



CLINICAL SIGNIFICANCE OF CONCEPT OF *PRAKRITI* W.S.R. TO IMPORTANCE IN DISEASE ASSESSMENT

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Article Received on 15/06/2023

Article Revised on 05/07/2023

Article Accepted on 26/07/2023

ABSTRACT

Prakriti is a novel idea from ancient Ayurveda that deals with how an individual's internal constitution is affected. The individual gain explicit *Prakriti* from the birth. Habitats in nature, diet and genetics, etc. are factors that decide *Prakriti*. The *Panch mahabhutas* made a significant contribution to the *Doshaic* constitutions. The quality of prevails mixes of *Shukra* and *Shonita* contributed towards the *Prakriti* of individual, this *Prakriti* attributed in the physiological and anatomical traits. *Prakriti* resembles an individual's unique and internal constitution. Person's physiological and pathological states significantly influenced by this inherited constitution. *Prakriti* varies from person to person, just as *Doshaic* constitutions and combinations of *Panch mahabhutas* vary from person to person. *Prakriti* is also influenced by the *Trigunas*; *Satva*, *Rajas* and *Tapas* in relation to spiritual and mental behavior. *Prakriti* alters a person's susceptibility to pathological conditions and affects their physiological state. This article summarizes clinical perspectives on various types of *Prakriti* in light of the significance of the concept of *Prakriti*.

KEYWORDS: Ayurveda, *Prakriti*, Constitution, *Deha*, *Doshas*.

INTRODUCTION

According to the Ayurvedic descriptions of the psychosomatic constitution of the individual, the *Deha Prakriti* of each individual can be used to explain their unique personality traits. Natural and hereditary elements for the most part affect the *Deha Prakriti*. *Deha Prakriti* can be used to describe a person's mental, physical and physiological makeup. *Deha Prakriti* is influenced by a variety of factors because each *Prakriti*'s constitutional components differ. The individual's *Deha prakriti* is all that distinguishes them in terms of disease susceptibility and treatment. Different *Prakritis* have different combinations of *Panchmahabhuta* and *Doshas*, the *Prakriti* has a great impact on the person's *Sharira* and *Manas*.^[1-4] The various factors which affect *Prakriti* are depicted in Figure 1.

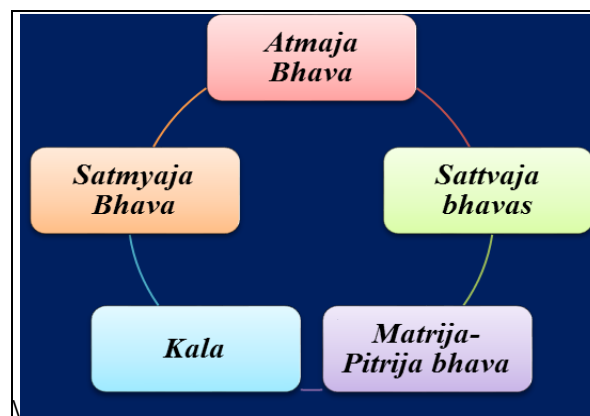


Figure 1: Factors which affects constitution of *Prakriti*

Trigunas and *Prakriti*

The *Sattvika Prakriti* is characterized by companionship, a propensity for equitable distribution, truthfulness, forgiveness, righteousness, intelligence, faith, memory, restraint and retentive mind, etc.

Dissatisfaction, impatience, egotism, cruelty, naughtiness, fraudulence, exhilaration and lust are the primary *Rajasa Prakriti* traits.

Melancholy, a propensity for injustice, ignorance, wickedness, intellectual blockage, sloth and laziness are *Tamasa Prakriti* traits.^[4-6]

Prakriti & Disease Assessment

It is expressed that when etiological variable and *Prakriti* isn't of same sort then pathogenesis of disease may observe, however these diseases can be relieved easily. When likenesses exist between etiological component and *Prakriti* then illnesses becomes difficult to cure (*Kricchra Sadhaya*). In this regard, *Acharya Charaka* stated that (*Santata Jvara*) incurable fever may be observed when *Doshas* are identical to the body's constitution.

Etiological variables influence *Tridoshas* when *Deha prakriti* of individual becomes helpless for *Doshas* vitiating factors. When *Triguna* vitiation occurs through etiological factors, *Maans Prakriti* is also influenced by etiological factors. *Bhautik Prakriti* is primarily influenced by *Mahabhoota* imbalance.

Ayurveda mostly talked about seven types of *Prakriti*, which are; *Vataja*, *Pittaja*, *Kaphaja*, *Vatapittaja*, *Pittavattaja*, *Pittakaphaja*, and *Tridosaja*. *Ekdoshaja* and *Dwidoshaja Prakritis* are said to be easily affected by etiological factors, but *Dwidoshaja prakriti* is thought to be more susceptible than *Ekdoshaja prakriti*. *Vattaj Prakriti* people are also susceptible to etiological factors, whereas *Sama Prakriti* people are considered *Uttama Prakriti*, and *Sama Prakriti* people are not susceptible to etiological factors.

