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

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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. 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. Bhauitik Prakriti is primarily influenced by Mahabhoota imbalance.

Ayurveda mostly talked about seven types of Prakriti, which are; Vataja, Pittaja, Kaphaja, Vatapitaja, Pittavatitaja, 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 Bhauitik Prakriti.[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 Gunas, 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.

Dvardaja 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. Dwandaja Prakriti is referred to as an inferior constitution or Nindya. Similarly due to the abnormal predominance of Tridoshas, Samnipatika Prakriti is referred to as a Jaghanya constitution (conglomerated humoral 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 prevalent in the Vata prakriti, thus staying away from Ahara-Viharas which are prevalent 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 Pittaja 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 ased 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.

REFERENCES