

Objective assessment of *Manasika prakriti*; Integrating Ayurvedic theory with modern temperament research: A systematic literature review

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Manasika prakriti in Ayurveda, based on three *Trigunas* (*Sattva*, *Rajas*, *Tamas*), offers a psychological constitution model aligning with modern temperament theories like the Big Five. This systematic literature review objectively assesses *Manasika prakriti* by integrating classical Ayurvedic theory with contemporary research, aiming to enhance mental health screening, support personalized interventions, and inform future cross-cultural research. Following PRISMA 2020 guidelines, classical Ayurvedic texts and indexed databases (PubMed, Scopus, Google Scholar) were searched for studies (2000-2024). Inclusion criteria focused on quantitative or psychometric data related to *Manasika prakriti*, *Triguna* theory, temperament traits, or personality disorders. After screening 161 records, 22 eligible studies were synthesized to compare Ayurvedic classifications with modern temperament models. The detailed study selection process is presented in the PRISMA flow diagram. The review identified 16 *Manasika prakriti* subtypes within *Satwika*, *Rajasika*, and *Tamasika* categories. Quantitative findings from diverse adult populations within the *Manasika prakriti* research paradigm showed category prevalence rates: *Satwika* (32–38%), *Rajasika* (40–45%), and *Tamasika* (17–23%). *Satwika* types demonstrated emotional stability and lower psychological distress, while *Rajasika* and *Tamasika* types exhibited higher distress ($p < 0.001$). Validated psychometric tools and physiological markers confirmed strong correlations between Ayurvedic classifications and modern temperament traits. This review demonstrates the feasibility and value of objectively assessing *Manasika prakriti*, integrating Ayurvedic and modern constructs, thereby enhancing personality and mental health understanding. Future research should address geographic bias and assessment tool heterogeneity for broader applicability.

Keywords: *Manasika prakriti*, *Triguna*, *Temperament*, *Personality disorders*, *Big five*