



ORIGINAL RESEARCH PAPER

Ayurveda

AN OBSERVATIONAL STUDY OF DEHA PRAKRITI WITH RESPECT TO ARTAVA PRAVRUTTI

KEY WORDS: Prakriti, Artava, Artava Pravrutti, Ayurveda

Dr. Mushraf Rashid Sayyad

Associate Professor, Dept. of Kriya Sharir, Loknete Rajarambapu Patil Ayurved Medical College, Islampur, Sangli, Maharashtra, India.

Dr. Prashant Ajanalkar*

Professor and Head of Department, Dept. of Kriya Sharir, Loknete Rajarambapu Patil Ayurved Medical College, Islampur, Sangli, Maharashtra, India. *Corresponding Author

ABSTRACT

Ayurveda deals with the individual variations with respect to *Doshika* dominance in the concept of *Prakriti*. *Ayurveda* also conceptualizes the concept of menstruation in the term *Artava* and its *Pravrutti*. In the present study, the basic endeavor was to study the relation (association) if any exists, in type of *Prakriti* and *Artava Pravrutti* of a female. An observational study has been designed to elicit the relationship between the two variables. 60 Female candidates within age group of 18-40 years excluding pregnancy, lactation, patients using IUCD, hysterectomy/ TL done were exposed for their observations related to type of *Prakriti* and *Artava Pravrutti* and the data is interpreted for association between type of *Prakriti* and *Artava Pravrutti*.

INTRODUCTION:

As *Ayurveda* is the science of life, it shows the way to keep up sound health, attain longevity & removal of diseases; if occurred. *Ayurvedic* literature mainly emphasized about spending the life very easily and with health. If occurred, diseases or derangements (*Vyadhi*) are also should be treated. *Granthas* contain *Shloka* about diseases with respect to their *Hetu* (cause), *Nidana* (Diagnosis / Symptomatology) and *Chikitsa* (Treatment). The essential constituent of human body consists of *Dosha*, *Dhatu* and *Malas*. *Deha Dhatu* means the supporters of the human body. 3 *Doshas*, 7 *Dhatu* and 3 *Malas* – these 13 constitute the human body. The present study entitled “An Observational study of Deha Prakriti with respect to Artava Pravrutti” has been aimed to workout the relation between the type of *Deha Prakriti* and the *Artava Pravrutti*.

Acharya explains, at the time of “*Shukra-shoneetSamyoga*”, the *Dosha* which is more predominant makes the “*Prakriti*” of that mankind which remains constant throughout his/her life. This type of *Prakriti* is called “*Deha-Prakriti*” and categorized into 7 types with respect of “*Doshadhikya*”. In these *Prakriti*, “*Sama-Prakriti*” is to be said as “*Sreshtha*”, while “*Vata*” and “*Dwee-doshaj Prakriti*” are said as “*NindyaPrakriti*”, *Vagbhata* explains. “*Brihat-Trayee*” i.e. ‘*Charak Samhita*’, ‘*Sushruta Samhita*’ and ‘*Ashtanga- Sangraha*’ has a good comprehensive literature about ‘*Prakriti*’. *Prakriti Nishchitikan*, Nowadays, is being done on the basis of “*Granthokta Lakshanas*” i.e. *Sharireek* and *Manseek Gunas* of “*Doshas*” described for “*Prakriti*” in “*Brihat-Trayee*”. In fact we do use an extract of these “*Lakshanas*” that can be easily applicable to any human being which elicit his/her “*Prakriti*” conveniently. *Acharyas* also described the concept of *Artava* and its *Pravrutti* in details. *Acharya Vagbhata* described excess *Artava Pravrutti* in *KaphaPrakriti* females. In the present study, the basic endeavor was to find out the association between the type of *Deha Prakriti* and the *Artava Pravrutti* of a female.

AIMS AND OBJECTIVES:

- To Study concept of *Deha Prakriti* explained by ancient authors of *Ayurveda*.
- To Study concept of *Artava* and its *Pravrutti* explained by

ancient authors of *Ayurveda*

- To find out the association between type of *Prakriti* and *Artava Pravrutti*.

REVIEW OF LITERATURE

All the available textbooks, national and international indexed peer reviewed journals, *Samhitas* and all the literature regarding the concept of *Prakriti* and *artava* has been thoroughly studied.

