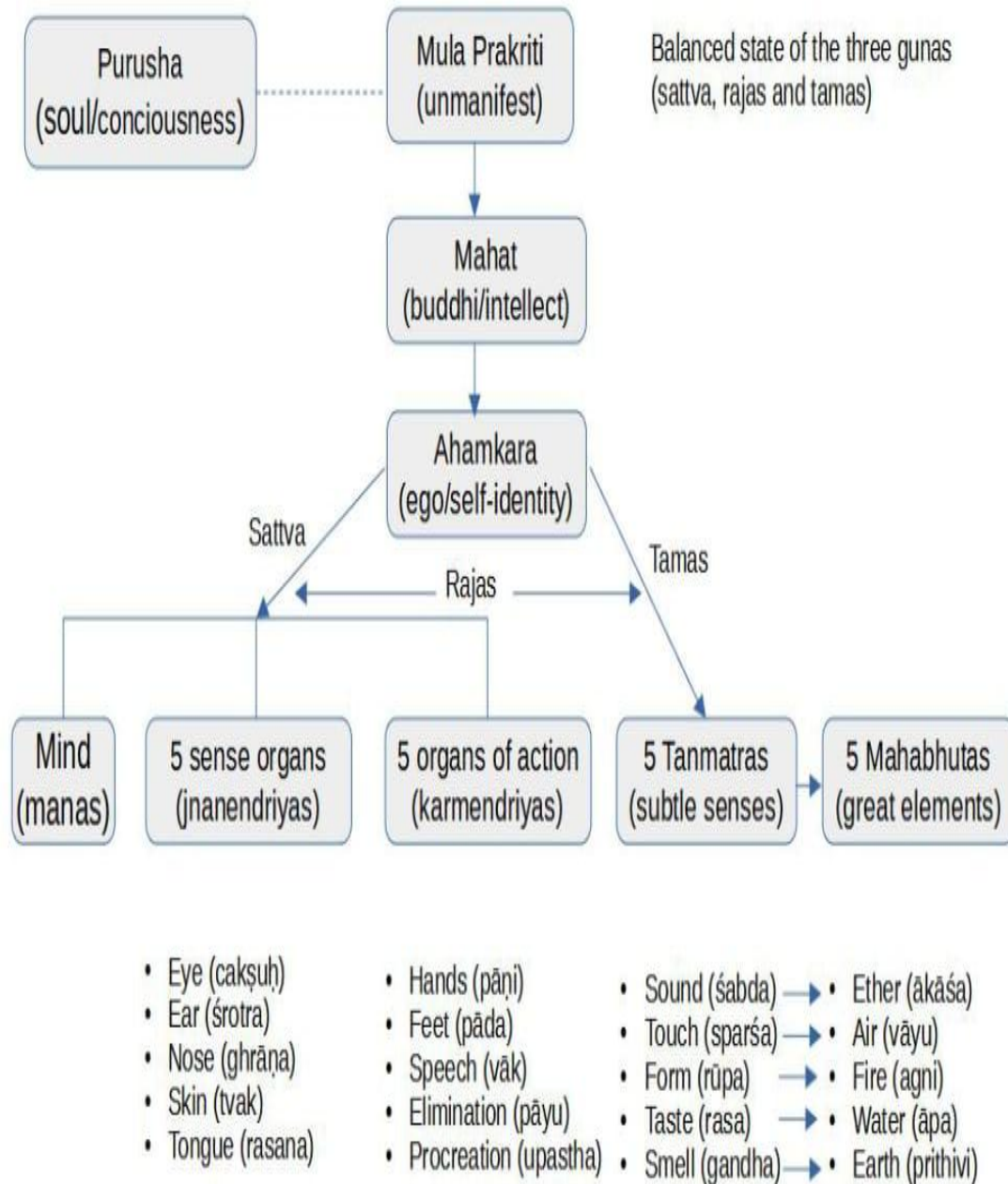
*Prakriti is an inherent nature of an individual determined at the time of your birth, which cannot be changed during your lifetime. Ayurveda broadly classifies human nature in two types – Mental and Physical Nature.”*

