



AYURVEDA CONCEPT OF PRAKRITI AND CLINICAL IMPORTANCE OF VARIOUS TYPES OF PRAKRITI

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ABSTRACT

Prakriti resembles unique constitution and internal constitution of individual. This constitution inherited from birth and contributed greatly towards the physiological and pathological state of every individual. Family history, habitants, food habits and genetic factors affects inherent constitution of person. *Prakriti* varies person to person since combinations of *Panch mahabhutas* varied person to person along with *Doshaic* constitutions. *Trigunas* (*Satva*, *Rajas* and *Tapas*) also affects *Prakriti* especially in relation to the spiritual and mental behavior. *Prakriti* forms predominates combinations of two or all three *Doshas* during the conception process when union of *Shukra* and *Shonita* take places in the *Garbhashaya*. *Prakriti* affects physiological state of individual and alter susceptibility towards the pathological conditions. Considering importance of concept of *Prakriti* this article summarizes clinical views on different types of *Prakriti*.

KEYWORDS: *Ayurveda, Prakriti, Constitution, Panch mahabhuta, Doshas.*

INTRODUCTION

Prakriti can be defined as inherited manifestation of particular features (characteristics) associated with predominant state of *Doshas* (*Vata*, *Pitta* and *Kapha*) and their combinations. The physiological process and *Mansika Doshas* are representation of *Prakriti*. The physical and mental strength of a person as well as immunity merely depends upon *Prakriti*. *Prakriti* contributed towards constitutional, psychological, temperamental and spiritual make up of each individual. *Atman* and *purava-janmakrita karma*, physical, psychological and emotional state of mother during pregnancy, environmental factors, climatic conditions and genetics, etc. play vital role towards the internal constitution (*Prakriti*) of an individual.^[1-5]

Ayurveda advocated concept of *Dinacharya* and *Rutucharya* according to the specific *Prakriti* which helps to maintain normal health status. The person should follows dietary and life style related conducts according to his/her predominate *Doshic* constitution (*Prakriti*), this will provides disease resistance power and maintain good physical as well as mental health status. Moreover physician can plan specific treatment protocol depending upon the *Prakriti* of diseased person.^[4-7]

Prakriti and Pathological Susceptibility

- ❖ *Pitta prakriti* is related with gastric and digestive ailments including ulcers, hyperacidity and skin ailments.
- ❖ *Vata prakriti* is associated with joint pain, gas trouble, backache and arthritis, etc.
- ❖ *Kapha prakriti* person is related with obesity, lethargy, diabetes and respiratory disorders.

Prakriti and *Trigunas*

The *Trigunas* (*Sattava*, *Rajasa* and *Tamasa*) imparts *Buddhi* and *Ahamkara*, mainly contributed towards the *Manasa* factors of individual and *Trigunas* combinations also affects spiritual behavior of person. The *Doshas* of *Shukra* and *Artava* which take parts in conception determines the *Prakriti* of person thus *Prakriti* can be considered as an inhered feature of person. *Trigunas* (*Sattava*, *Rajasa* and *Tamasa*) are psychological or mental *Doshas* which also present from birth and their predominant presence contributed towards the spiritual and mental behavior.

Doshic Prakriti

Ayurveda classics described various types of *Prakriti* based on the predominant constitution of *Doshas* as depicted in **Figure 1**.



Figure 1: Various types of *Prakriti* based on the predominate constitution of *Doshas*.

Vata Prakriti

The *Panchbhautic* constitution of this *Prakriti* is *Akasha* and *Vayu* thus possess *Rajasika* features which are dynamic in nature. This constitution is related with enthusiasm and concentration, etc. The aggravated *Vata dosha* is responsible for the development of fetus that is predominant of *Vata prakriti* thus depleted in physically as well as psychologically due to the *Apatarpana* which causes depletion of *Dhatu*. This constitution produces various inferior qualities in body and mind thus *Vata prakriti* is considered as *Heena*.

