



# SIGNIFICANCE OF VATAJ PRAKRITI IN EVADING LIFESTYLE DISORDERS

Dr. Meenakshi<sup>1</sup>, Dr. Anumeha Joshi<sup>2</sup>

1. PG Scholar, Department of *Kriya Sharir*, Himalayiya Ayurvedic College and Hospital, Dehradun, Uttarakhand
2. Assistant Professor, Department of *Kriya Sharir*, Himalayiya Ayurvedic College and Hospital, Dehradun, Uttarakhand

**Corresponding Author** – Dr. Meenakshi, PG Scholar, Department of *Kriya Sharir*, Himalayiya Ayurvedic College and Hospital, Dehradun, Uttarakhand

## ABSTRACT

The prevalence of lifestyle illnesses has become a significant public health problem and continues to be the leading cause of death globally. Few Ayurvedic concepts can be used effectively for the prevention and treatment of lifestyle problems. One such idea is prakriti. Prakriti is the term for the expression of unique traits brought on by the preponderance of Doshas (Vata, Pitta and Kapha the functional component of body). Vata-Pitta, Kapha, and Mansika Doshas (the three bodily humors), as well as Mansika Doshas (functional psychological components), directly influence all physiological processes, therefore healthy status may be maintained by ensuring that Prakriti is normal. One may determine a person's ability to fight against lifestyle diseases by understanding their Prakriti, since Prakriti balance is said to be the best indicator of a person's strength and immunity. The risk of lifestyle illnesses is significantly increased by Prakriti disequilibrium. Therefore, an effort has been made in the current study to expound on the Ayurvedic idea of Prakriti and its relevance in avoiding lifestyle illnesses. It is evident from literary analysis and modern research studies that lifestyle diseases and Prakriti are intimately related to one another. In order to preserve the Dosha connected to a particular Prakriti's regular functioning, Ayurveda has supplied detailed guidelines in the form of the Dinacharya and Rutucharya.

**Keywords-** Prakriti, lifestyle disorders, Vata-Prakriti, etc.

## INTRODUCTION

The comprehensive medical science of Ayurveda places a strong focus on preserving healthy persons' wellbeing and curing diseases in those who are already unwell. The world is becoming more interested in the therapeutic potential of Ayurveda since it explains how to prevent diseases like lifestyle issues in addition to

managing a variety of illnesses. Better solutions are offered by Ayurveda in the form of good food management, lifestyle recommendations, bio-purification and detoxification techniques like Pan-chakarma, medications, and rejuvenation treatments. Ayurveda's holistic approach treats the patient as a whole, with interventions aimed at total physical, psychological, and spiritual well-being. This approach makes this science an excellent choice for treating lifestyle diseases. Ahara (dietary practices) and Vihara (lifestyle dos and don'ts) are both included in the term "lifestyle." <sup>1</sup>

Disorders connected to lifestyle only emerge when people don't employ or adopt a lifestyle that supports self-constitution of the body. It is interesting to note that the Ayurvedic classics have placed a strong emphasis on the contribution of unhealthy eating and lifestyle choices to the etiology and pathophysiology of illnesses. It is widely accepted that the majority of lifestyle-related illnesses and eating habits are in opposition to each person's Prakriti, or unique bodily constitution, as stated in Ayurveda, in terms of daily routine, seasonal routine, and wholesome-unwholesome food. As a result, it is obvious that if someone wants to be healthy, they must organize their lifestyle around their Prakriti<sup>2</sup>

The prevalence of lifestyle conditions associated with cardiovascular diseases is rapidly increasing, including hypertension, diabetes mellitus, dyslipidaemia, and overweight/obesity. The prevalence of these diseases has increased alarmingly in recent years among Indians as a result of their fast economic development and rising westernization of lifestyle over the past several decades. Therefore, an attempt has been made in the current work to expound on the Ayurvedic concept of Prakriti and its significance in avoiding lifestyle problems.<sup>3</sup>

### **Materials and Methods-**

Current study has been founded on a careful assessment of traditional knowledge, published research articles, contemporary literature, and research projects carried out at various institutions. A systematic presentation of the potential association between the information that has been gathered has been developed.

### **Observations and Findings-**

The following observations have been determined to be pertinent to this study based on the careful assessment of both classical and recent information.<sup>4</sup>

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." Placed together Prakriti is Hindi for "natural form." The term "Prakarotiiti" evolved into "Prakriti." Prakriti denotes the prevalence of a certain Dosha in a human being and is defined as the development of unique characteristics brought on by the predominance of the Doshas (Vata, Pitta, and Kapha, the functional components of the body). The composition of a body is also somewhat influenced by other elements.<sup>5</sup>

Other elements mentioned by Caraka that affect the Prakriti include the season, the state of the uterus, the mother's diet during pregnancy, any other regimens she may have taken, the Sukra-Sonita (sperm-ovum) of the mother and father, and Mahabhuta Vikara. These variables develop one or more of the doshas that are predominately linked to the previously stated elements. Because of this, the Prakriti of some persons is

controlled by Vata, while that of others is by Pitta, while that of still others is by Kapha, and in other cases, the Dosha maintains equilibrium. Although each of the aforementioned variables is crucial in determining Prakriti.<sup>6</sup>

