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ASSESSMENT OF DISTRIBUTION OF DIFFERENT DEHA PRAKRITI AND FEATURES OF SPECIFIC PRAKRITI

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ABSTRACT

Ayurveda described several concepts related to the health and physiology of human body and Prakriti is one such concept of Ayurveda which referred to the specific characteristics of person. The Prakriti of person mainly govern by the predominant combination of Doshas and Prakriti play important role towards the physical and mental constitution of person. The Prakriti affects disease resistance power and health status of person. The internal constitution varies person to person depending upon their Prakriti. Considering this fact we planned a survey study to explain the various concepts and facts related to the Prakriti. Study proposed distribution of population amongst the various categories of Prakriti.

KEYWORDS: Ayurveda, Prakriti, Survey, Doshas, Constitution.

INTRODUCTION

Prakriti is concept of Ayurveda which defines inherent constitution of human being; *Prakriti* resembles physical, mental and social behavior and compositions of individual. *Prakriti* also decides *Swabhava* or innate nature of an individual. *Prakriti* is responsible for physical, psychological and behavioral characteristics of human beings. Ayurveda described different types of *Prakriti* viz. *Vataja, Pittaja, Kaphaja, Vata Pittaja, Pitta-Kaphaja, Vata-Kaphaja* and *Tridoshaja Prakriti*.[1-4] *Deha-Prakriti* (human body constitution) affected by different factors as depicted in **Figure 1**.

Figure 1: Factors which influences *Deha-Prakriti.*

Matruja, *Pitruja*, *Atmaja*, *Rasaja, Sattvaja* and *Satmyaja* factors also affects human constitution. Specific *Doshaja Prakriti* based possess particular *Gunas* thus imparts definite qualities and characteristics in human behavior. These characters are the visible forms of different attributes; keeping this in view we planned a work to collect data related to the distribution of *Prakriti* amongst the scattered population. *Brihattrayi*, *Laghutrayi*, other ayurvedic treatises such as *Bhela Samhita, Siddhasara Samhita, Harita Samhita, Bhavaprakasha* and *Kashyapa Samhita*, etc. were studies and screened thoroughly.[4-7]

Aim & Objectives
To study the distribution of various types of *Prakriti* and their specific features amongst the selected population.

MATERIALS AND METHODS

Study conducted on 180 participants those were selected on the basis of inclusion and exclusion criteria from Reva district (M.P.) India. The survey study was performed to assess predominate features of population and % distribution of various types of *Prakriti* amongst the selected participants.

The study selected participants on the basis of 32 predominate features of *Doshic Prakriti*, the maximum

features related to particular *Dosha* were attributed to the specific *Prakriti* of participants.

Study Protocol

Present investigation selected six groups (30 participants in each groups) on the basis of predominance of *Doshas* as *Deha Prakriti* and survey study was performed to assess *Prakriti* of participants, their features and related characteristics. Six groups were divided on the basis of survey analysis as follows:

- ❖ *Group 1:*   *Vata-Pittala prakriti*
- ❖ *Group 2:*   *Vata-Kapha prakriti*
- ❖ *Group 3:*   *Pittala- Vata prakriti*
- ❖ *Group 4:*   *Pittala- Kapha prakriti*
- ❖ *Group 5:*   *Kapha- Vata prakriti*
- ❖ *Group 6:*   *Kapha- Pittala prakriti*

Inclusion Criteria

- ➢ Individuals of moderate age groups (20-30 years)
- ➢ Healthy male & female categorized in specific criteria of *Deha prakriti*
- ➢ Participants of different *Prakriti* i.e.; *Vata-Pittala prakriti, Vata-Kapha prakriti, Pittala- Vata prakriti, Pittala- Kapha prakriti, Kapha- Vata prakriti* and *Kapha- Pittala prakriti.*
- ➢ Participants willing to give consent form.

Exclusion Criteria

- ➢ Diseased persons
- ➢ Peoples indulging smoking and drinking habits/tobacco addiction
- ➢ Pregnant women
- ➢ Female taking birth control contraceptives
- ➢ Person unable to provide consent form

Assessment Parameters/Survey Analysis

The survey analysis was performed on the basis of following criteria

1. Demographic and personal information related to the health status of participants including their age, habits, religion, BMI, Thyroid, BP and Diabetes, etc. related information so their health status can be observed.
2. Questionnaire based on the physical characteristic; in this criterion total 18 questions were asked from participants related to their physical built up.
3. Questionnaire based on the physiological characteristic of participants, here total 08 questions were asked from participants related to physiological activities of body.
4. Questionnaire based on the digestion/metabolism of participants, here total 07 questions were asked related to the meal, timing and frequency of meal, dietary habits and bowel movements, etc.
5. Questionnaire based on the psychic and sociological characteristic of participants, here total 10 questions were asked related to the mental and social behavior of participants.

RESULTS

Survey analysis based on the demographic and personal information

Distribution of age groups (%)	Vata-Pittala prakriti	Vata-Kapha prakriti	Pittala- Vata prakriti	Pittala-Kapha prakriti	Kapha- Vata prakriti	Kapha-Pittala prakriti
20-24 years	36.66 %	63.33 %	40 %	43.33 %	56.66 %	56.66 %
25-30 years	63.33 %	36.66 %	60 %	56.66 %	43.33 %	43.33 %
Distribution of gender (%)	Vata-Pittala prakriti	Vata-Kapha prakriti	Pittala- Vata prakriti	Pittala-Kapha prakriti	Kapha- Vata prakriti	Kapha-Pittala prakriti
Male	33.33 %	33.33 %	50 %	56.33 %	23.33 %	46.66 %
Female	66.66 %	66.66 %	50 %	43.33 %	76.66 %	53.33 %

The maximum number of participants of age groups 20-24 years belongs from the *Vata-Kapha prakriti*, while maximum participants from 25-30 years age groups fall in *Vata-Pittala prakriti* age group.

