



A SYSTEMIC REVIEW ON DEHA -PRAKRITI -AN ITS CLINICAL SIGNIFICANCE

Dr. Akanksha¹, Dr. Anjana Dixit², Dr. Urmila Maurya³

1. Final Year PG Scholar, Department of Kriya Sharir, Major S.D. Singh P.G. Ayurvedic Medical College & Hospital, Bewar Road, Farrukhabad, Uttar Pradesh.
2. Guide, Associate Professor, Department of Kriya Sharir, Major S.D. Singh P.G. Ayurvedic Medical College & Hospital, Bewar Road, Farrukhabad, Uttar Pradesh.
3. Co -Guide & Department of Kriya Sharir, Major S.D. Singh P.G. Ayurvedic Medical College & Hospital, Bewar Road, Farrukhabad, Uttar Pradesh.

Corresponding Author - Dr. Akanksha, Final Year PG Scholar, Department of Kriya Sharir, Major S.D. Singh P.G. Ayurvedic Medical College & Hospital, Bewar Road, Farrukhabad, Uttar Pradesh.

ABSTRACT

Deha- Prakriti is the concept of individuality. It is accepted by all ancient scholars to make it Universal theory (sarvyantra siddhanta). In one of the assessment factors (parikshya bhava), Deha- Prakriti is crucial for the development of the body, its appearance, behavior, and resistance power, such as immunity, health, and reproductive ability. The diet (Ahara), should be taken by each individual according to his Deha- Prakriti. Individual's digestion (agni) and gut pattern (koshtha) are influenced by Deha- Prakriti. The knowledge of Deha- Prakriti is also beneficial in choosing a suitable job, the field of work, friends, and the ideal life mate. This Deha- Prakriti-based individualized health maintenance system of Ayurveda encapsulates the concept of new personalized medicine.

KEYWORDS – Deha- Prakriti, Parikshya bhava, Ahara, etc.

INTRODUCTION

Deha- Prakriti is the most important component that affects an individual's vulnerability to many diseases, as well as their prognosis, course, and consequences. Severe illness is caused by similar dosha in Deha- Prakriti and samprapti (pathology). Individuals with a vata, pitta, or kapha dominance in Deha- Prakriti are susceptible for vata, pitta, or kapha dominant illness, respectively. Individuals with vata Deha- Prakriti have dry skin and hair, lean phenotypes, and are prone to fatigue, nervous system diseases, and insomnia, among other things. Pitta Deha- Prakriti people have strong personalities and are prone to inflammatory ailments such as ulcers. Whereas kapha

Deha- Prakriti people have heavy bones, muscle, and fat and are more susceptible to respiratory disorders and obesity-related comorbid conditions. A physician must have a strong understanding of Deha- Prakriti for successful healthcare management. Deha- Prakriti assessment is a component of the tenfold examination of the patient (dashavidha pariksha). Physicians diagnose the patient's state, which serves as the foundation for treatment.¹

Etymological derivation

The word Deha- Prakriti is made up of three words. Deha- Prakriti = Pra+ Kri+Ti. The word 'Pra' is a prefix meaning "origin"; 'Kri' means to "to do" and 'Ti' denotes the root "klina" means "to intensify". Thus, Deha- Prakriti is defined as the entity, which manifests at the time of origin. Deha- Prakriti is the amplified expression of dosha as seen in anatomical, physiological, or functional responses of the body's various subsystems. Deha- Prakriti is the natural state or condition of anything, cause, and origin. Deha- Prakriti is an expression of one's constitution that is individual specific. It is the enumeration of both internal and exterior body features.²

Definition

Deha- Prakriti is a set of characteristics that an individual develops from the embryological stage as a result of the effect of physiologically normal dosha, which then persists and appears as behavior throughout one's life [Rasa vaisheshika sutra 8]. Due to specific reasons, dosha becomes more intense during embryogenesis. This naturally amplified state of dosha is referred to as Deha- Prakriti, and it lasts from birth to death.³

