

IMPORTANCE OF PRAKRITI ASSESSMENT IN CHILDREN**¹*Dr. Apeksha Panwar and ²Prof. Dr. Neeraj Srivastava**¹Assistant Professor Department of Kriya Sharir.²Department of Bal Roga Himalaya Ayurvedic Medical College And Hospital.Article Received on
04 Sept. 2023,Revised on 25 Sept. 2023,
Accepted on 16 Oct. 2023

DOI: 10. 20959/wjpr202319-30024

Corresponding Author*Dr. Apeksha Panwar**

Assistant Professor

Department of Kriya Sharir.

ABSTRACT

Ayurveda an ancient system of medicine holds a unique concept to describe the basic constitution of an individual i.e Prakriti. In Ayurveda, this genetic constitution of an individual which is constant throughout the life is called Prakriti. The knowledge of Prakriti is essential to evaluate individual physiological and psychological traits. Like adults, assessment of Prakriti in children is essential to evaluate susceptibility to specific disease, its diagnosis, prevention and treatment. In ancient ayurvedic literature, several criteria have been described for Prakriti assessment in adults. But as far as children and

infants are concerned no detailed description is available. Prakriti can be determined as physiological and psychological characteristics specified in ayurvedic texts. The Prakriti of children can be assessed by using a validated questionnaire based on physical, physiological and psychological characteristics. Psychological traits can be considered as Prakriti assessment parameters after ten years of age. The aim of this article is to explore the core concept of Prakriti and to evaluate prakriti of children by using a validated questionnaire based on various physical and physiological traits.

INTRODUCTION

The word Prakriti denotes nature. Prakriti is derived from *Pra* and *Kriti* where *Pra* means origin and *kriti* means to create or act, while Prakriti is the natural tendency of a person's body constitution.^[1]

Prakriti is an inherent nature of an individual determined at the time of your birth. The organization of Prakriti is in accordance of predominant dosha at the time of conception.^[2]

The Prakriti or the basic constitution of an individual is fixed at conception and is enumerated through physical, psychological and behavioral traits, which has been elaborated in original

Ayurvedic texts.^[3] People are born with different proportions of dosha which results in deha prakriti.^[4] Each set of Prakriti has its own physical, physiological, psychological and social characteristics.^[5]

Prakriti of an individual is not only determined by genetic factors(shukra and shonita) but are also influenced by environment(Mahabhuta Vikara), maternal diet(matur ahara vihar) and age of parents and there physical status(Kala Garbhasya).^[6]

According to Acharya Sushruta the inherent dosha performance in prakriti is not harmful and Prakriti remains stable and never altered.^[7] Acharya Vagbhata holds the view that an individual where doshik Prakriti is altered, one does not remain alive for more than six months.^[8]

Acharya Charak has given the most systematic description of Prakriti than other samhitas. According to Acharya Charak different Prakriti i.e Vataj, Pitaj and Kaphaj can be identified with the characters of different Gunas of Vata, Pitta and Kapha dosha.^[9]

Acharya Sushruta and Vagbhata have comparison of man nature with other animals and also description of dreams is also found in relation to Prakrit.^[10]

Textual Parameter for Prakriti assessment in infant (Based on textual description)^[11]

S.N	Feature	Vata Prakriti	Pitta Prakriti	Kapha Prakriti
1	Skin texture	Rough/ Dry body	Soft skin	Smooth & Unctuosness
2	Skin texture	Thin Body	Warm face	Low temperature
3	Skin color	Dark skin color	Yellow and loose	-----
4	Skin look	Ugly	-----	Pleasing, delicate and fair look
5	Physique	Undeveloped and short body	-----	All organs are well developed and perfect
6	Physique	Prominence of vein all over body	-----	-----
7	Hand and Feet	Cracked Hands and Feet	-----	-----
8	Hand and Feet	Unstable	-----	Long arm
9	Chest	-----	-----	Elevated chest
10	Scalp hair	Scanty hair	Scanty hair	Curly hair
11	Scalp hair	Dusky hair	Brown hair on scalp	Blue hair
12	Scalp hair	Rough hair	Soft hairs	Thick hair
13	Eye	Rough eye	Coppery eye	Smooth eye

