



‘ROLE OF PRAKRUTI PARIKSHA IN DIAGNOSIS OF DISEASE ‘

Dr. Samiksha Shankar Kamble¹, Dr. Priyanka B. Sontakke², Dr. Rohini Indra pal Madavi

**1. Assistant Professor ,Dept of Rognidan Evum Vikriti Vigyan, SGAMC Khamgaon,
Phulambri, Dist. Chh. Sambhaji Nagar**

Email id - dr.samiksha52@yahoo.in

**2. Assistant Professor ,Dept of Rognidan Evum Vikriti Vigyan ,Sawkar Ayurvedic Medical
College and Hospital, Satara**

**3. Assistant professor , Dept of striroga evum prasutitantra ,
Shree Goraksh Ayurvedic College Hospital and Research Centre Khamgaon**

ABSTRACT-

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. 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.¹ This review explores the historical significance, methodology, clinical applications, and integration of Prakriti-based diagnosis with modern medicine. The study also highlights the challenges in standardizing Prakriti assessment and the potential for technological advancements in this field.

Keywords- Dashvidha Pariksha, Prakruti , Vikriti , Diagnostic Aspect Importance, Preventive Healthcare

Introduction-

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 Dashavida 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. 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. Prakriti Parikshan is a fundamental diagnostic tool in Ayurveda that helps in understanding a person's inherent physiological and psychological makeup, thereby aiding in predicting disease susceptibility, prognosis, and personalized treatment strategies. Unlike conventional medicine, which follows a generalized protocol for disease identification and management, Ayurveda focuses on an individualized perspective by classifying people into Vata, Pitta, and Kapha categories, each with distinct characteristics and predispositions.

MATERIALS AND METHODS-

Understanding the significance of Prakriti in disease manifestation enables preventive, curative, physicians and to adopt lifestyle-oriented measures, ensuring long-term health benefits. Individuals with a Vata-dominant Prakriti tend to have variable digestion, susceptibility to anxiety, and neurological disorders, while those with a Pitta dominant Prakriti are more prone to inflammatory conditions, ulcers, and metabolic disorders. Kapha dominant individuals typically exhibit a tendency toward weight gain, respiratory issues, and cardiovascular diseases. Ayurvedic texts like Charaka Samhita and Sushruta Samhita elaborate extensively on the importance of Prakriti-based diagnosis and its impact on clinical management.

Prakriti as part of Dashavidha Pariksha: ²

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 Guna³. 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.

Prakruti and inheritance.

Prakruti is formed by the dosha(Doshas) which ever becomes predominant at the time of conception i.e., at time of union of sukra and sonata and inheritance is the passage of hereditary traits from generation to the next. The genetic material of a father and a mother unite when a sperm cell fuses with a secondary oocyte to form zygote. Children resemble their parents because they inherit traits passed down from both parents.

The psychosomatic approach of Indian medicine is best illustrated by the deha prakruti and its application to almost all problems concerned with the life in health and diseases. Through human constitution has been considered from different angles, but primarily it has conceived as a psychosomatic entity.

The prakruti or constitution of a man has a genetic and an acquired aspect. The acquired constitution develops in relation to the environment factors like age, sex, caste, familial set up and climatic condition.

The genetic constitution as mentioned in Indian system of medicine has been described in relevance to fundamental *tridosha* theory of Ayurveda the very comprehensive accounts available

of these humours would indicate that these three humours form the basis of structures and function of the entire human body.

There is always a limited relative genetic variable of these humours of the body. This genetically determined relative preponderance or subordination reflects into the variations that are seen in *deha prakruti* or *manas prakruti*. Thus the humoral constitution (*dosha prakruti*) of man described in Ayurveda represents a very lucid account of genetic makeup of the body and mind.

Our genotype expression into phenotype is influenced by environmental factors there are a lot of references in our text as *garbhaghatakara bhavas* and chromosomal disorders its prevention and management.

Evolution of Prakriti-Based Diagnosis Discussion Prakriti Parikshan, a fundamental concept in Ayurveda, offers a distinctive approach to understanding individual health predispositions, disease susceptibility, and treatment personalization. The assessment of Prakriti helps in predicting an individual's likelihood of developing certain disorders and provides guidance for preventive and curative interventions. In contemporary healthcare, integrating this approach with modern diagnostic tools could significantly enhance personalized medicine.

