

# AN OBSERVATIONAL STUDY TO ASSESS THE ASSOCIATION OF DEHA PRAKRITI AND TRIGLYCERIDES

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## ABSTRACT

*Prakriti* of a person is decided during the commencement of life. It cannot be altered or modified. It directly influences the physiological and psychological activity of a person. So it is considered as a mandatory examination to assess the *Prakriti* of an individual and it plays a vital role in manifestation and prognosis of various diseases.

Triglycerides are the main constituents of the body fat. Triglycerides level of an individual is different in each *Prakriti* and may vary depends upon their *Ahara* and *vihara*. In the present scenario, having a very high level of triglycerides has been linked to a higher chance of developing heart disease and having a heart attack, stroke and cerebrovascular attacks, so it is necessary to find out, which *Prakriti* is more prone to develop high triglycerides.

The objective of this study is to find the relationship between *Dehaprakriti* and triglycerides level. For that, Literary and conceptual data are gathered from various sources and 100 volunteers are selected. The study was done in an observational mode with the patients having serum triglycerides more than 150 mg% and assessing the *prakrthi* of patients using with a standard *Prakriti* assessment questionnaire. The assessment was done based on the subjective parameter the observation and results were tabulated and statistically analyzed with relevant parameters. The majority of the subjects irrespective of *Prakriti* were in borderline triglyceride levels. among them, vatakaphaja *Prakriti* subjects belonged to high triglycerides level followed by Pittakaphaja and Vatapithaja *Prakriti*.

Keywords: - *Prakrithi, Triglycerides, Medoroga.*

## INTRODUCTION

Lifestyle disorders are the most burning issues in the present era. Among them, Very high level of triglycerides tends to cluster with other risk factors including being obese, high blood pressure and high cholesterol. Precipitating factors for rising the triglycerides are sedentary lifestyle, lack of exercise, alcoholism, smoking, use birth control pills, poorly controlled diabetes, hypothyroidism, hormone therapy etc.

Prakriti is the innate constitution of an individual based on the predominance of Dosha determined at the time of conception which cannot be changed from birth till death<sup>1</sup>. During the time of intrauterine life due to the influence of dominant Dosha of Shukra, Artava, Ahara, Vihara of Garbhini and Rutu formation of Prakriti is taking place.<sup>2</sup> Seven types of Prakriti are described. Three individual viz. Vata, Pitta, Kapha, three Dwandvaja viz, Vatapittaja, Vatakaphaja, Pittakaphaja and one Sama Prakriti.<sup>3</sup>

Prakriti of a person is decided during the commencement of life only and it cannot be altered or modified. It directly influences the physiological and psychological activity of a person, so it is considered as a necessary examination to assess the Prakriti of an individual. It is considered that Prakriti assessment is highly essential to evaluate the metabolic imprinting, physiology, susceptibility to diseases, the prognosis of the disease, socio-behavioural aspects, Manasika Sthiti (mental status), Dehabala (inherent strength), Vyadutpadaka Pratibandhakatva (immunity power), Agni (metabolic fire) of an individual.

Triglycerides are the main constituents of the body fat in humans and other animals, as well as vegetable fat<sup>4</sup>. They are also present in the blood to enable the bidirectional transference of adipose fat and blood glucose from the liver, and are a major component of human skin oils<sup>5</sup>

Desirable optimum level of triglyceride (<150mg %), border line range (150-200mg %), And high risk level (>200mg %) <sup>6</sup>.

Triglycerides level of individuals will be different in each Prakriti and may vary depends upon their ahara and vihara. In the present scenario, having a very high level of triglycerides has been linked to a higher chance of developing heart disease and having a heart attack or stroke and cerebrovascular attacks, so it's a necessity to find out the triglycerides level in different Prakriti to assess which Prakriti is more prone to developing such kind of diseases.

## METHODOLOGY

### SOURCE OF DATA:

#### A) Sample Source:

100 subjects who fulfil the inclusion criteria will be selected from OPD and IPD of AAMC Tumkur and other referral units irrespective of sex, caste and religion.

#### B) Literary Source:

All the classical, modern literature, contemporary texts including journals and websites will be studied and documented for the intended study.

#### C) Sample size:

A total of 100 subjects who fulfil the inclusion criteria are selected.

### DIAGNOSTIC CRITERIA:

Diagnosis will be established based on objective symptoms.

