



CONCEPT OF *PRAKRITI PAREEKSHAN* IN *AYURVEDA* AND ITS IMPORTANCE IN MAINTAINING THE HEALTH: A REVIEW

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ABSTRACT:

A person's natural state is referred to as their *Prakriti*. Every person is thought to have a fixed *Prakriti* that is created by the situation of *Tridosha* at the time of the union of the sperm and ovum inside the uterus, according to *Ayurveda*, which categorizes people based on their *Prakriti*. The increasing incidence of lifestyle diseases has become a significant public health concern and continues to be the leading cause of death worldwide. Few *Ayurvedic* concepts can be used effectively in the prevention and treatment of lifestyle disorders. One such idea is *Prakriti*. The term "*Prakriti*" refers to the development of unique attributes brought on by the predominant presence of the three *Doshas* (*Vata*, *Pitta*, and *Kapha*, the functioning elements of the body). One of the earliest conceptions of preventive, personalised, or genetic medicine is known as *Prakriti*, which also impacts an individual's sensitivity to environmental factors, medications, and susceptibility to diseases. The *Vikriti*, which indicates a person's ill state, is the opposite of the *Prakriti*. *Prakriti* is crucial in defining *Vikriti* since without knowing what is normal, abnormality cannot be detected.

KEYWORDS -*Prakriti*, *Vikriti*, *Dashavidha Pariksha*, *Dosha*, Genomic medicine, Pharmacogenomics.

INTRODUCTION:

प्रकर्षेणकर्तृत्वं कृतित्वंचइतिप्रकृतिः ।

जन्ममरणान्तरालभाविनि अविकारिणीदोषस्थिती । (रसवैशेषिक)

According to the Quotation from *Acharya* above, *Prakriti*—the *Doshik* constitution (predominance) that was there at birth and remained constant for an individual throughout life—remains unchanged from birth to death. According to *Acharya Sushruta*, *Prakriti* was determined at the moment that the male and female gametes united, or at the time of conception or fertilization. For instance, we refer to a person as having *Vataja Prakriti* if at the moment of birth, *Vata dosha* is more prevalent (both quantitatively and qualitatively) than *Pitta* and *Kapha*. An individual's immunity, anatomy, physiology, and psychology are all impacted by a dominant *Vata Dosh*. Features are perceived in accordance with the traits and purposes of the *Vata Dosh*.

The words "*Pra*" and "*Kri*" in Sanskrit are the source of the word "*Prakriti*." "*Pra*" stands for "First," while "*Kri*" for "Creation." *Prakriti* is hence described as the "first creation." 'Nature' or a person's unaltered state is another meaning of the word "*Prakriti*."

According to *Ayurveda*, the five primary elements of this physical universe—*Aakasha*, *Vayu*, *Teja*, and *Jala*—as well as the human body are known as *Panchamahabhuta*. *Tridosha* (*Vata*, *Pitta*, and *Kapha*) are the manifestations of these *Mahabhuta*. Even though all three *Doshas* exist in every human, only one is prominent, and this determines a person's *Prakritis*. *Prakriti* are distinct phenotypes that are determined by characteristics of the physical, psychological, physiological, and behavioral types of individuals and are unaffected by factors related to social, racial, or geographic factors.^{1,2}

According to *Acharya Susruta*, the formation of *Prakriti* occurs when *Shukra* (sperm) and *Shonita* (ovum) unite in the mother's womb under the influence of the *Tridosha*. The characteristics and features of the future child are determined by the dominance of any one, two, or all three *Doshas* (body humours: *Vata*, *Pitta*, and *Kapha*) as *Eka doshaja Prakriti* (*Vata*, *Pitta*, and *Kapha*), *Dvandvaja* (*Vatapitta*, *Vatakapha*, *Kaphapitta*), and *Samamishra* (*Vata*, *Pitta*, and *Kapha* in equal proportions).

