

**THE IMPORTANCE OF PRAKRUTI EVALUATION IN PREVENTING AND
MANAGING LIFESTYLE DISEASES: A NARRATIVE REVIEW****Dr. Shraddha Uddhavrao Satpute^{1*}, Dr. Shrikant Darokar²**¹Md Scholar, Department of Rachana Sharir, Pmt's Ayurveda College, Shevgaon, Dist. Ahilyanagar.²HOD and Professor, Department of Rachana Sharir.***Corresponding Author: Dr. Shraddha Uddhavrao Satpute**

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ABSTRACT

Background: The prevalence of lifestyle diseases like obesity, diabetes, hypertension, and dyslipidemia is rising worldwide, presenting significant public health concerns. Tailored strategies are being increasingly acknowledged for their effectiveness in disease prevention and management. Ayurveda provides such a strategy through the concept of Prakruti, which refers to the distinct psycho-physiological constitution of each individual. **Objective:** This review aims to examine the significance of Prakruti evaluation in the prevention and management of lifestyle diseases. **Materials and Methods:** A narrative review was conducted of classical Ayurvedic literature and pertinent scientific studies to investigate the relationship between Prakruti, disease risk, and lifestyle disorders. **Discussion:** Prakruti influences an individual's physical, physiological, and psychological traits, thereby affecting their vulnerability to various illnesses. Evaluating Prakruti is essential for creating tailored dietary, lifestyle, and therapeutic strategies. Recent studies in Ayurgenomics and personalized medicine have validated the idea of individual variation in constitution. **Conclusion:** Assessing Prakruti is an important resource for personalized healthcare and may aid in the prevention and management of lifestyle-related disorders. Additional research is necessary to enhance its evidence base and clinical usage in healthcare settings.

KEYWORDS: Prakruti, Lifestyle Disorders, Ayurveda, Personalized Medicine, Disease Susceptibility.**INTRODUCTION**

Lifestyle-related disorders, such as obesity, type 2 diabetes, hypertension, dyslipidemia, and cardiovascular diseases, have become significant public health issues globally. The rise in these conditions can be attributed to rapid urbanization, sedentary lifestyles, poor dietary choices, psychological stress, and decreased physical activity. These disorders lead to considerable morbidity, mortality, and economic strain, underscoring the necessity for effective prevention and management strategies. Contemporary healthcare increasingly acknowledges the significance of personalized medicine, which aims to tailor preventive and therapeutic approaches to individual traits and disease vulnerability. Nevertheless, the idea of individualized healthcare has been a fundamental aspect of Ayurveda for ages, centered around the concept of Prakruti. Prakruti denotes the distinctive psycho-physiological makeup of a person, which is established at conception based on the relative

dominance of the three Doshas—Vata, Pitta, and Kapha. It affects an individual's physical features, bodily functions, mental characteristics, vulnerability to diseases, and reaction to treatments. From an Ayurvedic perspective, comprehending a person's Prakruti is crucial for sustaining health and avoiding illness through suitable dietary practices, changes in lifestyle, and therapeutic measures. Lifestyle-related disorders arise from multiple factors, including genetic, environmental, and behavioral influences. Ayurveda suggests that differences in constitutional types among people lead to variations in their susceptibility to diseases and overall health results. Therefore, evaluating Prakruti can aid in recognizing individuals who are at risk and allow for the adoption of personalized preventive strategies. Recent developments in Ayurgenomics and personalized medicine have generated scientific interest in proving the Ayurvedic idea of Prakruti. Studies have demonstrated connections between constitutional types and genetic,

metabolic, and phenotypic variations, showing how important this is in modern healthcare.^[17-21] Therefore, this review tries to look into the role of Prakruti assessment in the prevention and management of lifestyle disorders and to examine its significance in the context of personalized healthcare.

PRAKRUTI: AN AYURVEDIC CONCEPT OF INDIVIDUALIZED HEALTHCARE

Prakruti is a fundamental concept in Ayurveda that describes an individual's inherent psycho-physiological constitution. It is formed at the time of conception and stays fairly consistent. Every person has a unique constitution that is shaped by the relative dominance of the three Doshas: Vata, Pitta, and Kapha. The main focus is on the three Doshas—Vata, Pitta, and Kapha—that affect the body characteristics, physiological functions, mental attributes, disease susceptibility, and therapeutic responses.^[2,3] According to Ayurvedic texts, the formation of Prakruti is influenced by the predominance of Doshas in the parental reproductive elements (Shukra and Shonita). Maternal diet and lifestyle, the conditions inside the womb, and the impact of the Panchamahabhutas during fetal development. Based on the predominance of Dosha, Prakruti is determined.

