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

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ABSTRACT
Prakriti is a unique concept of ancient Ayurvedic science that affects internal constitution of an individual. The constitution of Prakriti is inherited and individual acquire specific Prakriti from the birth. Natural habitats, genetic factors and dietary habits etc. decides Prakriti of everyone. Panch mahabhutas contributes significantly towards the Doshaic constitutions. The Trigunas (Svata, Rajas and Tamas) are also associated with specific Doshaic Prakriti. Therefore, mental and moral behaviors are influenced by Doshaic Prakriti. The predominate combinations of Shukra and Shonita during the time of conception governs Prakriti of an individual and this Prakriti plays an important role in the physiological attributes. The susceptibility towards the disease is also related with the Prakriti. Considering the importance of Prakriti, present article explains clinical and pathological considerations of concept of Deha Prakriti.

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

INTRODUCTION
The Deha Prakriti of an individual can be used to explain their unique individuality traits according to the Ayurvedic descriptions of psychosomatic constitution of the individual. Environmental and genetic factors have the most impact on Deha Prakriti. An individual's physical, physiological and psychological make-up can be described in terms of their Deha Prakriti. The constitutional elements of each Prakriti differ. Thus, Deha Prakriti is influenced by a variety of factors. The susceptibility towards specific disease and treatment of disease both merely depends upon the Deha prakriti of an individual. The Prakriti affects Sharira and Manas of an individual since Panchmahabhatas and Doshas combinations vary from one Prakriti to another.[1-4]

Prakriti is 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 has described various types of factors affecting the Prakriti including Atmasa Bhava, Purva janamakri karmas, Sattvaja bhavas, Matrija-Pitrija bhava, Pitrija Bhava, Matrija Bhava, Kala, Rasaja bhava and Satmyaja Bhava, etc. [5-7]

The specific conducts of Ayurveda (Dinacharya and Rutucharya) have suggested depending upon the Prakriti of an individual to maintain normal heath status and to avoid pathological progression of diseases. The lifestyle and dietary conducts according to the Prakriti helps in disease resistance and specific treatment can also be planned by considering the Prakriti of diseased individual. Deha Prakriti also described as Doshaja or Sharirika Prakriti, Acharya Charaka has mentioned different types of Prakriti as depicted in Figure 1. Prakriti is also related with Trigunas (Sattava, 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.[10-9]
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, exhillaration, 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 types of weaknesses or disease susceptibility can be assessed with the help of Prakriti.
- Prakriti of an individual helps to plan his/her dietary and daily routine.
- The diagnosis and treatment can be made according to the Prakriti of individual.
- Prakriti helps to assess individual’s psychological and social behavior.
- The seasonal regimen can be suggested for a individual according to the Prakriti that helps to maintain his/her normal health status.
- The disease causative factors can be avoided according to the Prakriti since etiological factors gets affected primarily as per the Doshaic constitution of individual.

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

In Ayurveda, the concept of a sperm or an ovum fragment (Bejubhaga) can be interpreted in relation to Prakriti. According to Astanga Sangraha, some elements of the sperm or ovum oversees how an organ develops. Astanga Hridaya states that the sex is determined by the dominant characteristics of the sperm (Shukra) and an ovum (Shonita), these elements are crucial in determining the fetus's Prakriti.

Assessment of Prakriti

Estimating an individual's strength (Bala Pramana) and level of Doshas involved (Dosha Pramana) are main goals of Prakriti assessment. Knowledge of Prakriti is required for the evaluation of pathology (Vikriti) of an individual’s disease. So, while understanding of the patient or healthy individual we should consider 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 Vayu 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 governs normal metabolism and provides anger in behavior.

Kapha Prakriti is related to 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 Tamas Guna thus imparts lethargy behavior.

Sama doshaja or Sama dhatu Prakriti is balanced state of Dosha constitution, described as Shreshtha constitution and imparts superior qualities in behavior.

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

**Pathological Attributes of Prakriti**

Ayurveda has recommended precise daily and dietary conduct depending on the predominance of Doshas since Prakriti is constitution of biological components and this constitution differs from individual to individual. 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 lead to the pathogenesis of various diseases.

Doshas-avitiating 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. Bhavik Prakriti's preponderance is heavily affected the composition of the Mahabhutas.

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

An individual with Pitta prakriti may be impacted by etiological variables, that might lead to the pathogenesis of metabolic and gastrointestinal problems like ulcer and hyperacidity. Teekshna and Ushna Gunas should be avoided because they are more common among Pitta prakriti individuals. The individual with Kapha prakriti is thought to be more prone to illnesses including obesity, diabetes, and allergies, among others. Because 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 lead to pathogenesis in those with constitution that is predominated by Kapha.[10-12]

**DISCUSSION AND CONCLUSION**

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

**REFERENCES**