

## A QUANTIFY ASSOCIATION BETWEEN PRAKRITI AND BALA

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**ABSTRACT**

*Prakriti* is formed by the union of male and female gametes, at the time of conception process due to *Dosh* predominance which is after reflected by an individual as a set of characters determining his or her behaviour itself.<sup>[1]</sup> The assessment of individual status is possible mainly through his *Prakriti* and *Bala*. *Bala* varies from person to person in respect of *Prakriti*, This *Prakriti* decides to *Bala*. *Bala* is also observed by *Vyayama Shakti*. The core factor responsible for providing strength to the body as well as mind is generally known as *Bala*. In equilibrium state, *Kapha* is considered as a *Prakrit Kapha* and when its equilibrium is not maintained it becomes *Vaikrit*. In this condition *Kapha* has lost its natural *Karma* and *Guna*. So, persons having in the state of *Kapha Kshaya* gets easily suffered with the diseases due to decreased level of *Bala* or *Vyadhikshamtva* (Immunity).<sup>[2]</sup>

**KEYWORDS:** - *Oja*, *Prakrit Shleshma*, *Bala*, *Prakriti*.

**INTRODUCTION**

*Bala* is to support and maintain the power inherent in the body which opposes, inhibits, contains, and binds the virulence and strength of disease-causing factors. *Bala* is responsible for well-being of the individual in all aspects whether physical or mental.

The supreme essence of all *Saptadhatus* from *Rasa* to *Shukra* is known as *Oja*, on which the strength of the body depends. *Oja* is *Sara* (essence) of all *Dhatus* located in the heart, it pervades all over body and control the working of the body. By its loss (destruction, absence) death will occur and by its presence the body sure to survive. *Oja* is the reason for different condition and activities related with the body. The *Oja* control over all acts of vitality, voice and complexion and helps both the external and the internal sense organs, in duly performing their natural functions. *Shleshma* in normal state considered as *Bala* and *Oja* while in abnormal state it is *Mala* (waste) and *Papma* (diseases). Function of normal *Kapha* is like that of *Oja*. *Kapha* in normal state provides compactness, stability, heaviness, virility, immunity, resistance, courage and gracelessness. Due to presence of *Bala* the human body has the ability to resist all most all the type of organisms or toxins that tend to damage the tissue and organs.

**Prakriti**

*Prakriti* is a characteristic set of features of an individual formed during the embryological stage with influence of

physiologically normal *Doshas*, which further sustains and emerges as behaviour throughout the life of that individual.

The *Prakriti* of the child (to be born) is determined at the time of its conception. The following factors which determined the *Prakriti* of the child are: -

1. *Shukra Shonita Prakriti*
2. *Kala Garbhashaya Prakriti*
3. *Matu-Aahar Vihar Prakrit*
4. *Mahabhuta Vikar Prakriti*

**Types of prakriti**

**Classification no. 1:-** According to *Doshaja*, there are seven types of *Sharirik Prakriti*<sup>[3]</sup>:-

1. *Vataja*
2. *Pittaja*
3. *Kaphaja*
4. *Vata-Pittaja*
5. *Vata-Kaphaja*
6. *Pitta-Kaphaja*
7. *Vata-Pitta-Kaphaja (Sama-Doshaja Prakriti)*

**Classification no.2:-** According to predominance of *Panchbhautik* elements, there are five types of *Bhautik Prakriti*<sup>[4]</sup>:-*Akashiya*

2. *Vayaviya*
3. *Agneya*
4. *Apya*
5. *Parthiva*

**Classification no.3:-** According to predominance of *Stava, Raja* and *Tama, Guna, Manas Prakriti* is decided<sup>[5,6]</sup>

#### A. *Satvik Prakriti*

1. *Brahm*
2. *Mahendr*
3. *Varun*
4. *Kauber*
5. *Gandharv*
6. *Yamy*
7. *Rishi Satva*

#### B. *Rajasik Prakriti*

1. *Asur*
2. *Rakshas*
3. *Paishach*
4. *Pret*
5. *Sarp*
6. *Shakun*

#### C. *Tamasik Prakriti*

1. *Pashav*
2. *Matsya*
3. *Vanaspaty*

**Classification no. 4:- *Jatyadi Prakriti***<sup>[7]</sup>

1. *Jatipraskta Prakriti*
2. *Kulanupatini Prakriti*
3. *Deshanupatini Prakriti*
4. *Kalaprasakta Prakriti*
5. *Vayanupatini Prakriti*
6. *Pratyatmnimit Prakriti*

#### *Oja*

*Oja* is the essence of *Sapta Dhatu* from *Rasa* to *Shukra*, is also known as *Bala* and important material of body. It supports life and confers strength to resist disease.<sup>[8]</sup>

Existence of *Oja* in body can be stated in three ways-

- 1) Before formation of *Garbha* in the form of *Sara* in sperm and ovum.
- 2) After formation of *Garbha* in the form of *Sara* in *Garbha* at morula stage.
- 3) Then persisting throughout lifetime which is omnipresent in body.

