

IMPORTANCE OF ANALYSIS OF PRAKRUTI IN CHIKITSA

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ABSTRACT

Vata, pitta & kapha are the three basic component of body. According to ayurveda all the physiological processes are controlled by shareerika & manasika doshas. Main goal of ayurveda is to maintain the health of healthy individual & to cure the disease of diseased person. Prakruti is defined as individual state in natural form. According to ayurveda prakruti is formulate at the time of union of sperm & ovum inside the uterus. Predominance of either one or two or three dosha determines the prakruti of individual. Prakruti is the natural state of body on other hand vikruti is unbalanced state of body. While diagnose the disease acharya has explained the dashavidha pareeksha. Prakruti analysis is an first while next one is vikruti analysis. Prakruti analysis is an important factor to understand the nature & severity of disease as well as treatment point of view.

KEYWORDS: Prakruti, Chikitsa, Vyadhi.

INTRODUCTION

Word derivation

The term Prakruti is derived from two Sanskrit words 'Pra' and 'Kri'. 'Pra' means 'First' and the 'Kri' means 'Creation'. So Prakruti is termed as the 'first creation'. The term Prakruti also means 'nature' or state of an individual in its natural form.

Concept of Prakruti

Prakruti is unique concept that mentioned in ayurveda. According to acharya charaka panchamahabhuta and chetana (soul) unite to form Purusha and the nature of this Sharira is known as Prakruti.

Prakruti means manifestation of special characteristics due to predominance of shareerika doshas & in these prakruti indicates predominance of specific dosha in an individual. There are other factors which also determine the constitution of a body in minor way.^[1] Charaka has mentioned several additional factors which determine the Prakruti such as nature of the season, condition inside the uterus, food of mother during pregnancy, other regimens adopted by mother during pregnancy, Sukra-Sonita (sperm-ovum) of father and mother and Mahabhuta Vikara.^[2] These factors get afflicted with one or more of the Doshas which are dominantly associated with the

above mentioned factors. Therefore, Prakruti of some people is dominated by Vata, some others by pitta, some others by kapha and some others by the combination of two Doshas and some cases, equilibrium are maintained by Dosha.^[3,4] Although all these factors mentioned above play an important role in determination of Prakruti.

Ayurveda considers Panchamahabhuta to be the basic constituents of this physical universe including the human body.

Though all doshas are exist in every human being, one is dominant based on which an individual's Prakruti is determined.

Prakruti of human being depends on genetic and acquired factors. The genetic constitution depends upon Shukra (sperm) and Shonita (ovum), while acquired constitution depends on environmental factors like age, race, heredity, climate, season, and region.

Prakruti is an important concept of Ayurveda that explains individuality. It expresses unique trait of an individual that is defined by specific and permanent composition of Dosha right from birth. Prakruti makes every person unique therefore no two persons can be exactly identical. Anatomical, physiological and

psychological characteristics differ from one person to other person depending on individual's Prakruti.

Prakruti remains constant for each individual throughout life time.

According to Acharya Sushruta, formation of Prakruti takes place by the condition of Tridosha at the time of union of shukra (sperm) and shonita (ovum) in the garbhashaya of mother.

Predominance of any one, two, or all the three dosha determines the characteristics features of the future child as ekadoshaja prakruti, dvandvaja, samamishra. Ekadoshaja prakruti is rarely seen but dwandvaj prakruti is common in present era.

Prakruti and lifestyle

All the physiological processes are directly controlled by shareerika and mansika doshas, thus by the predominant dosha is a particular type of Prakruti. According to prakruti the lifestyle should be change of individual. According to particular dosha diet pattern, sleep pattern, lifestyle changes should be done on day to day activity. Ayurveda can be applied for the prevention as well as curative aspect for the diseases. Prakruti is main phenomenon in both condition means to prevent as well as to cure the diseases.

Factors for the formation of prakruti

1. Garbhakalaj bhava

- Shukra shonita prakruti

- Kala- grabhashaya prakruti
- Matru ahara vihara prakruti
- Mahabhutavikara prakruti

2. Jatiprasaktadi bhava

- Jatiprasakta bhava
- Kulprasakta bhava
- Deshanupatini prakruti
- Kalanupatini prakruti
- Vayanupatini prakruti
- Pratyatmaniyata prakruti

Types of prakruti

Sharirika prakruti

- Vataj
- Pittaja
- Kaphaja
- Vata pitta
- Vata kapha
- Pitta kapha
- Vata- pitta- kapha

Manasika prakruti

- Satwika
- Rajasiak
- Tamasika
- Satwa- rajasika
- Satwa tamasika
- Rajas- tamasa
- Samaguna prakruti

Characteristic points for analysis of Prakruti.