Prakriti formation of a person According to *Acharya Susruta*, the union of *Shukra* (sperm) and *Shonita* (ovum) in the mother's womb causes the condition of *Tridosha*, which leads to the development of *Prakriti*. The physiological *Humours* (*Vata*, *Pitta*, and *Kapha*) that predominate in a pregnancy define the traits that the unborn child will have, including *Ekadoshaja Vata*, *Pitta*, and *Kapha* in equal amounts are represented by *Prakriti*, *Dvandvaja*, and *Sammishra*, respectively.³

AIM OF THE STUDY - To study the different types of *Prakriti* described in various *Samhitas* and importance of their knowledge. It is said that the '*Prakriti*' is under the influence of seven factors:

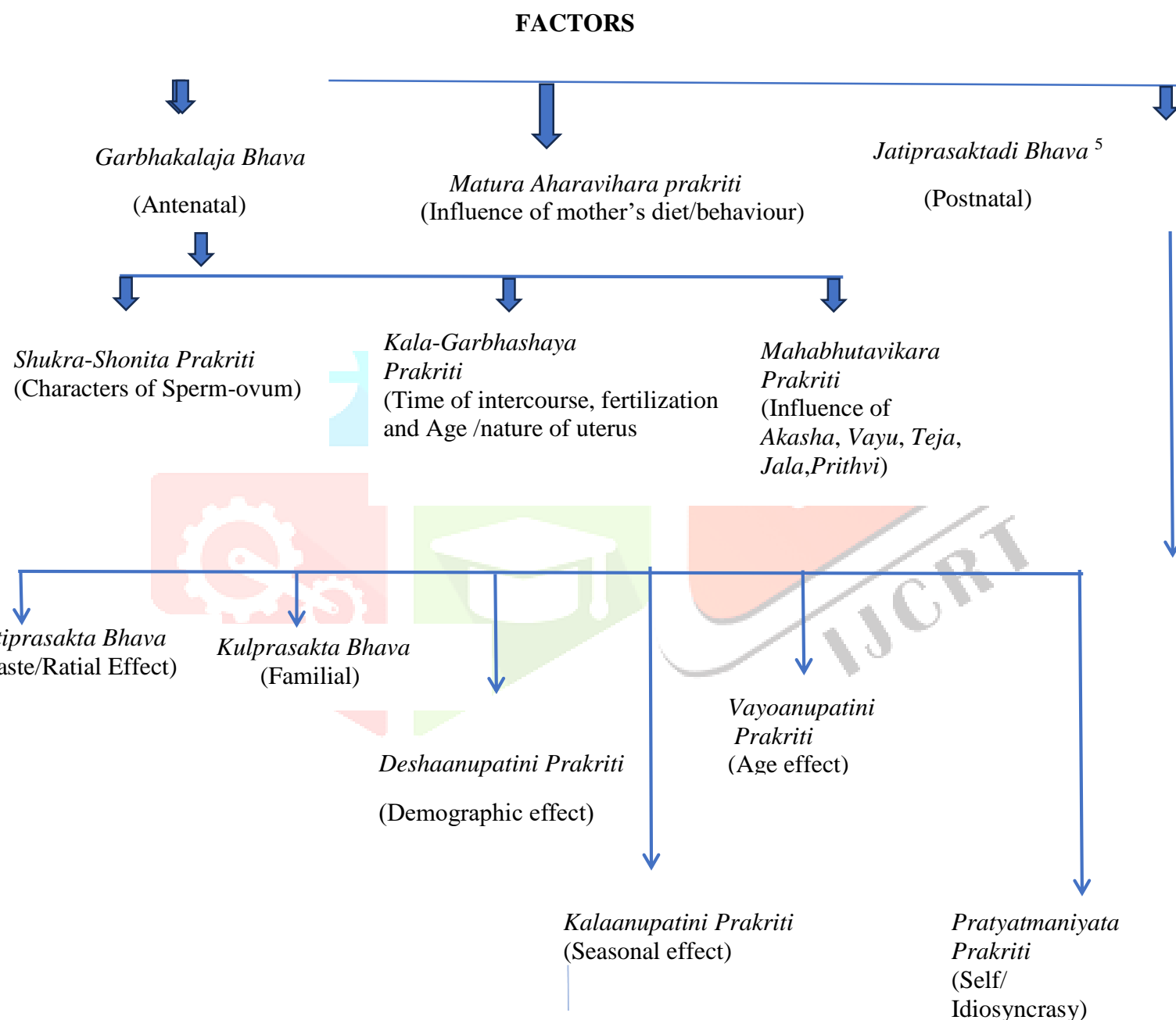
- *Jati*
- *Kulaj*
- *Desha*
- *Kala*
- *Vaya*
- *Bala*
- *Atma*

These all factors influence '*Prakriti*' of foetus.

