

CONCEPT OF PRAKRUTI & IT'S IMPORTANCE IN MAINTAINING HEALTH – A LITERARY REVIEWVd. Ashwini Dindokar^{1*}, Dr. S. S. Sant² and Vd. Shubhangi Marathe³¹PG Scholar Department of Kriyasharir Govtment Ayurved College Nanded, Maharashtra State India, 431601.²HOD and Professor Department of Kriyasharir Govtment Ayurved College Nanded, Maharashtra State India 431601.³PG Scholar Department of Kriyasharir Govtment Ayurved College Nanded, Maharashtra State India, 431601.***Corresponding Author: Vd. Ashwini Dindokar**

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ABSTRACT

Ayurveda is one of the ancient science of life. It is not only deals with curative aspect but also with spiritual & preventive aspect. The prime aim of *Ayurveda* is to keep person healthy. Almost in all Ayurvedic classics the concept of *Prakruti* (constituent) has been described with its high thoughts since very beginning. In *Ayurveda*, unchangeable *dosha* predominance from time of intrauterine life to death is called as *Prakruti*, which affects anatomy, physiology, psychology of that person. *Prakruti* represents the proportion of '*Doshas*' which represents the ideal state of balance & it's serves as the Goal for us to strive toward. It will manifest in us throughout out lifetime through our physical characteristics, psychological behavior, natural urges, likes & dislikes. *Prakruti* makes every person unique, so no one can be exactly like other person. For an individual basic knowledge of *Prakruti* is a vital tool in helping one to determine the most reliable lifestyle that will ensure wellness & longevity, appropriate diet regimes, herbs, exercise, medicine, therapies. According to *Ayurveda* some diseases are prone to specific *Prakruti*. Disorders such as Prameha (diabetes), Sthaulya (obesity), Raktadabavrudhi (hypertension), *Amlapitta*(acidity) etc are prone to specific *Prakruti*. So in order to prevent such disorders knowing *Prakruti* through *Prakruti* assesment is essential and also to understand our health status and select an appropriate lifestyle (daily & seasonal regimen) to suit our nature.

KEYWORDS: *Ayurveda*, *Prakruti*, *Dosha*.**INTRODUCTION**

Ayurveda, states that the basic constitution of human being is determined at the time of conception, this constitution is called "*Prakruti*".^[1] The term *Prakruti* is derived from Sanskrit word that means nature, creativity or first creation. *Prakruti* is physical and psychological constitution of the individual which is determined on the basis of three *Doshas*. One of the very important concepts of *Ayurveda* is that one's basic constitution fixed throughout his lifetime. According to *Ayurveda* some diseases are prone to specific *Prakruti*. So according to that particular *Prakruti*, we can advice about diet & exercise as well as life style modifications with the help of *dincharya* explained in *Ayurvedic samhita*, to prevent health hazardous diseases. Now in present era, lifestyle disorders becomes the burning issue and leads to rise of diseases such as Hypertension, diabetes, asthma etc. In *Ayurveda*, concept of *Prakruti* has been boon to us. So it's need of hour to spread the knowledge of *Prakruti*. It becomes beneficial to every human being to cope up with this lifestyle disorders.

AIM: To study the significance of *Prakruti* & it's importance in maintaining health.**OBJECTIVE**

1. To understand the concept of *Prakruti* & it's importance in maintaining health.
2. To understand knowledge of *Prakruti* assessment in helping one to determine the most reliable lifestyle.

MATERIAL AND METHODS

For this study Ayurvedic literature is collected from the classical text of *Ayurveda* available in Central and Departmental library of Government Ayurved College, Nanded and related websites also surfed.

**REVIEW OF LITERATURE
DEFINITION OF PRAKRUTI**

It is specific for an individual and is expression of one's own characteristics.^[2] *Prakruti* is enumeration of body features internal as well as external. In short, *Prakruti* means nature of an individual.^[3] Self existent, natural, innate, not created by else one is known as *Prakruti*. Qualitative & quantitative, unchangeable *doshika* predominance from birth to death is called *Prakruti*.^[1]

TYPES OF PRAKRUTI

Initially *Prakruti* is of two types.

