



## BASIC CONCEPTS OF PRAKRUTI IN AYURVEDA IN RELATION TO THE DERMATOGLYPHICS

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### ABSTRACT

Science always believes on principles and facts that are methodically attested and undeniably accepted, one such exceptional study of prakruti in relation to dermatoglyphics is reported here which exposes the unexplored areas of diagnosis on basis of inherent characteristics of person, there by covering one more milestone towards preventive and treatment aspect of disease. The study was conducted on 20 volunteers of each ekadoshaja prakruti. The volunteers did responded for professionally set questionnaires to generate the data. A palmer imprint was obtained by the modified Coterman's technique. Imprints were analyzed statistically by using proper statistical data.

The study satisfied the closure relation of features of prakruti with classical texts. Prakruti and dermatoglyphics can be considered under genetic control based on development of whorls, loops, archs present in imprints and inherent characters mentioned while explaining deha prakruti. The frequency of whorls was more in vatala prakruti, that of arch in pittala prakruti, that of ulnar loops in the sleshmala prakruti and there is gross similarity between qualities attributed to whorls, arch and loop and the qualities explained by our acharyas of vatala, pittala, and sleshmala prakruti.

**Key words:** Dermatoglyphics, Prakruti.

**INTRODUCTION:** Deha prakruti has important role in fulfilling the basic requirement for prevention, diagnosis and treatment of various ailments, hence prakruti is considered one among the Dashavida pariksha and it is inherent from birth to death and is determined by status of Doshas since the time of conception. Similarly Dermatoglyphics is study of epidermal ridges of fingers, palms, toes and soles; the enough evidence shows that some characteristics of dermatoglyphics are also inherited. So even if we go by the theory of heredity or genetics it also says that an individual's behaviour or psych is decided even before he is born. In this way these lines and symbols on the palms and soles may be helpful for the determination of the prakruti and can be understood and evaluated in more appropriate and scientific method. The character and

temperament might be well correlated to dermatoglyphic observations. From the study point of view and diagnostic aspect diseases which have their origin in early fetal life may result in deviation of dermatoglyphic pattern.

In our classics and in the Hastarekha Shastra it is said that the study of different shapes and lines of our palms and soles indicate the course of life, span of the life, health, wealth, abilities, talents and weakness of an individual. The ancient literature on palmistry describes the figures of chakra, shanka and padma on human palms, soles, fingers and toes. The same is studied these days as loops, whorls and arches respectively. These lines contain certain characteristics that are explained in the form of code; dermatoglyphics helps to unlock these secret codes and helps for understanding

human potential and examination of patient.

### AIMS AND OBJECTIVES:

The present study has been undertaken with the following aims and objectives

1. Conceptual study of dermatoglyphics.
2. Literary study on prakruti.
3. Application of dermatoglyphics in ekadoshaja prakruti parikshana.

**MATERIALS AND METHODS:** For the present study it was decided to take 20 volunteers of each ekadoshaja prakruti. The volunteers were of mixed category which included students, staff of Ayurvedic College and random collection from general population. Those with the diseases of hand like keratosis palmaris, impetigo, warts, leprosy, injuries and scars of the palms, congenital anomalies and other skin disorders were excluded. Planter imprints were also omitted.

The patients were taken for analysis of deha Prakruti i.e. body constitution (vata, pitta and kapha). The deha Prakruti i.e. body constitution qualities were divided based on physical features, body functions and personality made up of 25 traits.

Healthy volunteers between age group of 20-40 irrespective of sex are selected. A careful study of the patients Prakruti Pareeksha done by objective

scoring of individuals through a professionally set questionnaire formed the basic method to generate data. Numerical data of dosha traits was evaluated for proper statistical analysis.

The criteria taken were - Finger Print Pattern, Palmar Pattern, TFRC (Total finger ridge count) and Atd (Axial triradius) angle. Finger prints and palmar prints were obtained by the modified Coterman's Indian ink technique. This qualitative and quantitative analysis was carried out and observations noted.

