

## **PRAKRITI: THE INTERPLAY OF PHYSICAL AND MENTAL CONSTITUTIONS**

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### **ABSTRACT**

Ayurveda is an old and gold system of Indian medicine. The word Prakriti is the base for Kriya Sharir (Physiology) which is made up of two words 'Pra' and 'Kriti'. The 'Pra' meaning pre or prior and 'kriti' meaning to make which is primary which proceeds what is made. Prakriti is major concept of ayurveda as well as physiology of human body. Prakriti is the constitution of an individual determined at the time of conception in future it can't be change fully, although can subside the constitution to some extent. This article explores the intrelationships personalized individual's (Sharirk) and mental (Manshik) aspects of Prakriti, highlighting their reciprocal influence on overall health and well-being. By examining the complex relationships personalized individual's physical characteristics, mental tendencies, and environmental factors, this article aims to deepen understanding of the Prakriti paradigm and its implications for personalized medicine, health promotion, and holistic wellness.

**KEYWORDS:** Ayurveda, Prakriti, constitution, Sharirk, Manshik.

### **INTRODUCTION**

In the ancient Indian system of medicine, Ayurveda, the concept of Prakriti plays a pivotal role in understanding human health and disease. Prakriti refers to an individual's unique physical and mental constitution, shaped by their genetic, environmental, and lifestyle factors. This A provides blueprint which influences not only their physical characteristics, such as body type, skin tone, and hair texture, but also their mental tendencies, emotional responses,

and susceptibility to diseases. The Prakriti paradigm recognizes the intricate interplay between the physical (Sharirk) and mental (Manshik) aspects of an individual, highlighting the need for a holistic approach to health and wellness. By understanding an individual's Prakriti, healthcare practitioners can tailor their approach to prevention, diagnosis, and treatment, taking into account the individual's unique strengths, weaknesses, and vulnerabilities. In charak samhita it is mentioned that abnormality in dhatus is vikriti and normality in dhatus is prakriti.<sup>[1]</sup> In another verse while explaining the curability of disease it was told that cause symptoms should be opposite of persons prakriti.<sup>[2]</sup>

According to the principles of Ayurveda, Dosha determines ones prakriti. there are three doshas vata pitta kapha. Ayurveda proposes that specific attribute of a dosha has a causal relationship with the specific trait expressed in an individual. Once this predominance is set it becomes permanent for that individual. It is like watermark on the currency notes. once this predominance is decided than every organ evry tissue work according to this predominance. Depending on Prakriti, a individual anatomical, physiological, and psychological qualities vary from person to person. Every person's Prakriti remain consistent throughout life.<sup>[3]</sup>

if proper care is not taken then this predominance may lead to certain disease. According to thispredominance evry individual needs certain type of food, drinks, behaviour etc to keep him healthy.

## AIM AND OBJECTIVES

\* To explore the the Interplay of Physical and Mental Constitutions of Prakriti.

## DISCUSSION

The word Prakriti can be divided into three Pada 'Pra', kri', and 'ti'. among these 'Pra' designates for sattva Guna denotes for Jnana (knowledge, 'kri' designates for Rajas gunaand denotes Gati (movement), 'Ti' designates for tamas guna and it denotes Jadatva (immobility). this is however Prakriti word denotes also manshik Prakriti. Prakriti the reson behind everything in human body As per acharya sushruta Prakriti natural constitution is designed by the dosha which stays predominating during fertilization.<sup>[4]</sup> A number of other factors also resonsible for prakriti such that nature of season, condition inside utreus, food of mother during pregnancy and other regimes adopted by mother during pregnancy. Such that some people may have an equilibrium state of all the three Doshas viz. Vata, Pitta, and Kapha since conception. Some may be having the dominancy of Vata; certain people may have the

dominancy of Pitta, and some others have the dominancy of Kapha. The ancient Indian system of medicine, Ayurveda, the concept of Prakriti plays a pivotal role in understanding human health and disease. Prakriti refers to an individual's unique physical and mental constitution, shaped by their genetic, environmental, and lifestyle factors. Threcognizinge blueprint influences not only their physical characteristics but also their mental tendencies, emotional responses, and susceptibility to diseases.

### **Attributes of Vata Prakriti**

Individuals with a predominantly Vata having creativity. Dwarfism, physical emaciation, and dryness were all present, along with a dry, low, and loud voice that kept them up at night. They will be carefree, erratic eaters with delicate personalities. unable to move freely in the head, hands, shoulders, lips, tongue, or jaw. Speech that is incoherent and has many visible tendons and ligaments. This character is characterized by rash actions, rage, the development of clinical symptoms, agony brought on by fear, object preferences and aversions, and the ability to understand and forget things. Chilly intolerance is often accompanied with cold, stiffness, and shivering. roughness and hardness in the head, hands, feet, hair, teeth, and nails, among other body parts. As they move, organs and limbs crackle. sounds that are constantly present.<sup>[5]</sup>

### **Attributes of Pitta Prakriti**

Piplu (tiny boils), Vyanga (face melanosis), Tilkālaka (flat nevi), and multiple Pidakas (skin eruptions) are all signs of a warm face, intolerance to heat, and a fair and delicate body with brown hairs and scanty (baldness) hairs on the head, face, and other regions of the body. acute physical strength, a strong digestive system, a gluttony tendency, frequent ingestion of large amounts of food and liquids, and an inability to handle challenging circumstances. acute athletic prowess, a sound digestive system, a gluttony tendency, and frequent ingestion of good amount of food.<sup>[6]</sup>