1. *Doshaja* (due to predominance of *Dosha*)
2. *Gunaja* (due to reflection of *Manas gunas*)

1. *Doshaja Prakruti*

Doshaja Prakruti is of 7 types

1. *Vataja*,
 2. *Pittaja*
 3. *Kaphaja*
 4. *Vata-Pittaja*
 5. *Pitta-Kaphaja*
 6. *Kapha-Vataja*
 7. *Vata-Pitta-Kaphaja*
2. *Gunaj (Manas) Prakruti* :
1. *Satvaj*
 2. *Rajas*
 3. *Tamas*

3. *Bhautik Prakruti*

1. *Parthiv*
2. *Apya*
3. *Tejas*
4. *Vayaviya*
5. *Akashiya*

Jatyadi Prakruti: This classification has mentioned in *Ashtanga Samgraha*.

1. *Jatiniyat Prakruti* – features according to caste.
2. *Deshaniyat Prakruti* (Habitational)
3. *Kalaniyat Prakruti* (Seasonal)
4. *Vayniyat Prakruti*
5. *Balaniyat Prakruti*
6. *Kulaniyat Prakruti*
7. *Pratyatmaniyat Prakruti*

❖ VATA PRAKRUTI

➤ *Vata Prakruti According to Charaka Samhita*

Out of all *Brihatrayi*, only *Charaka* has describes *Prakruti* in accordance to properties of predominant *Dosha*. He has attributed certain characters of *Prakruti* to every property owned by *Dosha*. In *Sushruta* and *Vagbhata* there is only listing of predominant qualities. *Ruksha*, *Laghu*, *Chala*, *Bahu*, *Shighra*, *Sheet*, *Parusha*, *Vishada* are the *gunas* of *Vayu*. Due to roughness the persons with predominance of *vata* have rough, undeveloped and short body; continuously rough, weak, low, adhered and hoarse voice and vigils; They are always awake and have no sound sleep. As *Vayu* is *Laghu* their movements are always very fast. They eat less but more frequently. Being *Chala*; it gives the unstable movements to their organs such as joint, eyes, eyebrows, chin, lips, tongue, head, shoulder, limbs. Being *Bahu* talkativeness, abundance in tendons and venous network. *Shighra* is one of the *Guna* of *Vayu* which gives hasty initiation, quick irritation and disorder, quick in fear, quick in attachment and disenchantment, quick in acquisition but with a poor memory (retention). Being *Sheeta* such persons have always intolerance for cold things, often getting afflicted with cold, shivering

and stiffness. Due to *Parusha Guna* his hairs, nails, teeth, beard, mustaches, skin of face, mouth, hands and feet are always rough. Being *Vishada* their body has cracked skin and cracking sound present during movement of joints. Because of presence of these qualities the persons having predominance of *vata* have mostly low degree of strength, life-span, progeny, means and wealth.^[4]

❖ PITTA PRAKRUTI

➤ *Pitta Prakruti According to Charaka Samhita*

Acharya Charaka has described *Pitta Prakruti* as follows. *Pitta* is supposed to be *Ushna*, *Tikshna*, *Drava*, *Visra*, *Amla*, *Katu*. Being *Ushna* such persons have intolerant to heat, having hot tenderly face, fair color, they have port wine mark, freckles on their body. They have excessive moles, pimples, excessive hunger and thirst, early appearance of wrinkles, greying and falling of hairs, mostly soft, feeble and golden colored hairs. *Tikshna Guna* gives sharp physical strength, strong digestive power, taking plenty of food and drinks, lack of endurance, frequently eating. Due to *Drava Guna* their joints are sluggish, excess excretion of sweat, urine and feces. Due to *Visra Guna* they have a putrid smell of axilla, mouth, head and body. Due to *Amla* and *Katu Guna* there is little semen, sexual desire and few progeny. Because of presence of these qualities the person having predominance of *Pitta* are moderate in strength, life-span, knowledge, understanding, wealth and means.^[5]

❖ KAPHA PRAKRUTI

➤ *Kapha Prakruti According to Charak Samhita*

Manifestations in the human body having *Kapha Prakruti* are as follows.

