

## Development and initial standardization of ayurveda child personality inventory

Suchitra SP

SVYASA University, India

Ayurveda emphasizes on different treatment modalities for different types of personality. In this light, inventories for prakrti (constitution) and personality have been developed and validated for adults. Children however require different categories of quarter and questions. The objective of the study was to develop and standardize an inventory to assess the prakrti of the children, and to compare with CPQ. The 135-item Ayurveda child personality inventory scale was developed on the basis of translation of Sanskrit verses describing *vātaja* (A), *pittaja* (B) and *kaphaja prakrti* (C) characteristics and by taking the opinions of experts (ten Āyurveda experts and three psychologists). Study was carried out in Maxwell public school, Bangalore. The scale was administered on parents of children of the age group 6-12 years. CPQ was administered on children of the age group 8-12 years. The Ayurveda child personality inventory (ACPI) was associated with excellent internal consistency. The Cronbach's alpha for A, B and C scales were 0.77, 0.55 and 0.84 respectively. And the Split-Half reliability scores were 0.66, 0.39 and 0.84 respectively. Factor validity coefficient Scores on each items was above 0.5. Scores on *vātaja*, *pittaja* and *kaphaja* scales were inversely correlated. Items of V,P,K scales showed significant correlation (values ranging from 0.39 to 0.84) for with subscales of CPQ. (Children Personality Questionnaire) indicates that eastern and western psychology concept have good correspondence. The prakrti of the children can be measured reliably by this instrument. Scores on V,P scale showed good co-relation with anxiety primary scale of CPQ, which may point-out to life style management.

ayursuch@rediffmail.com