Pitta Prakriti

This considered as *Madhyama* (moderate) constitution, *Tejasa* is considered as *Panchabhautic* structure of *Pitta* which is related with functions of *Satvika* vision, heat-production, digestion, thirst, intelligence and hunger. The person of *Pitta Prakriti* possesses good state of digestion, healthy appearance and courage. The state of *Agni* mainly depends upon *Pitta* thus person with *Pitta Prakriti* acquire normal state of *Agni* and metabolism. The balanced state of *Pitta dosha* causes equilibrium of catabolic activities. However such types of personality may have anger and egoism, etc.

Kapha Prakriti

Kapha Prakriti is considered as *Uttama Prakriti* since its *Panchbhautic* constitution are *Apa* and *Pithvi*, this having function of *Tamas*, thus responsible for *Tamasic* nature (conserving and stabilizing behavior). The person of *Kapha Prakriti* may have courage and good strength along with integrities and bulkiness in body. *Kapha* predominance enhances *Upachaya karma* in body thus *Kapha purusha* possess firm and compact body. *Kaphaja purusha* is predominantly resembles *Tamasa* and *Satva Guna*, these *guna* causes excessive sleep and calmness in mental behavior.

Sama doshaja or Sama dhatu Prakriti

Sama doshaja or *Sama dhatu Prakriti* is considered as balance thus described as *Shreshtha* (ideal) *Prakriti* by *Acharya Sushruta*. The enhanced state of *Vata*, *Kapha* in their original form induces *Sama prakriti*. Predominant *Tridosha* remains in their balanced state and forms *Doshas* of superior qualities.

Dvandaja Prakriti

Dvandaja Prakriti (dual humoural constitution) is considered as *Nindya* (deficient) constitution. This constitution may involve predominance of two *Doshas* together as follows

- ✓ *Vata* with *Pitta*
- ✓ *Pitta* with *Vata*
- ✓ *Pitta* with *Kapha*
- ✓ *Kapha* with *Pitta*
- ✓ *Kapha* with *Vata*
- ✓ *Vata* with *Kapha*

Dvi-doshaja prakriti offers *Viruddha upkrama* therefore considered inferior and person remain susceptible for many pathological conditions. This type of person may have poor physical and mental status.

Sannipatika Prakriti

Sannipatika Prakriti means conglomerated humoural constitution which is considered as *Jaghanya* (worst) constitution. *Sannipatika prakriti* occurs due to the abnormal predominance of *Tridosha*. However many ayurveda texts deny existence of this *prakriti*.^[6-9]

Clinical Importance of Prakriti

Knowledge of *Prakriti* is helpful for the maintenance of health since there is specific physical and mental conduct that are to be followed depending upon particular types of *Prakriti*. Ayurveda advises life style, diet and daily regimen as per the specific *Prakriti* of an individual and if one follows such conduct then he/she can live long life with healthy physical and mental conditions.

Prakriti determines individual's health and probability of diseases, the susceptibility towards specific diseases can be predicted by knowing *Prakriti* of individual. Similarly the therapeutic protocol can also be planned according to the *Prakriti* of sufferer. The predominance of *Doshas* according to the individual's *Prakriti* can be taken in consideration for diseases prevention and treatment. *Prakriti* helps you know about your body and its requirements, knowledge of *Prakriti* help you maintain optimal health, help to plan lifestyle according to the needs of body and by knowing *Prakriti* person can avoid probable causative factors of susceptible diseases for which he/she is more prone. The social, mental and spiritual behavior can also be analyzed by knowing predominant constitutions of *Doshas*.^[7-10]

Bhava (factors) affecting Prakriti

- ❖ *Atmaja Bhava*
- ❖ *Purva janmakrita karmas*

- ❖ *Sattvaja bhavas*
- ❖ *Matrija-Pitrija bhava*
- ❖ *Pitrija Bhava*
- ❖ *Matrija Bhava*
- ❖ *Kala*
- ❖ *Rasaja bhava* (nutritional factor)
- ❖ *Satmyaja Bhava*

CONCLUSION

Prakriti means inherent body constitution that determines physical and mental strength of individual as well as some characteristics features of person. Many lifestyle disorders can be avoided by following good conduct of *Dinacharya* and *Rutucharya* according to the predominant *Prakriti* of individual. *Prakriti* affects physiological state of individual and alter susceptibility towards the pathological conditions. *Prakriti* helps you know about your body and knowledge of *Prakriti* helps to maintain optimal health.

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