Predicting Disease Susceptibility through Prakriti Analysis The importance of Prakriti Parikshan lies in its ability to identify inherent tendencies toward specific health conditions. By examining a person's Dosha constitution - Vata, Pitta, and Kapha - clinicians can anticipate the types of diseases an individual is prone to. Several studies have indicated correlations between Prakriti types and the prevalence of certain diseases: Understanding these predispositions allows Ayurvedic practitioners to take preventive measures, such as dietary modifications, lifestyle adaptations, and herbal interventions, to mitigate the risk of disease onset.

Personalized Diagnosis and Treatment Strategies The application of Prakriti-based diagnostics enables a highly individualized approach to disease management. Unlike conventional medicine, which predominantly follows a standardized treatment model, Ayurveda prioritizes person-specific therapies. This is reflected in:

Integration of Prakriti Parikshan in Preventive Healthcare One of the most promising aspects of Prakriti analysis is its role in preventive healthcare. By evaluating an individual's Prakriti early in life, practitioners can provide guidance on disease prevention and longevity enhancement. This principle aligns with modern preventative medicine, which focuses on early risk detection and lifestyle interventions to delay or prevent the onset of chronic diseases. In ancient times, Ayurvedic physicians used Prakriti assessment to predict disease patterns and tailor treatments accordingly. The concept of *Vikriti* (pathological state) was introduced to differentiate between

an individual's natural constitution and disease induced imbalances. Pulse diagnosis (Nadi Pariksha) became a key method for evaluating Prakriti and detecting early signs of disease.

Role of prakruti in health: Preventive aspect:

Prakriti has decisive role in Swasthavritta (restoration of health), which is the prime objective of Ayurveda.⁵ 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 Samp्राप्ति (pathology), extent and Vikalpana (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.⁶

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). Vata, 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 Samp्राप्ति (pathology) leads to severe disease. Vata, Pitta and Kapha Prakriti individuals may have severe Vata, 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 individual⁷ than any other Prakriti.

Early Detection of Imbalances:

Subtle symptoms of disease manifestation can be identified through Prakriti assessment long before they become clinically apparent. For example, an individual with Pitta dominance showing

early signs of acidity can be guided toward cooling diets and stress management before developing peptic ulcers.

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 (Kashtasaadhyā). When Prakriti and disease are of different origin, it is easy to manage (Sukhasaadhyā).⁸ Kashyapa Samhita 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 *Dashavidha Parikshaa* should be contemplated for total understanding of patient or healthy individual.⁹

Prakriti and diet:¹⁰

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:¹¹

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:¹²

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 –

- *Prakruti pariksha* plays very important role for the examination of patient, for the preventive and the curative aspect of many disorders. As *prakruti* is the inherent characteristic.
- *Prakruti pariksha* gives us the knowledge of person with specific *prakruti* susceptible for disorders of respective doshas involved in formation of *prakruti* ex. *Vatakaphaja prakruti* persons is susceptible to *kitibha kushta*. By knowledge of *prakruti* the equilibrium of various fundamental constituents of human body can be maintained to keep him in a state of perfect health. All the authors have vocalized the influences of *Prakruti* on health. Both Vagbhata's enunciate that the person with *Sama Prakruti* is excellent while with *dividoshaja* as well as

ekadoshaja Prakruti are condemnable the Vata,Pitta and Kapha predominance are said to be *hina* (inferior), *madyama* (mediocre) and *uttama* (good) respectively.

➤ Sushrutacharya has clearly mentioned by quoting the example of poisonous insect's and emphasize that Prakruti being genetic concern do not harm individuals.

CONCLUSION-

Prakriti Parikshan serves as a vital resource in Ayurvedic diagnostics, providing deep understanding of disease vulnerability, tailored treatment strategies, measures. Its concepts personalized resonate and preventive closely medicine, and with health today's additional interdisciplinary studies could improve its relevance in modern healthcare frameworks. By connecting Ayurveda with contemporary medical practices, assessments based on *Prakriti* could offer new methods for patient-focused care. Charakacharya has presented a long discussion regarding *Prakruti* and accentuated the Superiority of *Sama prakruti*, contrary to this Kasyapa was of opinion that the individuals of *ekadoshaja prakruti* are prone to diseases, because they have to use only such diet and mode of life, which is congenial to their physical constituents, while those of *Sama Prakruti* can use any diet. *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.

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