



A Review article on Prakriti parikshan and its Importance.

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Abstract-

The science of life is ayurveda. Ayurveda focuses on disease prevention and treatment. One of the major tenets of Ayurveda, taken from the Veda, Purana, Upanishad, and Darshana, is prakriti. An individual's innate nature, or prakriti, is something that is determined at birth and cannot be altered. Human nature is broadly divided into two categories by Ayurveda: Mental Nature and Physical Nature. Along with other techniques like palmistry, horoscopes, and numerology, Ayurveda referred to prakriti parikshana as one of the crucial methods for selecting the ideal spouse. All of these techniques required the individual being questioned or inspected to provide some reliable information. Name, date of birth, time of birth, palm impression, etc. are not necessary for prakriti parikshan. It simply requires that the subject be examined while seated in front of the examiner, though a photo or video of the subject may also be used. The distinction of Ayurveda from other medicinal systems is based on the idea of Prakriti. Depending on their Prakriti, each person has a varied choice of treatment and medication. Analysis of Prakriti has a crucial part in the prognosis, diagnosis, treatment, and prevention of numerous diseases in addition to aiding in comprehending the patient's physical and mental constitution.

Keywords- Ayurveda, Prakriti parikshan, Health, Prakriti parikshan Tools.

Introduction-

The Indian subcontinent has used the antiquated medical discipline known as ayurveda for thousands of years. The tridosha, a framework for comprehending health and sickness, is one of the

core concepts in Ayurveda.¹ A person's unique psychosomatic temperament, known as prakriti in Ayurveda, includes all of their physical, functional, and behavioural traits. According to Ayurveda, the body, or Purusha, is thought to be made up of a number of different elements, including Dosha, Dhātu, Indriya, Manas, Buddhi, and Atma. Every person has a unique combination and is consequently a unique entity, similar to genetic code. Therefore, a special mix of these three doshas determines Prakriti (Tridoshas). According to Ayurveda, Prakriti is created at the beginning of human existence and typically does not change during the course of it.²

Prakriti is derived from two Sanskrit words "Pra" and "Kriti". While Kriti refers to the act of doing or producing, Pra represents the beginning or source of origin. Therefore, Prakriti refers to a person's true nature or condition. The way one presents or expresses oneself in terms of physical, physiological, psychological, or social elements is known as prakriti.³ According to Ayurveda, each person has a unique nature. Depending on the Dosha and Mahabhuta dominance at the moment of birth, different Prakriti persons have distinctive physiognomy. An inventory of both internal and outward bodily characteristics is called prakriti.⁴ Human prakriti is influenced by both acquired and hereditary factors. The acquired constitution depends on environmental elements like age, race, heredity, climate, season, and area, whereas the genetic constitution depends on Shukra (sperm) and Shonita (ovum).

Concept of Prakriti:

The "physical body" and the "mental body" make up this constitution. Prakriti refers to a person's "nature" or "natural constitution." Pra and kriti both refer to the "beginning" or "source of origin." Prakriti, when put together, denotes "natural form." The word "Prakriti" comes from "Prakarotiiti."⁵ Prakriti refers to the development of unique traits brought on by the supremacy of Doshas (Vata, Pitta, and Kapha, the functional components of the body), and in this context, Prakriti denotes the preponderance of a particular Dosha in a person. The constitution of a body is also somewhat influenced by other elements.⁶ The nature of the season, the state of the uterus, the mother's diet throughout pregnancy, various regimens she adopted during pregnancy, the Sukra-Sonita (sperm-ovum) of the father and mother, and Mahabhuta Vikara are only a few of the additional aspects described by Charaka that affect Prakriti.⁷ These factors develop one or more of the Doshas that are predominately linked to the previously listed factors. Because of this, some people's Prakriti is dominated by Vata, while others have Pitta, Kapha, or a combination of the two. In other circumstances, Dosha also maintains equilibrium. Although each of the aforementioned elements is significant in determining Prakriti.⁸

Individual Prakriti Formation-

In accordance with Acharya Sushruta, the union of Shukra (sperm) and Shonita (ovum) in the mother's Garbhashaya (womb) results in the formation of Prakriti under the influence of Tridosha. The qualities and features of the future kid are determined by the dominance of any one, two, or all three Dosha (body humors—Vata, Pitta, and Kapha) as determined by the Ekadoshaja Prakriti

(Vata, Pitta, and Kaphaja), Dvandvaja (Vatapitta, Vatakapha, and Kaphapitta), and Samamishra (Vata, Pitta and Kapha in equal proportions).⁹ Panchamahabhuta and Chetana (soul), in Acharya Charaka's view, combine to create Purusha, and the nature of this Sharira is known as Prakriti.

