

IMPORTANCER OF PRAKRITI AND ITS UTILIZATION IN HEALTH

Dr. Anita Kumari^{1*}, Dr. Ashok Kumar Sharma², Dr. K. L. Sharma³ and Dr. Rekhraj Meena⁴

¹M.D. Scholar, PG Dept. of Kriya Sharir; M.M.M. Govt. Ayurveda College, Udaipur.

²Prof. and H.O.D; PG Dept. of Kriya Sharir; M.M.M. Govt. Ayurveda College, Udaipur.

³Associate Professor, PG Dept. of Kriya Sharir, M.M.M. Govt. Ayurved College Udaipur.

⁴Assistant Professor, PG Dept. of Kriya Sharir, M.M.M. Govt. Ayurved College, Udaipur.

ABSTRACT

Prakriti represents the proportion of 'Doshas', which represents the ideal state of balance, and it serves as the goal for us to strive toward. It will manifest in us throughout our life time through our physical characteristics, natural urges, likes and dislikes, and psychological preference. In the society every individual is unique. Not only each individual has different size and shape but its physiological and even psychological characters are different. Some like chilly, spicy food, others are sweet eaters. Some enjoy warm summer, some prefer winter. This shows each and every individual has its own specific, liking and disliking. These individualistic features are the showing of *Prakriti*.

Health is a state of complete physical, mental and social well being and not merely the absence of disease.

सममांसप्रमाणस्तु समसंहननो नरः।

दृढेन्द्रियो विकाराणां न बलेनाभिभूयते॥ च. सू.21/18

क्षुत्पिपासातपसहः शीतव्यायामसंसहः।

समपक्ता समजरः सममांसचयो मतः॥ च. सू.21/19

KEYWORDS: Prakriti, Doshas, health.

INTRODUCTION

Acharya said that *Prakriti* remains unchanged since birth to the death that is *Doshik* constitution(predominance) which was present from birth is same for ones throughout life.

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*Corresponding Author

Dr. Anita Kumari

M.D. Scholar, PG Dept. of
Kriya Sharir; M.M.M. Govt.
Ayurveda College, Udaipur.

Acharya Sushruta told that *Prakriti* was decided at the time of union of male & female gametes that is fertilization or conception. For example, at the time of birth if, *Vata dosha* is predominant (quantitatively & qualitatively) compared to *Pitta* and *Kapha*, then we call the individual having *VatajaPrakriti*. Predominant *Vata Dosha* affects anatomy, physiology, psychology and immunity of that person. Features are seen according to properties and functions of *Vata Dosha*.

AIMS AND OBJECTIVES

To study different types of *Prakriti* described in various *Samhitas* and importance of their knowledge. It is said that the '*Prakriti*' is under the influence of seven factors:

- a) *Jati*
- b) *kula*
- c) *Desha*
- d) *Kala*
- e) *Vaya*
- f) *Bala*
- g) *Atma*

These all factors influence '*Prakriti*' of foetus.

Other factors responsible for *Prakriti*-

1. Nature of the season
2. Condition inside the uterus
3. Food of mother, during pregnancy
4. Other regimens adopted by mother during pregnancy

Types of *Prakriti*

A. *DoshajaPrakriti*-

1. *Vataja*
2. *Pittaja*
3. *Kaphaja*
4. *Vata-kaphaja*
5. *Pitta-kaphaja*
6. *Vata-pittaja*
7. *Vata-pitta-kaphaja (Samadoshaja)*

B. Mansik Prakriti

1. *Sattvika*
2. *Rajasic*
3. *Tamasic*

C. BhautikPrakriti

1. *Nabhas*
2. *Vayvya*
3. *Aagneya*
4. *Jaliya*
5. *Parthiva*

Ek-Doshaja Prakriti- These are three in number and formed by the dominance of any one of the *Tridoshas*. Single *Doshaja Prakriti* is better. In these *VataPrakriti*-good, *Pitta Prakriti*-better, *kaphaPrakriti*-best.

Vata Prakriti

Vayu is assume to be '*Ruksha, Laghu, Chala, Bahu, Shighra, Parusha and Vishada*'. Being *ruksha* it gives dry, lean short characters to the body, such persons have a dry, unclear and hindered pitch in their voice and they are alert. Being '*Laghu*' their movements, activities are always in hurry. Being '*Chala*', it gives an unstable movements to their organs such as joints, chin, lips, eyebrows, tongue, shoulder, limbs. The '*Shighratva*' gives an unstable temperament; Such person gets annoyed soon, or gets frightened easily, he can grasp any subject very easy and forgets it at the same pace. Due to the '*Shitaguna*' such persons are always susceptible to cold or diseases arising of cold. They are always allowing to shivering; muscle cramps etc. due to '*Parushaguna*', his hair, skin, nails, teeth, limbs are always rough. Being '*Vishada*' their body develops cracks due to dryness and their joints make sound during the movement. Due to combination of all these characters the persons with '*Vata Prakriti*' are void of strength, life issues wealth.