Other causes of Development of *Prakriti* include -

1. The nature of the season.
2. The condition of the uterus.
3. The mother's diet during pregnancy.
4. Additional practices used by the mother during pregnancy.

Factors affecting formation of *Prakriti*:⁴



IMPORTANCE OF *PRAKRITI*:

1. **Promotion of health** - *Ayurveda* advises individuals to consume foods and engage in activities that are in opposition to their *Prakriti* in order to lead healthy lives. When rejuvenate therapies like *Rasayana* and *Vajikarana* are delivered in accordance with a person's *Prakriti*, the benefits are greatest.
2. **Agni status of individuals** - According to one's *Prakriti*, *Acharya Charaka* described four forms of *Agni* (digestive fire). –
 - *Vishmagni* in *Vata Prakriti*
 - *Tikshnagni* (Increased) in *Pitta Prakriti* and
 - *Mandagni* (Decreased) in *Kapha Prakriti*:
 - *Samagni* (Normal) in *Samadosha Prakriti*'s
3. **Susceptibility to disease / Predictive Medicine:** Each *Prakriti* type is predisposed to a particular ailment, according to predictive medicine. An individual's propensity for diseases associated with a given *Dosha* is determined by their *Prakriti*. For instance, *Agnimandhya*, *Medoroga*, *Prameha*, and other *Kaphaja vikara* are more common in *Kapha Prakriti* individuals. Similarly, *Vata Prakriti* individuals are more susceptible to *Pittaja*, *Gulma*, *Aatopa*, etc. People with *prakriti* are more susceptible to illnesses like *Amlapitta*, *Pandu*, and *Kamla*.⁶ People with *Vata*, *Pitta*, and *Kapha prana* types, respectively, may find it challenging to treat *Vataja*, *Pittaja*, and *Kaphaja* disorders. Because of this, the various illnesses to which a person is prone can be identified early and treated or delayed with the use of a suitable diet, medication, or routine.
4. **Diagnosis of the Disease** – *Acharya Charaka* suggested *Dashvidha Pariksa* for determining the afflicted person's power. The first analysis performed on a patient is a *prakriti* analysis.
5. **Prognosis of the Disease** - If the causative *Dosha* of an ailment is same as the *Prakriti* of the diseased person, the disease becomes *Krichrasadhya* i.e., difficult to cure. Similarly, if the vitiated *Dosha* is different from one's *Prakriti*, it is very easy to treat.
6. **Determining Bala (Strength)** - The type of *Prakriti* can be used to determine the relative strength of various people. *Pitta* and *Vata Prakriti* individuals are weaker than *Kapha Prakriti* individuals. When treating a patient, determining their level of strength is crucial.
7. **Dosage calculation** - The dosage of a medicine is determined based on the *Prakriti* of the patient. In general, the least (*Alpa*), moderate (*Madhya*), and maximal (*Pravara*) doses of medication are used for *Vata*, *Pitta*, and *Kapha Prakriti* persons, respectively.⁷
8. **Preventive medicine:** In *Ayurveda*, *Ritucharya* (seasonal regimes) and *Dinacharya* (diurnal regime) have been suggested based on *Prakriti*. These regimens can be used by the person as needed by *Prakriti* to maintain a healthy physique and a balanced *dosha* system. For instance, *Vata Prakriti* individuals are encouraged to consume nourishing and heavy foods, engage in less exercise, and engage in *Divasvapna*, while *Kapha Prakriti* individuals need more exercise, *Laghuahara* to maintain their body in shape, and should avoid *Divasvapna*.

🌈 CONCLUSION

In *Ayurveda*, the concept of *prakriti* is crucial to comprehending the nature and severity of disease, the body's response to drugs (pharmacogenomics), the selection of drugs and their dosages, the prognosis of the disease, and preventive measures like diet, diurnal, and seasonal routines. One of the first conceptions of predictive, preventive, and personalised or genetic medicine, *prakriti* also impacts an individual's sensitivity to environmental circumstances, medications, and susceptibility to diseases. Therefore, *Prakriti* places a strong emphasis on uniqueness and is crucial to diagnosis, preventative medicine, and treatments.

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