The word Prakriti is made from two words, one is "Para" which means "something that is from the outside", and the other word is "Kriti" which means "creation". Both combined refer to the divine creation which is from outside and resides in your physical body. According to the Vedic perspective, the Prakriti of a person always remains the same and does not change. When a person changes from his/her Prakriti then they face problems in life. The Prakriti of a person is decided when the mother conceives a child and when the person is cremated the dust residents will also have the same Prakriti. There are only two things constant in this world, one is Time and the second is the Prakriti. Rest all the things will change, there is a statement that "The only thing constant in this world is the change" This statement applies to all the aspects of the world but not to "Time" and "Prakriti". These two things are fixed. That we why Hindu scriptures talk about Shiv (Purush) and Shakti (Prakriti). Shiv is the constant aspect and Shakti is variable. So when we are referring to Prakriti it is the fixed component of your body.

According to Samkhya and the Bhagavad Gita Prakriti or Nature is composed of the three guṇas which are tendencies or modes of operation, known as rajas (creation), sattva (preservation), and tamas (destruction). Sattva encompasses qualities of goodness, light and harmony.

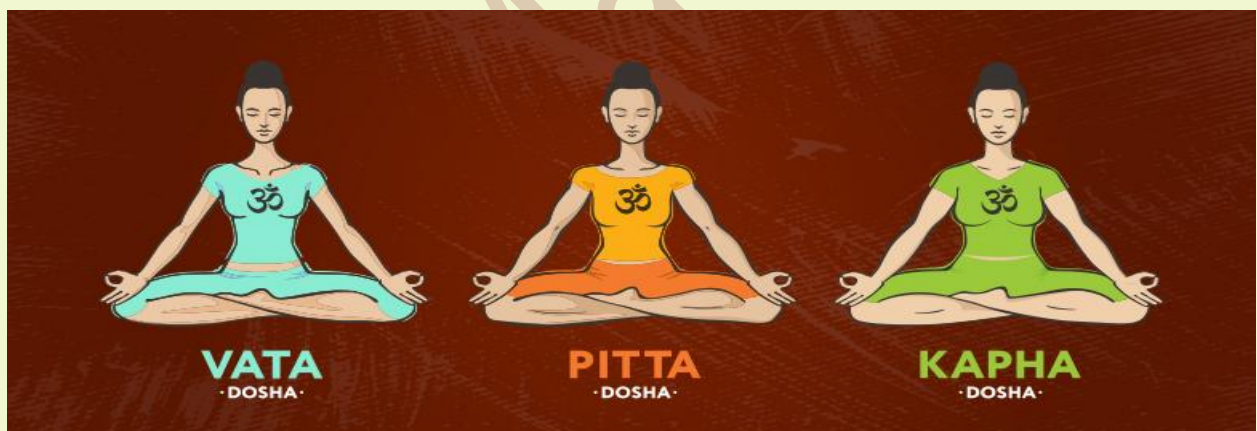


## Samkhya Chart 25 Tattvas (elements)



Now who decides the Prakriti? For this Vedas has given us clarity on it. In Vedas, the reason is mentioned why we are born. It states that whenever "Brahma" (Universal Intelligence/non-manifested form of God) wishes to do something then part of it gets detached from the universal intelligence and gets into a manifested form so we are born to fulfill the desires of the Universal Intelligence. The concept of rebirth is deeply related to the Universal Intelligence. Vedas has mentioned that we keep coming back to life until and unless desired goals (desired by Universal Intelligence) are fulfilled... For example, Universal Intelligence wishes to build the world's tallest building. Then part of it will get separated from the completeness and take birth. The purpose of that birth will be to build the world's tallest building. So from an early age, there will be an interest in building things. Now unless this soul completes the purpose/goal of life he will keep coming back again and again.

So to achieve the goal we must act and think according to our Prakriti. Our Vedic scriptures have already defined three types of Prakriti and its personality traits. For example, who can create a building and come from within? Such Prakriti is called Fire Prakriti. Similarly, there are three main types of Prakriti which are Fire, Air, and Water. So the Prakriti of a person gets decided according to the Goal he or she will have to achieve in life. For example, fish can easily swim. So something related to water then fish is the best to do that task.



Vedas also defined the three prakriti and their Karma. Karma for FIRE, AIR, and WATER are divided equally 33%, 33%, and 33% among all the Karmas. Hence, once you know your Prakriti from our Prakriti Analysis Report, you can ignore 66% of work that is not for your Prakriti. Doing work that is not according to your Prakriti is irrelevant for you. You will waste time, energy, and effort in doing that act.