### OBJECTIVE SYMPTOMS

- Triglycerides level will be measured using laboratory investigation.
- To evaluate the dehaprakrithi of the subject using a standard questionnaire as per reference and text in Ayurvedic literature.
- To evaluate which Prakriti is prone to develop high triglycerides level.

### INCLUSION CRITERIA:

- Individuals within the age limit of 18-60 years.
- Subjects who are diagnosed with triglycerides level more >150 mg%.
- Subjects of both sex and any socioeconomic status will be included.

### EXCLUSION CRITERIA:

- Age group below 17 and above 60
- Individuals with chronic metabolic disorders, liver disorders, Renal disorders etc.
- Pregnant and lactating women.

### HYPOTHESIS

- H0 – There is no relationship between *Dehaprakruti* and triglycerides
- H1 – There is a relationship between *Dehaprakruti* and triglycerides.

**STUDY DESIGN:****Observational Study****STUDY SETTING**

Patient from OPD and IPD in Ashwini Ayurveda medical college hospital and Research centre Tumkur

**DATA COLLECTION**

- Subjects are screened initially for assessing the serum triglycerides.
- Among them, 100 subjects are selected whose serum triglycerides >150 mg%
- *Dehaprakruti* of each individual is assessed in detail using a special questionnaire.
- Various groups are formed based on *Dehaprakruti*.
- Each group is analysed to find out the relation between *Dehaprakruti* and serum triglycerides.
- Results are analysed based on the *Dehaprakruti* of patients in groups.

**DATA ANALYSIS**

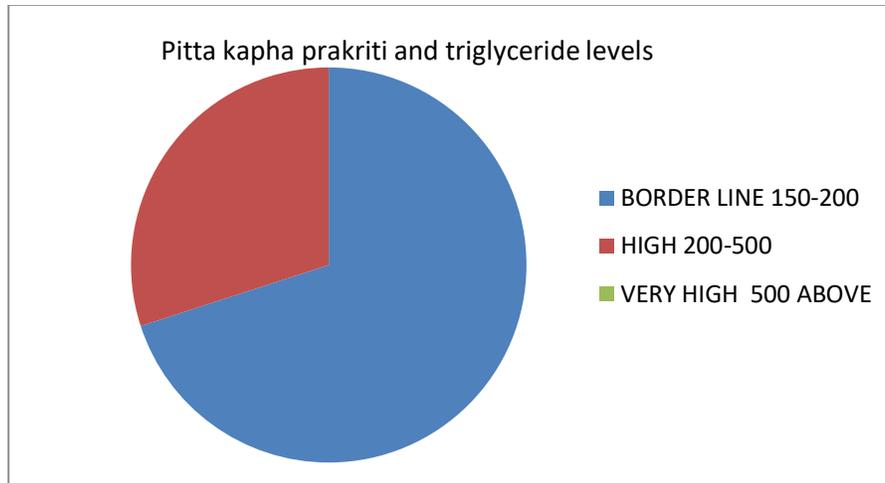
Data Analysis is done by descriptive statistics and chi-square test using SPSS and excel software

**RESULTS**

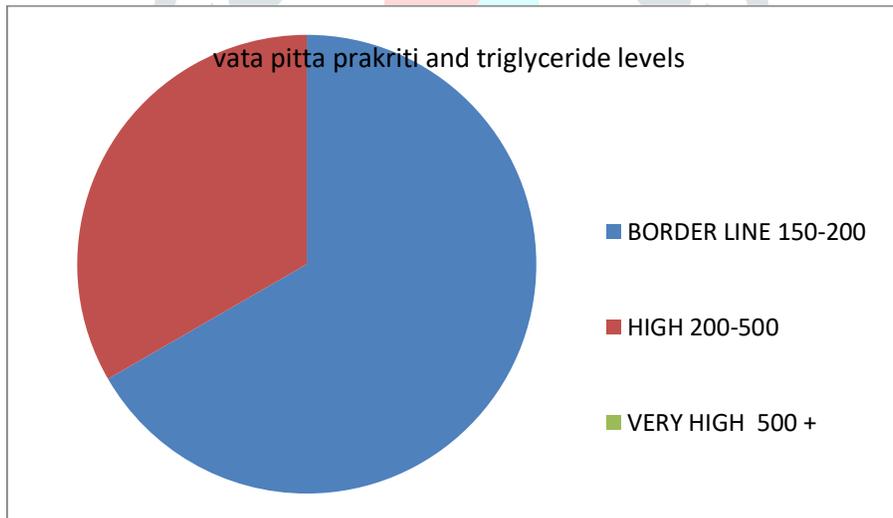
Comparison of clinical variables according to the grading of Triglycerides of patients studied

