

IMPORTANCE OF *PRAKRUTI PARIKSHANA* IN PRESENT TIME*¹Dr. Madan Mohan Sharma, ²Dr. Bhanu Pratap Singh and ³Dr. Chhaju Ram Yadav¹Professor (*Kriya Sharira*) Kunwar Shekhar Vijendra Ayurveda Medical College and Research Centre, Gangoh, Saharanpur, U.P. (India).²PhD Scholar (*Sharira Kriya* Department), National Institute of Ayurveda, Jaipur, Rajasthan (India).³Associate Professor and HOD (*Sharira Kriya* Department), National Institute of Ayurveda, Jaipur, Rajasthan (India).

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Article Received on 10/09/2020

Article Revised on 30/09/2020

Article Accepted on 20/10/2020

ABSTRACT

Prakruti represents an interesting component of basic principles of *Ayurveda*. It is the innate constitution of an individual based on predominance of *Dosha* determined at the time of conception which cannot be changed till death. It is the basic constitution of body and mind formed by the unique combination of three *Dosha*. Based on the predominance of individual *Dosha*, there are three major types of *Prakruti* named after predominant *Dosha*, viz., *Vata*, *Pitta* and *Kapha*. Each *Prakruti* has different characteristic features. A balanced *Tridosha Prakruti* is considered as ideal. Knowledge of the basic *Prakruti* of a person is useful to stay in a state of positive health.

KEYWORDS: *Dosha, Prakruti, Tridosha.*

INTRODUCTION

Ayurveda, the ancient Indian holistic medical science, practiced since 1500 B.C deals with body, mind and spirit and aims at preservation-promotion of health and prevention-cure of diseases. It provides measures for a disciplined, disease-free, long life. *Ayurveda* defines health as a state of physical, psychological, social and spiritual well being and is based on the theory of *Panchamahabhoota* and *Tridosha* which are present in each and every cell of the body along with mind and spirit. The equilibrium of *Dosha* is called health and imbalance is called disease. Together these three *Dosha* determine the physiological balance and constitution of the individual which is called as *Prakruti* in *Ayurveda*. The approach of *Ayurveda* on the subjects of determinants of *Deha prakruti* (physical constitution) is quite detailed. With the knowledge of one's *Prakruti*, it is possible to apply *Ayurvedic* fundamentals in maintenance of health as well as prevention and cure of diseases. *Prakruti Parikshana* is an important and unique aspect of *Ayurveda* in determining the nature of an individual.

MATERIALS AND METHODS

References related to proposed article are collected from classical texts of *Ayurveda*. Various publications, related books, research papers and proceedings of seminars related to the topic are collected. Relevant ideas from allied sources on the subject are also supplemented.

Prakruti

Etymologically *Prakruti* (*pra* = primary or first, *kruti* = formation or creation) stands for the prototype representing the basic formative distinction in individual. Each one of us is born with a unique combination of *Vata*, *pitta* and *kapha dosha*. That stays same for the rest of our life. This is known as *Prakruti* which means natural constitution of an individual. *Acharya Charaka* described *Dasha vidha pariksha* in *Vimana sthana*.^[1] *Prakruti parikshana* is one of them. *Prakruti* is believed to be determined at the time of conception and remain unaltered during the lifetime. Every individual can be categorized into various combination of *Vata*, *pitta* and *kapha prakruti* depending upon the predominance of each *Dosha*.

According to *Acharya Charaka* it is determined by following factors^[2]

- *Shukra* and *Shonita prakruti*
- *Kala* and *Garbhashaya prakruti*
- *Ahara* and *Vihara prakruti*
- *Mahabhuta vikar prakruti*

Types of *Deha prakruti*

There are seven types of *Deha prakruti*. These are - *Vata*, *pitta*, *kapha*, *vata-pitta*, *vata-kapha*, *pitta-kapha* and *Sama prakruti*.^[3] Out of these *Sama prakruti* is considered best one.

DISCUSSION

Importance of *Prakruti*

The knowledge of *Prakruti parikshana* can be applied to different aspects of life. The basic principles, diagnosis of diseases, their treatment, severity of diseases, prognosis, life span, immunity, metabolic activity and many more things are based on individual *Prakruti*. These can be summarised as follows-

1. In respect of health

To maintain and to promote the health of an individual we can suggest diet and behavioural regimen according to his or her *Prakruti*. If a person's diet is suitable to his *prakruti* it will help to maintain his health.

Likewise in *Vataja prakruti*, one should take sweet, oily, hot served meal and fresh food which is highly nutritious. His activities should include indoor games, nearby travelling and hot climate.

In *Pittaja prakruti*, one should take cold, sweet and moderate oily diet. His activities should include swimming, brain games in cool pleasant climate.

In *Kaphaja prakruti*, one should take dry, light and spicy food. He should take part in active types of sports, physical exercises.

2. To select the career and jobs-

If a person selects his career according to his *Prakruti*, this will help him to choose job according to his or her *Prakruti* so he or she can enjoy the job.

Kaphaja prakruti-Cardiac exercise, physical training.

Pittaja prakruti-Swimming, in research field.

Vataja prakruti-Sedentary light work, indoor games and instrumental music.

3. To know about life span of an individual

According to *Charaka*, *kaphaja prakruti* has maximum life span and people with *Vataja prakruti* have minimum life span.^[4,5]

4. About Agni and metabolic activities

Vata, *pitta*, and *Kapha prakruti* are found to have unique metabolic activities-*kapha* is slow, *Pitta* is fast, and *Vata* is considered to have variable and unpredictable metabolism means in *Vataja prakruti*, there is tendency to have *Vishmagni*, in *Pittaja* there is *Tikshnagni* and in *Kaphaja* there is *Mandagni*.