People are born with different proportions of dosha which results in deha Deha- Prakriti. This leads to a distinct psychosomatic manifestation. Each kind of Deha- Prakriti has its own set of physical, physiological, behavioral, social, and mental traits. These features distinguish one person from another, causing individuality among living organisms.⁴

Classification of Deha Prakriti

Dosha Prakriti

Vata, pitta, kapha, vata-kapha, vata-pitta, kapha-pitta, and samadoshaja Deha- Prakriti (all three, i.e. vata-pitta-kapha) are the seven forms of Deha- Prakriti. [Cha.Sa.Vimana sthana 8/95] Among these, three kinds have single dosha preponderance, three have two dosha predominance, and one has all three dosha balance. Vata, pitta, and kapha are the three phenotypic extremes among the seven constitution types, with varying illness susceptibilities. The doshaja Deha- Prakriti is divided into the following categories.⁵

Vata dosha dominant Deha- Prakriti

When the vata dosha is predominant in the constitution it is vatala. Vatala Deha- Prakriti characteristics include a poorly developed body built, erratic appetite, irregular food, and bowel habits, quick physical activity, quick memory but low retention, dryness of skin and hair, and cold temperature intolerance.⁶

Pitta dosha dominant Deha- Prakriti

When the pitta dosha is predominant in the constitution it is pittala. Attributes of pitta-specific characters in the body of pittala type of constitution are high frequency and intensity of appetite and thirst, a high tendency for perspiration, prominence of pimples, freckles and moles, easy irritation, early graying and falling of hair, and a high tolerance for cold temperatures.⁷

Kapha dosha dominant Deha- Prakriti

When the kapha dosha is predominant in the constitution it is shleshmala. The characteristic features of shleshmala constitution are low appetite and digestion, are less mobile, have a good memory, oily skin, a fair complexion, have good disease resistance, and have a calm attitude.⁸

Dwidoshaja Deha- Prakriti

When two dominant dosha combines to determine Deha- Prakriti, the characteristics of both dosha are visible in the constitution.⁹

Sama doshaja Deha- Prakriti

Deha- Prakriti is sama (equilibrium) when the three dosha are in proportion to each other. These individuals are healthy and continue to be so.¹⁰

Bhautika Deha- Prakriti

The five essential elements Akasha, Vayu, Agni, Aap, and Prithvi make up the human body, as well as three basic principles known as the tridosha. The body air principle known as vata is manifested from the Akasha and Vayu components. This principle is referred to as vata dosha in Sanskrit. The Agni and Aap elements come together in the body to form pitta dosha. The Prithvi and Aap components manifest as kapha. There are "five" varieties of Deha- Prakriti based on the predominance of these panchabhautik components. Vayavya, Jaliya, and Agneya Deha- Prakriti have characteristics that are similar to Vata, Kapha, and Pitta dominant Deha- Prakriti, respectively. The stature of a person with a parthiva constitution is large, and he or she is firm, powerful, and muscular. The nabhasa constitution is characterized by piousness, longevity, and huge aural cavities.¹¹

Deha- Prakriti classification as per era

Kala and its subtypes

Deha- Prakriti was categorized by Kashyapa based on time (kala). An individual's personality concerning his birth in a typical century or yuga. Kala is classified into two types: auspicious (shubha) and inauspicious(ashubha).¹²

Deha- Prakriti is classified as follows:

Deha- Prakriti of a person born in the Adiyuga, Devayuga is unknown because it is not mentioned anywhere.

- A person born in the Kritayuga has Narayana Deha- Prakriti.
- A Tretayuga person's Deha- Prakriti is of the Ardhanarayana type.
- A person born in the Dwaparayuga has a Kaisika Deha- Prakriti.
- A person born in the Kaliyuga has Pradnapti Pishita Deha- Prakriti.

