



## A detailed review of Prakriti, Prakriti Nirmakarabhava w.s.r to Ayurveda.

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### Abstract-

*Prakriti* means individual's nature i.e. enumeration of body features internal as well as external. *Doshik* predominance at the time of fusion of sperm and ovum (Fertilization) forms *Prakriti*. Due to this, qualities of *Doshas* are expressed on the body called *Deha Prakriti*. These expressions are expressed on body in the form of structure or morphology (*sharira swaroopa*), function or physiology, mental reactions or psychology. The factor on which the predominance of *dosha* is depends. These are Sperm and ovum (*shukrashonit prakriti*), season and conditions of the uterus (*kalagarbhashaya prakriti*), age of women, food and regimens of the mother (*matruaaharvihar prakriti*), the dominance of the *mahabhutas* (*mahabhutvikar*) comprising the fetus. The dominant *dosha* of these factors at the time of fusion, determine the physical constitution of an individual. It's a very unique concept in Ayurveda explained by various Acharyas. So this article reviews the opinions the different Samhitas.

**Keywords-** Prakriti, Prakriti Nirmakarabhava, Dosha, Ayurveda.

### INTRODUCTION-

*Prakriti* is very unique concepts explained in Ayurveda by various Acharya. Arunadatta explained *Prakriti* means individuals nature i.e. enumeration of body features internal as well as external.<sup>1</sup> *Chakrapani* said that *Prakriti* is nothing but an expression of ones' own constitution. And it is specific for each and every individual according to the dominant *doshas*.<sup>2</sup> *Prakriti* is one's own constitution which is individually specific which means it is controlled by its own physiology.<sup>3</sup>

### DEFINATION OF PRAKRITI

1. Rasavaisheshika explained *Doshika* predominance at the time of fusion of sperm and ovum that remains unchanged from birth to death is called as *Prakriti*.<sup>4</sup>
2. According to the *acharya charaka* the exhibition of predominance of one, two or all three *doshas* in different proportion affects the fetus. It is nothing but the *doshik prakriti* of that individual (as per the dominance of *dosha*).<sup>5</sup>
3. *Acharya Sushrut* said that *Doshik* predominance at the time of fusion of sperm and ovum (Fertilization) forms *prakriti*.<sup>6</sup>

**PRAKRITI AS DEHA PRAKRITI**

Ayurveda mainly refers to *prakriti* of a human as *Dosha prakriti* or *Deha prakriti*.

In this reference *Anushaya* refers to close connection. Due to this, qualities of *doshas* are expressed on body called as *deha prakriti*. These expression expressed on body in the form of structure or morphology (*sharira swaroopa*), function or physiology, mental reactions or psychology.<sup>7</sup>

**PRAKRITI NIRMANAKARA BHAVA<sup>8</sup>**

The *prakriti nirmankara bhavas* are explained by *acharya Charaka* given as, One (singal *dosha*), two (combination of two *dosha*) or three (combination of three *dosha*) *doshas* are responsible in formation of *prakriti*. There are also some factors on which the predominance of *dosha* is depends. They are Sperm and ovum (*shukrashoniprakriti*), season and conditions of uterus (*kalagarbhashayaprakriti*), age of women, food and regimens of the mother (*matruaaharvihar prakriti*), dominance of the *mahabhutas* (*mahabhutvikar*) comprising the fetus. The dominant *dosha* of these factors at the time of fusion, determine the physical constitution of an individual.

**a) Shukrashonit prakriti<sup>9</sup>**

In the above reference *acharya Charaka* in *Sharirasthana* describe about the *prakriti* of *shukra* and *shonita*. Also described about the *prakriti* of *shukra shonit samayoga*. He stated that the fetus get delivered easily in time and without much complications, if the sperm, the ovum, the uterus and the timing are in excellent condition and the women during the period of pregnancy takes proper diet. The *prakrut shukra* and *shonita* possessing all his properties with excellence unite to form a healthy fetus.

**b) Kalagarbhashaya prakriti**

*Kalagarbhashaya prakriti* includes,

**1. Prakriti of kala:**

It is consider with the age of women. Because 16year in female and for male 25year is the age considered good for marriage. At this age both are supposed to be mentally and physically matured. *Kala* is also taken into consideration as the menstrual cycle. Also there is importance of season because *chaya, prakopa and prashama* of *tridosha* occur in particular season which also affects the *prakriti* of fetus.

**2. Prakriti of garbhashaya:**

*Acharya* stated that the place where the development of fetus occurs is called as *garbhashaya* (Uterus). The health of this *garbhayashaya* is dependent upon the health of the women. If *garbhashaya* gets vitiated by *vatadi doshas* it will not be able to perform its functions.

**c) Matruaaharvihar prakriti:**

*Prakriti* of baby depends upon the diet and behavior of a mother and father. In pregnancy there is need to take care of mother very much. Her diet, thinking, emotions and behavior affect the fetus.

**d) Mahabhutvikar prakriti:**

The *panchamahabhuta* are the originator of *prakrut dosha* and from *prakrut tridosha prakriti* is formed hence we can say that *mahabhuta* play an important role in *prakriti* formation.

## Discussion-

According to *vagbhata* the predominant dosha in *shukra* and *aasrik* at the time of their union (fertilization), *bhojya* (diet) and *cheshta* (behavior) of *garbhini*, *garbhashaya* and *ritu* produces seven types of *prakriti* of the humans.<sup>10</sup> *Vagabhata* while explaining the types of *prakriti* put forward the example of worm. He says that seven kinds of *prakriti* are formed from the fusion of *shukra* and *aartava* just like the poisonous worm arise from the poison. These are *hina prakriti*, *madhya prakriti* and *uttam prakriti* from *vata*, *pitta* and *kapha dosha* respectively. The constitution arising from equal proportion of all the *doshas* is called as *samadoshaja prakriti* which is ideal *prakriti* and those arising from combination of two *doshas* are called as *dwandwaja prakriti*, this *prakriti* are three in number and it is considered as *nindya prakriti*.<sup>11</sup>

According to *acharya Charaka*, some people maintain the equilibrium of *Vata*, *Pitta*, and *Kapha* from very time of conception. Some are *vata* dominant, some *pitta* dominant and some dominated by *kapha*. Those people with *tridosha* in balanced state are not susceptible to diseases and rest of them is always likely to suffer from some disease. According to these predominant *doshas*, these people show psychosomatic expressions called as *Dehaprakriti*. Further *acharya charaka* says that person with one *dosha prakriti* always fall ill.<sup>12</sup>

According to *Acharya Sushruta* the *prakriti* remains constant throughout the life. The features of constitutions of man will neither increase nor decrease naturally.<sup>13</sup> The *dosha* not affect the body too much which are responsible for their constitution at the time of conception just like the insect produced out of the poison does not die because of his own poison.<sup>14</sup>

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