Pitta Prakriti

Pitta is supposed to be '*Ushana, Tikshana, Drava, Visra, Amla and Katu*'. Being '*Ushana*' such persons cannot bear hot things, as they themselves have high heat content. He has tenderly body, fair color they have red or black spots on their body, they have moles, they suffer from severity of hunger and thirst, they have a tendency for wrinkles and the hairs to

turn grey. Generally the hairs of such men are soft, feeble and are golden coloured. The 'Tikshanaguna' gives them a severe hunger, cannot bear laborious tasks. Due to 'Drava guna' their joints are sluggish; they have a tendency to sweat more. Due to 'katu' and 'Amla rasa', they have few issues. Due to combination of all these characters such men are of medium knowledge, life span, wealth and stamina.

Kapha Prakriti

Kapha is supposed to be 'Snigdha, Shlakshana, Mrudu, Madhura, Sara, Sandra, Manda, Stimita, Guru, Sheeta, Pichhila and Swachha'. Being 'Snigdha' it imparts oily characters to skin. Being 'Shlakshana' these men have well connected joints. Being 'Mrudu' they are beautiful, tender and fair color. Being 'Madhura' they have many issues. Being 'Sara' they have healthy, well-built and of stable personality. 'Sandra guna' imparts well-nourished and well-grown organs. Being 'Manda' their speech, activities are all slow. Due to 'Stimita guna' they cannot start any work at once and as such they are slower. The 'Guru guna' is responsible for the low hunger, thirst and sweat. Due to the 'Picchilaguna' their joints are well connected and his body is strong. 'Achhaguna' gives a pleasant appearance. Their voice is also deep. Due to all these characters such men are healthy, wealthy, lustrous, sober, have longevity.

Dwidoshaja Prakriti (Dual constitution)

These are also "3" in number and are formed by the pairing of *Doshas*. They are *Vata-pitta Prakriti*, *Vata-kapha Prakriti*, *Pitta-kaphaprakriti*. Individuals having constitution dominated by the combination of two *Doshas* are characterized by the combination of the presentation of respective *Doshas*. Dual *prakriti* is *nindya* or bad. Out of this *Pitta-kaphaja* is bad, *Vata-kaphaja* is worse and *Vata-pittaja* is worst.

Tridoshaja or sama Prakriti

This *prakriti* is formed by the dominance or equilibrium state of all the "3" *Doshas*. In *Doshaja Prakriti*, *Sama Prakriti* is the best. But this is found rarely. Except *Samadosha Prakriti* people, all other types are prone to diseases. As all the three *Doshas* are balanced in *Samadosha Prakriti*, these people remain healthy for more over times. Ex- *Doshaja Prakriti* is prone for diseases because in these people, for example, *Pitta Prakriti* person has *Pitta Dosha* in the state of flux, which get immediately vitiated after the consumption of hot and spicy food, which gives symptoms like gastritis.

Satvic mental constitution

The people in whom 'Satvic' qualities predominate are religious, loving, compassionate and pure minded. They have good manners, behavior and conduct. They do not get easily upset or angry. Although they work hard mentally, they do not get mental fatigue. They are creative, humble and respectful of their teachers. Worshiping god and humanity, they love all and care for people.

Satvic constitution types

1. Brahma Satva
2. Arsha Satva
3. Aindra Satva
4. Yamy Satva
5. Varun Satva
6. Kaubera Satva
7. Gandherva Satva

Rajasic mental constitution: The people in whom 'Rajas' qualities predominate are egoistic, ambitious proud, competitive, and have a tendency to control others. They like power, prestige, and position and are perfectionists. They are hardworking people, but are lacking in proper planning and direction. Emotionally, they are angry, jealous and ambitious. They have a fear of failure, are subject to stress, and soon lose their mental energy. They are loving, calm and patient only as long as their self-interests are served. They are good, loving, friendly and faithful only to those who are helpful to them. Their activities are self-centred.

Rajasic constitution types

1. AsuraSatva
2. RakshasaSatva
3. paishachaSatva
4. SarpaSatva
5. PretaSatva
6. ShakunaSatva

Tamasic mental constitutions

The people in whom tam qualities predominate are less intelligent. They tend towards depression, laziness, excess sleep, even during the day. A little mental work tires them easily.

They like jobs of less responsibility, and they love to eat, drink, sleep, and have sex. They are greedy, possessive, attached, irritable, and do not care for others.