Broadly classified into seven types: Vataja, Pittaja, Kaphaja, Vata-Pitta, Vata-Kapha, Pitta-Kapha, and Sama Prakruti.^[3] Each type of Prakruti has different physical, body-related, and mental features. People who are mostly Vata type are usually full of energy, imaginative, and have a slim body shape. Those who are more Pitta type tend to have a different set of characteristics. Individuals have a strong metabolism, quick thinking, and average physical build, whereas Kapha-dominant people are known for being steady, strong, and having a good amount of body structure.^[2,3] Evaluating Prakruti is very important in Ayurvedic treatment. It helps in identifying constitutional strengths and weaknesses, predicting the likelihood of developing diseases, and planning personalized dietary, lifestyle, and therapeutic interventions.^[2,4,5] This individualized approach is important for maintaining health, avoiding illness, and promoting longevity. The idea of Prakruti is very similar to the ideas behind personalized medicine today. This shows that each person's risk of getting sick and how they respond to treatment can be different.^[11-16] So, the Prakruti assessment is still very important in modern healthcare, particularly in the prevention and management of lifestyle disorders.

Table 1: Characteristics of Different Prakruti Types.

Feature	Vataja Prakruti	Pittaja Prakruti	Kaphaja Prakruti
Body type	lean, thin frame	moderate build.	moderate build.
Skin	feel dry, rough, and cold	soft, warm, and sensitive	smooth, oily, and thick
Appetite	Variable	Strong	Moderate
Digestion	Irregular	Fast and efficient	Slow
Energy	level goes up and down	moderate, sometimes high	Stable and sustained
Sleep	light and interrupted	moderate deep sleep	Deep and prolonged sleep
Mental Traits	Enthusiastic, quick learning	Intelligent, decisive, ambitious	Calm, patient, stable
Emotional Tendencies	anxiety, fear, and nervousness	anger and irritability	attachment and lethargy
Physical Strength	Low	Moderate	Good
Disease Tendency	Neurological and stress-related disorders	disordersInflammatory and metabolic disorders	Obesity, diabetes, metabolic disorders
Immunity	Variable	Moderate	Strong

LIFESTYLE DISORDERS AND PRAKRUTI

Lifestyle disorders are non-communicable diseases and mostly happen because of unhealthy behavioral and environmental factors. Unhealthy lifestyle practices, like not being active enough, eating the wrong way, and having long-term health issues.

Stress, using tobacco, drinking alcohol, and having trouble sleeping are common contributing factors. Lifestyle disorders include obesity, type 2 diabetes mellitus, high blood pressure, and high cholesterol. Cardiovascular diseases and stress-related disorders. These conditions have become major contributors to global illness and death, and they place a heavy load on healthcare systems worldwide.^[6,7] From an Ayurvedic point of view, lifestyle disorders are seen as the result of inappropriate diet (Mithya Ahara), improper lifestyle

practices (Mithya Vihara), and disturbances in the balance of Doshas.^[2,4,5] Prolonged exposure to such factors may lead to impaired digestion, buildup of metabolic toxins, and organ dysfunction. Damage to body tissues eventually leads to the appearance of disease. Prakruti plays an important role in determining how likely a person is to be affected by different health issues and diseases. Although environmental and lifestyle factors affect health outcomes, individuals exposed to similar conditions can lead to different reactions and disease developments in people. According to Ayurveda, these differences are attributed to the natural variations in people's constitutions. Vata dominance is often associated with stress-related and neurological disorders, whereas Pittaja individuals may be more prone to inflammatory and metabolic conditions. Kaphaja individuals are considered more at

risk for obesity, type 2 diabetes, high cholesterol, and other metabolic problems because of the natural traits of Kapha, like being heavy, stable, and accumulating.^[2-26] The idea of Vyadhikshamatva, which means being resistant to diseases, helps explain why different people have varying responses to disease susceptibility. It means the body's ability to prevent illness from happening. Progression is influenced by constitutional factors, nutritional status, and overall health.^[2,26] Understanding Prakruti therefore gives important information about

constitutional makeup. Vulnerabilities can help find people who are more likely to get lifestyle-related health problems. So, the Prakruti assessment is a useful way to figure out if someone is more likely to get certain diseases. This forms the foundation for tailored prevention and treatment approaches in Ayurveda. Recognizing differences in the constitution can help start action early and play a part in the process of effective management of lifestyle-related diseases.^[15,16]

Table 2: Disease Susceptibility According to Prakruti.