The obtained imprints observed and categorized into different types like whorls, loops, arch's and their qualities or characters were correlated with the characters of particular ekadoshaja prakruti. The mean Atd angle was calculated for each ekadoshaja prakruti consisting of 20 volunteers were compared and correlated.

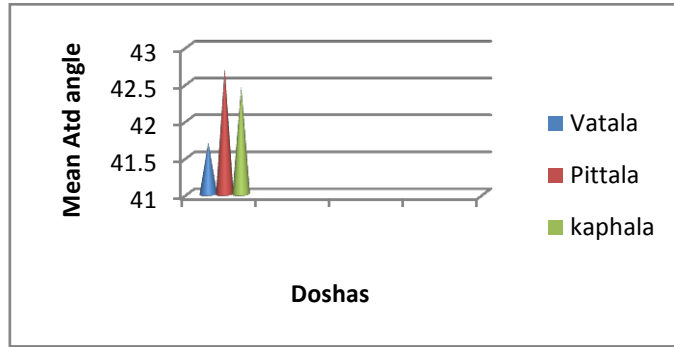
**OBSERVATION:** Observation are made with prakruti analysis in relation to dermatoglyphics as against the mean Atd angle, mean TFRC count, total number of patterns and frequency of patterns.

For this study 60 volunteers were selected, 20 for each ekadoshaja prakruti (vatala, pittala, sleshmala). The following observation was made.

**Mean ATD angle:** Table no.1 and Graph no.1 shows the mean atd angle. The observation shows

**Table and graph no. 1**

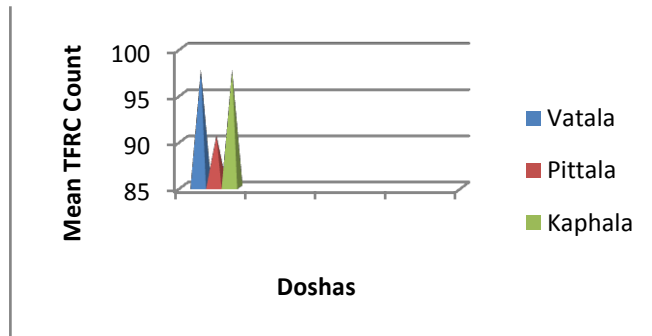
Dosha	Mean Atd angle
Vatala	41.7 <sup>0</sup>
Pittala	42.7 <sup>0</sup>
Kaphala	42.45 <sup>0</sup>



**Mean TFRC count:** Table no.2 and Graph no.2 shows mean TFRC count. The observation shows

**Table and graph no.2**

Dosha	Mean TFRC Count
Vatala	97.7
Pittala	90.6
Kaphala	97.7

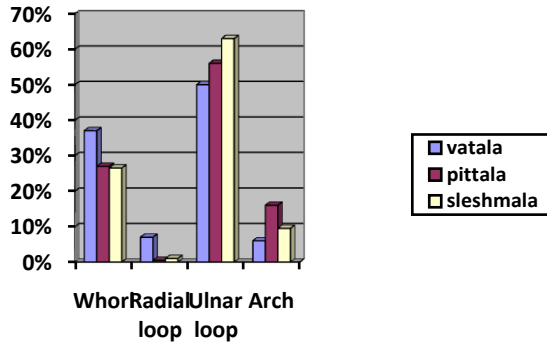


**Patterns:** Table no.3 and Graph no. 3 shows total number of patterns. The observation shows that

- Vatala prakruti there are 37% of whorls, 7% of radial loop, 50% of ulnar loop, and 6% of arch.
- Pittala prakruti there are 27.5% of whorls, 0.5% of radial loop, 56% of ulnar loop, and 16% of arch.
- Sleshmala prakruti there are 26.5% of whorls, 1% of radial loop, 63% of ulnar loop, and 9.5% of arch.

