

**AYURVEDA CORRELATION OF NIDANA AND DOSHIC COMPOSITION OF
INDIVIDUAL PRAKRITI: A REVIEW**

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ABSTRACT

The ancient philosopher of Indian origin presented many theories related to the health management and compendia of such theories exist in the form of Ayurveda. Ayurveda focuses towards the health management and for this purpose Ayurveda mentioned utilization of many natural remedies along with disciplinary daily and dietary conduct. Ayurveda also paid attention towards the good ethical and spiritual conduct to restore synchronization of body, mind and soul. These Ayurveda approaches help to maintain balances of Tridoshas, this balance of Doshas is very important for healthy state. It is believed that imbalance state of Doshas may lead pathological events and frequencies of such pathological prevalence greatly depend upon Prakriti (constitution) of individual. Prakriti referred as physiological and pathological expression of person and its related with the susceptibility of individual towards specific disease causative factors. This article presented ayurveda correlation between disease causative factors and Prakriti of Doshic compositions.

KEYWORDS: Ayurveda, Prakriti, Doshas, Diseases.

INTRODUCTION

Ayurveda the science of overall well being based on many theories including concept of *Pancha-mahabhutas*, *Doshas* and *Prakriti*, etc. The normal physiological functioning of body depends upon states of *Pancha-mahabhutas*, *Doshas* and *Prakriti*, similarly these fundamental theories helps to understands pathological events occurring inside the body. The *Doshas* synchronization contributes towards the normal physiology of body, but imbalance state of *Doshas* may lead abnormal physiological functioning of body. The effects of disease causative factors on *Doshas* depend upon *Prakriti* of person.^[1-4] Vitiating of *Doshas* depends upon susceptibility of person towards etiological factors means some person easily get affected by etiological factors of disease while other person remain resistant for same. This variation mainly governs by *Prakriti* of person. *Prakriti* resembles internal constitution which can be referred as equilibrium of *Rajasa*, *Tamasa* and *Sattava*. Etiological factors (*Nidana*) affects when person becomes susceptible towards such factors, the susceptibility depends upon *Prakriti* of person. Therefore some person remains more prone towards specific diseases while other persons persists susceptibility

towards different diseases due to variation in their *Prakriti*.^[3-5]

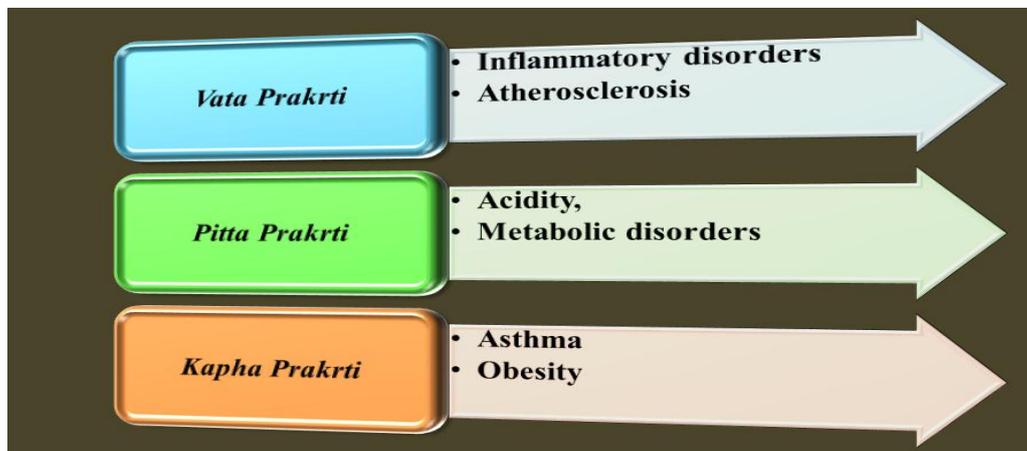
Healthy state resembles balancing condition of *Doshas*, *Rasas* and *Dhatus*, when this balance get deteriorate then person easily get affected by disease causing factors. *Doshic Prakriti* of person may be attributed towards the disease susceptibility of individual. Therefore it is advised that different person should follow different daily and dietary conduct due to the vitiation in *Prakriti*. **Table 1** depicted some categories of etiological factors which can cause vitiation of *Dhatu*, *Mala*, *Dosha* and *Srotas*.^[5-8]

Table 1: Categories of etiological factors responsible for specific pathological conditions.