Prakriti and way of life-

Prakriti and lifestyle are both inherently natural occurrences. Vata-Pitta, Kapha, and Mansika Doshas (functional psychological components) directly regulate all physiological processes; as a result, the dominant Dosha corresponds to a certain Prakriti. The observance of personal, moral, and seasonal conduct as well as the maintenance of a way of life that is opposed to an individual's Prakriti are the two guiding principles for maintaining a proper state of health for the body and lifestyle, as the goal of science is to establish the body's equilibrium. Healthy tissues and Dosha equilibrium are the results of following Prakriti-based dietary and lifestyle guidelines.¹⁰ Every healthy person should be aware of their Prakriti in order to determine the healthy lifestyle and eating practises they should adopt in order to keep their health and ward off any diseases. For instance, if a person is determined to have a Pitta-predominant Prakriti, he is encouraged to eat all the foods that cause the body to heat up more.

Factors that Determine Prakriti-

Many aspects that affect both the development of the foetus and the identification of Prakriti have been explained by Ayurveda. Both intrauterine and extrauterine factors may play a role in defining Prakriti. Six Bhavas (aspects) identified by Charaka as being in charge of foetal development might be viewed as determining factors in the growth of the human body and its personality.¹¹ Four elements, including Bija (sperm and ovum), Kshetra (uterus/site of lodgement), Ritu (right timing), and Aahara rasa, have been identified by Vagbhata as having an impact on the development of Prakriti (nutrition).¹² among these Bija is the main factor, which carries the progeny of parents.

Types of Prakriti-¹³

S.no.	Sharirik Prakriti	Manasa Prakriti	Panchbhautik Prakriti
1.	Vataj	Sattvika	Parthiv
2.	Pittaj	Rajasika	Apya
3.	Kaphaj	Tamsika	Agneya
4.	Vatapittaj	Sattva-Rajasika	Vayaviya
5.	Vatakaphaj	Sattva-Tamasika	Nabhasa
6.	PittaKaphaj	Rajas-Tamasika	
7.	Samadosa	Samaguna	

Creating a prototype of the Prakriti analysis tool-

Finding the factors We chose to observe the Dosha attributes (Gunas) in relation to their positive expression in a person, which leads to Prakriti expression, in light of the deficiencies observable in current methods of Prakriti examination as well as the didactic importance of component observation of individual Dosha. For this, a thorough evaluation of the Prakriti examination procedure described in Charaka Samhita was conducted in order to pinpoint the feature expressions associated with particular Doshas. For the expressibility of Kapha, Pitta, and Vata, respectively, we were able to find 12, 6, and 8 properties. Further investigation was done to see if it was possible to examine these found traits in individuals' facial expressions objectively or subjectively.¹⁴ Due to this, it was impossible to observe two Pitta attributes (Katu and Amla) and one characteristic in Kapha (Madhur) objectively for their expression (quantity and quality of semen). We left these variables out of the updated Prkriti Parikshan Tools due to the difficulties in objectively measuring them as well as their gender-related applicability restrictions.