14	Eyes	Unstable eye	-----	White eye
15	Eyes	Unstable eye brow	-----	Eyes are reddish at their end
16	Hunger	-----	Excessive hunger	Little hunger
17	Frequency of feeding	Light and Unsteady	High Frequency	Low frequency
18	Quantity of feeding	Great amount of food	Plenty intake	Low intake
19	Dislike Diet	Hate cold things	Hate hot things	-----
20	Like diet (> 6 month)	Hot food/ milk	Cold food/ milk	Hot food/ milk
21	Frequency of stool	-----	Excessive	-----
22	Frequency of Urine	-----	Excessive	-----
23	Frequency of thirst (> 6 month)		Excessive	Little thirst
24	Sweating		Excessive	Little
25	Sweating	-----	Foul smell	-----
26	Sleep	Less duration of sleep	-----	-----
27	Sleep	Eye lid open during sleep	-----	-----
28	Anger (>6 month)	-----	Angry quickly & relieved quickly	-----
29	Attachment (>6 month)	Quick attachment & Quick detachment	-----	-----
30	Initiation of work (>6 month)	Quick Initiation	-----	Delay Initiation
31	Irritation (>6 month)	Initiation Irritation	-----	Delay Irritation
32	Speech (>6 month)	Very talkative	-----	Less talkative
33	Type of Speech (> 6 month)	Rough voice	-----	Affectionate voice
34	Intolerance Environment	Intolerance to cold	-----	-----
35	Frequency of cry	-----	-----	Less cry
36	Incidence of diseases	Early disorder	-----	Late disorder

Physiological Criteria that applicable in age group- 10 to 16 year.^[12]

Characteristic	Vata Prakriti	Pitta Prakriti	Kapha Prakriti
Activities	Fast, unsteady	Fast	Slow and steady
	Tremors	Definite	
	Cramps		
Voice / cry (Quality)	Rough, dry	High pitched	Deep, resonation
	Weak	Clear	Pleasant
	Stammering	Average	Sweet / Commanding
	Unclear, split		
	Vibrating		
	shrill		

Speech (Habits)	Talkative & fast	Fast and smooth	Slow but steady
	Incoherent	Debating	Monotones
	Exciting	Impressive speech	Pleasant, Continuous
		Insulting attitude	Impressive talk
		Sharp and cutting	
Appetite (Agni)	Frequent Eating	Good	Slow but steady
	Irregular	Excessive	
	Variable quantity	Unbearable hunger	
	Scanty		
Thirst	Variable	Excessive	Scanty
Acceptance of taste (Rasa)	Sweet, sour	Sweet, bitter	Spicy, dry
	Salty	Astringent	Astringent, bitter
	Hot, Oily	Cold	Hot
Bowel movement (Kostha)	Krura	Mrudu	Madhyama
Urine/ Sweating	Small quantity	Profuse	Normal
	Frequent	Foul smelling	
Stool	Dry, hard	Loose (not diarrhea)	Thick Oily
	Small quantity	Yellow	Heavy
	Constipated	Large quantity	Whitish Yellow
		Foul smell	
Sleep	Disturbed (interrupted)	Moderate sleep	Deep sleep
	Scanty	Little and sound	Heavy
	Awake fullness		Prolonged Day time too
Dreams	Flying in the sky	Lights, stars	Cold, pleasant
	Mountain lumping	Fire, electricity	Water, Lake
	Running fearful	Violence and Battle	Swimming clouds and Swan
Strength	Weak	Moderate	Strong
Memory	Weak	Good	Good
	Grasps easily and Forget easily also	Sharp	Grasps slow
	Recent memory-Good		Steady, prolonged
	Remote Memory- Poor		
Concentration	Unsteady	Steady	Steady
Nature	Nonreligious	Nonreligious	Religious
	Undevoted	Undevoted	Devoted
	Devoid of truth and Kindness	Kindly to friends only	Loves truth and kindness
	Uncultured	Good conduct	Calm and Quiet
		Helping to those who Seek for help	Helping and Steady in relations
Anger	Quickly angry	Quickly angry	No quick anger
	Quickly relaxed		But if it is, long Lasting
Friendship	Unsteady and no real friends	No friends due to Hot temper nature	Many friends, Long lasting

Assessment of Prakriti thorough Bio-chemical studies.^[13]

Biochemical profiles		Vata Prakriti	Pitta Prakriti	Kapha Prakriti
Lipid profile	Total Cholesterol	Lower	Not significant	Higher
	Triglycerides	Lower	Lower	Higher
	VLDL	Lower	Lower	Higher
	LDL	Lower	Higher	Higher
	HDL	Higher	Not significant	Lower
	LDL/HDL, ratio	Lower	Lower	Higher
LFT	SGOT	Lower	Higher	Higher
	SGPT	Lower	Not significant	Higher
	Prothrombin time	Higher	Higher	Lower
Hematological	Hemoglobin	Lower	Higher	Lower
	PCV	Lower	Higher	Lower
	RBC count	Lower	Higher	Not significant
	Prolactin	Higher	Not significant	Lower
	Uric Acid	Lower	Higher	Higher
	Zinc	Lower	Not significant	Higher

Assessment of Prakriti through Body Mass Index(BMI)^[14]

The body mass index(BMI) or Quetelet is a value derived from the mass(weight) and height of an individual. The BMI is defined as the body mass divided by the square of the body height and is universally in units of kg/m^2 resulting from mass in kilograms and height in meters. Some attempts are made to establish the correlation of BMI and Prakriti of an individual. BMI is broadly classified into three categories. The subject with BMI less than 20, 20 to 25, and greater than 25 were denoted as low, moderate and high BMI respectively. It is found that individual has BMI of less than 20 have dominating Vata Prakriti followed by Pitta and Kapha Prakriti respectively. The moderate BMI(20-25) has dominant Kapha Prakriti followed by Vata and Pitta respectively. BMI greater than 25 was predominantly Kapha constituent followed by Pitta and Vata Prakriti, respectively.