Prakriti and way of life are both basically natural occurrences. The Vata-Pitta, Kapha, and Mansika Doshas (functional psychological variables) directly regulate all physiological processes; as a result, the predominating Dosha is a special kind of Prakriti.<sup>7</sup>

The observance of personal, moral, and seasonal behavior well as the maintenance of a manner of life that is in opposition to the Prakriti of an individual, are the two guiding principles for sustaining a suitable state of health for the body and lifestyle.<sup>8</sup>

Healthy tissues and Dosha equilibrium are the results of following Prakriti-based dietary and lifestyle guidelines. Every healthy person should be aware of their Prakriti so that they may determine the healthy lifestyle and dietary practices 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.<sup>9</sup>

He already has an elevated body temperature, so taking extra heat-producing regimens might lead to various diseases. Only if we are aware of the Prakriti is this possible. Knowing one's Prakriti will reveal how strong they are in fighting off lifestyle disorders. Out of the other six categories, Prakriti with one Dosha (Prakriti created from a single bodily humor) is more resistant than Prakriti with two Doshas (Prakriti formed from two body humors). In decreasing sequence, Vata-Pitta-Kapha Prakriti is susceptible to illness.<sup>10</sup>

In general, by understanding your Prakriti, you may be aware of the dos and don'ts for everyday activities and to maintain a healthy state, you can be aware of the types of problems or ailments your body may experience in the future, allowing you to adjust your lifestyle. A relationship between a certain Prakriti and a lifestyle problem is seen. Ayurveda has provided certain particular dietary guidelines that must be followed in order to prevent a variety of lifestyle problems according to Prakriti type.<sup>11</sup>

#### **Lifestyle disorders and types of Prakriti most Prone for various disorders:**

<b>Sr.</b>	<b>Lifestyle disorder</b>	<b>Correlated Ayurvedic condition</b>	<b>Most prone Prakriti</b>
1	Atherosclerosis	Dhamanipratichaya	Kapha and Vata
2	Alzheimer's disease	Smriti Bhransha	Kapha and Vata
3	Some types of cancer	Granthi and Arbuda	Kapha
4	Asthma	Shwasa	Kapha
5	Liver cirrhosis	Kamala	Vata and Pitta
6	Type 2 diabetes	Prameha	Kapha and Vata
7	Chronic obstructive pulmonary disease	Shwasa Roga	Kapha
8	Heart disease	Hridaya Roga	Kapha and Pitta

9	Metabolic syndrome	Agnimandya, Amlapitta, Aruchi and Grahani	Kapha and Pitta
10	Chronic renal failure	Mutra Roga	Kapha and Vata
11	Osteoporosis	Asthisushirata	Vata and Pitta
12	Obesity	Sthoulya	Kapha
13	Depression	Avasada	Vata and Pitta

## LIFESTYLE AND DISEASE

A person's lifestyle is the way they choose to live their lives, for better or worse. People are more drawn to the good, affordable, and quickly accessible roadside fast food. People love living more sedentary lifestyles and are too indolent to work hard. Young folks who smoke and drink as a hobby eventually develop addictions to such behaviours. By adhering to this type of unhealthy eating habits and lax lifestyle, a person becomes themselves vulnerable to illnesses including hypertension, obesity, heart disease, COPD, and diabetes mellitus.<sup>12</sup>

### ACCORDING TO VATA PRAKRITI - DOSHA UPAKRAMA

	<i>Vata</i>
<b>Ahara</b>	Madhura (sweet), Amla (sour), Lavana (salt), Ushna (hot), Sura and Aasava Paana (drinking medicated alcohol)
<b>Vihara</b>	Abyanga (oil embrocation), Upanaaha (sedation), Udwestana (binding), Unmardhana (mas-sage), Parisheka (pouring), Avagaaha (immersion), Samvaahana (soft massage), Avapeedana (hard massage), Vitraasana (terrifying), Vismaapana (astonishing), Vismarana (oblivion)
<b>Shodhana</b>	Basti (enema)

### Most Prone Prakriti - For Common Lifestyle Diseases

Sr. no.	Lifestyle disorder	<i>Most Prone Prakriti</i>
1	Atherosclerosis	<i>Kapha and Vata</i>
2	Alzheimer's disease	<i>Kapha and Vata</i>
5	Liver cirrhosis	<i>Vata and Pitta</i>
6	Type 2 diabetes	<i>Kapha and Vata</i>

8	Heart disease	<i>Kapha and Vata</i>
9	Metabolic syndrome	<i>Kapha and Pitta</i>
10	Chronic renal failure	<i>Kapha and Vata</i>
11	Osteoporosis	<i>Vata and Pitta</i>
13	Depression	<i>Vata and Pitta</i>

