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

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 Dosha. Features are perceived in accordance with the traits and purposes of the Vata Dosha.

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*:**

- *Garbhakalaja Bhava* (Antenatal)
  - *Shukra-Shonita Prakriti* (Characters of Sperm-ovum)
  - *Kula-prasakta Bhava* (Familial)
  - *Deshanupatini Prakriti* (Demographic effect)

- *Matura Aharavihara prakriti* (Influence of mother’s diet/behaviour)
  - *Kala-Garbhashaya Prakriti* (Time of intercourse, fertilization and Age /nature of uterus)
  - *Mahabhumirkara Prakriti* (Influence of Akasha, Vayu, Teja, Jala, Prithvi)

- *Jatiprasaktadi Bhava* (Postnatal)
  - *Vayoanupatini Prakriti* (Age effect)
  - *Kala-anupatini Prakriti* (Seasonal effect)
  - *Pratyatmaniyata Prakriti* (Self/Idiosyncrasy)
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. **Agnī 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.
   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.

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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