



## ASSESSMENT OF DEHA PRAKRITI AND ITS CLINICAL IMPORTANCE

## Ayurveda

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## ABSTRACT

Prakriti is one of the most important concept described in Ayurveda. Prakriti is constitution of the body which is determined by Tridosha at the time of conception. Prakriti determine physical, physiological, psychological characteristics of human. Determination of Prakriti is also helpful to achieve the aim of Ayurveda which is to maintain the health of healthy person and treat the disease one. If someone modify his lifestyle according to his Prakriti he may remain healthy and if the treatment is given to patients according to their Prakriti it is more beneficial to patient and minimize the chance of adverse drug reaction. The assessment of Prakriti involve a detail examination of various factors including physical attributes, physiological functions, mental characteristic etc. One can employ different assessment tools such as questioning, observation, Nadi Pariksha to determine an individual's Prakriti accurately. This article aims to explore the concept of Prakriti in Ayurveda and highlight its significance in guiding personalized healthcare practice.

## KEYWORDS

Prakriti, Ayurveda.

## MATERIAL AND METHODS

In this research article information has been collected from available authentic Ayurvedic Texts.

## DISCUSSION

The body of foetus is determined by the constitution of sperm and ovum, that of time and uterus that of food and behaviour of the mother and that of the products of *Mahabhutas*. *Dosha* one or more than one which predominates in these factors gets attached to the foetus. This is said as *Dosha Prakriti* of human being emerged from the initial stage of foetus. Hence some person are constitutionally *Slesmala*(*Kaphaja*), some *Pittala*, some *Vatala* some being combined *Dosha* and some with Balanced *Dhatu*s.<sup>1</sup>

*Acharya Shusruta* says that whichever the *Doshas* that is predominant at time of union of *Sukra* (semen) and *Sonita* (ovum) the *Prakriti* of the person gets formed from the particular *Doshas*.<sup>2</sup> In *Sutra Sthan Acharya charak* says that as these *Doshas* are present at time of birth, therefore it is called *Deha Prakriti*.<sup>3</sup> *Acharya Charak*, *Shusruta* and *Vagbhata* described seven type of *Deha prakriti* which are as follow

- 1) *Vataja Prakriti*
- 2) *Pittala Prakriti*
- 3) *Kaphaj Prakriti*
- 4) *Vata pittala Prakriti*
- 5) *Pittal kaphaj Prakriti*
- 6) *Vata kaphaja Prakriti*
- 7) *Sama Prakriti*

A) *Slesmaja (Kaphaja) Prakriti-*

*Slesma* unctuous, soft, sweet, essence, solid, dull, rigid, heavy, cold, slimy and clear. Because of its unctuous the person with predominance of *Kapha* has unctuous organs, due to smoothness smooth organs, due to softness pleasing, delicate and fair organs, due to sweetness abundant semen, sexual act and progeny, due to nature of essence excellent, compact and stable body, due to solidity all organ well-developed and perfect, due to dullness dull in activities, diet and speech, due to rigidity delayed initiation, irritation and disorder, due to heaviness movements supported with essence and stability, due to coldness little hunger, thirst, pyrexia and perspiration, due to sliminess well united and strong joint ligaments, due to clarity eyes and face with clear and unctuous complexion and affectionate voice. Because of the presence of these qualities the *Slesma* person are strong, wealthy, learned, brave, clam and long lived<sup>4</sup>.

Person of *Kapha Prakriti* imitate Brahma, Rudra, Indra, and Varuna, animals such as lion, horse, elephant, cow, bull, red eagle and swan<sup>7</sup>.

B) *Pitta Prakriti-*

*Pitta* is hot, sharp, sour and pungent. Due to hotness the persons having predominance of *Pitta* are intolerant to heat, having hot face, delicate and fair organs, plenty of moles, freckles, black moles and

pimples excessive hunger and thirsty, early predominance of wrinkles, greying and falling of hairs, mostly soft, sparse and brown beard moustaches, small hairs, due to sharpness sharp prowess, intense fire, taking plenty of food and drinks, lack of endurance, frequent eating, due to liquidity lax and soft joints and muscles, excess excretion of sweat, urine and faeces, due to fleshy smell excessive foetid smell, in axilla, mouth, head and body, due to pungency and sourness little semen, sexual act and few progeny, because of presence of these qualities the person having predominance of *Pitta* are moderate in strength, life span, knowledge, understanding, wealth and means.<sup>8</sup>

Person of *pitta Prakriti* imitate in their activities, animals such as snake, owl, Gandharava, Yaksha, cat, monkey, tiger, bear and mongoose<sup>9</sup>.