Kapha is *Snigdha*, *Shlakshna*, *Mrudu*, *Madhura*, *Sara*, *Sandra*, *Manda*, *Staimitya*, *Guru*, *Shita*, *Vijjal* and *Achchha*. Being *Snigdha* it imparts oily characters to skin. Being *Shlakshna* it imparts smoothness to skin, organs and hairs. Due to *Mrudu* it has pleasing appearance, delicate and clarity of complexion. Being *Madhura* they have abundant semen, desire more sexual act and progeny. Being *Sara* they have excellent, compact and stable body. Due to *Sandra* all organs are well developed and perfect. Being *Manda* their speech, activities, intake of foods and movements are slow. Due to *Staimitya Guna* delayed initiation, irritation and disorder. The *Guru Guna* is responsible for their stable movements. *Shita Guna* is responsible for little hunger, thirst, heat and sweat. Due to *Vijjal Guna* their joints are well united and strong. *Achchha Guna* gives happiness in the look and face. Due to all these characters *Kapha Prakruti* individuals are Strong, Wealthy, Lustrous and brave, calm, have longevity.^[6]

❖ DISCUSSION

- Since *Prakruti* encompasses the entire physical, physiological & psychological features of an individual, the day-to-day life is influenced by one's *Prakruti*. Knowledge of the *Prakruti* will help us to choose the lifestyle suited to one's *Prakruti* in

terms of food habits, physical exercise, rest etc. Choosing the right lifestyle will in turn counter react the ill effect of one's *Prakruti* to great extent. Knowledge of *Prakruti* will help physician in prognosis of diseases & selection of treatment procedures for best results.

- Based on the type of *Prakruti*, one can have fair idea as to what kinds of disorders one is more prone to.
- *Vataj Prakruti* individuals more to an imbalance in *Vata*. As a result they are more frequently subjected to *vataj* disorders such as constipation problems, flatulence, backache, joint aches & cracking joints, stress related disorders. So they should avoid foods & habits e.g *katu* (spicy), *tikta*(bitter), *kashyaya*(astringent) *ras aahar* & excessive physical activity which causes *Vata dosha* vitiation which leads to *Vataj vyadhi*. Therefore they must take *madhur* (sweet), *amla*(sour), *lavan*(salty) *ras aahar* & take proper rest, massaging of body through medicated oil, meditation for relieving stress in order to maintain health.
- *Pittaj Prakruti* individuals more to an imbalance in *Pitta*. As a result they are more frequently subjected to *pittaj* disorders such as acidity, peptic ulcers, skin diseases like hyper-sensitive reactions, psycho-somatic disorders. So they should avoid *katu* (spicy), *amla*(sour), *lavan* (salty) *ras aahar* & hot environment, excessive anger which causes *Pitta dosha* vitiation which leads to *Pittaj vyadhi*. Therefore they must take *madhur*(sweet), *tikta*(bitter), *kashyaya*(astringent) *ras aahar* & must live in cold climate, should remain calm & compose, use ghee & milk in diet in order to maintain health.
- *Kaphaj Prakruti* individuals more to an imbalance in *Kapha*. As a result they are more frequently subjected to *kaphaj* disorders such as indigestion, metabolic disorders, obesity, hyper-immune problems like auto-immune disorders. So they should avoid *madhur* (sweet), *amla*(sour), *lavan*(salty) *ras aahar* & sedentary activity which causes *Kapha dosha* vitiation which leads to *Kaphaj vyadhi*. Therefore they must take *katu* (spicy), *tikta*(bitter), *kashyaya*(astringent) *ras aahar* & do some physical activity like exercise, walking in order to maintain health.
- According to Ayurveda, *Prakruti* reveals everything about an individual which is unique for him. It helps us to identify the nature of our family members or colleagues, thus helping us to interact appropriately with family & society in harmony.

• CONCLUSION

Knowing one's *Prakruti* holds the key to health, happiness, harmony & ultimately self realization. *Ayurveda* classified the whole human population into three major constitutions as using distinct morphological, metabolic & psychological characteristics & these *Prakruti* types may offer phenotypic data sets suitable for analysis of underlying genetic variations. With the help of original constitution & responses of body a

physician can identify vitiated *dosha*, its degree of vitiation & decided line of treatment. Hence Knowledge of *Prakruti* is important for diagnostic purpose & for maintaining health by giving proper treatment & *Rasayana* therapy to the patient.

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