The maximum male participants were from the *Pittala-Kapha prakriti* and *Kapha- Vata prakriti* found more in female participants.

Survey analysis based on the physical characteristics

Physical built up (%)	Vata-Pittala prakriti	Vata-Kapha prakriti	Pittala- Vata prakriti	Pittala-Kapha prakriti	Kapha- Vata prakriti	Kapha-Pittala prakriti
Lean body	30%	46.66%	43.33%	6.66%	30%	13.33%
Obese body	13.33%	16.66%	10%	13.33%	3.33%	10%
Medium physic	53.33%	40%	46.66%	80%	66.66%	76.66%

The physical characteristic revealed lean body in *Vata-Kapha prakriti* group while optimum health was

observed in most of the participants and *Pittala- Kapha prakriti* revealed good physical built up as compared to others.

Survey analysis based on the physiological features of participants

Distribution of physical stamina (strength) (%)	Vata-Pittala prakriti	Vata-Kapha prakriti	Pittala- Vata prakriti	Pittala-Kapha prakriti	Kapha- Vata prakriti	Kapha-Pittala prakriti
Weak strength (stamina)	36.66%	36.66%	13.33%	0%	13.33%	0%
Moderate strength (stamina)	50%	50%	73.33%	76.66%	40%	53.33%
Good strength (stamina)	13.33%	13.33%	13.33%	23.33%	46.66%	46.66%

The desired physical strength was observed maximum in *Pittala- Kapha prakriti* and this may be due to the good physical built up in same category. The poor physical strength was observed in *Vata-Kapha prakriti* (36.66%) which was also mentioned in many classical texts.

Survey analysis based on the digestion/metabolism of participants or food habits

Tikshagni (%)	Vata-Pittala prakriti	Vata-Kapha prakriti	Pittala- Vata prakriti	Pittala-Kapha prakriti	Kapha- Vata prakriti	Kapha-Pittala prakriti
	46.66%	40%	83.33%	80%	40%	56.66%
Dietary habits (%)	Vata-Pittala prakriti	Vata-Kapha prakriti	Pittala- Vata prakriti	Pittala-Kapha prakriti	Kapha- Vata prakriti	Kapha-Pittala prakriti
Snigdha Ahara	53.33 %	30%	20%	13.33%	13.33%	10%
Sheeta Anna	13.33%	3.33%	36.33%	16.66%	0%	13.33%
Ushna & Ruksha Ahara	33.33%	66.66%	43.33%	70%	86.66%	76.66%

Groups predominate to *Pitta prakriti* revealed intense level of digestive fire, the *Tikshagni* was found maximum in *Pitta* groups since *Pitta* itself govern digestive and metabolic activities of body, therefore *Pitta* predominant group possess high digestive and metabolic power.

The dietary habits were also surveyed during the study, *Vata* predominant group likes *Snigdha Ahara* while *Sheeta Anna* preferred by *Pittala- Vata prakriti* peoples. *Kapha* predominate peoples consumed *Ushna & Ruksha Ahara* followed by *Pittala- Kapha prakriti.*

Survey analysis based on the psychic and sociological characteristic of participants

Mental status	Vata-Pittala prakriti	Vata-Kapha prakriti	Pittala- Vata prakriti	Pittala-Kapha prakriti	Kapha- Vata prakriti	Kapha-Pittala prakriti
Poor memory	56.66%	73.33%	23.33%	20%	36.66%	13.33%
Medium grasping power	30%	16.66%	60%	56.66%	30%	60%
Good memory	13.33%	10%	16.66%	23.33%	33.33%	26.66%
Social & behavioral character	Vata-Pittala prakriti	Vata-Kapha prakriti	Pittala- Vata prakriti	Pittala-Kapha prakriti	Kapha- Vata prakriti	Kapha-Pittala prakriti
High level of Angriness	33.33%	30%	30%	10%	10%	6.66%
Medium level of Angriness	46.66%	36.66%	66.66%	66.66%	23.33%	43.33%
low level of Angriness	20%	33.33%	3.33%	23.33%	66.66%	50%

Vata-Kapha prakriti revealed poor memory may be due to the obstructive and pathological behavior of aggravated *Vata.* Optimum grasping power was observed in participants of *Pittala- Vata prakriti* may be due to the nourishing and health promoting effects of *Pitta* which support digestion and metabolism thereby nourishes nervous tissue.

Anger was assessed as social and behavioral parameter in different groups of *Prakriti, Vata-Pittala prakriti* revealed maximum participants of high level of *Angriness*, this effect can be attributed to the aggravating behavior of *Vata* which antagonizes mental peace. *Kapha- Vata prakriti* revealed low percentage of angriness, the *Kapha* is responsible for cooling, soothing and calming effects thus causes mental peace, the lethargic behavior of *Kapha* predominate group also antagonizes anger and anxiety.[8-10]

CONCLUSION

The study observed that person with *Vata* predominance may possess deprived body built up as compared to the *Pitta prakriti* person. The optimum health status was observed in *Pittala- Kapha prakriti* individuals. The *Pittala- Kapha prakriti* offers good physical strength and poor physical strength was observed in *Vata-Kapha prakriti.* The *Pitta prakriti* revealed *Tikshagni* which support digestive and metabolic activities thus nourishes body and provides good health status. The *Vata-Kapha prakriti* revealed poor memory and this may be obstructive behavior of *Vata.* The nourishing and health promoting effects of *Pitta* support nervous tissues thus boost mental power. Study suggested needs of multicentric study on large population for accurate result.

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