#### Nourishment of *Oja*

After digestion of food, *Prasad* (essence) and the *Kitta* (waste) portion is formed. The *Prasadabhaag* provides nutrition to *Oja* along with all the *Dhatu*s.

#### Types of *Oja* (In relation to dwelling place)

According to Acharya *Chakrapani* the *Oja* is of two types-*Para Oja* and *Apar Oja*<sup>[9]</sup>

*Para Oja*:- present in heart (*Hridayasthana*).

*Apar Oja*:- present all over the body (*Sarvasharirvyapi*).

#### Properties of *Oja*

*Oja* is constituted by water chiefly, unctuous, white colour, cool, stable, mobile, distinctive, soft, smooth, is one of vital entity expansible and occupies entire body.

#### Importance of *Oja*

The *Oja*, which maintains the living beings by its saturation; without which no life of creatures exists.<sup>[10]</sup>

Loss of *Oja* amounts to the loss of life itself, which destroyed leads to destruction, which is the sustained and located in heart.

#### Factors responsible for *oja kshya*

<sup>[11]</sup>

- 1) *Abhighat* – Trauma or any grievous injury
- 2) *Kshaya* – Emaciation
- 3) *Kopa* – Angriness
- 4) *Shok* – Constant under depression
- 5) *Dhyan* – Constant worrying
- 6) *Shram* – Excessive physical workouts
- 7) *Akshudha* – Starvation, lack of nutritive diet
- 8) *Ativyayam* – Excessive exercise
- 9) *Atimadyapaan* – Excessive alcohol intake
- 10) *Ativyavaya* – Excessive sexual exercise
- 11) Excessive expulsion of *Kapha* (Mucoid secretions), *Shonita* (Blood), *Mutra* (Urine) and *Purish* (Fecal matter).

#### Abnormalities of *Oja*

➤ According to *Charak Samhita*: - When the *Oja* is diminished, the person is fearful, weak, always worried, having disorders in sense organs, deranged lustre and mental ability, rough and emaciated.<sup>[12]</sup>

➤ According to *Sushrut Samhita*<sup>[13]</sup>:- *Oja Visrans*, *Oja Vyapad* and *Oja Kshaya* are the three stages of *Oja Vikriti* which may occur in various conditions and diseases ranging from physical and mental fatigue to acute and chronic mild and severe type of diseases. According to ancient *Ayurvedic* view these conditions may arise as a result of metabolic abnormalities leading to diminished production of *Oja*.

#### Factors Nourishing for *Oja*

<sup>[14]</sup>

- 1) *Mana Prasannata* – satisfaction through psyche, happiness
- 2) *Madhur* (Sweet), *Snigdha* (Unctuous and nutritive), *Shita Veerya* (Calm and not irritating) and *Laghu* (light weighted) dietary regimen.
- 3) *Ksheer* (Milk), *Mansarasa* (Non veg Soup)
- 4) Herbal drugs mentioned in *Jeevaniya Gana* as like – *Jeevak*, *Rishbhak*, *Ashwagandha*, *Kakoli*, *Ksheer Kakoli*.

#### Tenets for preservation of *Oja*

One who wants to protect the Heart, the great vessels and the *Oja*, should avoid particularly the causes of the affliction of mind. Over and above, he should regularly take the measures which are conducive to heart and *Oja* and cleansing of *Srotas* and also make efforts for serenity of mind and knowledge.<sup>[15]</sup>

**Bala**

*Bala* is to support and maintain the power inherent in the body which opposes, inhibits, contains, and binds the virulence and strength of disease-causing factors are achieved by the *Shleshmik Oja*. *Bala* is the capacity of resisting or controlling the vitiation of the *Doshas* and the resulting diseases. *Bala* and *Oja*, these terms refer to that power or force which resist the factors of decay and diseases.

**Types of bala**

*Acharya Charak* states that *Bala*, *Arogya*, *Ayu*, *Prana* and *Oja* are dependent on *Agni*. *Bala* (Strength) is of three types.<sup>[16]</sup>

**Sahaja Bala:** - According to *Acharya Chakrapani* the constitutional strength is present in every living being from the very time of birth. This is because of the natural growth of the *Dhatus* (tissues).

**Kalaja Bala:** - Time-effected *Bala* is due to seasonal variations and age factor. This *Bala* is influenced by seasonal traits and age of the person. *Bala* is dissipated and lowest in *Aadan-Kala*. *Bala* conserved and its highest optimum level in *Visarg-Kala*.