The description shows presence of physical and mental superpowers in initial yugas. These attributes declined in consecutive yugas. This led to an increase in disease incidence and a shorter life span. The person of kaliyuga is a human being today. Research in this aspect of Deha- Prakriti is required to establish facts.

Formation of Deha- Prakriti

Deha- Prakriti is formed by dosha dominance at the time of the gamete union. [Cha.Sa.Vimana sthana 8/95] It is an individual's basic constitution, which is determined from the time of conception and remains constant throughout life.¹³

Determining factors of Deha- Prakriti

Individuals from all ethnic groups are classified as belonging to one of the seven types of Deha- Prakriti. It is influenced by genetic and environmental variables. Many other variables influence an individual's Deha- Prakriti at the time of birth.

- Shukra-shonitaDeha- Prakriti (sperm and ovum)
- Kala-Deha- Prakriti is a type of kala-Deha- Prakriti (time of conception or season)
- GarbhashayaDeha- Prakriti (health status of uterus)
- Maturahar-viharDeha- Prakriti (diet and lifestyle habits of mother)
- PanchamahabhutavikaraDeha- Prakriti

Deha- Prakriti is derived by both genetic (sperm and ovum) and epigenetic (uterus state, period of conception, availability of food, and mother's behaviors) variables throughout its formation.

Factors influencing the Deha- Prakriti

- Some factors are recognized as influencing or regulation factors of Deha- Prakriti. [Cha. Sa. Indriya Sthana 1/5]
- Jatiprasakta (Race/caste/ Occupation): Caste/ Occupation have significant effect in shaping a man's fundamental constitution and personality.
- Kulaprasakta (family/ancestry): The temperament of a family's progeny is always influenced by the family's character and conduct.

- Desha-anupatini (geo-climatic factors): The habitat based on geo-climatic regions is categorized into three parts: anupa (marshy region), sadharana (normal region), and jangala (arid region). [Cha. Sa. Kalpa sthana 1/8] The majority of people living in an ecosystem have their Deha- Prakriti aligned with the ecosystem's Deha- Prakriti. As a result of the similar nature of Deha- Prakriti, it is logical to conclude that persons living in marshy region are more likely to have Vata-Kapha dosha dominant Deha- Prakriti.

Characteristic features of dosha specific Deha- Prakriti

There are seven different types of somatic constitutions. The following table lists the characteristics of vata, pitta, and kapha dominating Deha- Prakriti as well as their guna (property).

Table 1: Characteristics features of vata, pitta, and kapha predominance Deha- Prakriti.

| Table 1: Characteristics features of vata, pitta, and kapha predominance Deha- Prakriti. | | | |
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| S.No | Dosha predominance | Guna (property) | Characteristics |
| 01 | Vata (Code: VA-2889) | Ruksha (dry or ununctuous) | Dryness or ununctuousness, thin built, short stature. Unclear, unpleasant, feeble, stammering, broken, and hoarse voice, Easily awakening or keeping awake |
| | | Laghu(light) | Thin, light weight built and fast gait, Quick action, Fast eating habits, Fast spoken. |
| | | Chala(mobile) | Unstable or highly flexible joints. Unsteady gaze. Unsteady eyebrows, jaws, lips, tongue, head, shoulder, hands, and legs. |
| | | Bahu(abundance) | Talkativeness, Prominent tendons and veins |
| | | Sheeghra(swift) | Quick initiation of actions, Quickly gets agitated, Less tolerance, less power and get frightened easily. quick comprehension and less memory. |
| | | Sheeta(cold) | Intolerance to cold, Always feeling coldness/shivering/stiffness. |