DISCUSSION AND CONCLUSION

Ayurveda has provided a detailed description about Prakriti. Prakriti is determined at the time of conception and remain unchanged during the lifetime. It plays a major role in prevention and management of disease. To sustain a healthy life, every person should know their basic constitution i.e Prakriti.

There are many parameters which can be used to assess Prakriti of children as textual description(Questionnaire method), BMI, Biochemical marker etc which is used nowadays to assess Prakriti of children. By having the knowledge of Prakriti in children we can analyze

the basic skills, capabilities and core strength of a child. This further helps in shaping the future of child. For example Kapha Prakriti child can be encouraged to participate in more physical activity as Kapha Prakriti have a natural tendency for reduced movement so if encouraged child will lead to a healthier life and will prevent the child from chronic disorders related to obesity.

REFERENCES

1. Monier Williams, Sanskrit English dictionary, MotilalBanarasidas Publication, 2002; 654.
2. Agnivesha. Charakasamhita, English translation by Sharma RK, Dash B., Sutra Sthan (10:11), Chaukhambha Sanskrit series office, Varanasi, 2010; I.
3. Vagbhata. AstangaHridayam, English translation by SrikanthaMurty KR, Sutra sthana (1:10), Chaukhambha, Krishnadas Academy Varanasi, 2015; I: 7.
4. Sushruta. Sushrutasamhita, English translation by Sharma P.V, Sharirsthan (4:77), ChaukhambhaVishvabharati, Varanasi, 2005; II.
5. Agnivesha. Charakasamhita, English translation by Sharma RK, Dash B., VimanSthan (6:16), Chaukhambha Sanskrit series office, Varanasi, 2010; II: 192.
6. Agnivesha. Charakasamhita, English translation by Sharma RK, Dash B., Sutra Sthan (10:11), Chaukhambha Sanskrit series office, Varanasi., 2010; 1: 197.
7. Vagbhata. AstangaHridayam, English translation by SrikanthaMurty KR, Sutra sthana (1:10), Chaukhambha, Krishnadas Academy Varanasi, 2015; I: 7.
8. Agnivesha. Charakasamhita, English translation by Sharma RK, Dash B., VimanSthan (8:95), Chaukhambha Sanskrit series office, Varanasi, 2010; II: 262.
9. Agnivesha. Charakasamhita, English translation by Sharma RK, Dash B., Sutra Sthan (7:41-44), Chaukhambha Sanskrit series office, Varanasi, 2010; I.
10. Sushruta. Sushrutasamhita, English translation by Sharma P.V, Sharirsthan (4:62), ChaukhambhaVishvabharati, Varanasi, 2005; II.
11. Sushruta. Sushrutasamhita, English translation by Sharma P.V, Sharirsthan (4:62), ChaukhambhaVishvabharati, Varanasi, 2005; II.
12. Agnivesha. Charakasamhita, English translation by Sharma RK, Dash B., Sutra Sthan (7:40), Chaukhambha Sanskrit series office, Varanasi, 2010; I.
13. Vagbhata. Astangasamgraha, English translation by SrikanthaMurty KR, Sharirsthana, (8/15), ChaukhambhaOrientalia, Varanasi, 2001; II.
14. Vagbhata. AstangaHridayam, English translation by SrikanthaMurty KR, Sutra sthana (1:10), Chaukhambha, Krishnadas Academy Varanasi, 2015; I: 7.

15. SrivastavaNiraj, Singh Praguna, GehlotSangeeta, Singh Sanjay, Singh B.M: Basics for the development of prototype research software relevant to infants' Prakriti assessment for Vikriti management and possible future disorders. *Int. J. Res. Ayurveda Pharm.*, 8(1).
16. Agnivesha. *Charakasamhita*, English translation by Sharma RK, Dash B., Sutra Sthan (7:39-40), 154, Chaukhambha Sanskrit series office, Varanasi, 2010; 1.
17. SrivastavaNiraj, GehlotSangeeta, Singh Sanjay, Singh BM. Application of different parameters for selecting normal and abnormal skin characteristics in determination of Prakriti in infants. *Int. J. Res. Ayurveda Pharm.*, 2015; 6(2): 161-168.
18. Agnivesha. *Charakasamhita*, English translation by Sharma RK, Dash B., VimanSthan (8:100), Chaukhambha Sanskrit series office, Varanasi, 2010; II.