

## CRITICAL REVIEW ON ROLE OF DOSHA IN FORMATION OF PRAKRITI FOR MAINTAINANCE OF LIFESTYLE

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### ABSTRACT

*Prakriti* is Ayurveda's important concept which explains individuality of a particular person. *Prakriti* has an important role in prevention, diagnosis and treatment of diseases. According to *Acharya Charaka*, *Sushrut* and *Vagbhata*, *Prakriti* is formed at the time of fertilization, when sperm and ovum meets, at that time the *dosha* which is dominant decides the *prakriti* of a person.<sup>[1]</sup> It remains constant for lifetime. It is also influenced by acquired constitution depends upon environmental factor like- climate, season, time, age, race and heredity. Synthesis of *tridoshas* in two stages- *prakrut dosha* which forms *prakriti* means

unchanged features throughout life shows way of living i.e. lifestyle. *Vaikrut dosha* control metabolism also for *dosha kshaya vridhhi* i.e. disorder. *Prakrut dosha* forms 7 types of *prakriti*- *vataj*, *pittaj*, *kaphaj*, *vat-pittaj*, *pitta-kaphaj*, *vat-kaphaj* and *sannipataj*. Concept of *tridosha* in terms of *prakrut* and *vaikrut dosha* are related to lifestyle disorder. *Samyak ahar*, *vihar* and *vichar* according to *doshaj* *praktiti* and *guna* is helpful for personalized prevention and medication and thus to combat lifestyle disorders.

**KEYWORDS:** lifestyle disorders, *tridosha* and *prakriti*.

### INTRODUCTION

*Prakriti* is nature or natural form of the build and constitution of human body. *Pra* means beginning and *kriti* means to perform or to form, putting together means natural form or original source. A characteristic feature of traditional medicinal systems is that they consider the individual as a whole, rather than just the disease. Treatment is fine, taking into consideration the individuals constitution, susceptibility to diseases, mental condition, lifestyle and other factors. A disease occurs when there is a change in this original form at the

psychological level. Before a detailed description of each prakriti type, the qualities of each of the *doshas* are given. These qualities are manifested in the individual's personality.

*Prakriti* explains individuality which means quality or character of a particular person. Some strongly marked feature which differentiate every person from one another. According to *acharya charaka*, *sushruta* and *vagbhata*, *prakriti* is formed at the time of fusion of *shukra* (ovum) and *artava* (sperm) as well as it depends on maternal diet and environmental factors, season, uterine phase and it remains constant throughout. *Acharya kashyapa* says, formation of *prakriti* depends upon nourishment of pregnant woman.

*Acharya charaka* quoted about formation of *prakriti* formation, *doshas* in balanced state are of two types-

- 1) *prakrut*.
- 2) *vaikrut*.

*Prakrut doshas* gives rise to 7 types of *prakriti* which is formed at the time of fusion of sperm and ovum and *vaikrut doshas* are formed after birth gives rise to various diseases. When *doshas* remains in equilibrium, its responsible for health and when there is single dominant *doshaj prakriti*, that person always remains in diseased state.

## PRAKRITI TYPES AND ACCOMPLISHMENTS

### A] *Doshaj Prakriti*

There are 7 types of *prakriti* on the basis of single dosha and combination of dosha as follows-

- 1) *vataj*
- 2) *pittaj*
- 3) *kaphaj*
- 4) *vat-pittaj*
- 5) *pitt-kaphaj*
- 6) *vat-kaphaj*
- 7) *sannipataj*

Among these types of *prakriti*, single *vataj prakriti* is '*hin*' means are of lower qualities of life, *pittaj prakriti* is '*madhyam*' means good qualities of life, *kaphaj prakriti* is '*uttam*' means better qualities of life, combination of any two *doshaj prakriti* is said to be '*nindya*' means always get diseased and *sannipataj prakriti* is '*shreshth*' means best qualities of life.

