

CONCEPT OF ANUKATVA IN PRAKRITI: A CRITICAL REVIEW

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ABSTRACT

Ayurveda believes humans are made up of five elements namely ether, fire, water, earth and air. The three *Doshas* (*Tridosha*) *Vata*, *Pitta*, and *Kapha* originated from the combination of these elements. Every person has a unique combination of *Tridosha* elements contributing to a person's '*Prakriti*'. *Prakriti* governs the physiological and psychological tendencies in all living beings as well as the way they interact with the environment. Ayurveda classics described *Anukatva* in *Prakriti* lakshana, *Anukatva* means similarity, one having equal qualities like another. *Pramanas* being source of valid knowledge are immensely useful to understand as well as to interpret these fundamentals of *Sharir*. Out of these four *Pramanas*, *Upamana Pramana* (analogy) is widely utilized in explanation of *Sharir* concepts. Concept of *Anukatva* in *Prakriti* is example of utilization of *Upaman Pramana*. The aim of the article is to analyse concept of *Anukatva* in *Prakriti* with help of *Upamana Pramana*.

KEYWORD: *Anukatva*, *Upamana Pramana*, *Prakriti*.

INTRODUCTION

Acharya Sushrut introduced the concept of *Anukatva*. In the description of constitution, *Sushruta* has shown the resemblance in the features of the constitutions and features of animals. This resemblance in characters, behavior, activity, structure and mentality is called as '*Anukatva*' in *Ayurveda*.^[1] *Pramanas* being source of valid knowledge are immensely useful to understand as well as to interpret these Fundamentals of *Sharir*. Four means of knowledge or *Pramanas* are accepted in *Nyaya Darshana* viz- *Pratyaksha*, *Anumana*, *Upamana* and *Shabda Pramana*.^[2] Out of these four *Pramanas*, *Upamana Pramana* enlightens the features of unmanifested things with a familiar or manifested thing based on similarities. in the period of *Samhitas*, the students and teachers were in close contact with nature, so the teaching process always used to mention some environmental facts for better understanding of topic e.g. *Kapha Prakriti* people walk like an elephant.^[3] The behavior of the individuals with specific *Prakriti* resembles to one or more animal surrounding us. The concept of *Anukatva* helps us to understand the behavior of different *Prakriti* humans more clearly.

Prakriti

Prakriti word derived from '*Prakarotiiti*'. *Prakriti* means manifestation of special characteristics due to predominance of *Doshas* (*Vata*, *Pitta*, and *Kapha* the functional component of body) & in these *Prakriti* indicates predominance of specific *Dosha* in a human being.^[4] *Prakriti* is defined as the state of an individual in its natural form. *Ayurveda* classifies people on the basis of *Prakriti* as every person is supposed to have a fixed *Prakriti* that is formulated by the condition of *Tridosha* at the time of union of sperm and ovum inside the uterus. So *Prakriti* refers to genetically determined anatomical, physiological and psychological constitution of an individual.

Types

1. Doshaja types

- Vataja
- Pittaja
- Kaphaja
- Vata pittaja
- Vata kaphaja
- Pitta kaphaja
- Vata pitta kaphaja

2. Bhautika prakriti

- Parthiva
- Apya
- Taijas
- Vayawiya
- Akashiya

3. Gunamayi prakriti

- Sattvika prakriti -7
- Rajas prakriti -6

- Tamas prakriti-3

4. Jatyadi sapta prakriti

- Jatiniyat prakriti
- Deshniyat prakriti
- Kalaniyat prakriti
- Vayaniyat prakriti
- Balaniyat prakriti
- Pratyatmaniyat prakriti

Concept of Anukatva**1. Anukatva in vata prakriti^[5,6]**

<i>Animal</i>	<i>Similarity with vata</i>
1. Aja (goat)	Slender body, Low strength Constant movement, Eats frequently
2. Shrigala (fox)	Likes to do the work by deceiving others, Has selfish nature, His complexion is dusty and has unstable eyes
3. Shasha (rabbit)	Small body, mind full of anxiety, moves lot with unstable eyes, fearful nature.
4. Akhu (rat)	Thin and small body having dusty color and hairs likes to steal and destroy without purpose. Also has fearful but cruel nature.
5. Ushtra (camel)	Slender & tall, dry & rough voice, rough skin.
6. Shwa (dog)	Small undernourished body, likes to quarrel. Voice is harsh & rough.
7. Gridhra(vulture)	Ugly, wicked, cruel and crooked nature.
8. Kaka (cow)	Black colour, ugly, dry, harsh and rough voice.
9. Khara (donkey)	Dry & rough voice, dusty hairs & body, does lot of work without proper thinking.

2. Anukatva in pitta prakriti.^[7,8]

<i>Animal</i>	<i>Similarity with pitta</i>
1. Vyaghra (tiger)	Courageous, strong physical power, yellowish skin color, egoistic.
2. Riksha (bear)	Red eyes, courageous, fond of cold
3. Marjara (cat)	Delicate and medium body, grey eyes.
4. Vanara (monkey)	Intelligent, small but agile body having brownish skin and gray eyes.
5. Nakula (mongoose)	Very courageous, fighting nature.
6. Bhujanga (snake)	Yellow colored skin, delicate and soft body hot tempered.
7. Uluka (owl)	Red eyes, intelligent, afraid of sunlight.

3. Anukatva in kapha prakriti.^[9,10]

<i>Animal</i>	<i>Similarity with kapha</i>
1. Simha (lion)	Broad chest, courageous, having good strength and strong high resonant voice.
2. Ashwa (horse)	Handsome having powerful and strong body. They are very faithful to their masters.
3. Gaja (elephant)	Mighty body with broad forehead, stable gait. Their enmity is long lasting.
4. Govrishha (bull)	Mighty and strong.
5. Hamsa (swan)	Beautiful looking with white skin and having good tissue power. They like water.
6. Tarkshya (eagle)	Strong, faithful to master.

CONCLUSION

Acharya Sushruta described *Anukatva* that is analogy of *Prakriti Purush* with animals for the better understanding of concept and enhances its utilization in easiest way.

Concept of *Anukatva* is best example of *Upamana Pramana*. The behavior of the individuals with specific *Prakriti* resembles to one or more animal surrounding us. This comparison facilitates us to understand the characteristic features of each *Prakriti* more easily.

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