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|----|----------------------|-------------------------------|---|
| | | Parusha(rough) | Rough hair, nails, teeth, face, hands, and legs. |
| | | Vishada(non slime) | Easy cracks or less integrity in body structures, Crackling sound during movements |
| 02 | Pitta(Code: VA-2890) | Ushna(hot) | Intolerance to heat. The tendency for frequent ulceration of the mouth, Redness of the face. Delicate body. Presence of moles, pimples, freckles, and marks. The early presence of wrinkles. Premature greying and baldness. Excessive hunger and thirst. Soft and brown hair in the face, head, and other parts of the body. |
| | | Tikshna(sharp) | Very brave/velour. Strong digestive power. Intake of large quantities of food and drinks. Unable to handle difficult conditions. High frequency of intake. |
| | | Drava(liquid) | Lax muscles. Flexible joints. Profuse sweating. More stool formation. Excessive urination. |
| | | Vishtra (fleshy smell) | Putrid/foul smell especially from axial, scalp, mouth, and head. |
| | | Amla (sour) and Katu(pungent) | Less semen. Less sexual desire and less progeny. |
| 03 | Kapha(Code: VA-2891) | Snigdha (unctuous) | Unctuous skin |
| | | Shalakshna(smooth) | Smooth and skin without moles, freckles, and dryness |
| | | Mridu(soft) | The pleasant and delicate body |
| | | Madhur(sweet) | Increase the quantity of semen, sexual desire, and progeny. |
| | | Sara(firm) | Firm, compact and steady body |
| | | Sandra(dense) | Good built |
| | | Manda(slow) | Slow eating. Slow actions, Slow spoken. |
| | | Sitmita(stable) | Delayed initiation. |

| | | | |
|--|--|------------------|---|
| | | | Don't get agitated easily. |
| | | Guru(heavy) | Stable gait, heavy weight |
| | | Sheeta(cold) | Less hunger and thirst. Less sweating. |
| | | Vijjala(viscous) | Compact joints |
| | | Achcha(clear) | Cheerful and pleasant appearance. Softness in voice. Pleasant complexion |

Applied aspect of Deha- Prakriti

Disease susceptibility or predictive medicine: Deha- Prakriti assessment aids in determining susceptibility to various diseases as well as preventing disease development from progression towards severity. Prophylaxis or preventive medicine: Deha- Prakriti determination aids in medicine's preventive element.

Prognosis: In ancient Ayurvedic literature, the concept of curability or incurability of disease is described. It further depends on the individual's Deha- Prakriti. Disease prognosis is widely recorded in the text and is dependent on etiological factors, dushya (pathology's substratum, dhatu), causative dosha, dosha of physical constitution, onset, and place or habitat.

DISCUSSION

The "Deha- Prakriti" assessment entails phenotyping a person, based on a variety of factors such as physical type, eating and bowel habits, disease resistance and healing skills, memory retention, metabolism, and so on. It's a clinical examination using the three types of examination viz. inspection (darshan), palpation (sparshan), and interrogation (prashna). There are morphological (rachanaanusari), physiological (kriyaanusari), and psychological (manoanusari) aspects to it.¹⁴ Age, sex, and ethnicity (to some extent) are used as universal variables in modern medical research (control groups). However, these group results cannot be extended to the entire human population because each of these groups has a varied level of illness susceptibility and medication response. Deha- Prakriti displays itself in all ethnic groups, hence ethnic groups aren't required for research. It has an impact on an individual's entire life span by linking their nature to environmental factors such as their lifestyle and diet. Deha- Prakriti is an example of a strategy that can be used uniformly across the entire population to divide a stratified population into manageable subgroups (rather than hundreds of ethnic groupings). Future research may employ Deha- Prakriti-based grouping.¹⁵

CONCLUSION

The concept of Deha- Prakriti is utilized in the Ayurgenomics (Genome-wide analysis of Deha- Prakriti), Ayur-nutrigenomics (Genome wise analysis of nutrition need), Ayur-pharmacogenomics (Assessment of right drug for right people and response of the drug). Deha- Prakriti-based gut microbe stratification, Epigenetics, Predictive medicine (Newborn screening), System biology, Exercise physiology, Sports science, Sleep medicine, Circadian rhythm are key areas of research

CONFLICT OF INTEREST -NIL

SOURCE OF SUPPORT -NONE

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