5. About Immunity or *Bala*

Charaka has described that person having *Kaphaja prakruti*, there is good *Bala* or immunity and in *Vataja prakruti* there will be low or bad immunity or *Bala*^{6,7}. It means person of *Vataja prakruti* will be susceptible to any disease very easily.

6. About *Koshtha*

In *Vataja prakruti*, there is *Krura koshtha* means there will not be easy purgation.^[8] In *Pittaja*, there is *Mridu koshtha* and in *Kaphaja*, there is *Madhyam koshtha*. It means if we know about individual's *Prakruti* we can decide that which type of purgation should be give to which person.

7. Clinical aspect

By observing the *Prakruti* of patient, one can decide psychosomatic nature. This knowledge can be suitably applied in respect of etiopathology, diagnosis, prescription of medicines, drug doses, severity of diseases, prognosis aspects, drug selection, interaction of medicine and type of treatment.

- The three *Dosha* are responsible for health and ill-health of any individual. Each part of the body comes under the influence of all the three *Dosha*. But there are predominant areas of each *Dosha*. *Kapha* occupies the upper part of body (i.e. sinus, nostril, throat, bronchi, lungs etc.). That's why *Kapha prakruti purusha* are more prone to diseases of upper parts of the body e.g. respiratory ailments, mucous con-gestion, allergies etc. than the persons of different *Prakruti* types. *Pitta* occupies the middle parts of the body (i.e. stomach, liver, spleen, gall bladder, pancreas, duodenum etc.). So, the *Pitta prakruti purush* are more prone to diseases of its respective parts e.g. peptic ulcer, gastritis, agitation etc. *Vata* occupies the lower parts of the (lower part of small intestine, large intestine, pelvic area etc.), so the *Vata prakruti purush* are more prone to disorders of lower parts of the body e.g. constipation, low back-ache etc.
- By knowing the *Prakruti* of any individual, we can make an idea about the diseases, that individual is more prone to and can make effort to prevent them. In *Kaphaja prakruti* patient, where bodily fatty elements are more, it will be scientific to give drugs like *Guggulu*, *haridra*, *kanchnar*. In *Pittaja prakruti*, one has to prescribe the medicine having soothing, cooling and mild oleative action like *Chandana*, *munakka* and *yashtimadhu*. In *Vataja prakruti*, drugs should be oily and hot in nature like medicated oil with drugs, *Guduchi*, *rasna* and *eranda*.
- Apart from this, considering the *Prakruti* of a patient, the physician can decide the palliative treatment. He can also suitably select the type of *Panchkarma* measures as follows-
For *Vataja prakruti*-*Basti* (enema)
For *Pittaja prakruti*-*Virachana* (purgation)
For *Kaphaja prakruti*-*Vamana* (emesis)
- Disease is a result of complex interplay between causative agents, environment and host factors hence there are multiple factors that are responsible for disease proneness. *Prakruti* is one of them. *Sama prakruti* has good resistance and generally not prone to diseases. Out of the rest six, *Prakruti* with one *Dosha* has better resistance than two *Dosha*

(*Dwidoshaja*). *Vata*, *pitta* and *Kapha prakruti* are susceptible to disease in decreasing order.

- *Prakruti* or a person's constitution has a clear link to the susceptibility for particular diseases. Based on the properties of the three body types, the predominance of *Kapha* body types for gaining weight is quite well known. This tendency to gain weight and for obesity is in turn linked with a number of diseases such as heart disease, hypertension, and diabetes; all of which are increasingly viewed collectively as metabolic syndrome. Similarly looking at the properties of *Pitta* body type it can be predicted that such individuals can have a inclination to develop ulcers, bleeding disorders, and skin disorders more common. *Vata* body types can have propensity to develop neurological problems, dementia, movement and speech disorders, arrhythmias, and related chronic diseases. However, of the three body types, classical texts suggest that *Vata* type individuals will have maximum tendency for disease.
 - Recently, a study reported that body mass index (BMI) in *Vata-pitta prakruti* was significantly less as compared to *Kapha-pitta prakruti* and the *Vata-pitta prakruti* individuals were found to be having maximum platelet aggregation.^[9]
 - *Prakruti* is an important component for judgement of prognosis. If nature of disease and *Prakruti* is similar than disease is difficult to be managed (*kashtasadhya*).^[10] When *Prakruti* and disease are of different origin, it is easy to manage (*sukhasadhya*).^[11] *Kashyapa* has signified role of season in relation to *Prakruti*. If *Kala*, disease and *Prakruti* are of same *Dosha*, disease is untreatable and has bad prognosis. Any two of these if similar make disease difficult to treat.
 - Though treatment design is based on multiple variables, *Prakruti* has a role in selection of drug, dose, *Anupana*, *Samskara*. Considering *Prakruti* some drugs and procedures are indicated like *Ghrita* for *Pitta* and *Vata prakruti*, *swedana* is contraindicated for *Pitta prakruti*.
8. Matrimonial- In today's era *Prakruti parikshana* is also considering for matrimonial purpose. A Person having *Vata prakruti* should not marry with same *Prakruti*.

CONCLUSION

Prakruti, thus refers to genetically determined physical and mental constitution of an individual. Every person has his/her own unique constitution which determines the biological functions, response to environmental factors, drugs and also susceptibility to diseases making it one of the earliest known concepts of preventive and personalized medicine. *Prakruti parikshana* is an important aspect of *Ayurveda*. The knowledge of

Prakruti can be applied to different aspects of life from birth to death.

- The concept of *Prakruti* is helpful in maintain health, understanding the course of diseases and its management, quality of life, social, economical and educational life.
- The knowledge of individual *Prakruti* can help us to decide the type of most healthy and suitable lifestyle for person to lead a disease free and creative life.
- It can be used for career counselling, marital counselling and life style counselling.

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