



CLINICAL AND PATHOLOGICAL CONSIDERATIONS OF AYURVEDA CONCEPT OF DEHA PRAKRITI: A REVIEW

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ABSTRACT

Prakriti is a unique concept of ancient Ayurvedic science that affects internal constitution of an individual. The constitution of Prakriti is inherited and individual acquire specific Prakriti from the birth. Natural habitats, genetic factors and dietary habits etc. decides Prakriti of everyone. Panch mahabhutas contributes significantly towards the Doshaic constitutions. The Trigunas (Satva, Rajas and Tamas) are also associated with specific Doshaic Prakriti. Therefore, mental and moral behaviors are influenced by Doshaic Prakriti. The predominate combinations of Shukra and Shonita during the time of conception governs Prakriti of an individual and this Prakriti plays an important role in the physiological attributes. The susceptibility towards the disease is also related with the Prakriti. Considering the importance of Prakriti, present article explains clinical and pathological considerations of concept of Deha Prakriti.

KEYWORDS: Ayurveda, Prakriti, Panchmahabhuta, Doshas, Deha.

INTRODUCTION

The *Deha Prakriti* of an individual can be used to explain their unique individuality traits according to the Ayurvedic descriptions of psychosomatic constitution of the individual. Environmental and genetic factors have the most impact on *Deha Prakriti*. An individual's physical, physiological and psychological make-up can be described in terms of their *Deha Prakriti*. The constitutional elements of each *Prakriti* differ. Thus, *Deha Prakriti* is influenced by a variety of factors. The susceptibility towards specific disease and treatment of disease both merely depends upon the *Deha prakriti* of an individual. The *Prakriti* affects *Sharira* and *Manas* of an individual since *Panchmahabhutas* and *Doshas* combinations vary from one *Prakriti* to another.^[1-4]

Prakriti is greatly contributed towards the pathological susceptibility. Since, *Pitta Prakriti* is associated with gastric and digestive ailments (ulcers and hyperacidity, etc.), *Vata Prakriti* is related with joint pain and backache, etc. *Kapha Prakriti* is responsible for metabolic disorders, obesity, diabetes and lethargy, etc.

Ayurveda has described various types of factors affecting the *Prakriti* including *Atmaja Bhava*, *Purva janmakrita karmas*, *Sattvaja bhavas*, *Matrija-Pitrija bhava*, *Pitrija Bhava*, *Matrija Bhava*, *Kala*, *Rasaja bhava* and *Satmyaja Bhava*, etc.^[4-7]

The specific conducts of Ayurveda (*Dinacharya* and *Rutucharya*) have suggested depending upon the *Prakriti* of an individual to maintain normal health status and to avoid pathological progression of diseases. The lifestyle and dietary conducts according to the *Prakriti* helps in disease resistance and specific treatment can also be planned by considering the *Prakriti* of diseased individual. *Deha Prakriti* also described as *Doshaja* or *Sharirika Prakriti*, *Acharya Charaka* has mentioned different types of *Prakriti* as depicted in Figure 1. *Prakriti* is also related with *Trigunas* (*Sattva*, *Rajasa* and *Tamasa*), these factors are related with mental and moral conducts; similarly, *Prakriti* also affects mental and moral behaviors depending upon the *Doshic* predominance.^[7-9]

Features of Trigunas Prakriti

- ✚ Companionship, a propensity for fair distribution, forgiveness, truthfulness, righteousness, faith, knowledge, and intellect, retentive faculty of mind, memory, restraint, and non-attachment are all characteristics of the *Sattvika Prakriti*.
- ✚ *Rajasa Prakriti* traits include mainly dissatisfaction, wandering, impatience, ego, deceit, cruelty, fraudulence, naughtiness, exhilaration, lust, and rage.
- ✚ *Tamasa Prakriti* traits include melancholy, a propensity for injustice, intellectual blockage, ignorance, wickedness, sloth, and laziness.

