

THE ROLE OF PRAKRITI IN THE CAUSATION OF DIABETIC RETINOPATHY IN DIABETIC PATIENTS

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ABSTRACT

Prakriti starts to take shape at the very first step after conception in mother's womb, which is the complete psychosomatic architect of an individual¹. It is influenced by the *sukra* (semen) of the father and *artava* (ovum) of the mother and the dietary habits and lifestyle of the mother. According to Vagbhata the *Prakriti* remains inheritant throughout the life prior to death. Ayurveda categorizes human population in to sub population such as Vata *Prakriti*, Pitta *Prakriti* and Kapha *Prakriti* or their combination on the basis of anatomical, physiological, and psychological characteristics with completely avoidance of racial, ethical, and geographical consideration. Ayurveda has designed *Prakriti* such as Vata, Pitta and Kapha or combination of either two or three of them². All individuals will be influenced by the doshas, or will be having the features of these doshas. But we consider an individual as VATA *prakriti*, PITTA *prakriti*, or KAPHA *prakriti* according to the features found in them. These individuals are prone to get diseases according to their *prakriti*, ie, Vata *prakriti* individual is more prone to get vata predominant diseases if he is following a vata vitiating life style. If we know our *prakriti* we can change our life style for maintaining the doshas in equilibrium, so that health is maintained. This study aims to observe the role of *prakriti* in the causation of diabetic retinopathy in diabetic patients. The prevalence rate of diabetic retinopathy in type 2 DM was reported as 34.6% from south India . In this study around 182 diabetic retinopathy patients was selected and their *prakriti* was assessed using the software AYUSOFT developed by C-DAC PUNE. The results was analysed statistically to find any association between *prakriti* and and causation of diabetic retinopathy in diabetic patients.

KEY WORDS : PRAKRITI, DIABETIC RETINOPATHY

INTRODUCTION

The word *Prakriti* has been derived from "Prakarshena karoti iti *Prakriti*" The word *Prakriti* is derived from Pra + *Kriti* (to create or to act). Pra means the "beginning", "commencement" or "source of origin" and *kriti* means "to perform" or "to form". Put together *prakriti* means "natural form" or "original form" or

"original source". Prakriti is one of the most important concepts described in ayurveda and it is decided at the time of conception .It is the complete psychosomatic architect of an individual which starts to take shape in mother's womb. Thus generated prakriti helps in understanding the health and disease state of an individual and helps in maintaining health and also for treatment when diseased. As we all know the prevalence of diabetes is increasing day by day. And the patients with diabetic complications are also getting increased. One of the major complication in diabetes is diabetic retinopathy. By analyzing the *prakriti* of the individuals with diabetic retinopathy we can assess which type of *prakriti* individuals is getting this disease more, so that we can predetermine the occurrence of diabetic retinopathy in diabetic patients with that particular *prakriti*. And also it will help to assess which type of retinopathy that particular *prakriti* individual is prone to. We all know diabetic retinopathy is a disease occurring the retinal musculature and it is one among the major complications of diabetes. We know that diabetes is a disease caused by kapha medo dusti and diabetic retinopathy is a disease occurring the eyes, which is said to be the seat of pitta. So patients with diabetes should avoid kapha and pitta vitiating aharas and viharas to keep the doshas in equilibrium, so that the disease is controlled. This study aims to find the role of prakriti in the causation of diabetic retinopathy. We know that when the doshas, desa, rthu and prakriti become predominant of the same doshas, the disease occurs or it is difficult to cure the disease. So if the prakriti of the individual is different from the doshas, desa and rthu, the disease does not occur or if occurs it is easily curable. This study aims to find the role of prakriti in the causation of diabetic retinopathy.

METHODOLOGY

SOURCE OF DATA: Patients with diabetic retinopathy was included in this study.

RESEARCH DESIGN

Descriptive - observational study

SAMPLING

Convenience sampling

SAMPLE SIZE

182 Diabetic retinopathy patients

SETTING

1. The study was conducted in already diagnosed diabetic retinopathy patients
2. A valid questionnaire was used to assess the *prakriti* of each participants –