1. *PashavSatva*
2. *MatsyaSatva*
3. *VanaspatyaSatva*

D.Bhautikaprakrit

1. ParthivaPrakriti-
2. NabhasPrakriti-
3. AapyaPrakriti
4. AagneyaPrakriti
5. VayavyaPrakriti

RESULT AND DISCUSSION

Importance of *Prakriti* in maintaining *Swasthya*-

The major use of defining '*Prakriti*' in day to day life is for selecting the diet, which suits '*Prakriti*', profession, sports and types of entertainment. The disease arising out of '*Vridhi*' of any '*Dosha*' can be prevented by understanding '*Prakriti*'. Some medicines may be preferred or some may be rejected while treating person if his '*Prakriti*' is known, As a result, if a medicine just opposite to the above said '*Dosha*' is prescribed, it may lead to better effect.

The most beneficial refresh program.

- How to compound herbal formulations to best advantage.
- The recuperative capacity of an individual.
- The most effective treatment.
- Prognosis of both simple and complex diseases.
- Most effective means to prevent disease from arising.
- Knowledge of an individual '*Prakriti*' will instruct the physician following:

The knowledge of *Prakruti parikshana* can be applied to different aspects of life. The basic principles, diagnosis of diseases, their treatment, severity of diseases, prognosis, life span, immunity, metabolic activity and many more things are based on individual *Prakruti*. These can be summarised as follows. In respect of health To maintain and to promote the health of an individual we can suggest diet and behavioural regimen according to his or her *Prakruti*. If a person's diet is suitable to his *prakruti* it will help to maintain his health. Likewise in

Vataja prakruti, one should take sweet, oily, hot served meal and fresh food which is highly nutritious. His activities should include indoor games, nearby travelling and hot climate. In *Pittaja prakruti*, one should take cold, sweet and moderate oily diet. His activities should include swimming, brain games in cool pleasant climate. In *Kaphaja prakruti*, one should take dry, light and spicy food. He should take part in active types of sports, physical exercises.

Clinical aspect By observing the *Prakruti* of patient, one can decide psychosomatic nature. This knowledge can be suitably applied in respect of etiopathology, diagnosis, prescription of medicines, drug doses, severity of diseases, prognosis aspects, drug selection, interaction of medicine and type of treatment. The three *Dosha* are responsible for health and illhealth of any individual. Each part of the body comes under the influence of all the three *Dosha*. But there are predominant areas of each *Dosha*. *Kapha* occupies the upper part of body (i.e. sinus, nostril, throat, bronchi, lungs etc.). That's why *Kapha prakriti purusha* are more prone to diseases of upper parts of the body e.g. respiratory ailments, mucous con-gestion, allergies etc. than the persons of different *Prakruti* types. *Pitta* occupies the middle parts of the body (i.e. stomach, liver, spleen, gall bladder, pancreas, duodenum etc.). So, the *Pitta prakruti purush* are more prone to diseases of its respective parts e.g. peptic ulcer, gastritis, agitation etc. *Vata* occupies the lower parts of the (lower part of small intestine, large intestine, pelvic area etc.), so the *Vata prakruti purush* are more prone to disorders of lower parts of the body e.g. constipation, low back-ache etc. By knowing the *Prakruti* of any individual, we can make an idea about the diseases, that individual is more prone to and can make effort to prevent them. In *Kaphaja prakruti* patient, where bodily fatty elements are more, it will be scientific to give drugs like *Guggulu*, *haridra*, *kanchnar*. In *Pittaja prakruti*, one has to prescribe the medicine having soothing, cooling and mild oleative action like *Chandana*, *munakka* and *yashtimadhu*. In *Vataja prakruti*, drugs should be oily and hot in nature like medicated oil with drugs, *Guduchi*, *rasna* and *eranda*. Apart from this, considering the *Prakruti* of a patient, the physician can decide the palliative treatment. He can also suitably select the type of *Panchkarma* measures as follows For *Vataja prakruti-Basti* (enema) For *Pittaja prakruti-Virachana* (purgation) For *Kaphaja prakruti-Vamana* (emesis).

CONCLUSION

Prakriti, thus refers to genetically determined physical and mental constitution of an individual. Every person has his/her own unique constitution which determines the biological

functions, response to environmental factors, drugs and also susceptibility to diseases making it one of the earliest known concepts of preventive and personalized medicine. *Prakruti parikshana* is an important aspect of Ayurveda. The knowledge of *Prakruti* can be applied to different aspects of life from birth to death.

- The concept of *Prakruti* is helpful in maintain health, understanding the course of diseases and its management, quality of life, social, economical and educational life.
- The knowledge of individual *Prakruti* can help us to decide the type of most healthy and suitable lifestyle for person to lead a disease free and creative life.
- It can be used for career counselling, marital counselling and life style counselling.

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