The concept of *Prakriti* had been studied with respect to etymology, definition, classification, factors responsible for creation of *Prakriti*, application and clinical significance of concept of *Prakriti* etc. The *doshika Prakriti* (*Vata*, *Pitta* and *Kapha Prakriti*) and their characteristic features as per all *Samhitas* had been considered in details. The concept of *artava* and its *Pravrutti* is also been studied for its definition, *lakshanas*, *Vridhhi-Kshaya*, *Shuddhaartava*, its association with the *Deha Prakriti* etc.

MATERIALS AND METHODS

Materials:

1. All the available literature in the form of textbooks, articles, magazines, international and national indexed journals of *Ayurveda*, *Samhita*, Google search, Google scholar, pub med and other search engines of the internet available are used as materials.
2. 60 Female candidates within age group of 18-40 years excluding pregnancy, lactation, patients using IUCD, hysterectomy/TL done.

Methods:

1. **Literature study:** All available material related to *Prakriti* and *artava* was summarized and analyzed.
2. **Observational study:** a relevant case proforma was prepared to collect the information regarding *Prakriti* and *artava*. The proforma were duly filled as per the information provided by 60 samples.
3. **Analytical study:** the available literature and obtained data was analyzed and observations and conclusions were drawn.

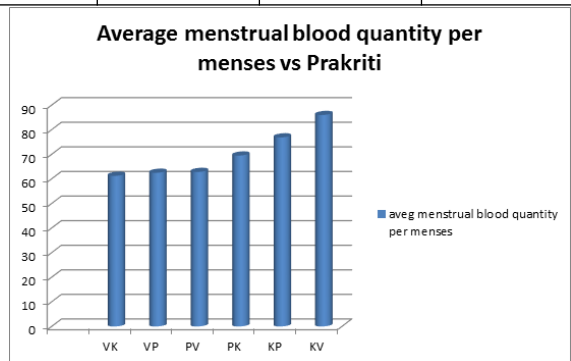
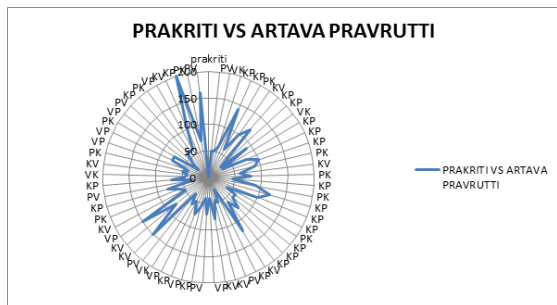
OBSERVATIONS AND RESULTS:

Table No. :- 01

PRAKRITI VS ARTAVA PRAVRUTTI								
Sr. No.	Prakriti	Age of menarche	Menstrual cycle regular (R)/ Irregular (IR)	Average length of menstrual cycle (in days)	No. of days of bleeding per cycle (in days)	Quantity of pads	Type of pad	Menstrual quantity per menses (In ml)
01	PV	15	R	28-30	5	9 to 10	cotton	50
02	VK	12	R	30	3	4 to 5	Gel	50