**Yuktikrita Bala:** - It refers to the induction of body resistance against diseases by resort to appropriate nutrition and *Rasayan*.

**Assessment of bala**<sup>[17,18]</sup>

According to *Acharya Charak*, generally *Bala* should be inferred by the *Vyayama Shakti* and also opines *Sarata Pariksha* for *Bala Visheshayan*.

**Function of bala**

- *Oja* is the supreme essence of all the tissues, and its presence is necessary for all their vital activities. By virtue of *Bala*, there is a strong and well-formed musculature, proper functioning of all motor activities, clear voice, bright complexion and proper functioning of all the sensory, motor and psychic functions.<sup>[19]</sup>
- *Bala* (Strength) is examined by the capacity for *Vayayama Shakti* (exercise).<sup>[20]</sup>

**Vyayama**

Any physical activity performed to increase strength and stability is known as *Vyayama*. A physical action, which is desirable and is capable of bringing about bodily stability and strength is known as physical exercise.

**Importance of vyayama**

- The person, who performs daily exercise, can digest unhealthy and improperly cooked food without any kind of difficulty. Physical exercises are always beneficial for strong persons and who consume fatty foods. It is most beneficial for these persons especially during cold and spring seasons. Exercise a

should be done daily, in all these seasons by men who desire their own wellbeing.<sup>[21]</sup>

**Matra of vyayama**

- Physical exercise should be done to the level of half of the strength of the person; when *Vayu* (*Vata*) residing in the region of the heart comes up through the mouth (upward breathing) that is the sign of half the strength of the person. Exercise should be done in the accordance with age, strength, physique, habitat, season, and nature of food; otherwise the person gets affected by diseases.<sup>[22]</sup>

**Samyaga Vyayama lakshana**<sup>[23]</sup>

- Appearance of sweat, increase of respiration, feeling of lightness of the whole body and feeling of blockage in the region of the heart and such other organs of the body these are the indicative of the exercise being performed correctly.

**Ativyayama Sevana Janya Vyadhi** (diseases due to excess of exercise)

- Excessive practice of *Vyayama* gives rise to *Sharm* (tiredness), *Klama* (exhaustion), *Kshaya* (depletion of body tissues), *Trishna* (excessive thirst), *Raktapitta* (bleeding from different parts of the body), *Pratamaka* (darkness in front of eyes), *Kasa* (cough), *Jvara* (fever) and *Chardi* (vomiting).<sup>[24]</sup>

**DISCUSSION**

*Prakriti* analysis helps us to maintain healthy life style as well. *Prakriti* is mainly considered as the *Svabhava* of an individual. Some people though emaciated are strong, while some though stout possess little strength, hence the physician should infer the stamina and strength through physical exercise (*Vyayama*).

*Bala* is to support and maintain the power inherent in the body which opposes, inhibits, contains, and binds the virulence and strength of disease-causing factors. The factors responsible for increase or decrease of *Kapha Dosh*, leads to *Vridhhi* and *Kshya* of *Oja*. So, it is essential to store and protect the existing *Oja* or *Kapha Dosh*.

*Oja Visrans*, *Oja Vyapad* and *Oja Kshaya* are the three stages of *Oja Vikriti*, these conditions may arise as a result of metabolic abnormalities leading to diminished production of *Oja*.

*Aahar Rasa*, is important as it nourishes all the *Dhatus* at their respective level. The origin and depletion of the seven *Dhatu* are interconnected. To avoid the condition of *Bala-Kshya*, it is therefore mandatory to keep all the *dhatu* in optimum quantity by taking adequate diet, and not just concentrating on the constituents affects the *Bala*. One who wants to protect the heart, the great vessels and the *Oja*, should avoid particularly the causes of the affliction of mind.

**CONCLUSION**

*Bala* of an individual is also predicted by the study of his *Prakriti*. Now a days to gain optimum health, the knowledge of *Prakriti* is very important and *Vyayama* according to *Prakriti* is the first & prime need for society. This *Prakriti* decides to *Bala*. *Bala* is also examined by *Vyayama Shakti*. e.g. *Vata Prakriti* individuals have less amount of strength and short life span. The Comparative strength of different individuals can be decided by the type of *Prakriti*. The *Kapha Prakriti* persons are stronger than *Pitta* and *Vata Prakriti* persons. Therefore, one should know his/her *Prakriti* to aware and prevent the symptom of *Bala- Kshya* and make the society healthy. Individuals can perform physical exercise to appropriate manner and strength. We can successfully prevent the complication of *Vyayama (Bala- Kshya)*. Hence, the whole concept of health, disease and treatment is based on constitution.

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