Your relevance in life is only there till you do karma according to your Prakriti.

## Types of Prakriti

To explain the types of Prakriti let us pick 3 animals from the jungle ecosystem. There is a Lion, Deer, and Elephant.

Lion is carnivorous and medium body built. It stays relaxed but when he goes hunting those moments are captured by the media and create a show.

Deer is quick, looks like it is searching for something. Thin body built and likes grass and seems innocent.

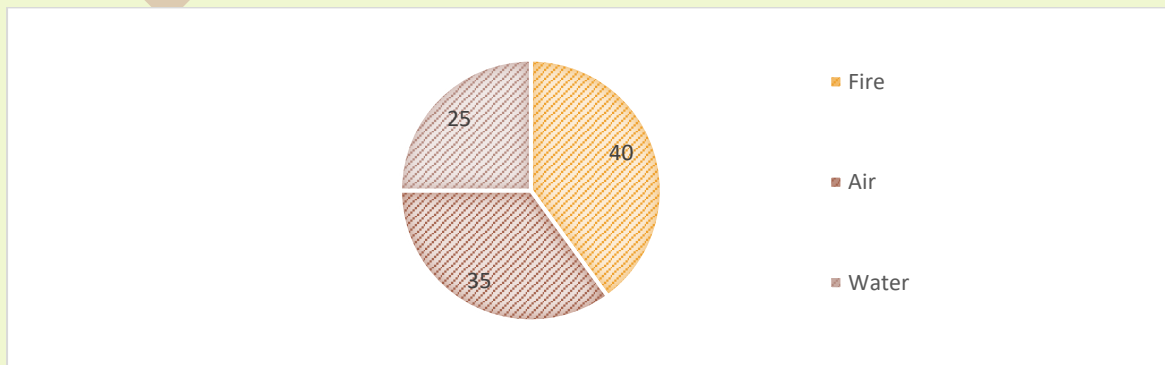
Third comes to the Elephant. Large body built. Keeps eating food, likes to stay in a group, and has a good memory.

From the above examples, I am trying to explain the three types of Prakriti i.e. Fire (Lion) Air (Deer), and Water (Elephant). In Ayurveda, it is called Pitta (Fire or Rajas), Vatt (Air or Sattav), and Kaph (Water or Tamas)



A person is not a hundred percent of any one element. It is usually a combination of these 3 elements in certain compositions. Out of five elements we are using the three. Because it is said that Space and Earth's composition is fixed for any normal human being. So variation can happen only in the remaining three i.e. Fire, Air, and Water.

These three elements are subdivided into types according to the composition. The first most component in the composition will be referred to as the first element and then the second most component will be referred to as the second element. For example, out of 100%, 40% is fire 35% is air and the remaining 25% is water. Then this Prakriti will be called Fire-Air.



So Six types of Prakriti will be Fire-Air, Fire-Water, Air-Fire, Air-Water, Water-Fire, and Water-Air. These are the total six types of Prakriti. So, there are only Six types of perspective in life. That is why in Hindu scriptures there are six darshans.



### Level 1 Recognition of Prakriti

Level 1 recognition of Prakriti Analysis is based on the physical appearances. We check the body appearances of the many physical attribute. Each element reflects certain physical features in each body. Matching these physical features can help in recognizing of the Prakriti.

Keep in mind interpretation from Level 1 recognition can vary from Level 2 recognition. Weightage will be given to Level 2 of recognition of Prakriti.

Observation	Air/Vatt/Satav	Fire /Pitta/Rajas	Water/Kaph/Tamas
Body Frame	Thin	Medium	Large
Type of Body	Male 55-65 kg Female 50-55 kg	Male 65-75 kg Female 60-65 kg	Male 75-85 kg Female 70-75 kg
Color of Hair	Pale Brown	Grey	Black
Skin Type	Dry, Rough	Soft, More Sweating, Acne	Moist, Greasy
Nails	Blackish, Small, Brittle	Redish, Small	Pinkish, Big, Smooth
Weather Condition	Dislike Cold	Dislike Heat,	Dislike Moist, Rain and cool Weather

Add total number points for each element.  
Maximum matching points is your First Eleme





## Level 2 Recognition of Prakriti

Level 2 recognition of Prakriti Analysis is based on the analysis of the internal behaviour of the person.