## QUALITIES OF DIFFERENT PRAKRUTI

No.	Qualities	Vata Prakruti	Pitta Prakruti	Kapha Prakruti
1.	Body Frame	Thin, tall	Medium	Large, short
2.	Body weight	Low	Medium	Large
3	Face	Long, thin with sunken cheeks	Medium	Round, chubby cheeks
4	Eyes	Small, dry, Sunken	Sharp, brown, sensitive to light	Large, moist, white
5	Nose	Long, uneven	Sharp pointed	Big round
6	Lips	Dry, cracked	Red, moist	Pale moist, big
7	Skin	Dry, rough, dark	Oily, smooth, red	Soft, pale, whitish
8	Hair	Dry, rough, grey	Oily, moist, red, brown, silky	Oily, smooth, thick, curly
9	Nails	Dry, brittle, dark	Oily, reddish pink,	Smooth, strong, white
10	Body joints	Large bony,	Medium	Nicely covered joints
11	Speech	Fast, unclear	Sharp	Slow, monotonous
12	Sweating	Less	Profuse, with smell	Less
13	Appetite	Irregular	Strong	Slow
14	Digestion	Irregular with gas	Fast always hungry	Very slow
15	Elimination	Constipation	Loose	Moderate
16	Physical strength	Very active	Moderate	Slow, sedentary
17	Mental	Hyperactive	Moderate	Sluggish, dull
18	Memory	Less, forgetful	Sharp	Slow, strong
19	Sleep	Restless, scanty	Little but alert	Deep, long hrs

### B] Bhoutik Prakriti

There are 5 types of *bhoutik prakriti* based on *panchamahabhuta*. As follows

- 1) *Parthiv*
- 2) *Apya*
- 3) *Tejas*
- 4) *Vayaviya*
- 5) *Akashiya*

### C] Gunamayee Prakriti

*Gunamayee prakriti* is based on three *gunas* of *mana* as follows

- 1) *Satvik*
- 2) *Rajas*
- 3) *Tamas*

These are the different types of *prakriti*. To know a person's constitution is to know their tendencies. If a person knows their tendencies they can take the actions in their favour. A person who knows that they have a tendency to feel cold, easily avoids becoming too cold by wearing more clothing or drinking warm beverages.

**D] Jatyadi Prakriti**

- 1) jatiniyat prakriti
- 2) kulaniyat prakriti
- 3) deshaniyat prakriti
- 4) kalaniyat prakriti
- 5) vayaniyat prakriti
- 6) balaniyat prakriti
- 7) pratyatmaniyat prakriti

**Importance of Prakriti****A) Bala (strength)**

Vata-less strength, pitta- moderate strength, kapha- good strength.

**B) Susceptibility of diseases**

- 1) Kaphaj- Agnimandya, pratishyay. DM, Obesity, Osteoarthritis, IHD, etc.
- 2) Pittaj- Daha, peptic ulcer, HTN.
- 3) Vataja- Anxiety neurosis, Thyrotoxicosis etc.

**C) To decide bhesaj matra (dose)**

According to agni, kosht and prakruti- mrudu, madhyam, tikshna virya dravya – in shodhan chikitsa.

**D) Preventive measures**

According to prakruti diet, regimen

- 1) Kaphaj- Avoid diwaswapa, excess sweet etc.
- 2) Pittaj- Avoid atapa sevan, spicy food.
- 3) Vataja- snigdh, guru ahara or well nutritious.

**DISCUSSION**

By knowing *prakriti* or constitutional tendencies is to be empowered with the knowledge needed to create balance in life. Every living creature has all three *doshas* within them. We cannot exist without a certain amount of each. *Kapha* provides each of us with tissues, *pitta* provides metabolic action and *vata* allows us to move and express ourselves.

**CONCLUSION**

Our constitution is best defined in terms of the percentage of each energy within a person's constitution. In this way there are not only three types (vata, pitta or kapha), or even seven types (combination), but an infinite number of combinations and permutations with no two people being exactly same.

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