Prakruti Type	Predominant Characteristics	Common Disease Susceptibility
Vataja	Dryness, movement	anxiety, trouble sleeping, stress problems, and musculoskeletal, neurological conditions.
Pittaja	Heat, metabolism, transformation	Hyperacidity, gastritis, inflammatory disorders, skin diseases, hypertension
Kaphaja	stability, heaviness, and buildup	obesity, type 2 diabetes, dyslipidemia, and metabolic syndrome, and cardiovascular disorders
Vata-Pitta	Mobility with increased metabolism	Stress-related disorders, digestive disturbances, inflammatory conditions
Vata-Kapha	Variable metabolism with Tendency to accumulate weight	breathing problems, being overweight along with mental health issues.
Pitta-Kapha	Strong metabolism with storage tendency	Metabolic syndrome, diabetes, hypertension, obesity
Sama Prakruti	Balanced Doshas	Lowest chance of getting sick and better general health condition

PRAKRUTI-BASED PREVENTION AND MANAGEMENT

Prakruti assessment forms the basis of personalized healthcare in Ayurveda and plays a key role in preventing and managing lifestyle-related health issues. Understanding an individual's constitutional characteristics helps in designing personalized healthcare interventions. Customized to help keep Dosha balance and lower the chance of getting sick.^[2,4,5] Early evaluation of Prakruti can help spot people who might be more likely to face certain issues. Developing obesity, diabetes mellitus, hypertension, dyslipidemia, and stress-related disorders. This enables taking steps to prevent problems before they start disease.^[15,16] Diet is one of the most important things that affects your health. Ayurveda recommends dietary modifications according to Prakruti. Vata-dominant individuals benefit from warm, nourishing foods, whereas Pittaja individuals should consume cooling foods with moderate spices. Kaphaja people benefit from eating light and easy-to-digest foods. Such individualized dietary practices help keep the body's balance in check and lower the chances of developing lifestyle-related health issues.^[2-5] Changing your lifestyle is just as important as medical treatment when it comes to preventing and managing diseases. Following a daily routine called Dinacharya and a seasonal routine called Ritucharya helps in promoting good health. Physiological balance helps support overall well-being.^[4,5] Vataja individuals benefit from this balance. Regular routines and enough rest help Pittaja people manage stress and practice moderation. Kaphaja

people need to stay active and avoid sitting too much all the time. Yoga, exercise, meditation, and ways to manage stress are all important parts of Prakruti-based healthcare. These practices help with physical fitness, mental health, and overall well-being. Improving metabolic health can lower the chance of developing diseases related to lifestyle.^[8,9] The intensity and the type of exercise can be changed based on the person's physical condition. In addition to preventive steps, Prakruti assessment helps in creating personalized therapeutic interventions. Dietary regulation, lifestyle correction, herbal medications, and panchakarma treatments are chosen based on the patient's body type and the specific illness they have. A personalized approach aims to not only control the symptoms of the disease and also to deal with the main constitutional reasons that lead to the development of disease. Therefore, prevention and management based on Prakruti offer a comprehensive and customized approach. A plan to fight lifestyle-related health problems and help people stay healthy for a long time.

