

CONCEPT OF PRAKRITI IN AYURVEDA W.S.R TO DISEASE

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INTRODUCTION

Ayurveda's central idea is the *Tridosha*, a framework for understanding health and illness. In *Ayurveda*, all of an individual's physical, functional, and behavioural characteristics are part of their individual psychosomatic temperament, or *Prakriti*. *Ayurveda* holds that the body, or *Purusha*, is composed of several elements, such as *Dosha*, *Dhatu*, *Indriya*, *Manas*, *Buddhi*, and *Atma*. Like genetic code, each individual is a unique blend that makes them a unique entity. Consequently, *Prakriti* (*Tridoshas*) is determined by a unique combination of these three *Doshas*. In *Ayurveda*, *Prakriti* is said to have been generated at the beginning of human existence and usually does not alter throughout time. The Sanskrit terms "*Pra*" and "*Kriti*" are the root of the word "*Prakriti*." *Pra* denotes the starting point or place of origin, whereas *Kriti* describes the process of doing or producing. Thus, the term *Prakriti* describes the actual state or nature of an individual. *Prakriti* is the presentation or expression of an individual's physical, physiological, psychological, or social aspects.^[2] *Ayurveda* believes that every individual has a distinct nature. Every *Prakriti* person has a unique physical appearance based on the *Dosha* and *Mahabhuta* dominance at the time of birth. *Prakriti* is an inventory of physical attributes that are both internal and external. A combination of inherited and acquired elements affect human *Prakriti*. While *Shukra* (sperm) and *Shonita* (ovum) determine the genetic constitution, environmental factors such as age, race, heredity, climate, season, and place determine the acquired constitution.

Types Of Prakriti

Bhautik Prakriti: Sushruta has mentioned five type of Bhautik prakriti as Vayvya (characteristics like Vata/wind), Aagneya (characteristics like Pitta/ fire), Jaliya (characteristics like Kapha/water), Parthiva and Nabhas Prakriti, according to the dominancy of Panchamahabhutas. Parthiva prakriti persons are stable, large-bodied and of forgiving nature; person of Nabhas Prakriti is holy, long-lived, having broader mouth and nostrils.^[18] The specific types of Prakriti include Ekadoshaja Prakriti (predominance of one Dosha), Dvandvaja (combinations of VataKapha, Kaphapitta and Vatapitta) and Samamishra (all Doshas remain present in equal proportions). Prakriti can also be categorized into Shaaririka Prakriti and Manasa Prakriti. Shaaririka Prakriti includes Dosha; Vata, Pitta and Kapha and their combinations (VataKapha, Pitta-Kapha, Vata-Pitta and combination of Vata-Pitta-Kapha). Manasa Prakriti means psychological constitution which includes Rajasika Prakriti, Tamasika Prakriti and Sattvika Prakriti.

ii. **Manas Prakriti:** There are three types of Manas Prakriti; Sattvik, Rajasik and Tamsik. Acharya Shushruta has called it Mahaprakriti.

- **Sattvik Manas Prakriti:** There are seven types of Sattvik Manas Prakriti; Brahma, Arsha, Indra, Yama, Varuna, Gandharva, Kaubera. The predominance of Sattvik qualities is that of a religious, loving, kind and pure mind, having good conduct and behaviour, do not get angry easily. Do not exhaust even on hard mental work. They are theist, creative, polite and respect their teachers.

- **Rajasik Manas Prakriti:** There are six types of Rajasik Manas Prakriti; Sarpa, Aasur, Rakhsa, Paishach, Shakun, Preta. They are competitive and dominating hardworking, perfectionists but lacking proper planning, remain tense and soon lose their mental energy. They are short tempered, jealous, and ambitious, self-centred, friendly, and loyal only to those who help them.
- **Tamasik Manas Prakriti:** Three types of Tamsik Manas Prakriti are Pashu, Matsya, Vanaspathya. These people are less intelligent; tend towards depression, excessive sleep during the day. They like jobs of less responsibility;

slightest mental work tires them easily. They are greedy, possessive, love to eat, drink, sleep, and have sex, attached, irritable, and do not care for others.

Daihik Prakriti /Doshaja Prakriti: Acharya Charak, Sushruta and Vagbhatta all have described seven types of Daihik-prakriti. It is also called Sharirik-prakriti and Doshaja-prakriti, which remain unchanged from birth till death. Whichever the dosha is predominant in Shukraand Shonita; Ekadoshaja-prakriti is created, Dvandvaja-prakriti is formed by predominance of any two doshas and Samdoshaja-prakriti is formed by equilibrium stat of all three doshas.

- Ekadoshaja-Prakriti: Vata-Prakriti, Pitta-Prakriti, Kapha-Prakriti
- Dvandvaja-Prakriti: Vata-Pittaja, Vata-Kaphaja, Pitta-Kaphaja.
- Samdoshaj-Prakriti: Vataja-Pittaja-Kaphaja- in equal proportions.