Sr. No.	Features	Vata	Pitta	Kapha
1.	Body figure	Slim & low weight	Medium	Large & overweight
2.	Height	Tall & short	Average	Thin & sturdy/ short & stocky
3.	Shoulder structure	Light, small bones, predominant joints	Medium	Large, broad shoulder, heavy bone structure
4.	General feel & complexion of skin	Dry, cool, dark complexion, tans easily	Smooth, oily, fair skin	Oily, cold, white, pale tans evenly
5.	Hairs	Dry, black, knotted, brittle dull, black, brown	Straight, oily, red, brown	Thick, curly brown
6.	Shape of face	Long, angular, thin	Heart shaped, pointed chin	Large, round, full
7.	Eyes	Small, black, sunken, dry, active, scanty eye lashes	Yellow, bright grey, green, moderate eye lashes	Big, beautiful, blue, calm, loving & thick, fused eye lashes.
8.	Teeth & gums	Irregular, protruding teeth, receding gums	Medium sized teeth, reddish gums	Big, white strong, teeth, healthy gums
9.	Walk	Very quick with swift movements	Normal	Slow & steady gait
10.	Speech	Very fast, missing words	Sharp, provocative & clear cut	Slow resonant & clear
11.	Appetite	Irregular, scanty, & likes sweet, sour & salty	Strong, unbearable & likes sweet & bitter, astringent	Slow but steady & like pungent, bitter & astringent.

12.	Anger	Quick & unstable	Quick & sustained	Always cool
13.	Response to climate	Dislike cold, windy, dry weather, likes warmth	Dislike hot weather, prefer cool well ventilated places	Dislike cool & damp weather can tolerate different climates
14.	Response to climate	Worried, confused, often gives wrong solutions	Agitated, gives right & firm solutions	Calm but slow but gives right solutions
15.	Concentration	Poor	Moderate	Good
16.	Cognition process	Quick, poor grasping memory less poor storage.	Good grasping memory average, average storage	Delayed grasping, memory good good storage
17.	Performance of activities	Quickly with lot initiative	Moderately medium initiation	Very slowly
18.	Perspiration	Seldom	Very easily with fowl body odour	Normal
19.	Stool	Irregular, hard, blackish	Regular, semisolid, yellowish	Regular, well formed yellowish
20.	Sleep	Interrupted & scanty	Medium	Excessive & deep sleep

With these points we can evaluate the prakruti.

In dwandwaja prakruti two dosha prakruti are characterized by combination of the manifestation of respective dosha.

In samaprakruti combination of the manifestation of all the dosha in a equilibrium state.

Importance of prakruti in chikitsa

- 1. Maintaining the health:** ayurveda advised to take a diet & live a lifestyle according to prakruti. Panchakarma therapies are mentioned according to individual prakruti.
- 2. Agni status of individual according to prakruti:** Acharya Charaka has mentioned four types of Agni (Digestive fire) according to individual Prakriti. Vishmagni (Disturbed) in Vata Prakriti
Tikshnagni (Increased) in Pitta Prakriti
Mandagni (Decreased) in Kapha Prakriti
Samagni (Normal) in Samadosha Prakriti
- 3. Susceptibility to disease according to prakruti:** Each Prakriti type is prone to specific diseases. Prakriti determines proneness of an individual for Dosha specific diseases. Vataja, Pittaja and Kaphaja diseases are a little difficult to treat in persons belonging to Vata, Pitta and Kapha Prakriti respectively.
- 4. First preference in Dashavidha pareeksha:** Dashvidhpariksa has been mentioned by Acharya Charaka while diagnosing the strength of the diseased person. Prakriti analysis is first to be done while examining a patient.
- 5. Prognosis of diseases:** If the causative Dosha of an ailment is same as the Prakriti of the diseased person, the disease becomes Krichrasadhya i.e. difficult to cure. Similarly if the vitiated Dosha is different from one's Prakriti, it is very easy to treat.
- 6. Treatment purpose:** Acharya Charaka has mentioned 'Prati Purusha siddhanta' considering one's Prakriti and other factors specific to the diseased person while treating individual's ailment.

The knowledge of Prakriti helps in drawing a line of treatment for diseased person

- 7. For determination of Drug doses –** The dose of the medicine is decided according to individual's Prakriti. In general the alpa (minimum), Madhya (moderate) and Pravara (maximum) dose of medicine are adopted in Vata, Pitta and Kapha Prakriti individuals respectively.⁽⁵⁾
- 8. As Preventive Medicine:** In Ayurveda Dinacharya (Diurnal regime) and Ritucharya (Seasonal regimes) have been advised on the basis of Prakriti. The person can adopt these regimes as per need of Prakriti to keep body healthy and Dosha in equilibrium state.

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