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

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ABSTRACT
Prakriti is a unique concept of ancient Ayurveda science that affects internal constitution of an individual. The constitution of Prakriti inherited and person acquire specific Prakriti from the birth. Natural habitats, genetic factors and dietary habits, etc. decides Prakriti of person. Panch mahabhutas contributed significantly towards the Doshaic constitutions. The Trigunas (Satva, Rajas and Tapas) also associated with specific Doshaic Prakriti therefore mental and moral behaviors influenced by Doshaic Prakriti. The predominate combinations of Shukra and Shonita during the time of conception govern Prakriti of individual and this Prakriti play role in the physiological attributes. The susceptibility towards the disease is also related with the Prakriti. Considering the importance of Prakriti present article explained clinical and pathological considerations of concept of Deha Prakriti.

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

INTRODUCTION
The Deha Prakriti of each individual can be used to explain their unique personality traits according to the Ayurvedic descriptions of psychosomatic constitution of the individual. Environmental and genetic factors have the most impact on the Deha Prakriti. A person’s physical, physiological, and psychological make-up can be described in terms of Deha Prakriti. The constitutional elements of each Prakriti differ thus Deha Prakriti is influenced by variety of factors. The susceptibility towards specific disease and treatment of particular disease both merely depends upon the Deha prakriti of individual. The Prakriti affects Sharira and Manas of person since Panchmahabhuta and Doshas combinations vary from one Prakriti to another.[3-4]

Prakriti 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 described various types of factors affecting Prakriti including Atmaja Bhava, Purva jannakrita 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) suggested depending upon the Prakriti of person to maintain normal health status and to avoid pathological progression of diseases. The life style and dietary conducts according to the Prakriti helps in disease resistance and specific treatment can also be planned by considering the Prakriti of diseased person. Deha Prakriti also described as Dosha or Sharirika Prakriti, Acharya Charuaka mentioned different types of Prakriti as depicted in Figure 1. Prakriti 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. Tamas Prakriti traits include melancholy, a propensity for injustice, Intellectual blockage, Ignorance, Wickedness, Sloth and Laziness.

Clinical significance
- Prakriti contributed towards the physiological strengths.
- The particular types of weaknesses or disease susceptibility can be assessed with the help of Prakriti.
- Prakriti of person helps to plan his/her dietary and daily routine.
- The diagnosis and treatment can be made according to the Prakriti of person.
- Prakriti helps to assess person psychological and social behavior.
- The seasonal regimen can be suggested for person according to the Prakriti that helps to maintain his/her health.
- The disease causative factors can be avoided according to the Prakriti since etiological factors affect as per the Doshic constitution of individual.

In Ayurveda, the concept of a sperm or ovum fragment (Beejabhaga) can be interpreted in relation to Prakriti. According to Astanga Sangraha, some element of the sperm or ovum is in charge of how an organ develops. Astanga Hridaya stated that the sex is determined by the dominant characteristics of the sperm (Shukra) and 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 Dosha (Dosha Pramana) is the main goal of Prakriti assessment. Prakriti knowledge is required for the evaluation of pathology (Vikriti). It is understanding of the patient or healthy individual, consideration should be given to 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 Vayo 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 govern normal metabolism and provides anger in behavior.

Kapha Prakriti is related with 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 balance state of Doshas constitution, described as Shreshtha constitution and imparts superior qualities in behavior.

Dvandaja Prakriti is described as Nindya (inferior) constitution since it contains predominance of two Doshas that may be Vata with Pitta, Pitta with Vata, Pitta with Kapha, Kapha with Pitta, Kapha with Vata and Vata with Kapha. Dvi-doshaja prakriti is 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.

Figure 1: Various types of prakriti.

Factors affecting formation of prakriti
Characteristics of the father (Pitrija), mother (Maatrija), soul (Atma), mind (Satvaja), and diet origin have been passed down to the foetus (Rasaja). These factors have an impact on people's personalities. Charaka 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 Mahabhuta (Pancha Mahabhuta Vikara Prakriti). All of these elements have an impact on Prakriti’s genesis.

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

Ayurveda recommended precise daily and dietary conduct depending on the predominance of particular Doshas since Prakriti is similar to the constitution of biological components and this constitution differs from person to person. 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 produce the pathogenesis of various diseases.

Dosas-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 heavily affected the composition of the Mahabhoota.

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

A person with a Pitta prakriti may be impacted by etiological variables that might lead to the pathogenesis of metabolic and gastrointestinal problems like ulcer and hyperacidity. Teeksha and Ushna Gunas should be avoided because they are more common in Pitta prakriti people.

The person with Kapha prana is thought to be more prone to illnesses including obesity, diabetes, and allergies, among others. Due to the fact that 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 start disease pathogenesis in those with a constitution that is predominately Kapha. [10-12]

**CONCLUSION**

The theoretical idea of Prakriti is similar to a person's constitution, and a person's constitution determines how susceptible they are to circumstances that cause sickness. Doshaj vikaras, which happen as a result of the vitiation of Doshas under the impact of etiological factors, are primarily related to Doshic Prakriti. To prevent Doshaj vikaras, Ayurveda prescribed a certain daily and dietary routine to a given Prakriti person. Persons with Kapha Prakriti should exercise caution when it comes to diabetes & hypertension. A person with a Pitta Prakriti should be cautious of things like metabolic problems and peptic ulcers. A Vataj Prakriti individual should avoid stress and anxiety. A person with Sama Doshaja Prakriti has balanced Dhatu, Dosha, and Srotas and is consequently less susceptible to prevalent pathogenic influences. Understanding a person's mental and physical makeup and susceptibility to diseases not only aids in promoting health but also in the prevention and treatment of diseases. This leads us to the conclusion that understanding Prakriti is essential for achieving health, harmony, and happiness, etc.

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