As a result, only 11 features for Kapha, 4 for Pitta, and 8 for Vata make up the Prkriti parikshan Tools, which were tested for reliability. Additionally, we have seen instances when specific attribute classes expressed more than one variable. We selected every variable in those circumstances that belonged to the same attribute class and gave it equal weight in relation to that attribute class. Earlier research have documented this way of selecting the factors for Prakriti determination. comparing the Dosha, attribute class, and individual variables We arbitrarily assigned an equal number to each Dosha in order to conduct a quantitative and hence proportionate examination of the Dosha.¹⁵ This sum was then divided equally among the attribute classes for each Dosha group. The score for each distinct attribute class was then divided evenly amongst the stated variables falling under the same feature class. It was suggested that attribute class variables serve as a representation of the quantum level of Dosha expression. A feature class's initial quantitative expression is represented by the cumulative sum of these quanta, which ultimately represents the expression of a Dosha.¹⁶

Features of Prakriti-¹⁷

Features of Vata Prakriti-

Dryness, dwarfism, and emaciation of the body, as well as a dry, low, interrupted, harsh voice that kept them up all night. Their actions, behaviours, and eating will all be flimsy, light, and erratic. Instable in the joints of the head, shoulders, hands, legs, jaw, lips, and tongue. Incoherent speech and lots of tendons and ligaments that look conspicuous. Quick actions, irritability, the development of pathological manifestations, anguish with terror, dislikes and loves of things, comprehension, and forgetting of things are all characteristics of this persona. cold intolerance, frequently affected by the cold, stiffness, and shivering. Roughness and hardness in the nails, teeth, hands, feet, hair, head, and other bodily parts. When moving, limbs and organs make cracking noises that are constantly present.

Features of Pitta Prakriti-

Having a heated face, a sensitivity to heat, a fair and delicate body afflicted by piplu (small boils), vyanga (facial melanosis), tilkālaka (flat nevi), abundant pidakas (skin eruptions), having brown hairs, and sparse (baldness) hairs on the head, face, and other areas of the body. Sharp physical prowess, a robust digestive system, a tendency towards gluttony, frequent ingestion of enormous amounts of food and drink, and an inability to handle challenging circumstances. Sharp physical prowess, a robust digestive system, a tendency towards gluttony, frequent ingestion of enormous amounts of food and drink, and an inability to handle challenging circumstances. excessively offensive and putrid odour coming from the lips, head, axilla, and other regions of the body.

Features of Kapha Prakriti-

Unctuousness and a shimmering body. delicate and supple bodily parts. attractive appearance, a charming face, and delicate organs, muscles, and skin. will produce more sperm, be extremely vigorous, be more sexually attractive, and bear more offspring. Body stability, thickness, and stability. Organs and muscles that are fully created and developed. Slow in speech, activities, and food consumption. Slowness in starting things off, irritation that comes on gradually, and unhealthy indications. Stable, non-slippery gait with the full foot pressing down on the ground. beautiful eyes and face, a smile, a soft voice, and a soft complexion.

Different Prakriti-Related Food:-¹⁸

A) Vata Prakriti:

Beneficial Foods-

Those foods with a sweet and spicy flavour profile are good for Vata Prakriti. It is advised that Vata Prakriti persons have a suitable eating pattern because they have varying digestive capacities. Food should only be eaten in moderation. To keep your digestive system functioning properly, consume ginger and garlic. cereals like wheat and sesame. pulses like green and black grammes. dairy products including cheese, ghee, and curd. oils including cod liver oil, castor oil, and sesame oil. vegetables including radishes, onions, drumsticks, and white gourd. fruits including figs, grapes, dates, mangos, coconuts, pineapples, and coconuts.

Non-Beneficial Foods-

Foods that are dry, chilly, and astringent in nature are not good for Vata. cereals like horse gramme and barely. sprouting pulses, peas, masur, chana, and other pulses veggies including bitter gourd, potatoes, and dry leafy vegetables fruits including watermelon, cucumber, and jamun. Spices like pepper, honey, and sugarcane juice are not healthy, nor are spices like chilies.

B) Pitta Prakriti:

Beneficial Foods-

Pitta Prakriti benefits from chilly, dry, sweet, and bitter foods. cereals made of wheat, barley, and pulses like channa, masur, and greengram. butter, fresh buttermilk, ghee, vegetables including carrots, beetroot, white gourds, and snake gourds Fruits including ripe bananas, apples, pomegranates, dried grapes, and dated jaggery rock salt, coriander, and other spices meat from a goat or deer.