03	KP	13	R	40 - 45	5	10 TO 12	cotton	60
04	KP	13	R	30-32	5	12 TO 14	Gel	140
05	PK	13	R	28-30	4	10 TO 12	cotton	60
06	KV	14	R	26-28	4	8 TO 10	Gel	100
07	KP	14	R	27-28	3	11 TO 12	Gel	120
08	KP	12	R	28	2	5 TO 6	cotton	30
09	VK	14	R	26-28	6 TO 7	9	Gel	90
10	KP	13	R	3	3 TO 5	5 TO 6	cotton	30
11	KP	13	R	30-32	4 TO 5	7 TO 8	Gel	80
12	KP	13	IR	40-45	4 TO 6	9 to 10	Gel	100
13	PK	14	R	35-36	5	8 TO 9	Gel	90
14	KV	13	R	26-30	5	10 TO 12	cotton	60
15	PK	13	IR	45-60	5	7 TO 8	Gel	80
16	KP	12	R	30-32	7	8 TO 9	cotton	45
17	PK	12	R	30-35	5	8 TO 9	Gel	90
18	KP	10	R	22-28	6	10 TO 12	Gel	120
19	KP	12	R	26-29	7	8 TO 10	Gel	100
20	KP	12	R	28-32	4 TO 5	7 TO 8	cotton	40
21	PK	12	R	25-30	6 TO 7	12	cotton	60
22	KP	14	R	25-30	4 TO 5	12	cotton	60
23	KP	13	IR	30-60	6	8	Gel	80
24	KP	15	R	30	4	6	Gel	60
25	KV	12	R	25 TO 30	3 TO 5	10 TO 12	Gel	120
26	KP	15	R	25-30	3 TO 4	4 TO 5	cotton	25
27	PV	14	IR	90-120	5	10	cotton	50
28	KV	13	R	25-30	6	9	cotton	45
29	KV	13	IR	34-38	5	8	Gel	80
30	VP	14	R	26	5	3 TO 4	Gel	40
31	PV	14	R	28	3	7	Gel	70
32	KP	17	R	25	4	8	cotton	40
33	VP	13	R	30	7	12	cotton	60
34	KP	15	R	30	5	12 TO 15	cotton	75
35	VP	14	R	30-32	5	5	Gel	50
36	VK	14	R	30	5	12	cotton	60
37	PV	14	R	26-28	3 TO 4	4	Gel	40
38	KV	15	IR	60-90	6	15	Gel	150
39	KV	16	R	28-30	5	7 TO 8	Gel	80
40	VP	12	R	30-31	5	14 TO 15	Gel	150
41	KV	16	R	28-29	3 TO 4	4 TO 5	Gel	50
42	PK	11	IR	28-40	3	5 TO 6	Gel	60
43	KP	10	IR	20-30	4	7 TO 8	Gel	80
44	PV	13	IR	28-45	2 TO 3	6	cotton	30
45	KP	13	R	28-30	3	6 TO 7	Gel	70
46	VK	13	R	21	4	8 TO 9	cotton	45
47	KV	13	R	25	3 TO 4	7 T 8	cotton	40
48	PK	13	R	20	4 TO 5	8 TO 10	cotton	50
49	VP	14	R	28	4	8	cotton	40
50	VP	13	R	28	4	12 T O 15	cotton	75
51	PK	13	R	30-32	7	15	cotton	75
52	VP	13	IR	30-60	2 TO 3	5	cotton	25
53	PV	11	R	30	5 TO 6	7 TO 8	cotton	40
54	KP	13	R	28	3	12	cotton	60
55	PK	13	R	28	4	12	cotton	60
56	VP	14	IR	30-60	3	6	Gel	60
57	KV	14	R	28	4	10	Gel	100
58	KP	11	R	21	5	18 TO 20	Gel	200
59	PK	14	R	29	3	6 TO 7	Gel	70
60	PV	13	R	28 TO 30	7 TO 8	15 TO 16	Gel	160

VK: VATA KAPHA, VP: VATA PITTA, PV: PITTA VATA, PK: PITTA KAPHA, KP: KAPHA PITTA, KV: KAPHA VATA



From the above data following observations can be drawn:

1. The literature review of the concept of *Prakriti* reveals that the concept is comprehensively discussed by the ancient authors of Ayurveda. The concept of *Artava* is discussed by all the *Acharya* of Ayurveda, more or less. The *Vikriti* of the *Artava* are nicely put forwarded by *Acharya Susruta*. *Acharya Vagbhata* explained the relation between *Kapha Prakriti* and excess *ArtavaPravrutti*. It can be observed that most of the *Acharya* of Ayurveda discussed the concept of *Prakriti*. The importance of *Tridosha* gets underlined by their detailed descriptions of *Prakriti*. *Anukatva* is also a concept discussed to make the concept of *Prakriti* clearer to understand.
2. From table no. 2 it is observed that, average menstrual loss per menses is lowest in *Kapha Pradhana Vata Prakriti* (61.25 ml) and highest in *Kapha Pradhana Vata Prakriti* (86 ml). Other *Prakriti* females are having the menstrual blood loss ranging in between these two types of *Prakriti*.
3. Out of 60 females, 28 females are using cotton pads and 32 females are using gel absorbent pads. Commonest *Prakriti* found in group of 60 females is *Kapha Pradhana Pitta* (21 out of 60), *Pitta Pradhana Kapha* and *Kapha Pradhana Vata* both having average number (each 10) and lowest is *Vata Pradhana Kapha* being only 4 out of 10.

CONCLUSION:

From the observations it can be concluded that,

1. The females of *Kapha Pradhana Vata Prakriti* have a more menstrual blood loss as compared to any other *Prakriti* types.
2. The females of *Vata Pradhana Kapha Prakriti* have a least menstrual blood loss as compared to any other *Prakriti* types.
3. The quantitative observation shows that there exists a strong relationship between the types of *Prakriti* and the *artavaPravrutti* as discussed by *Vagbhata* in *Sharira Sthana*.
4. The observational study completely reveals the truthfulness of the *Prabhoota Artava Pravrutti* in case of *Kapha Prakriti* as explained by *Acharya Vagbhata*.
5. The study outcomes can be confirmed on a large population study. A cross sectional study in the populations of different demographic strata is further expected.

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