C) *Vata Prakriti-*

*Vata* is rough, light, mobile, abundant, swift, cold, coarse and non slimy. Due to roughness the person with predominance of *Vata* have rough, undeveloped and short body, continuously rough, weak, low, adhered and hoarse voice and vigils, due to lightness light and unsteady movements, activities, diet and speech, due to mobility unstable joint, eye brows, jaw, lips, tongue, head, shoulder, hands and feet, due to abundance of tendons and venous network, due to swift hasty initiation, quick irritation and disorder, quick in fear, attachment and disenchantment, quick in acquisition but with a poor memory, due to coldness intolerant to cold, continuously infliction with cold, shivering and stiffness, due to coarseness coarse hairs, beard moustaches, small hairs, nails, teeth, face, hands and feet, due to sliminess cracked body parts and constant sound in joints during movements.

Because of presence of these qualities the person having predominance of *Vata* have mostly low degree of strength, life span, progeny, means and wealth.<sup>10</sup>

Person of *Vata Prakriti* are described as imitating goat, rabbit, rat, camel, dog, vulture, crow, donkey etc.<sup>11</sup>

Characteristics of different *Prakriti* (As described in *Charak Samhita, Sushruta Samhita And Astang Hridaya*)1. *Slesmaja Prakriti*Physical Characteristic<sup>12</sup>

1. Unctuous and smooth, even, well defined and good looking body.
2. Pleasing appearance with delicate and fair organs.
3. Excellent, compact and firm body
4. Possesses deep seated, unctuous and well knit joints and muscles.
5. Dullness in action and initiation with less activities.
6. Firm stable gait due to uniform pressing of feet on earth.
7. Have long arms, big and elevated chest with big forehead.
8. Thick ghair.
9. Eyes are red at angles, unctuous, wide, long with well designed

white and black spheres of eye parts with having more eyelashes.

### Physiological Characteristic<sup>13</sup>

1. Due to abundant *Sukra* there will be excessive desire for sexual act and will be having more children and attendants.
2. Are not much troubled by hunger, thirst, unhappiness, strain, heat, perspiration.
3. More desire in tastes and consume food which is bitter, astringent, pungent, hot, dry and less in quantity.
4. Voice is clear, high pitched melodious
5. Less desire for foods and drinks but like sweet things.

### Psychological Characteristic<sup>14</sup>

1. Endowed with intelligence, right attitude, truthfulness, strength, wealth, knowledge, energy, peace, courage and longevity.
2. Righteous, benevolent, nature, do not speak hard and abusive words.
3. Harbour enmity, concealed and deep for long time.
4. Possess good memory, perseverance, humbleness, do not weep much even in childhood.
5. Free from greediness and have less speech and anger.
6. Endowed with foresight and munificence.
7. Have faith in God.
8. Dignified, greatly charitable, civilized, slow, grateful, straight forward, learned, bashful, obedient to teachers and elders, forgiving nature and good in heart.
9. In dreams he sees water reservoir with full of water, lotus, birds and clouds and pleasing to minds in dreams.
10. Slow in understanding,
11. Predominant in *Sattavaguna*.
12. Grants gift in plenty after considering the receiver.
13. Speaks well selected words and sentences.
14. Person of *Kapha Prakriti* imitate Brahma, Rudra, Indra, and Varuna, animals such as lion, horse, elephant, cow, bull, red eagle and swan.

### 2. Pittaja Prakriti

#### Physical Characteristics<sup>15</sup>

1. White and warm body.
2. Possess coppery red palms, soles and face.
3. Have brown and scanty hairs.
4. Possess loose and lean joints and muscles.
5. Possess grey hair, wrinkles and blue patches in skin and baldness.
6. Eyes are thin, brown, unsteady with thin and few eyelashes.
7. Eyes becoming red very quickly by anger, after drinking wine and exposure to sunlight.
8. Body parts are yellowish and flabby.
9. Copper coloured nails, eyes, palate, tongue, lips, palms and soles.
10. He is ugly and has moderate strength.

#### Physiological Characteristics<sup>16</sup>

1. Have excellent thirst and hunger.
2. Consume food which is sweet, astringent, bitter and cold.
3. Hate sunlight and hot things.
4. Perspire heavily, emit bad smell from body.
5. Expel large amount of faecal matter.
6. Eat great amount of foods and drinks heavily.
7. Strong digestive power.
8. Putrid smell from axilla, mouth, head and body in excess.
9. Moderate life span.
10. Insufficiency of semen, sexual desire, procreation
11. Always in trouble like ulceration in mouth etc.

