



# REVIEW STUDY ON IMPORTANCE OF PRAKRUTI PARIKSHA

*DR. SHITAL R. WADDE.*

*DEPARTMENT- KRIYA SHARIR*

*DESIGNATION -- ASSISTANT PROFESSOR.*

*COLLEGE NAME -- BHIMASHANKAR AYURVED COLLEGE, MANCHAR PUNE.*

## ABSTRACT-

In Ayurveda deha prakruti has important role in fulfilling the basic requirement for prevention, diagnosis and treatment of various ailments, hence prakruti is considered one among the Dashavidha pariksha and it is inherent from birth to death and is determined by status of Doshas since the time of conception. Similarly Dermatoglyphics is study of epidermal ridges and enough evidence shows that some characteristics of dermatoglyphics are also inherited. From the study point of view and diagnostic aspect diseases which have their origin in early foetal life may result in deviation of dermatoglyphic pattern. Knowledge about Prakriti is prerequisite for assessment of Vikriti (pathology) hence it is important for diagnosis and therapeutics. Treatment is called as Prakriti Sthaapana as it reverses pathology and restores Prakriti. Primary objective of Prakriti assessment is to estimate Bala Pramaan`a and Dosha Pramaan`a of an individual.<sup>1</sup> Bala Pramaan`a refers to judgment of physical and psychological potential that illustrates status of Dosha, Dhaatu, Mala and related organs. Assessment of Dosha Pramaana is associated to nature and extent of Dosha. Thus, concept of Prakriti is important in preventive and curative aspects. Prakriti assessment is a part of Das`havidha Parikshaa (10-point evaluation) and is considered in totality with understanding of other minimum nine aspects.

**KEYWORDS-***Ayurveda, Dashavidha Pariksha, Prakruti , Importance*

## INTRODUCTION-

Prakriti as part of Dashavidha Pariksha: <sup>2</sup>

Ayurvedic classics like Charaka Samhitaa and Sus`hruta Samhitaa have recommended extensive guidelines for assessment of disease (Vyaadhi) and diseased (Rugna). These guidelines aim at

precise understanding of physiology and pathology; hence are applied to healthy individuals (Svastha) for Prakriti assessment. Prakriti assessment is a part of patient examination (Dashavidha Parikshaa) and that needs consideration of other factors, like Vikriti (pathology), Dhaatusaarataa (status of tissues), Samhanana (compactness), Pramaana (quantitative examination of organs), Aahaarshakti (digestive capacity), Vyaayaamashakti (capacity of exercise), Bala (strength), Kala (season) and Vaya (age). Considering all these dimensions, physician defines patient status, which forms base of treatment. Prakriti evaluation coupled with all above factors gives complete information on which treatment (or health advice) is based. Thus Ayurveda emphasizes evaluation of patient in totality for perfect diagnosis, management of health and disease.

### **Prakriti assessment:**

Charaka, Sushruta, Vaagbhat`a and other Samhitaa describe guidelines for Prakriti assessment. Characters of Vaata, Pitta and Kapha Prakriti are described in details, based on which physician examines dominance of Vaata, Pitta, and Kapha. These characters can be divided into anatomical, physiological and psychological variables. Charaka explains assessment of Prakriti based on Gun`a and describes manifestation of each Guna separately. For example, Vaata Prakriti is illustrated on the basis of Rooksha, Laghu, Chala, S`heeghra, S`heeta, Parusha, Vishada, Alpa Guna<sup>3</sup>. Each Guna is responsible for specific characteristics. Sushruta and Vaagbhata, Haarita, Bhaavmishra and Shaarangdhara describe Prakriti based on anatomical, physiological and psychological characters. Sushruta and Vaagbhat`a (Samgraha and Hridaya) have added numerous objective parameters as: cracked legs and feet and developed calf muscles of Vaata Prakriti, coppery hair and laxity of joints for Pitta Prakriti, long arm, broad chest and muscular body of KaphaPrakriti . Dreams, liking and disliking of different Prakriti have elucidated by other Samhitaa. Shaarangdhara has listed few parameters for quick assessment of Prakriti.

Sushruta and Vaagbhat`a have linked Prakriti with some animals or birds based on similarity of characters. This similarity is termed as Anookatva and explained as - Vaata Prakriti personality is analogous to goat, jackal, dog etc; Pitta Prakriti is similar to cobra, owl, cat etc and Kapha Prakriti resembles swan, elephant, lion etc.

Apart from these characters; history, compatibility, proneness, lifestyle, diet and other aspects are considered with structured clinical examination. Role of lifestyle, occupation and many other causative factors requires appropriate credit. Thus Prakriti is retrospective evaluation of Gun`a based on clinical examination of an individual.

The Ayurvedic system of diagnosing prakriti offers unique insights into understanding and assessing one's health. It is comprehensive in scope, spanning both physical and mental aspects. It is not merely a diagnostic device but also a guide to action for good health. It provides detailed guidelines to adapt one's food and behaviour to suit one's prakriti.

