

ASSOCIATION OF PRAKRITI IN THE OCCURANCE OF RETIOPATHY IN DIABETIC PATIENTS- A CASE SERIES STUDY**Dr. Pradeep K.***

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ABSTRACT

Diabetic retinopathy is one of the major complication of diabetes. It was found that the prevalence of diabetic retinopathy in india is about 34% among diabetic patients. It is found to be a major cause of blindness among diabetic patients in india. In Ayurveda Prakriti of an individual has got influence in maintaining health as well as causing diseases. Prakriti is influencing the causation of retinopathy in diabetic patients.

KEYWORDS: Prakriti, Diabetic Retinopathy.**INTRODUCTION**

Prakriti starts to take shape at the very first step after conception in mother's womb, which is the complete psychosomatic architect of an individual. It is influenced by the *sukra* (semen) of the father and *artava* (ovum) of the mother and the dietary habits and lifestyle of the mother.^[1] According to Vagbhata the Prakriti remains inheritant throughout the life prior to death. Ayurveda categorizes human population in to sub population such as Vata Prakriti, Pitta Prakriti and Kapha Prakriti or their combination on the basis of anatomical, physiological, and psychological characteristics with completely avoidance of racial, ethical, and geographical consideration. Ayurveda has designed Prakriti such as Vata, Pitta and Kapha or combination of either two or three of them.^[2] All individuals will be influenced by the doshas, or will be having the features of these doshas. But we consider an individual as VATA prakriti, PITTA prakriti, or KAPHA prakriti according to the features found in them. These individuals are prone to get diseases according to their prakriti, ie, Vata prakriti individual is more prone to get vata predominant diseases if he is following a vata vitiating life style. If we know our prakriti we can change our life style for maintaining the doshas in equilibrium, so that health is maintained. This study aims to observe the association of prakriti in leading the diabetic patients to diabetic retinopathy.

MATERIALS AND METHODS

Already diagnosed diabetic retinopathy patients were selected and their prakriti was assessed using the Ayusoft

Software, 8 patients with diabetic retinopathy having a history of more than 10 years of diabetes was selected.

RESULTS

Among the 8 patients selected when their prakriti was assessed it was found that 5 of them were Kapha pitta prakriti and 3 of them were pitta kapha prakriti.

**DISCUSSION**

Since eyes are said to be situated in the upper portion of our body, we know that the upper portion is Kapha dominant^[3], So persons with kapha prakriti are more prone to get diseases affecting the upper portion of our body. And since eyes are said to be the seat of pitta,^[4] pitta also has got a significant role in leading to retinopathy. And diabetes is a caused by kapha medo dushti. All this factors favouring the vitiation of kapha along with the similarity in prakriti may affect the Kapha prakriti persons with diabetes leading to diabetic

retinopathy. Along with this, ahara and vihara which vitiates kapha and pitta may increase the probability of the disease causation. And retinopathy is caused either by occlusion or leakage of retinal vessels which may be considered as the vitiation of kapha and pitta.

CONCLUSION

Prakriti has got an important role in the occurrence of disease especially diabetic complication like diabetic retinopathy. While examining a patient we have to assess dushya(dosha), desa(place), bala(strength), kala(season), anala(digestive fire) prakriti^[5] etc. In this study since only few patients are assessed, so to get a good result more patients has to be assessed by considering the prevalence of the disease. So the study should be conducted with an appropriate sample size to get better results.

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