#### Psychological Characteristic<sup>17</sup>

1. Becomes angry quick and gets relived of it quickly.
2. Intelligent, clever, defeat other in talk, brilliant, undefeatable in assemblies.
3. Moderate spiritual, materialistic knowledge and wealth.
4. Are brave and proud and do not soft towards the surrendered.
5. Desirous of consoling and granting gifts to those who are obedient.
6. Possess good behaviour, clean, affectionate to dependents.
7. Have more anger and jealousy.
8. In dreams he sees the flowers of karnikara, palasha, forest fire, lightning, meteor, bright sunrays and fire.
10. Eyes desirous of cold comfort.
11. Person of *pitta Prakriti* imitate in their activities, animals such as snake, owl, gandharava, yaksha, cat, monkey, tiger, bear and

mongoose.

### Vata Prakriti

#### Physical Characteristics<sup>18</sup>

1. Body is cracked and dusky.
2. Moustaches, nails, hairs are scanty and rough.
3. Thin body with prominence of veins all over the body and tall in shape.
4. Unctuousness, emaciation and dwarfness of the body.
5. Light and inconsistent gait, action and movements.
6. Unstable joints, eyes, eyebrows, jaws, lip, tongue, head, Shoulders, hands and legs.
7. Production of cracking sounds in joints when they move.
8. Eyes are rough, lustreless, round, unpleasant and resemble those of dead.
9. Eye Lids kept open while sleeping.
10. Unsteady vision and movements.
11. Abundance in tendons.
12. Possesses little strength.

#### Physiological Characteristics<sup>19</sup>

1. Hate cold, often getting afflicted with cold, shivering and stiffness.
2. Voice is obstructed, interrupted, unsteady or harsh, long drawn, broken, dry low.
3. Desirous of habituation to sweet, sour, salty and hot foods and eat light foods.

#### Psychological Characteristics<sup>20</sup>

1. Unsteady in respect of courage, memory, thinking, friendship, movements.
2. Very talkative and speaks irrelevantly.
3. Possesses little of wealth, span of life and sleep.
4. He is cruel, ungrateful.
5. Quick in walk and wanders too much.
6. Unsteady in mind.
7. Quick in initiating actions, getting irritated.
8. Quick in the onset of morbid manifestation and fear.
9. Quick in likes and dislikes.
10. These people are atheists, gluttons, pleasure seeking.
11. Desirous of music, humour, hunting or gambling.
12. Are not steadfast, cannot control their senses, not civilized, not liked by women, not have many children.
13. Has disorganised mind and unsteady vision.
14. In dreams they sees as if they are moving in sky. Roaming in the mountains, dwelling in trees.
15. These people are non magnanimous. Bloated with jealousy of stealing nature and having bulged calves.
16. Person of *Vata Prakriti* are described as imitating goat, rabbit, rat, camel, dog, vulture, crow, donkey etc.

Due to combination of *Doshas*, character are found accordingly. In person having equilibrium of all *Dhatus* the character of all of them are found. Thus one should examine with respect of *Prakriti*.

A questionnaire can be prepared to assess the *Prakriti* of the patients as described in *Ayurvedic samhitas*. Each parameter is given 1 score and total score will be calculated. The score of each *Prakriti* should be calculated separately and result should be represented in terms of percentage. The *Prakriti* got maximum percentage will determine the predominance of *Prakriti* of the patient. Recently CCRAS, Ministry of AYUSH, Govt of India develop a software to assess *Prakriti* of person, which can be helpful to assess the *Prakriti* of person

### Clinical Importance of Prakriti Pariksha

#### 1) Disease Prevention :

*Prakriti Pariksha* plays an important role in disease prevention by identifying individual's *Prakriti* clinician can recommended preventive measure to maintain equilibrium of *Dosha* and minimize the chance of developing disease This include dietary modification, lifestyle modification etc

#### 2) Treatment of Patient:

According to Treatment Principal before starting any treatment it is necessary to examine the patient, *Prakriti Pariksha* is first component of *Dashvidha Pariksha*, which shows its importance. If clinician is able to determine *Prakriti* the treatment procedure will be vary according to *Prakriti*.

**3) Assessment of Bala Of Patient:**

The individual of *Vata Prakriti* have *Alpa bala*, individual of *Pitta Prakriti* have *Madhyam bala* and individual of *Kapha Prakriti* have *Utam Bala*

**4) Assesment of Disease Prognosis :**

If *Prakriti* of disease and individual is similar than disease is difficult to treat means bad prognosis, If *Prakriti* of disease and individual is different than disease is easy to treat means good prognosis,

**CONCLUSION**

*Prakriti* is determined by *Doshas* that is predominant at time of union of *Sukra* (semen) and *Sonita*(ovum) the *Prakriti* of the person gets formed from the particular *Doshas*. *Prakriti* determine physical, physiological, psychosocial characteristics of human. To ensure accurate and effective results, *Prakriti Pariksha* should be conducted by qualified Ayurvedic Practitioner .It is also helpful in clinical practice to diagnose the disease, to know prognosis of disease and treat the patient.

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