**Table and graph no.3**

Total number of patterns				
Dosha	Whorl	Radial loop	Ulnar loop	Arch
Vatala	37%	7%	50%	6%
pittala	27.5%	0.5%	56%	16%
kaphala	26.5%	1%	63%	9.5%



**Frequency of pattern on individual fingers of both hands**

**Table no .4**

Digit	Whorl			Radial loop			Ulnar loop			Arch		
	V	P	K	V	P	K	V	P	K	V	P	K
Thumb	9	12	13	0	0	0	27	13	23	4	15	4
Index finger	19	12	14	2	1	0	16	19	20	3	8	6
Middle finger	14	4	6	0	0	0	23	31	29	3	5	5
Ring finger	20	15	15	0	0	0	18	23	23	2	2	2
Little finger	13	12	6	0	0	0	27	16	32	0	2	2
Total	75	55	54	2	1	0	111	102	127	12	32	19

**DISCUSSION:**

From the study it is understood that both line and epidermal ridge patterning in the fetus may be strongly dependent upon the highly conserved genes that belong to the developmental pathways which function as a variety of diverse cells at different developmental stages. So the development of dermatoglyphic pattern can be considered under genetic control having three specific features i.e. Uniqueness, invariance and hereditary by this the dermatoglyphic study may be helpful or used to assess the complex genetic traits, genetic disorders, effect of toxins on the intrauterine life etc... Therefore Dermatoglyphics as a diagnostic tool is now well established in a number of diseases which have a strong hereditary basis.

There are different systems of classification of pattern like Galton's system, Henry's system etc. Henry's system is more widely used than any other system, the sHenry's system of finger patterns are classified mainly as 4 types Arches, Loops, Whorls, Composite.

Prakruti is an expression of one's own constitution formed by the predominant dosha at time of conception. Prakruti is explained as the body constitution as per modern terminology.

The determination of Prakruti has been made clear by different Acharyas. All the authors have vocalized the influences of Prakruti on health. Both Vagbhata's enunciate that the person with Sama Prakruti are excellent while with dividoshaja as well as ekadoshaja Prakruti's are condemnable

the Vata,Pitta and Kapha predominance are said to be hina(inferior), madyama(mediocre) and uttama( good ) respectively.

The frequency of patterns differs from one prakruti to other, the frequency of the whorls is more in vatala prakruti,the frequency of the arch is more in pittala and the frequency of the ulnar loop is more in sleshmala .

The qualities attributed to whorls as per the study conducted are grossly similar to the qualities mentioned by our acharyas while explaining the vatala prakruti. Such as Independent, secretive, suspicious, emotional elasticity, selfish, ungrateful, dishonest original.

The qualities attributed to arch as per the study conducted are grossly similar to the qualities mentioned by our acharyas while explaining the pittala prakruti. Such as Idealistic, impulsive, short tempered, artistic, temperament, affected mainly by musical tones, self contained, stubborn, more nervous activity.

The qualities attributed to loop as per the study conducted are grossly similar to the qualities mentioned by our acharyas while explaining the sleshmala prakruti. Such as adaptable, versatile, emotionally responsive, perceptual and romantic. Enjoy life in the mean time, keen of observation, easygoing and sympathetic.

#### CONCLUSION:

The characteristic features of each prakruti assessed during the study conducted are found to have been in concurrence with those mentioned in our classics.

Prakruti and dermatoglyphics can be considered under genetic control as prakruti is formed at the time of

conception , it refers to genetically determined physical and mental makeup of the individual where as the dermatoglyphic markings correspond to the neurophysiologic development and it relates to physical, emotional and mental health condition.

The frequency of whorls was more in vatala prakruti, that as arch in pittala prakruti, that of ulnar loops in the sleshmala prakruti. There is gross similarity between qualities attributed to whorls, arch and loop and the qualities explained by our acharyas of vatala, pittala, and sleshmala prakruti.

Whorls and ulnar loops were most frequently found epidermal pattern on finger tips.Radial loops was less frequent of the entire dermal pattern.

The mean atd angles for ekadoshaja prakruti are nearer to each other.

Thus assessment of the prakruti by examination of the palmer prints may become a part of the general examination. Dermatoglyphics can be a useful investigation being quick and inexpensive but its results must be judged with reservation

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Declared