

Critical Study of Prakriti

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ABSTRACT

Every individual differ from one another & hence should be considered as a different entity. All over universe there are many variation, all are seen is human beings. In Ayurveda Sushruta and in modern science Hippocrates, all have practiced the personalized approach for treating diseases. Personalized medicine is mainly based on gene biology. Though no such direct relation between prakriti and gene biology has yet been established. Some aspects of classifications of different prakriti may show some relevancy. The study has been carried out with basic principles of Sushruta's view towards prakriti.

Keywords: *Prakriti, Tridosha*

INTRODUCTION

Every person in the universe is differ from one another and therefore should be considered as different entity. It is very well said that It is far more important to know what person has the disease than what disease the person has. *To discuss Prakriti from Sushruta's point view of view (with special reference to DehaPrakriti).* The concept of gene biology is the basis of personalized medicine where DNA forms the basis in relation to any physiological response of human body towards any internal or external stimuli. Medicine based on Prakriti can offer remedies to the challenging health issues like adverse drug reactions, drug withdrawals etc.

Prakriti

According to Ayurveda, susceptibility to a disease as well as selection of a preventive & curative regime is primarily based on phenotypic assessment of a person which includes one's body constitution termed as "Prakriti". Prakriti is basically a consequence of the relative proportion of three entities-Vata, Pitta & kapha that are generally determined genetically (Sukra-Sonita). The word Prakriti can be described as- "PRA" means beginning or commencement or source of origin. "KRITI" means to perform or to form. Combination of these two terms together forms "Prakriti" which means natural form or original form or original source.

PRAKRITI DEFINITION:

As defined in Monier Williams (Sanskrit English Dictionary)-Prakriti means constitution, disposition or fundamental forms. As per Bhagwat Geeta- It is the basic nature of intelligence by which the universe exists & functions. It is the prime motive force. In Ayurveda, dehaprakriti or doshajaprakriti is basically described as specific composition of doshas that is permanent throughout the life. This dominance & unchangeable nature of dosha is known as Prakriti. In relation to above Sushruta Samhita, Acharya Sushruta explained that by nature, the prakriti do not get aggravated, perverted or diminished except when the end of life is approaching.

CLASSIFICATION OF PRAKRITI AS IN SUSHRUTA SAMHITA:

The deha- prakriti are of seven types,

1. Vataj
2. Pittaj
3. Kaphaj
4. Vataj-Pittaj
5. Vataj-Kaphaj
6. Pittaj-Kaphaj

7. Sannipataj.

Seven types are mentioned, but features of only first three are explained fully.

FEATURES OF EACH PRAKRITI AS PER SUSHRUTA:

1. **Vataj Prakriti:** A person of vata constitution is wakeful, averse to bathing & cold, unpleasant to look, dishonest, fond of music. The soles & palms are much fissured. He is violent & having a habit of biting nails & grinding the teeth. He is a person with less patience & unsteady in friendship, ungrateful, lean & rough. Especially the hands & legs show the network of vessels.

He walks fast & dreams of scaling the sky in his sleep. His eyes are always moving. His mind is never steady.

2. **Pittaj Prakriti:** A person of pittaj constitution perspires copiously emitting an unpleasant smell. His limbs are loosely shaped & yellowish in colour. The nails, eyes, palate, tongue, lips, soles & palms of such person are copper coloured. He eats much, is averse to warmth & irritable in temper. The person is a man of moderate strength. He is intelligent & possesses good retentive memory. He dreams about meteors, lightning, flashes. He never fears & bent before powerful opponents.

3. **Kaphaja prakriti:** The complexion of a person of kaphaja constitution resembles either the colour of blade of grass, blue lotus or polish sword. The person is attractive & handsome. He is fond of sweet taste. He is prosperous in life. He dreams in his sleep of large lakes or pools deeded with myriad of fully grown lotus flowers, swans. The limbs are proportionately & symmetrically developed. He is capable of sustaining pain, stress & is respectful towards superiors. He also possesses faith in religious texts.

4. **Vataj-Pittaj:** Mix features of vataj and pittaj prakriti are seen in this type.

5. **Vataj-Kaphaj:** Mix features of vataj and kaphaj prakriti are seen in this type.

6. **Pittaj-Kaphaj:** Mix features of pittaj and kaphaj prakriti are seen in this type.

7. **Sannipataj:** Mix features of vataj, pittaj and kaphaj prakriti are seen in this type.

IMPORTANCE OF PRAKRITI:

A. **Maintenance of health:** For assessment of vikriti knowledge of prakriti is prerequisite, hence it is important for diagnosis & therapeutics. The main reason behind assessment of Prakriti is to estimate Balapraman & Doshapraman of an individual.

B. **Prakriti & Vikriti:** If the current proportion of our doshas and our constituents differs significantly, it indicates imbalance which in turn lead to illness. This imbalance of doshas and our constituents is known as Vikriti. A person is more prone to illness if his vikriti is farther from his or her prakriti.

C. **Prakriti, Pathogenesis & Manifestation of disease:** A disease is not produced when etiological factors & constitutional factors are antagonistic to each other. When only in few respect these factors are synergistic only, complete manifestation doesn't occur & mild or latent type of disease is produced. But when these factors are synergistic to each other in all respect, the disease is manifested fully with all clinical features. Prognosis & Prakriti: While describing Sadhya- asadyata, Acharya have enumerated as one of the factors required to categorize the disease as sukhasadhya, kricchasadhya & asadhya.eg.-when the etiological factors & prakriti is not of same type, the disease is sukhasadhya.

D. **Management of disease & prakriti:** due to variation in patients strength, plan of use of medication varies from patient to patient. For instance, if weak drugs be used in powerfully built patient or patient suffering from severe disease, no effect will be obtained and if powerful or strong medication be used in debilitated person, detrimental consequences may be obtained. If the patient is wrongly assessed the treatment may fail. It may be also observed that patients suffering from similar disease do not respond to similar treatment modality because of variation in their constitution. This stresses the fact strategy of treatment modalities is differ from patient to patient.

CONCLUSION

Both Prakriti based medicine & Personalized medicine has stressed on promotion of health and prevention of disease. Fields of genomics study, the contribution of genes, proteins, metabolic pathways & non-genetic factors to human physiology & variations in pathways has a very important role in disease susceptibility of an individual. Hence we can say that Ayurgenomics can play its role in explaining how current drugs can be used more effectively by targeting them on patients of particular prakriti. The potency of Prakriti based medicine lie in-

- Prevention of disease & its management
- Promotion of health, quality of life & there by longevity.
- Making healthcare affordable for people of various economic strata.
- Understanding patient's needs & risk factors for various chronic conditions.
- Provision of new approaches for diagnosis & management.
- To promote further integrated research by AYUSH with modern medicine & Indian Systems of Medicine.

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