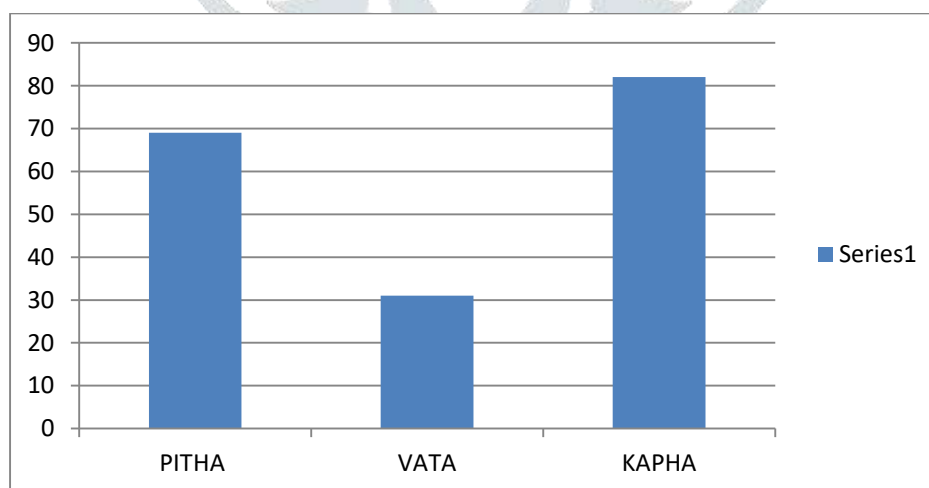
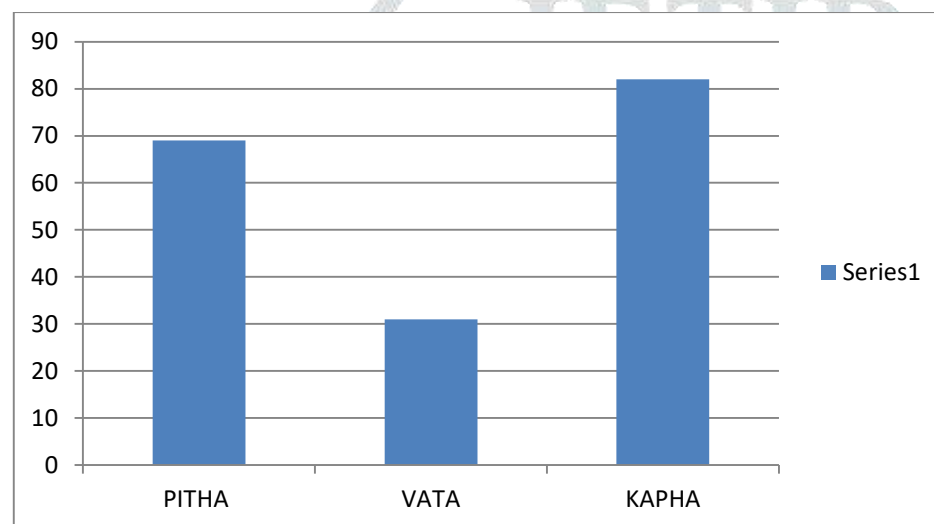
AYUSOFT OF C-DAC PUNE

3. Ophthalmoscopy and vision testing was used to diagnose diabetic retinopathy

4. The collected data was statistically analysed to find the relationship between *prakriti* and diabetic retinopathy.

PLAN OF ANALYSIS

According to Data collected the results were evaluated and the significance of the study was assessed using basic statistical analysis (descriptive statistics) and the relationship if any with prakriti is assessed using appropriate tests like chi-square test. Analysis was done using EXCEL and SPSS software.

RESULTS AND DISCUSSION

Among the 182 diabetic retinopathy patients analysed 82 was found to be kapha predominant prakriti and 69 patients was pitta predominant prakriti and 17 vata prakriti individuals .

Duration of diabetes in years

	Frequency	Percent
Valid 10-15	164	90.1
Valid 15-20	18	9.9
Total	182	100.0

In this study of the 182 Patients selected 90.1% patients were of 10-15 years of history of diabetes remaining 9.9 % were having a history of 15-20 years

	Frequency	Percent
Valid CONTROLLED	7	3.8
Valid UNCONTROLLED	175	96.2
Total	182	100.0

Among the patients selected it was found that 4% of the patients was with controlled diabetes and remaining 96% of the patients was with uncontrolled diabetes. From this we can say that uncontrolled diabetes is one of the major cause of diabetic retinopathy.

	Frequency	Percent
Valid AVERAGE	2	3.64
Valid LESS	180	98.9
Total	182	100.0

In this study it was found that in most of the patients lack of regular exercise leading to uncontrolled diabetes

DISCUSSION

Since eyes are said to be situated in the upper portion of our body, and we know that the upper portion is Kapha dominant³, So persons with kapha prakriti are more prone to get diseases affecting the upper portion of our body and diabetes is a disease caused by kapha medo dushti..

And since eyes are said to be the seat of pitta⁴, pitta also has got a significant role in causation of retinopathy. All this factors favouring the vitiation of kapha along with the similarity in

prakriti may affect the Kapha prakriti persons with diabetes in leading to diabetic retinopathy

Along with this Ahara and vihara which vitiates kapha and pitta may increase the probability of the disease causation. And retinopathy is caused either by occlusion or leakage of retinal vessels which may be considered as the vitiation of kapha and pitta.

CONCLUSION

Prakriti has got an important role in the occurrence of disease especially diabetic complication like diabetic retinopathy. We know that when the dushya (doshas), desa(place), rtu(season) and prakriti⁵ are same there is more probability of getting the disease or it is difficult to cure the disease. So diabetes patients with kapha and pitta prakriti should avoid kapha and pitta vitiating Ahara and viahara so that they can control or delay the causation of diabetic retinopathy.

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