Clinical Significance

- ✓ *Prakriti* contributed towards the physiological strengths.
- ✓ The types of weaknesses or disease susceptibility can be assessed with the help of *Prakriti*.
- ✓ *Prakriti* of an individual helps to plan his/her dietary and daily routine.
- ✓ The diagnosis and treatment can be made according to the *Prakriti* of individual.
- ✓ *Prakriti* helps to assess individual's psychological and social behavior.
- ✓ The seasonal regimen can be suggested for a individual according to the *Prakriti* that helps to maintain his/her normal health status.
- ✓ The disease causative factors can be avoided according to the *Prakriti* since etiological factors gets affected primarily as per the *Doshaic* constitution of individual.

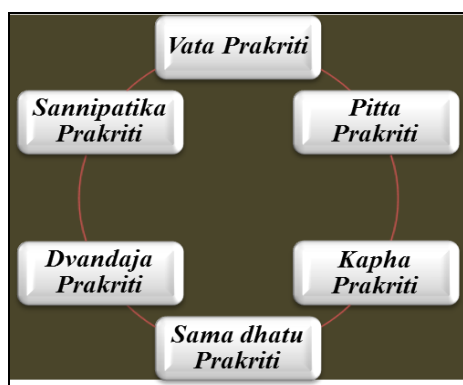


Figure 1: Various types of *Prakriti*.

Factors Affecting Formation of *Prakriti*

Characteristics of the father (*Pitrija*), mother (*Maatrija*), soul (*Atmaja*), mind (*Satvaja*), and diet origin have been passed to the fetus (*Rasaja*). These factors have an impact on individual's individualities. *Charaka* has divided influencing factors into four categories, including the characteristics of the mother and father (*Maturahara Vihara Prakriti*), the season and the uterine environment (*Kalgarbhashaya Prakriti*), the mother's diet and lifestyle (*Maturahara Vihara Prakriti*), and the characteristics of *Mahaabhuta* (*Pancha Mahabhuta Vikara Prakriti*). All these elements have an impact on *Prakriti*'s genesis.

While *Charaka*, *Kashyapa*, and others place more emphasis on external influences in determining *Prakriti*, *Vagbhata* and *Sushruta* place more emphasis on traits inherited from parents. According to *Nagarjuna*, *Prakriti* gets impacted by environmental influences throughout the intrauterine period. *Kashyapa* had underlined the significance of a mother's diet. *Charaka* explains how to reproduce and raise healthy child by limiting any potential risk factors.

In Ayurveda, the concept of a sperm or an ovum fragment (*Beejabhaga*) can be interpreted in relation to *Prakriti*. According to *Astanga Sangraha*, some elements of the sperm or ovum oversees how an organ develops. *Astanga Hridaya* stated that the sex is determined by the dominant characteristics of the sperm (*Shukra*) and an ovum (*Shonita*), these elements are crucial in determining the fetus's *Prakriti*.^[9-11]

Assessment of *Prakriti*

Estimating an individual's strength (*Bala Pramana*) and level of *Doshas* involved (*Dosha Pramana*) are main goals of *Prakriti* assessment. Knowledge of *Prakriti* is required for the evaluation of pathology (*Vikriti*) of an individual's disease. So, while understanding of the patient or healthy individual we should consider *Prakriti* evaluation along with the other components of the tenfold examination (*Dashavidha Pariksha*).

Physiological Attributes of Specific *Prakriti*

The *Vata Prakriti* is associated with *Akasha* and *Vayu Mahabhutas*, thus contributed towards enthusiasm and concentration, etc. *Vata prakriti* is responsible for different inferior qualities.

Pitta Prakriti is related with *Madhyama* constitution and provides *Tejasa* nature; it is responsible for digestion, thirst, intelligence and heat-production, etc. The *Pitta Prakriti* governs normal metabolism and provides anger in behavior.

Kapha Prakriti is related to *Apa* and *Pithvi*, thus contributed towards *Tamas* and responsible for conserving behavior. The *Kapha Prakriti* is responsible for bulkiness in body; *Kapha* predominance is related with *Tamasa Guna* thus imparts lethargy behavior.