But diagnosing our prakriti should not become a rationalization for poor health. It should be a guide for intelligent action to tell us in which direction we should move and how we should act to improve our physical and mental well-being.

Superficially it may appear that some prakriti's are better than others. Each type has its positive and negative aspects. What is required is not regret that one is of the "wrong" prakriti type or aspire to be of a different one. We need to start from wherever we are. This means that we need to understand where we stand and accept it. Then we need to plan intelligently to attain the healthiest state by realising our potential.

## **MATERIALS AND METHODS-**

### **Role of prakruti in health: Preventive aspect:**

Prakriti has decisive role in Swasthavritta (restoration of health), which is the prime objective of Ayurveda.<sup>5</sup> Prakriti based guidelines for diet and lifestyle result in healthy tissues and homeostasis of Dosha.

### **Role of prakruti in Diagnostic aspect:**

Prakriti forms basis for understanding Sampraapti (pathology), extent and Vikalpna (combinations) of vitiated Dosha and status of host factors. Prediction of proneness and severity of disease can be speculated that helps in the prognosis judgment.<sup>6</sup>

### **Prakriti and disease proneness:**

Disease is a result of complex interplay between causative agents, environmental and host factors hence there are multiple factors that decide disease proneness. Hence to speculate disease proneness, other factors as causative factors (Hetu), immunity (Dhaatubala) etc should be considered, however some generalized assumptions can be made.

Sama Prakriti has good resistance and generally not prone to diseases. Other types are labelled as Aatura (diseased), as they have dominance of one or more Dosha and need regular preventive measures. Out of rest six types, Prakriti with one Dosha (Ek Doshaja) have better resistance than

two Dosha Prakriti (Dvi Doshaja). Vaata, Pitta and Kapha Prakriti are susceptible to disease in the decreasing order.

Manifestation of disease in different Prakriti will be different though causative factors are comparable. Similar Dosha in Prakriti and Sampraapti (pathology) leads to severe disease. Vaata, Pitta and Kapha Prakriti individuals may have severe Vaata, Pitta and Kapha disease respectively. These assumptions are based on presence of potent and similar Hetu (causative factors). For example, Kaphavardhaka Hetu (excess Guru, Snigdha, Manda etc. Guna) cause severe Kapha disease to Kapha Prakriti individual<sup>7</sup> than any other Prakriti.

### **Prakriti and prognosis**

Prakriti is important for judgement of prognosis. If Vikaara Prakriti (nature of disease) and Prakriti are similar then disease is difficult to manage (Kashtasaadhya). When Prakriti and disease are of different origin, it is easy to manage (Sukhasaadhya).<sup>8</sup> Kashyapa Samhitaa has defined role of season (KaalaPrakriti) in relation to Prakriti. If season, disease and Prakriti are of same Dosha, disease is untreatable and has bad prognosis. Any two of these if similar, make disease difficult to treat.

### **Prakriti and Therapeutics:**

Though treatment design is based on multiple variables, Prakriti has a role in selection of drug, dose, Anupaana (vehicle) and Samskaara (processing). Considering Prakriti (coupled with other factors) some drugs or procedures are indicated (Ghrita for Vaata and Pitta Prakriti) or contraindicated (Svedana for PittaPrakriti). Prakriti of an individual illustrates numerous physiological functions, as Agni (digestive and metabolic capacity), Koshta (digestive and excretory functions), Bala (Strength of tissues) and life span are specific for each Prakriti.

Systematic objective clinical evaluation is essential for understanding of Prakriti. Prakriti assessment with other factors of Das'havidha Parikshaa should be contemplated for total understanding of patient or healthy individual.<sup>9</sup>

### **Prakriti and diet:**<sup>10</sup>

Dietary requirement should be modified according to the prakriti (constitution) of the individual. In general, an individual With vata prakriti should take unctuous, warm, and sweet substances. One with pitta prakriti should take cool, heavy, sweet, bitter and astringent food articles and kapha

prakriti person should consume food in which dry, warm, light, pungent, bitter and astringent tastes predominate. The diet chart gives the beneficial and non-beneficial food articles.

### **Susceptibility to diseases:**<sup>11</sup>

Vata prakriti individuals are prone to diseases of the neurological system especially motor functions. The disease mostly affects the lower limbs since they are the predominant seat of Vata dosha. Also, these diseases are pronounced during the old age which is the period of Vata (vata kala). Some of these diseases are tetany, wasting disorders (muscular atrophy), spasms, hemiplegia, convulsions, headache, insomnia, angina (hridgraha), dysuria, rheumatism (amavatha), osteoporosis (asthisosha), fissures on palm and soles (vipaadika), swelling and stiffness of the thighs (urushthambha), brachial palsy (avabahuka).

Those with pitta prakriti are prone to diseases of the digestive and metabolic systems. The diseases mostly affect the abdomen

i.e., the area between the breast and umbilicus. Also, pitta disorders are pronounced in the middle aged which is the period of pitta (pitta kala) like intense localised burning sensation, stomatitis, acid regurgitation, jaundice, bleeding disorders, bluish discoloration of the skin.