Air	Fire	Water
Knowledge	Action	Resources / Emotion
Present	Future	Past
Indecisive	Quick Decision Maker	Decides by feeling
Fear	Risk Taker	Emotional
Detailing	Key Pointer	Lengthy Unclear
Irregular Diet	Regular, Strong, Unbearable if delayed	Hunger Cravings, Regular
Waste: Constipated, Dry	Lose, Easy Flowing	Munching preferred
Spend on Basic	Spends on Comforts/Show off	Takes time, Solid
Sleep: Easily Broken	Little but Sound	Good Money Saver
Mental Activity: Hyperactive	Focused	Deep, Prolonged
Memory: Forgets Quickly	Recalls Quickly	Slow & Steady
Learning: Making Notes, Reading	Visual & Apt Listening	Unable to Forget
Apprehensive	Aggressive	Grasping & Memorizing
Adopts Quickly	Stubborn	Possessive Gradually if comfortable
Gives lot of Details	Come to Point	No one understands me
Knows a lot of People, Few close friends	Very Selective, but creates warm Friendship, /Makes enemies easily	Loyal, with many friends



## **Benefits and Application**

### **Ayurveda: Nadi Analysis:**

*In Ayurveda medicines are served based on the Prakriti of a person. Vatt, Pitt, Kaph*

### **Vastu Shastra: Sattva, Rajas, Tamas:**

*Bedroom and Work table placement is based on the Prakriti of a person. Fire Prakriti person will be ineffective in water zones.*

### **Marriage Decision**

*Certain type of Prakriti is compatible with the other, otherwise relationship is a karmic mess.*

### **Clarity in Life**

*You understand the Prakriti of other person then it get easy to forgive and understand why he behaved this way and move on in life.*

### **Happiness Factors**

*You are able to understand what makes you really happy. When you are self-aware later you can analyse others and know what is their motivation factor.*

### **Self Realization**

*In Ayurveda medicines are served based on the Prakriti of a person. Vatt, Pitt, Kaph Understanding your behaviour and your skills to grow in life.*

### **Deciding Career Path/Field**

*Deciding the career based on your Prakriti then your passion is your career and effortless act for you.*

### **Partnership/Recruitment**

*Hiring process is expensive and very crucial for the corporate. Hiring according to role based on prakriti will lower the rate of attrition and and performance.*

### **Start Up Decision**

*Type of work is based on the Prakriti, Startup is majorly for the fire prakriti person. Other Prakriti if starting up with have to hire accordingly for its success.*