## DISCUSSION

Fundamentally, a person's lifestyle is the result of their physical ability working in tandem with their psychological functioning. This lifestyle is manifested in their habits, behavior, diet, and way of life and is based on the training they received as children from their parents, siblings, peers, and other close relatives. As a result, it requires purely psychological and natural control over the actions of the body and senses. Any lifestyle disorder is the outcome of the disruption of this initiation, control, and coordination, which results in a derangement of lifestyle.<sup>13</sup>

One of the three fundamental causes of any sickness, according to Ayurveda, is "Prajnaparadha" (intellectual blasphemy), which is how this event was described. Numerous incorrect behaviors that are the underlying causes of many ailments, such as the practice of repressing any natural need, are a result of pranaparadha. The fundamental cause of a disease is the reversal of any neurotransmission or the inappropriate elimination of the waste products created during metabolism, which results in a build-up of toxins. Therefore, one of the main causes of lifestyle disorders may be attributed to the practice of suppressing urges in an unhealthy lifestyle. According to Charaka's description of Ayurveda, the first line of therapy is the removal of these accumulated waste products.<sup>14</sup>

For the Doshas to continue to operate normally, a certain diet is required. Unhealthy eating practices that are not in line with one's Prakriti considerably raise the chance of developing lifestyle diseases including cancer, heart disease, diabetes, and a number of other illnesses. Poor eating practices might involve overeating particular meals, nutritional inadequacies, and an excessive intake of refined or processed foods and saturated fats. This affects people at both ends of the socioeconomic scale, and both groups are affected by various diseases<sup>9</sup>. One of the distinctive characteristics of urbanization, development, and advancement is a sedentary lifestyle. Most people who live in cities work jobs that don't even allow for much time to participate in any physical exercise, and almost all of them don't even demand any physical activity.<sup>15</sup>

This is a major contributing factor that causes the Dosha to malfunction and, as a result, increases the risk of chronic diseases and lifestyle diseases like hypertension and high cholesterol, which can then result in issues with obesity, heart disease, diabetes, strokes, and other conditions. Additionally, it can elevate the likelihood of suffering from a number of other health conditions and raise stress and anxiety levels. Due to Kapha's similarities to fatty and lipid tissues, people with this Prakriti are more likely to have hyper-lipidemic diseases.

Obesity has emerged as one of the biggest issues facing contemporary civilization since it significantly raises the risk of a wide range of illnesses, including diabetes, hypertension, sleep apnea, and osteoarthritis.<sup>16</sup>

Vata possesses traits that are comparable to psycho-somatic processes. Therefore, malnutrition and diseases linked to stress are thought to be more common in Vata Prakriti. As it worsens and raises the risk of conditions including obesity, heart disease, diabetes, asthma, Alzheimer's disease, accelerated aging, and gastrointestinal disorders, stress has an obvious physical impact in addition to its emotional and mental effects. Stress and worry can also make it difficult to unwind and sleep soundly, which can lead to additional health issues as well as a variety of other issues. One of the key elements in preserving the Dosha's regular operation is sleep. According to conventional wisdom, Vata Prakriti benefits from up to 8 hours of sleep. One of the most important yet least prioritized needs for human health and wellbeing is sleep. Numerous studies have conclusively demonstrated the significance of sleep—both amount and quality—for overall health because it influences a variety of metabolic, endocrine, and neurological processes in the body.<sup>17</sup>

The ancient writings of Ayurveda also offer recommendations for sustaining lives in accordance with one's Prakriti for continuing healthy living in a tailored way since Prakriti is tied to specific physical and mental inclinations that determine susceptibility to illnesses. Although there are many publications on each of the aforementioned areas, there aren't many that focus on evaluation.<sup>18</sup>

In light of the existing body of research, we felt the need to summarize the current body of knowledge regarding Ayurvedic Prakriti, its relationship to metabolism, chronic illness, and genotypes, as well as its potential future course. In this review, we have made an effort to compile data about the relationship between Prakriti and known genotypes, chronic diseases, and metabolism.<sup>19</sup>

There are specific metabolic activities identified in the Vata, Prakriti. According to Ayurveda, Vata is thought to have a fluctuating metabolism, whereas. The relationship between Prakriti and diseases of the way of life is strong, and managing one's way of life in accordance with one's Prakriti type will be important for managing and preventing disorders of the way of life. Ayurveda has given explicit instructions in the form of the Dinacharya and Rutucharya to preserve the Dosha's proper functioning as it relates to a certain Prakriti. Only a few studies have demonstrated the significance of Prakriti in disorders connected to lifestyle, but several clinical investigations are required to elaborate on and draw attention to the singular idea of Prakriti.<sup>20</sup>

## CONCLUSION

The relationship between Prakriti and diseases of the way of life is strong, and managing one's way of life in accordance with one's Prakriti type will be important for managing and preventing disorders of the way of life. Ayurveda has given explicit instructions in the form of the Dinacharya and Rutucharya to preserve the Dosha's proper functioning as it relates to a certain Prakriti. Only a few studies have demonstrated the significance of Prakriti in disorders connected to lifestyle, but several clinical investigations are required to elaborate on and draw attention to the singular idea of Prakriti.

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