MODERN SCIENTIFIC EVIDENCE

The increasing focus on personalized medicine has brought new attention to the Ayurvedic concept of Prakruti. Personalized medicine aims to provide healthcare treatments that are tailored to each individual's unique needs. Individual differences in genetics, body functions, and likelihood to get sick.^[11-13] Similarly, Ayurveda supports personalized medicine by assessing an individual's Prakruti, which makes it one of the

earliest forms of personalized medicine.^[1,2] Recent studies have explored the biological basis of Prakruti through the emerging field of Ayurgenomics. This interdisciplinary field combines Ayurvedic principles with genomics to study how different body types are connected to genes. Studies have shown differences in how genes are expressed and in metabolic processes. Differences in profiles, immune responses, and physiological characteristics among individuals belonging to different Prakruti groups. Research has indicated that people who are more Kapha in nature might show characteristics linked to certain traits. Higher body mass and metabolic disorders, whereas Pittaja individuals may demonstrate increased metabolic activity and inflammatory tendencies. Vataja individuals have been linked with more physical changes and how the body reacts to stress.^[17-21] These findings offer early scientific backing for the Ayurvedic idea of constitutional type individuality. Several studies have also found links between Prakruti types and the likelihood of being affected by. Lifestyle disorders like obesity, diabetes mellitus, hypertension, and metabolic Syndrome.^[22-26] Although more big studies are needed, the existing evidence shows that the Prakruti assessment could be a helpful tool for predicting risks and personalized healthcare planning. Thus, modern scientific research is starting to show that Prakruti is important. Understanding how each person's health is different shows how it might play a role in combining with precision medicine.^[15-21]

CHALLENGES AND LIMITATIONS

Despite its possible use in tailored healthcare, Prakruti assessment has several challenges. One of the major challenges is the lack of universally accepted and proven standard assessment methods. Differences in the tools used for assessments and how professionals understand and explain the results may affect the consistency and reproducibility of results.^[17-21] Although recent studies have shown links between Prakruti and genetic factors, much of the available evidence is based on observational studies that often have small sample sizes.^[17-21]

Therefore, large-scale, more focused research and properly planned clinical tests are needed to create a stronger understanding of scientific evidence. Another difficulty is combining Ayurvedic body type evaluation with modern healthcare systems. Differences in diagnostic approaches, terminology, and research methodologies may restrict broader acceptance and use in clinical settings.^[15,16] Nevertheless, growing interest in preventive and personalized medicine opens new opportunities for further exploration of Prakruti-based healthcare approaches. Addressing these challenges through standardization, scientific validation, and interdisciplinary research will be important for using the Prakruti assessment in a wider way in contemporary healthcare.

CONCLUSION

Lifestyle disorders have become a big problem for global health, requiring good solutions. Ayurveda addresses this need through the concept of Prakruti, which offers a way to understand the different variations in people's nature, physical, physiological, and psychological characteristics.^[1-5] Prakruti assessment helps determine a person's natural constitution and how they are naturally inclined to get sick. It also helps in understanding the body's tendencies and how diseases might affect them. Creating tailored dietary, lifestyle, and treatment plans based on individual needs. Individuals with different body types have different levels of risk for lifestyle-related health issues, showing the importance of constitutional assessment in preventing diseases and promoting health.^[22-26] Recent progress in Ayurgenomics and personalized medicine has given scientific support for the idea of Prakruti and how it helps in understanding a person's health differences^[17-21] have increased the possible importance of Prakruti. In conclusion, Prakruti assessment is a useful tool for personalized healthcare and may help a lot in preventing and managing lifestyle-related health problems. Further scientific research and standardization work are needed to build a stronger foundation of evidence for it.

Table 3: Prakruti-Based Dietary and Lifestyle Recommendations.

Prakruti Type	Dietary Recommendations	Lifestyle Recommendations
Vataja	Warm, freshly prepared, nourishing foods; adequate hydration; regular meals	Maintain regular routine, adequate sleep, stress management, gentle exercise, yoga, meditation
Pittaja	Cooling foods, fruits, vegetables, moderate spices, adequate fluids	Avoid excessive heat exposure, manage stress, practice relaxation techniques, moderate exercise
Kaphaja	Light, warm, low-fat foods; reduce sweets and heavy meals; increase fiber intake	Regular vigorous exercise, avoid sedentary habits, maintain active lifestyle, weight management
Vata-Pitta	Balanced diet with warm and cooling elements	Structured routine with stress control and moderate activity
Vata-kapha	Eat foods that are warm, light, and easy to digest	Stay active with regular exercise and keep your daily schedule consistent
Pitta-	A diet that is easy to digest, helps to cool the body, and has less fat	regular exercise and keeping emotions in check.
Sama Prakruti	Balanced diet according to season and individual needs	Maintenance of healthy lifestyle practices and preventive healthcare measures

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