Non-Beneficial Foods-

Foods with teekshna qualities-hot, pungent, and sharp-do not benefit Pitta Prakriti. Sprouting pulses, such as blackgram, horsegram, buttermilk with tart curds, Sea fish, mutton, and beef vegetables like drumstick, brinjal, and green leafy vegetables Oranges, limes, tamrind, unripe mango, and other fruits spices like asafoetida, asafoetida, garlic, and pepper.

C) Kapha Prakriti:

Beneficial Foods-

Foods that are bright, spicy, dry, and pungent in flavour are good for Kapha Prakriti. Barley and pulses like masur, horse gramme, and green gramme are examples of cereals. oil such as sesame and mustard. onions, bitter gourd, drumstick, snake gourd, and other vegetables. fruits like lemons and pomegranates. spices such black cumin seeds, garlic, pepper, and dry ginger meat from a buck things such as honey and old wine.

Non-Beneficial Foods-

Food that is sweet, chilly, or heavy in nature is not good for Kapha Prakriti. cereals, like uncooked rice. grains of the black variety. milk, curd, ghee, and butter from buffalo. animal fat-derived oils. vegetables like cabbage and sweet potatoes. fruits such grapes, bananas, guavas, coconuts, and jackfruit. Egg, freshwater fish, and mutton. Jaggery and sugarcane juice. drinks that have just been made. such as coriander, are spices.

Importance of Prakriti:

1. Prakriti assists us in upholding a healthy lifestyle, which includes daily routines and dietary practises.
2. Because the factors that cause diseases and the ones that affect prakriti are similar, i.e., vataja prakriti is highly susceptible to vataja vikara such as ashtigata vyadhi, vibandh, and sandhigata vyadhi, etc., vataja prakriti aids in disease diagnosis. Pittaja and Kaphaj Prakriti were likewise subject to the same notion.

Clinical Usefulness of Prakriti-

Prakriti and Sattva Pariksha is one of the Dasavidha atur parikshas used in Ayurveda for patient assessment. Ayurveda's prakriti diagnosis gives a distinctive method for comprehending and evaluating one's health. Prakriti offers advice on maintaining excellent health. It offers comprehensive guidelines for tailoring one's diet and behaviour to one's Prakriti.¹⁹

Discussion-

Any person's health and poor health are determined by the three Doshas. All three Doshas have an impact on every portion of the body. However, each Dosha has dominant zones. Upper body is where Kapha is located (i.e. sinus, nostril, throat, bronchi, lungs etc.). Therefore, compared to people of other Prakriti kinds, Kapha prakriti purusha are more susceptible to diseases of the upper body, such as respiratory conditions, mucous congestion, allergies, etc. The centre of the body, or Pitta, is occupied (i.e. stomach, liver, spleen, gall bladder, pancreas, duodenum etc.). Therefore, disorders of its respective components, such as peptic ulcer, gastritis, agitation, etc., are more likely to affect Pitta prakriti purush. Because Vata rules the lower regions of the body (lower small and large intestines, pelvic region, etc.), Vata prakriti purush are more susceptible to problems of the lower regions of the body, such as constipation, low back pain, etc. Knowing someone's Prakriti gives us an indication of the diseases they are more likely to contract and allows us to take precautions to avoid them. It will be scientific to administer medications like Guggulu, Haridra, and Kanchnar to Kaphaja Prakriti patients because they have higher levels of physiological fatty materials.

Conclusion-

In Ayurveda, the concept of prakriti is crucial to comprehending the type and severity of disease, the body's response to medications (pharmacogenomics), the choice of medications and their dosages, the prognosis of the disease, and preventive measures including nutrition, diurnal, and seasonal routines. In the therapeutic practises of Ayurveda, the idea of Prakriti is crucial. Pitta, Vata, and Kapha As previously indicated, Prakriti people exhibit many physical, physiological, and psychological traits. For preserving lives in accordance with one's Prakriti and assisting in the continuation of healthy living in a tailored way, Ayurveda offers extensive recommendations regarding food, nutrition, season, and diet as per the individual constitution (Prakriti). The ability to practise tailored preventative health, which is not attainable in other medical systems, particularly western medicine, is made possible by knowledge of Prakriti.

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