variables	Triglycerides Grading		Total	P-value
	Borderline	High		
Age in years	42.29±9.59	41.79±9.03	42.12±9.36	0.804
Height (cm)	167.15±6.48	168.53±4.91	167.62±6.00	0.279
Weight (kg)	59.29±6.61	61.35±7.37	59.99±6.91	0.158
BMI (kg/m <sup>2</sup> )	20.36±2.66	20.85±3.32	20.53±2.90	0.426
Triglycerides	179.27±11.79	272.24±72.16	210.88±61.53	<0.001**

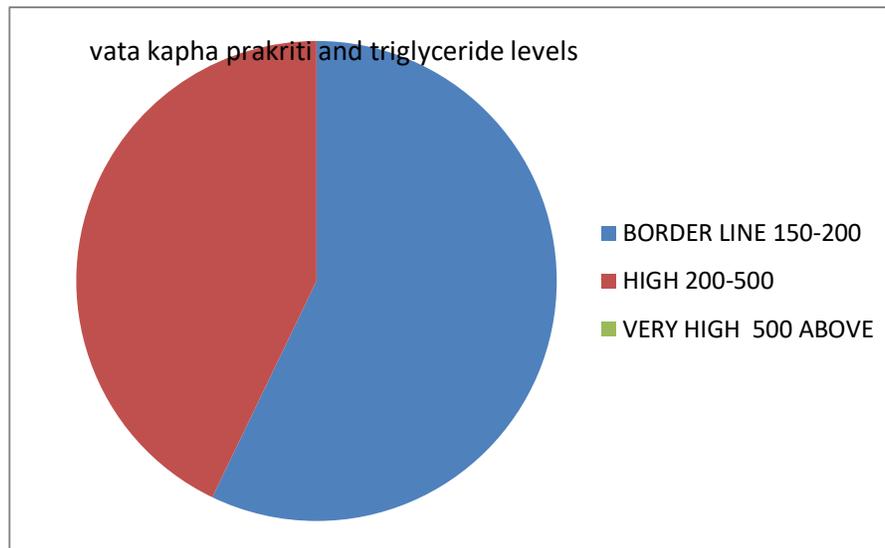
Graph No;1-Pitha kaphaprakrithi and triglycerides level



Graph no;2-Vatha pithaprakrithi and triglycerides level



Graph no; 3; Vatha kaphaprakrithi and triglycerides



The majority of the subjects irrespective of Prakriti were in borderline triglyceride levels. Among them, vatakaphaja Prakriti subjects belonged to high triglyceride level followed by pittakaphaja and vatapittaja Prakriti.

## DISCUSSION

After observing the data and applying statistics we can discuss the outcome of the present work. The research intended relation triglycerides regarding Prakriti. In this study following findings were observed. The mean average age in the study was 42years. There are more number of subjects in the 31-40 age group followed by the 41-50 age group. There were more male subjects than female .81% of the total participants were males, followed by 19% females. In this study, the diet pattern of subjects was more of vegetarians i.e. 44 subjects followed by non-vegetarian 35subjects and mixed diet 21subjects. In this study, 82 subjects were from a middle-class background, 9 subjects from the lower middle class. Most of the subjects were male married and belongs to Hindu religion. In this study, most subjects were found to be of Dvandvaja Prakritis. This was because of multiple gunas and lakshanas seen in the subjects who were taken for the study. This also shows the current trend in the population where the prevalence of ekadoshaja prakritis is less and dwandwaja prakritis are more prevalent. Triglycerides levels in respective Prakriti were as follows There were thirty-nine **vata pittaja** Prakriti subjects among them twenty-six in borderline triglycerides level 150-200 mg/dl and thirteen in high level 200 -500 mg/dl. There was forty **pitta Kaphaja** Prakriti subjects among them twenty-eight were in borderline triglycerides level 150-200 mg/dl and twelve in high level 200 -500 mg/dl. There were twenty one **Vata Kaphaja** Prakriti subjects among them twelve were in borderline triglycerides level 150-200 mg/dl and nine in high level 200 -500 mg/dl.

## CONCLUSION

In this study, it is observed that Deha Prakriti has got relationship in the formation of triglycerides in the body. Since this study has done in fewer samples, to make more evidence-based, further study can be conducted in more number of samples.

## REFERENCE

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