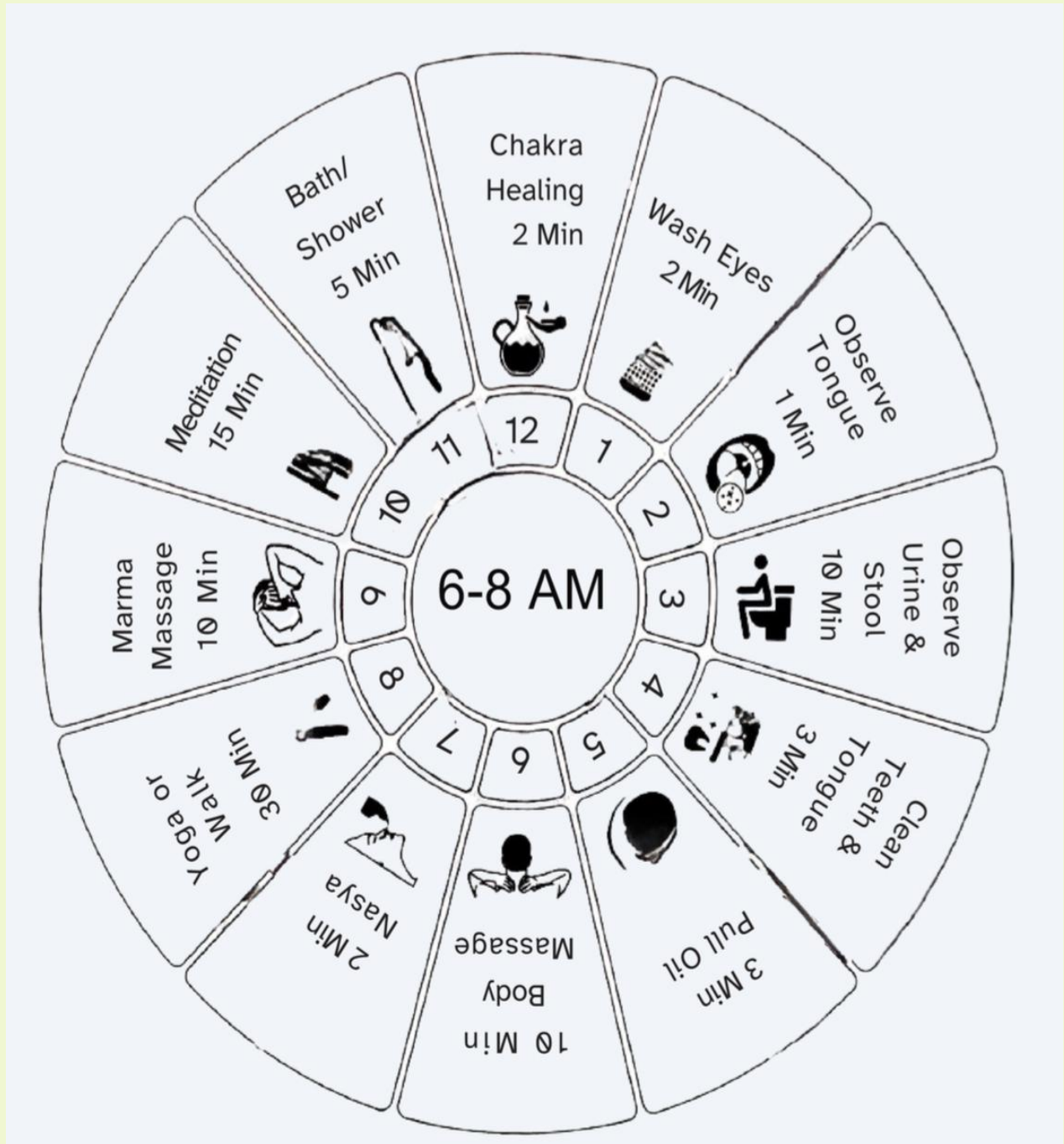


## *Let's Example for Fir element, General activities should follow based on Prakriti*

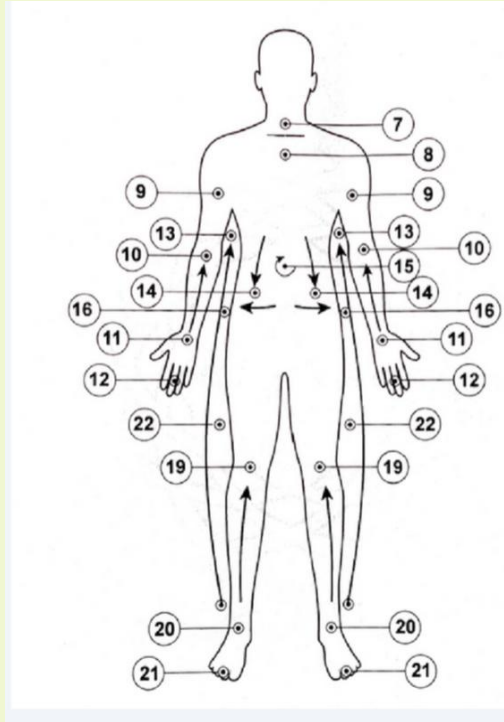
- ❖ PLAY SPORTS
- ❖ KARM HI PUJA (KARM YOG)
- ❖ MEDITATE IS ESSENTIAL FOR YOU
- ❖ SCHEDULE YOUR LIFE
- ❖ FIX YOUR MEAL TIMINGS
- ❖ AVOID EATING MILK, PREFER PANEER
- ❖ CAN TAKE PROTEIN FOR GYM
- ❖ ORGANIZE YOUR WORKING DESK SO EVERYTHING IS VISIBLE
- ❖ WORK ON CHECK LIST
- ❖ CAN LIE TO MOTIVATE OR TO SHOW VISION BUT YOU SHOULDN'T GET CAUGHT