### **Attributes of Kapha Prakriti**

A glowing body and glossy skin. bodily components that are delicate and soft. Beautiful features, a lovely face, and delicate organs, muscles, and skin. will produce more sperm, be more attractive to women, have more children, and be more active. bodily stability, thickness, and stability. organs and muscles that are finished. Slow in speaking, eating, and moving. a delayed start, symptoms of illness, and a steadily increasing irritation. a stable, non-slip gait

when every foot is firmly planted on the ground. A sweet voice, a smile, a delicate complexion, a lovely face and eyes.<sup>[7]</sup>

Acharya Charaka told seven types of Deha-Prakriti along with this sixteen types of Manasa Prakriti also described broadly into three types which is satviak, rajshik, tamshik.<sup>[8]</sup>

Prakriti is determined by the unique combination of three fundamental energies or doshas: Vata, Pitta, and Kapha. Each individual has a distinct proportion of these doshas, which influences their physical and mental characteristics. An individual's psychological makeup is shaped by various factors, causing their mental constitution to adapt and change. The interplay of three attributes - sattva (purity), rajas (passion), and tamas (ignorance) - influences their personality, with one attribute often dominating the others. This dominance can shift depending on circumstances, experiences, and perceptions, resulting in varying mental states. Ultimately, the frequency of these shifts determines an individual's mental disposition. Mental constitution is dynamic and influenced by external factors. Sattva, rajas, and tamas attributes interact and impact personality. Dominance of one attribute can shift depending on circumstances. Frequency of these shifts determines mental disposition.

### **Sattvika**

compassion(anrushasyam)

Tendency of sharing belongings (samvibhagaruchita)

Forgiveness (titiksha)

Truthfulness (satya)

Religiousness (dharma)

Believing in God or veda (astikyam)

Knowledgeable (gyana)

Logical intelligence (buddhi)

Good recalling(smriti)

Wisdom (medha)

Good retention power of the mind (dhriti)

detachment (anabhishanga)<sup>[9]</sup>

### **Rajasika**

Excessive wandering (atanshilata)

Less retention or impatience (adhriti)

Ego (ahankar)  
dishonesty (anrutikatvam)  
cruelty(akarunyam)  
Hypocrisy gance (mana)  
Pleasure or exhilaration (harsh)  
Lust or excessive indulgence (kama)  
Anger (krodha)<sup>[10]</sup>

### **Tamasika**

Sadness (vishada)  
Not believing in God and veda (nastikyam) or pessimism  
Not follow the religion or righteousness (adharmashilata)  
Perverted intelligence (buddhenirodho)  
Dumbness (ajnana)  
Foolishness (durmedhastvam)  
Lethargy or inactivity (akarmashilta)  
Sleepiness (nidralu)<sup>[11]</sup>

### **The Interplay of Physical and Mental Constitutions**

The physical and mental aspects of Prakriti are intricately linked. An individual's physical characteristics, such as body type, skin tone, and hair texture, are influenced by their Prakriti. Similarly, their mental tendencies, emotional responses, and behavioral patterns are also shaped by their Prakriti.

For example: An individual with a predominantly Vata Prakriti may be prone to anxiety, stress, and dry skin.

An individual with a predominantly Pitta Prakriti may be prone to anger, competition, and skin inflammation.

An individual with a predominantly Kapha Prakriti may be prone to lethargy, attachment, and weight gain.

### **Implications for Personalized Medicine**

Understanding an individual's Prakriti can inform treatment strategies and health recommendations. For instance:

A Vata individual may benefit from warm, nourishing foods and stress-reducing practices like yoga and meditation.

A Pitta individual may benefit from cooling, calming practices like swimming and relaxation techniques.

A Kapha individual may benefit from stimulating, detoxifying practices like exercise and fasting.

#### Implications for Health Promotion

Recognizing an individual's Prakriti can help prevent diseases and promote overall well-being. For example

A Vata individual may be prone to digestive issues and benefit from regular, nourishing meals.

A Pitta individual may be prone to skin issues and benefit from protective measures like sunscreen and cooling skincare routines.

A Kapha individual may be prone to weight gain and benefit from regular exercise and a balanced diet.

#### Implications for Holistic Wellness

Integrating physical, mental, and spiritual approaches can foster balance and harmony in life. For instance

Yoga, meditation, and pranayama can help balance the doshas and promote overall well-being. Dietary recommendations based on Prakriti can help maintain physical and mental health. Lifestyle modifications, such as sleep patterns, exercise routines, and stress management, can also be tailored to an individual's Prakriti.

### CONCLUSION

In conclusion, the concept of Prakriti in Ayurveda highlights the intricate relationship between an individual's physical and mental constitutions. The Charaka notes in the Charaka Samhita, "Prakriti is the fundamental nature of an individual, which influences their physical and mental characteristics"<sup>[12]</sup> This ancient wisdom emphasizes the importance of recognizing their strengths, weaknesses, and vulnerabilities, enabling personalized approaches to health, wellness, and self-awareness.

By embracing the concept of Prakriti, individuals can Develop personalized health and wellness strategies tailored to their unique needs.

Cultivate self-awareness and understanding of their mental and emotional tendencies. Foster balance and harmony in their lives by recognizing and addressing imbalances in their Prakriti.

As Ayurveda continues to gain recognition as a holistic system of medicine, the concept of Prakriti offers a valuable framework for understanding the complex interplay between physical and mental constitutions. By integrating this knowledge into modern healthcare and wellness practices, individuals can unlock the full potential of their unique Prakriti and achieve optimal health, happiness, and fulfillment.

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