Sama doshaja or *Sama dhatu Prakriti* is balanced state of *Dosha* constitution, described as *Shreshtha* constitution and imparts superior qualities in behavior.

Dvandaja Prakriti is described as *Nindya* (inferior) constitution since it constitutes predominance of two *Doshas* that might be *Vata* with *Pitta*, *Pitta* with *Vata*, *Pitta* with *Kapha*, *Kapha* with *Pitta*, *Kapha* with *Vata* and *Vata* with *Kapha*. *Dvi-doshaja prakriti* is held responsible for inferior qualities and imparts poor health status.

Sannipatika Prakriti is described as conglomerated humoral constitution that is *Jaghanya* constitution since this *Prakriti* contains abnormal predominance of *Tridoshas*.

Pathological Attributes of *Prakriti*

Ayurveda has recommended precise daily and dietary conduct depending on the predominance of *Doshas* since *Prakriti* is constitution of biological components and this constitution differs from individual to individual. While similarities between etiological factors and *Prakriti* may lead to the pathogenesis of diseases that are difficult to treat. Differences between etiological factors and *Prakriti* may lead to the pathogenesis of various diseases.

Doshas-vitiating influences primarily affect *Deha prakriti*; pathogenic occurrences result from vitiation of the *Tridoshas* in this region. *Triguna* degrading factors mostly affect *Mansa Prakriti*, which results in disordered human physiology. *Bhautik Prakriti*'s preponderance is heavily affected the composition of the *Mahabhutas*.

Vata Prakriti individual may be impacted by things that can lead to arthritis, inflammation, and other painful conditions. Since *Rooksha* and *Sheeta Gunas* are predominated in the *Vata prakriti*, avoiding *Ahara-Vihara*, which are predominate in *Rooksha* and *Sheeta Gunas*, can help prevent the aggravation of *Vata*.

An individual with *Pitta prakriti* may be impacted by etiological variables, that might lead to the pathogenesis of metabolic and gastrointestinal problems like ulcer and hyperacidity. *Teekshna* and *Ushna Gunas* should be avoided because they are more common among *Pitta prakriti* individuals. The individual with *Kapha prakriti* is thought to be more prone to illnesses including obesity, diabetes, and allergies, among others. Because *Snigdha* and *Sheeta Gunas* are predominating in *Kapha Prakriti* individuals, these individuals should avoid such types of *Ahara-Vihara*. The involvement in *Snigdha* and *Sheeta Gunas Ahara-Vihara*, which contributes to the etiology of diseases, may aggravate *Kapha*. Oily and heavy foods, ice cream, junk food, sedentary lifestyles, etc. may lead to pathogenesis in those with constitution that is predominated by *Kapha*.^[10-12]

DISCUSSION AND CONCLUSION

The theoretical idea of *Prakriti* is like a individual's constitution, and a individual's constitution determines how susceptible they are to circumstances that cause sickness. *Doshaj vikaras*, which happen because of the vitiation of *Doshas* under the impact of etiological factors, are primarily related to *Doshaic Prakriti*. To prevent *Doshaj vikaras*, Ayurveda prescribed a certain daily and dietary routine to a given *Prakriti* individual. Individuals with *Kapha Prakriti* should exercise caution when it comes to diabetes & hypertension. An individual with a *Pitaja Prakriti* should be cautious of things like metabolic problems and peptic ulcers. A *Vataj Prakriti* individual should avoid stress and anxiety. An individual

with *Sama Doshaja Prakriti* has balanced *Dhatu, Dosha*, and *Srotas* and is consequently less susceptible to prevalent pathogenic influences. Understanding an individual's mental and physical makeup and susceptibility to diseases not only aids in promoting health but also contributes to the prevention and treatment of diseases. This leads to the conclusion that understanding *Prakriti* is essential for achieving health, harmony, and happiness, etc.

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