## Maintain Prakriti: Morning Ritual

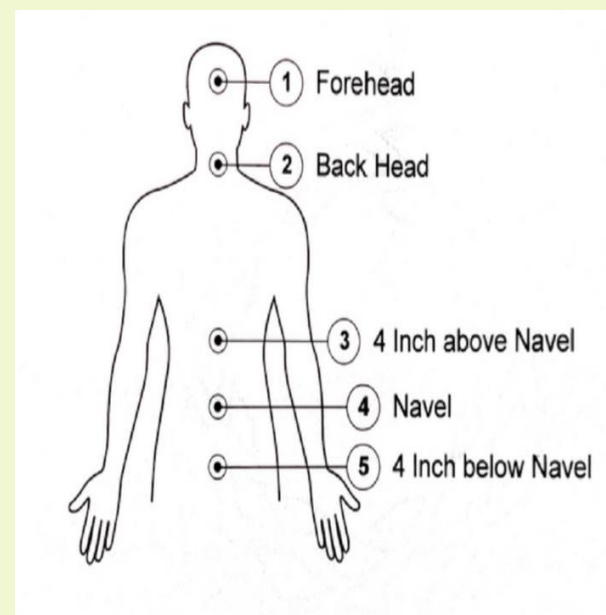


## Maintain Prakriti: Morning Ritual



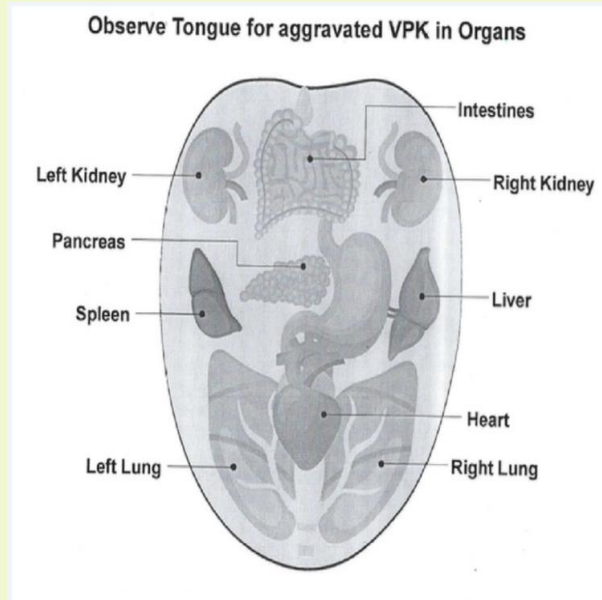
✓ Full Body Massage

✓ Pitta Marma Points



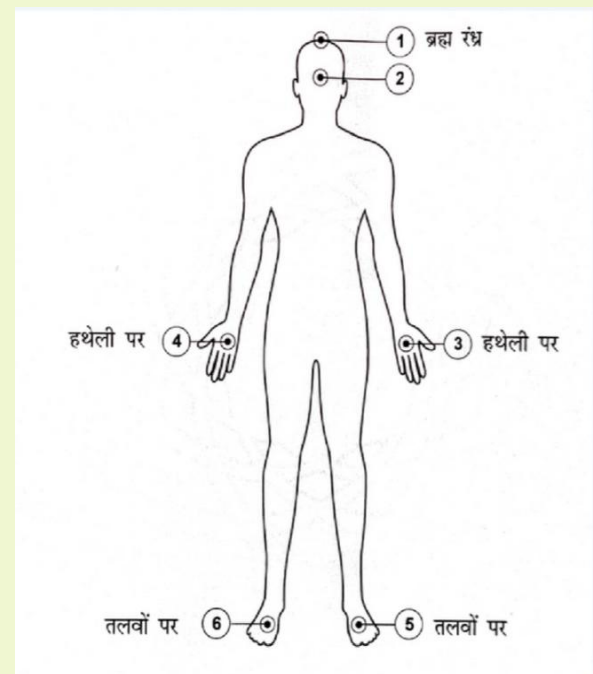


## Maintain Prakriti: Morning Ritual



### ✓ Tongue Observation

### ✓ Marma Point Massage



# Components of Yog



**Are You Ready to Know Your Prakriti??**

**Contact Us.....**

**Website:- [www.divyamahavastu.com](http://www.divyamahavastu.com)**

**Mail :- [divyamahavastus@gmail.com](mailto:divyamahavastus@gmail.com)**

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**DIVYA MAHAVASTU**



**Aacharya Shivanshu Verma**

**Founder**

**8299254276**



## **Term and Condition**

A disclaimer is a statement that clarifies the limitations of a Prakriti assessment report and sets expectations for the client. A standard disclaimer for a Prakriti assessment report may include the following points:

1. Not a substitute for medical advice: The report is not intended to diagnose, treat, cure, or prevent any disease, and should not be used as a substitute for medical advice from a qualified healthcare provider.
2. Personalized recommendations: The information in the report is based on the individual's self-reported information and is intended to provide personalized recommendations for diet, lifestyle and other holistic practices.
3. Limited accuracy: The report is based on principles and methods of Ayurveda and may not accurately reflect the health status of individuals.
4. No guarantee of results: The report provides an assessment of Prakriti or body type, and recommendations on lifestyle and other holistic practices to balance the body. However, results may vary based on various factors, and no guarantees can be made that specific outcomes will be achieved.
5. Liability disclaimer: The service provider is not responsible for any actions, damages, or losses arising from the use of the report or related services.
6. It is important to carefully review the disclaimer before using a Prakriti assessment report, to ensure that you fully understand the limitations and scope of the report, and have realistic expectations regard
7. No, the recommendations from the Prakriti assessment report are not guaranteed to show specific outcomes. Ayurveda recognizes that each individual is unique, and the results of any recommendations may vary depending on various factors, including the individual's health status, lifestyle, and level of engagement with the prescribed practices.
8. The purpose of the Prakriti assessment and the recommendations provided by the report is to promote balance and support overall health and well-being. However, the degree and speed of any improvements or changes are highly individualized and cannot be guaranteed.
9. It is also important to note that Ayurveda is not a substitute for conventional medical advice or treatment. It is recommended that individuals discuss any significant changes to their diet, lifestyle, or holistic practices with a qualified healthcare provider before implementing them.
10. To expand on the answer, it is important to understand that Ayurveda is a holistic system of medicine, which means it takes into account all aspects of an individual's health, including their physical, mental, emotional, and spiritual state. A Prakriti assessment report provides personalized recommendations based on an individual's body type or Prakriti, which Ayurvedic practitioners believe plays an essential role in an individual's physical and mental characteristics and health status.
11. These recommendations in the report may include dietary modifications, herbal remedies, lifestyle changes, and other holistic practices aimed at balancing the individual's unique Prakriti. The report's aim is to support and promote an individual's overall health and well-being by bringing their body and mind into more significant balance.
12. However, there are no guarantees when it comes to specific outcomes. The results of any recommendations provided by the report may vary depending on various factors such as an individual's health status, lifestyle, level of engagement with prescribed practices, and their unique biochemistry.
13. It is important to note that Ayurveda cannot replace conventional medical advice or treatment, especially for severe health conditions. It is recommended that individuals discuss any changes in diet, lifestyle, or holistic practices with a qualified healthcare provider before implementing them.
14. Therefore, an individual is advised to approach the recommendations provided by the Prakriti assessment report with an open mind and willingness to make adjustments as needed. After implementing the recommended changes, it is advised that they review the results every few months and make necessary course corrections.

In summary, while the Prakriti assessment report provides personalized recommendations to support and balance the individual's Ayurvedic body type, there are no guarantees when it comes to specific outcomes. The aim is to promote overall health and well-being, and it is important to approach any recommended lifestyle or holistic changes with an open mind, patience, and a willingness to make adjustments as needed.





**Other Offerings: -**

- VEDIC VASTU CONSULTATION
- VEDIC ASTROLOGY CONSULTATION
- FACTORY VASTU CONSULTATION
- PRAKRITI ANALYSIS
- MARMA REMEDY CONSULTATION
- ASTRO SWORT REPORT
- CORPORATE TRAINING
- STUDENT WORKSHOP
- MOTIVATIONAL SPEAKER
- BUSSINESS GROWTH CONSULTATION
- CORPORATE ADVISER

“THE GREATEST RELIGION IS TO BE  
TRUE TO YOUR OWN NATURE.  
HAVE FAITH IN YOURSELVES”.

**Swami Vivekananda**



**MR. SHIVANSHU VERMA**

**Expert in Vedic Vastu | Vedic Astrology | Prakriti**

**[www.divyamahavastu.com](http://www.divyamahavastu.com)**