Impact of Prakriti on Health and Vulnerability to Disease

Prakriti plays a fundamental role in determining an individual's overall health status, physiological functions, and susceptibility to various diseases. Each Doshic constitution—Vataja, Pittaja, Kaphaja, Dvandaja, and Sannipataja—exhibits unique physiological, metabolic, and psychological characteristics which influence disease predisposition and recovery potential. Vata-predominant individuals often have low body mass, unstable digestion, and heightened sensitivity to stress, making them more prone to neurological, musculoskeletal, and degenerative disorders like arthritis and anxiety related conditions.

Pittaja individuals, characterized by sharp metabolism and a hot constitution, are predisposed to inflammatory diseases such as gastritis, peptic ulcers, hypertension, and skin disorders like psoriasis. On the other hand, Kaphaja individuals, due to their heavy and slow metabolic profile, are more vulnerable to metabolic syndromes including obesity, diabetes mellitus, and respiratory diseases like asthma and bronchitis. Diagnostic Utility of Prakriti: Prakriti based assessment holds significant diagnostic value in Ayurveda as it helps in understanding an individual's innate physiological, psychological, and metabolic makeup, which in turn guides disease prediction, prevention, and personalized treatment planning. By identifying the dominant dosha or Doshic combinations, practitioners can predict vulnerability to specific diseases, disease progression patterns, and prognosis. Modern research has shown that Prakriti typing correlates with biochemical, immunological, and genetic markers, enhancing its relevance in clinical diagnosis and preventive care strategies.

Tools like the Ministry of AYUSH's Prakriti Parikshan App have further simplified and standardized Prakriti

assessment for large-scale population health screening and individualized care.

Clinical Utility of Prakriti: The treatment plan including drug and dose, purification therapies and preventive measures (Dinacharya and Ritucharya) can be planed according to the Prakriti of individual. This helps greatly in maintaining physiological balance and treating diseases. The details descriptions of clinical utility of concept of Prakriti are as follows

Features of Prakriti

Features of Vata Prakriti

Dryness, physical emaciation, and dwarfism, together with a loud, low, and dry voice that kept them awake all night. They will be light-hearted, unpredictable eaters who act in fragile ways. Unable to move freely in the jaw, lips, tongue, shoulders, hands, or head. Incoherent speech with numerous noticeable tendons and ligaments. Hasty decisions, anger, the growth of clinical symptoms, terror-stricken agony, and object preferences and aversions, Understanding and forgetting things are traits shared by this character. Chilly intolerance frequently experiencing shivering, stiffness, and the cold. Hardness and roughness in the teeth and nails, the head, hands, feet, hair, and other body parts. Limbs and organs crackle as they move. Sounds that presents all the time.

Features of Pitta Prakriti

Having a warm face, being sensitive to heat, having a fair and delicate body with brown hairs and scant (baldness) hairs on the head, face, and other parts of the body, as well as *Piplu* (small boils), *Vyanga* (facial melanosis), *Tilkälaka* (flat nevi), and numerous *Pidakas* (skin eruptions). acute physical strength, a healthy digestive tract, a propensity for gluttony, and regular consumption of massive portions of food and liquids, as well as an incapacity to cope with difficult situations. acute physical strength, a healthy digestive tract, a propensity for gluttony, and regular consumption of massive portions of food and liquids, as well as an incapacity to cope with difficult situations. Over all foul and rotting smell emanating from the axilla, head, lips, and other body parts.

Features of Kapha Prakriti

Lustrous skin and a glowing physique. Supple and sensitive body parts. Lovely features, a pretty face, and fragile muscles, skin, and organs. Will be more vigorous, create more sperm, be more appealing to women, and give birth to more children. Thickness, stability, and body stability. Muscles and organs that are completely formed. Sluggish in eating, talking, and doing things. A slow start to things, a gradually building irritability, and unhealthy signs. a steady, non-slip walk when each foot presses firmly into the earth. Lovely face and eyes, a kind voice, a smile, and a delicate complexion.

CONCLUSION

The concept of Prakriti holds a central position in Ayurveda, offering a detailed and individualized understanding of human constitution, health, and disease susceptibility. It is established at the time of conception and remains constant throughout life, governing anatomical, physiological, psychological, and metabolic traits. The classification of individuals based on Tridosha predominance—Vata, Pitta, and Kapha—provides a scientific framework for predicting disease tendencies, planning preventive measures, and personalizing therapeutic interventions. Recent research supports the correlation between Prakriti and genetic, immunological, and metabolic profiles, emphasizing its significance in personalized medicine. Tools like Nadi Vigyan and digital platforms such as the Prakriti Parikshan App have further enhanced the accuracy and accessibility of Prakriti assessment.

Understanding the nature and intensity of a disease, the body's reaction to treatment (pharmacogenomics), the selection and dosage of medications, the prognosis of the illness, and preventive measures like diet, daily routines, and seasonal changes all depend on an understanding of *Prakriti in Ayurveda*. The concept of *Prakriti* is essential to *Ayurvedic* treatment methods. *Kapha*, *Vata*, and *Pitta* As was already said, *Prakriti* individuals have a wide range of physiological, psychological, and physical characteristics. In order to maintain life in harmony with *Prakriti* and to help sustain healthy living in a customised manner, *Ayurveda* provides a wealth of advice on food, nutrition, seasoning, and diet based on each person's unique constitution (*Prakriti*). Being able to conduct personalised preventive health, this is not possible in other medical systems.

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