Individuals with kapha prakriti are prone to disorders of the respiratory system especially phlegmatic disorders. The diseases affect the upper parts of the body i.e. Chest and above. Also, the disorders are pronounced during the early ages (childhood) which is the period of kapha (kapha kala). For example: Drowsiness, excessive sleep, obesity, swelling of the neck (galaganda), thick skin eruptions, congestion of the chest with phlegm, polyuria.

### **Prakriti and the seasons:**<sup>12</sup>

Human beings constantly struggle against the changing environmental conditions to maintain optimum health and vigour throughout the day and in all seasons. The human body depends on the continuous holistic interaction between internal and external factors. When this interaction is in a state of equilibrium, man enjoys health and when this fails, either due to internal deficiency or hostile environmental factors, the balance is disturbed and leads to disease and disharmony. Environmental factors include the nature of the land, water and various atmospheric phenomena such as temperature, humidity, wind, rain and snow.



## DISCUSSION –

- The examination of prakriti is an important subject and is an expert's work. An Ayurvedic expert adopts two broad methods to determine the prakriti of an individual. They are interrogation and physical examination.
- Interrogation involves specific questions put to the individual. The physical examination involves looking for specific physical and behavioural aspects.
- The Ayurvedic understanding of prakriti provides a way to do both these - to analyse and assess where we stand and to provide guidance to attain perfect health.

## CONCLUSION-

Prakruti and dermatoglyphics can be considered under genetic control. Prakruti is formed at the time of conception, it refers to genetically determined physical and mental makeup of the individual whereas the dermatoglyphic markings correspond to the neurophysiologic development and it relates to physical, emotional and mental health condition.

## REFERANCES-

1. Charaka samhita, vidyotini hindi commentary by pt. Kashinath Shastri and Dr. Goraknath chaturvedi, reprint 2005,
2. Dr. Brahmanand Tripathi, Charaka Samhita, Vol. 1, Chaukhambha Surbharati prakashn Varanasi reprint 2004 Chaukhambha Bharat Academy Varanasi, Vol. 1, pp771, cp 1024.
3. Charaka samhita , vidyotini hindi commentary by pt. Kashinath Shastri and Dr. Goraknath chaturvedi, reprint 2005, Chaukhambha Bharat Academy Varanasi, Vol. 1, pp771, cp 1024.
4. Charaka samhita , vidyotini hindi commentary by pt. Kashinath Shastri and Dr. Goraknath chaturvedi, reprint 2005, Chaukhambha Bharat Academy Varanasi, Vol. 1, pp 774, cp 1024.
5. Charaka samhita , vidyotini hindi commentary by pt. Kashinath Shastri and Dr. Goraknath chaturvedi, reprint 2005, Chaukhambha Bharat Academy Varanasi, Vol. 1, pp771, cp 1024.
6. Charaka samhita, based on Cakrapani Datta's Ayurveda Dipika by Dr. Ramkaran Sharma and Vaidya Bhagvan Dash, Chaukhambha Sanskrit Series, Varanasi 1995, 4<sup>th</sup> edition, Vol. 1, pp 156, cp 619.
7. Charaka samhita , vidyotini hindi commentary by pt. Kashinath Shastri and Dr. Goraknath chaturvedi, reprint 2005, Chaukhambha Bharat Academy Varanasi, Vol. 1, pp 721, cp 1024.
8. Charaka samhita, vidyotini hindi commentary by pt. Kashinath Shastri and Dr. Goraknath chaturvedi, reprint 2005, Chaukhambha Bharat Academy Varanasi, Vol. 1, pp 722, cp 1024.

9. Charaka samhita, based on Cakrapani Datta's Ayurveda Dipika by Dr. Ramkaran Sharma and Vaidya Bhagvan Dash, Chaukambha Sanskrit Series, Varanasi 1995, 4<sup>th</sup> edition, Vol. 1, pp 198, cp 619.
10. Amrit Mahotsava (National Seminar on Prakruti Vigyana).
11. Prof. K. R. Srikanth Murthy, Susruta Samhita, Vol. 1, Chaukambha orientalia, Varanasi, edition 3rd 2007, pp 70 to 77 cp 239.
12. Dr. Brahmanand Tripathi, Charaka Samhita, Vol. 1, Chaukhambha Surbharati prakashn Varanasi reprint 2004 Charaka samhita, Cakrapani tika, pp 17 & 114-116
13. Prof. K. R. Srikanth Murthy, Susruta Samhita, Vol. 1, Chaukambha orientalia, Varanasi edition 3rd 2007, pp 78 cp 239.
14. Prof. K. R. Srikanth Murthy, Susruta Samhita, Vol. 1, Chaukambha orientalia, Varanasi edition 3rd 2007, pp 78 cp 239.
15. Dr. Brahmanand Tripathi, Charaka Samhita, Vol. 1, Chaukhambha Surbharati prakashn Varanasi reprint 2004, pp 987 cp 1052.