S. No.	Types of <i>Nidana</i> (Disease causing factors)	Related diseases
1	<i>Aharatmak nidana</i>	Indigestion, constipation, acidity and piles, etc.
2	<i>Viharatmak nidana</i>	Diabetes, obesity, hypertension & heart problems
3	<i>Psychological</i>	Depression, anxiety and headache, etc.

These etiological factors affects person depending upon his/her immunity and *Prakriti*. The weak person possess diminish state of *Dhatu* therefore may get influenced easily by all types of *Nidana* (disease causing factors),

similarly **Figure 1** depicted some disease and types of *Doshic Prakriti* prone to such pathological manifestations.

**Table 1: *Doshic Prakriti* prone to specific pathological conditions.*****Ekdoshaja & Dwidoshaja Prakritis***

Ayurveda described that person possess *Dwidoshaja Prakriti* (*Vatapittaja*, *Pittavataja* or *Pittakaphaja*) are more prone to common etiological factors as compared to person possess *Ekdoshaja Prakriti* (*Vataja*, *Pittaja* & *Kaphaja*). *Sama Prakriti* considered as most stable constitution which resist common etiological factors and person with *Sama Prakriti* not easily get affected by common etiological factors. *Sama Prakriti* possess balancing state of all three *Doshas*; *Vata*, *Pitta* & *Kapha*.

Disease Pathogenesis and *Prakriti*

Prakriti resembles constitution of biological components and this constitution vary person to person therefore Ayurveda suggested specific daily and dietary conduct depending upon predominance of particular *Doshas*. The oppositeness between etiological factors and *Prakriti* may cause pathogenesis of curable diseases while similarities between etiological factor and *Prakriti* may leads pathogenesis of diseases which are difficult to cure.

Susceptibility of *Deha prakriti*, *Maans Prakriti* and *Bhautik Prakriti* towards etiological factors can be explained as follows.

- ✚ *Doshas* vitiating factors mainly affects *Deha prakriti*, here vitiation of *Tridoshas* leads pathological events.
- ✚ Factors vitiating *Triguna* mainly influences *Mansa Prakriti* and leads abnormal physiology of human body.

✚ *Mahabhoota* composition mainly influenced by predominance of *Bhautik Prakriti*.

Vata Prakriti person may get affected by factors which can cause pain, inflammation and arthritis, etc. *Rooksha* and *Sheeta Gunas* are predominant in *Vata prakriti* therefore one should avoid *Ahara-Vihara* which are predominant to *Rooksha* and *Sheeta Gunas* to avoid aggravation of *Vata*.

Pitta prakriti person may get affected by etiological factors which can causes pathogenesis of gastric and metabolic troubles like; ulcer and hyperacidity, etc. *Teekshra* and *Ushna Gunas* are predominant in *Pitta prakriti* person therefore one should avoid *Teekshra* and *Ushna Gunas Ahara-Vihara* to prevent aggravation of *Pitta*.

Kapha Prakriti person considered susceptible for disease like obesity, diabetes and allergy, etc. *Snigdha* and *Sheeta Gunas* are predominant in *Kapha prakriti* person therefore such person should avoid *Ahara-Vihara* predominant to *Snigdha* and *Sheeta Gunas*. Aggravation of *Kapha* may occur due to the involvement in *Snigdha* and *Sheeta Gunas Ahara-Vihara* leading to the pathogenesis of diseases. Oily & heavy foods, ice-cream, junk foods and involvement in sedentary life style, etc. may initiates disease pathogenesis in person predominates to *Kapha* constitution.^[6-10]

CONCLUSION

Theoretical concept of *Prakriti* resembles constitution of person and this constitution of person decides his/her susceptibility towards the disease causing factors. *Doshic Prakriti* mainly related to the *Doshaj vikaras* which occurs due to the vitiation of *Doshas* under the influence of etiological factors. Ayurveda suggested specific daily and dietary regimen to particular *Prakriti* person for avoiding *Doshaj vikaras*. *Kapha prakriti* person should remain cautious about hypertension & diabetes. *Pitaja Prakriti* person should take care about peptic ulcer and metabolic disorders, etc. *Vataj Prakriti* person should remain away from anxiety and stress. Person with *Sama Doshaja Prakriti* possess balancing state of *Dhatu*, *Dosha* and *Srotas* therefore not easily get influenced by common pathological factors.

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