Deha prakriti is primarily affected by *Doshas* which includes *Vata*, *Pitta* and *Kapha*, while *Mansa Prakriti* is mainly affected by *Triguna* factors; similarly *Mahabhoota's* composition is also associated with *Bhautik Prakritis*.^[6-8]

Physiological Attributes of Specific Prakriti

Vata Prakriti is associated with the *Akasha* and *Vayu Mahabhutas*, this *Vata Prakriti* contributed to the enthusiasm, concentration and other traits. However *Vata prakriti* is to blame for a variety of inferior traits.

Tejasa nature is provided by *Pitta Prakriti*, which is associated with *Madhyama* constitution; it is involved in digestion, intelligence, heat production and thirst, etc. The *Pitta Prakriti* oversees typical digestion and responsible for metabolic activities.

Kapha Prakriti is associated with *Apa* and *Pithvi*, contributing to *Tamas* and accountable for behavior preservation. The *Kapha Prakriti* is to blame for body fatness; because *Kapha* dominance is associated with *Tamasa Guna*, it causes behavior that is sluggish. *Sama doshaja* or *Sama dhatu Prakriti* is balance territory of *Doshas* constitution, portrayed as *Shreshtha* constitution and gives prevalent characteristics in conduct.

Dvandaja Prakriti possess predominance of two *Doshas* which includes *Vata* with *Pitta*, *Pitta* with *Vata*, *Pitta* with *Kapha*, *Kapha* with *Pitta*, *Kapha* with *Vata*, and *Vata* with *Kapha*. *Dvandaja Prakriti* is referred to as an inferior constitution or *Nindya*. Similarly due to the abnormal predominance of *Tridoshas*, *Sannipatika Prakriti* is referred to as a *Jaghanya* constitution (conglomerated humoural constitution).^[5-7]

Clinical Importance of Prakriti

It is well that *Prakriti* is associated with specific mental and physical behaviors; thus knowledge of *Prakriti* is helpful for health maintenance. Ayurveda recommends a lifestyle, daily routine and diet based on an individual's *Prakriti*, and if one adheres to these guidelines, they can live a long life with good physical and mental health.

Individuals' susceptibility to particular diseases can be predicted by knowing their *Prakriti*, which determines their health and disease risk. The patient's *Prakriti* can be used to plan the treatment regimen for certain types of disease. When it comes to disease prevention and treatment, it is possible to take into account the dominant *Doshas* based on a person's *Prakriti*. *Prakriti* helps to learn about your body and requirement of body for maintaining good physical and mental health. Knowing *Prakriti* also helps to keep health at its best, helps to plan life around body's requirements and makes it possible for a person to avoid potential causes of susceptible diseases. Knowing the predominant *Doshas* can also be used to analyze social, mental and spiritual behavior.

Factors that can cause inflammation, arthritis and other painful conditions mainly affect *Vata Prakriti* people. Since *Rooksha* and *Sheeta Gunas* are prevail in the *Vata prakriti*, thus staying away from *Ahara-Vihara* which are prevail in *Rooksha* and *Sheeta Gunas* can assist with forestalling the exacerbation of *Vata*.^[6-8]

Ethical factors that may play a role in the pathogenesis of metabolic and gastrointestinal issues like ulcers and hyperacidity may have an impact on a person with *Pitta prakriti*. *Teekshra* and *Ushna Gunas* should be avoided because *Pitta prakriti* people are more likely to get affected with such types of conditions.

It is thought that people with *Kapha Prakriti* are more likely to get diseases like diabetes, allergies and obesity, etc. These people should avoid *Ahara-Viharas* with *Snigdha* and *Sheeta Gunas* since these *Ahara-Viharas* can affects people of *Kapha Prakriti*. Slick and weighty food sources, low quality food, inactive ways of life and frozen yogurt, etc. may initiate disease pathogenesis in people with predominantly *Kapha* constitutions.^[8-11]

CONCLUSION

Prakriti's theoretical concept is comparable to a person's constitution, which determines their susceptibility to disease-causing circumstances. *Doshic Prakriti* is primarily associated with *Doshaj vikaras*, which occur

when *Doshas* become tainted by etiological factors. Ayurveda prescribed a specific daily and dietary regimen to a particular *Prakriti* person in order to prevent *Doshaj vikaras*. Individual with a *Pitaja Prakriti* needs to be careful of thing that can cause metabolic issue and peptic ulcer, etc. *Vataj Prakriti* person should avoid anxiety and stress. A person who has *Sama Doshaja Prakriti* has a balanced *Dhatu*, *Dosha* and *Srota*, making them less prone to common pathogens. Understanding of *Prakriti* is necessary for achieving health, happiness and harmony, etc. The specific kinds of shortcomings or infection vulnerability can be asessed with the assistance of *Prakriti*. Person's diet and daily routine can be planned according to *Prakriti*. The person's *Prakriti* can be used as a basis for diagnosis and treatment. *Prakriti* contributed towards the evaluation of a person's social and psychological behavior. *Prakriti* allows for the avoidance of disease-causing factors because etiological factors affect an individual's *Doshic* constitution depending upon the susceptible *Prakriti*.

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