

## ASSESSMENT OF PRAKRITI IN DIFFERENT DESHA

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### ABSTRACT :

*Prakriti* is a nature; it is different in every individual. It depends upon the *dosha* which are predominant at the time of conception (*sukra-shonit sanyog*). Some other factors like- *jati*, *kula*, *desh*, *kala*, *vaya*, and *pratyatmaniyata* also play important role in the formation of *prakriti* in *Janmottar*. Among these factors we focused the role of *desh* in the formation of *prakriti*. *Desh* is three types, *Sadharana*, *Jangal* & *Aanoop*. *Tridoshaja*, *Vata-Pitta* & *Kapha-Vata* has predominance in *Sadharana*, *Jangal* & *Aanoop* *desh* respectively. Total 90 individual were selected, 30 from each *desh*. In this study we found *Pitta Pradhan prakriti* in *Sadharana desha*, *Vata Pradhan Prakriti* in *Jangal desha* & *Kapha Pradhan Prakriti* in *Aanoop desha*.

**Key words:** *Prakriti, desha, Aanoop, Jangal, Sadharana*

**INTRODUCTION:** Ayurveda, the “science of life”, according to Ayurveda every individual is unique, Not only each individual has different size and shape but its physiological and even psychological characters are different. This is because of predominant *dosha* at the time of birth which decides their constitution (*Prakriti*).

Once this constitution is formed, it is permanent for that individual. If proper care is not taken for the maintenance of this constitution it may lead to certain disease. *Prakriti* is one of the fundamental concepts of Ayurveda. It is organized in accordance to attributes of predominant *dosha* at the time of *Sukra-Shonita Sanyoga* (conception).<sup>1</sup> For example at the time of conception *Vata dosha* is predominant compared to *Pitta* and *Kapha* then we call the individual having *Vataja prakriti*. *Jati* (Race), *Kula* (Family disposition), *Desh* (Land and Patient), *Kala* (Season), *Vaya* (Age) & *Pratyatmaniyata* (Personal Habit) play important role to determine the *prakriti* in *Janmottar*.<sup>2</sup> Among these accessory

factors *desh* is three types, *Sadharana*, *Jangal* & *Aanoop*. *Tridoshaja*, *Vata-Pitta* & *Kapha-Vata* has predominance in *Sadharana*, *Jangal* & *Aanoop* *desh* respectively.<sup>3,4</sup>

### AIM AND OBJECTIVES:

To complete detailed study of *prakriti*, *desh*.

The Correlation between *Doshaja Prakriti* & *desh*.

**MATERIAL & METHOD:** The present survey work was conducted in different parts of India. We have selected some places of *Sadharana*, *Jangal* and *Aanoop desha* as per the criteria mentioned in *samhitas*. In this study Jabalpur, Bhopal and Nagpur were considered as *Sadharana desha*. Jaipur considered as *Jangal desha* and Mumbai, Kolkata & Puri considered as *Aanoop desha*. 30 subjects were selected from each *desh*. Total 90 subjects were selected and examined as per the prepared survey proforma. The present study has undertaken the review of *Ayurvedic* literature along with modern literature regarding the study. The

methodology of the dissertation is as follow:

**Type of study:** Survey study

**SELECTION CRITERIA:**

**INCLUSION CRITERIA:**

1. Age group- Age between 20 to 40 years
2. Sex- Both male and female
3. Healthy volunteers

**EXCLUSION CRITERIA:**

1. Age group- Age below 20 years and above 40 years.
2. Pregnant and lactating women.
3. Subject having any acute or chronic illness.

**Plan of Study:**

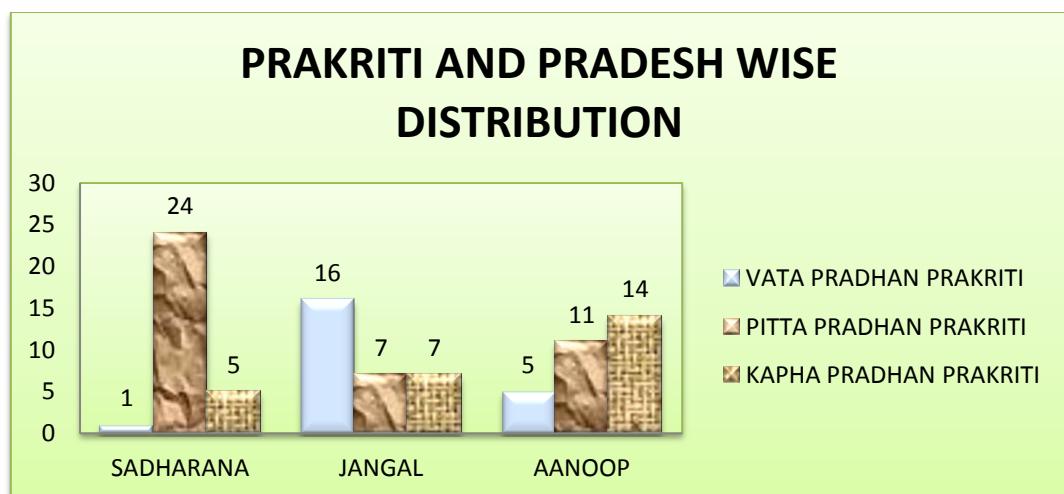
- Survey related to *Prakriti* and *desh* were done in 90 individuals (subjects).

**OBSERVATION:**

### PRAKRITI AND PRADESHA WISE DISTRIBUTION OF SUBJECTS:

Table -Showing *Prakriti* and *Pradesha* wise distribution of 90 Subjects

Desh	Sadharana			Jangal		Aanoop	
	No. Of subjects	%	No. Of subjects	%	No. Of subjects	%	
<i>prakriti</i>							
<i>Vata pradhan prakriti</i>	01	03%	16	54%	05	16.7%	
<i>Pitta pradhan prakriti</i>	24	80%	07	23%	11	36.7%	
<i>Kapha pradhan prakriti</i>	05	17%	07	23%	14	46.6%	
<b>Total</b>	<b>30</b>	<b>100%</b>	<b>30</b>	<b>100%</b>	<b>30</b>	<b>100%</b>	



Among 90 subjects 30 subjects selected from *Sadharana desha*, 30 from *Jangal desha* and 30 from *Aanoop desha*. In *Sadharana desha* maximum i.e. 24 subjects (80%) were belonging to *Pitta Pradhan Prakriti*. 01 subject (03%) was belonged to *Vata Pradhan Prakriti*, whereas 05 subjects (17%) belonged to *Kapha Pradhan Prakriti*. In *Jangal desha* maximum i.e. 16 subjects (54%) were belonging to *Vata Pradhan Prakriti*. 07 subjects (23%) were belonged to *Pitta Pradhan Prakriti* and 07 subjects (23%) belonged to *Kapha Pradhan Prakriti*. In *Aanoop desha* maximum i.e. 14 subjects (46.6%) were belonging to *Kapha Pradhan Prakriti*. 05 subjects (16.7%) were belonged to *Vata Pradhan Prakriti*, whereas 11 subjects (36.7%) belonged to *Pitta Pradhan Prakriti*.

**DISCUSSION ON SURVEY STUDY:** Among 90 subjects 30 subjects selected from *Sadharana desha*, 30 from *Jangal desha* and 30 from *Aanoop desha*. Among 30 subjects of *Sadharana desha* maximum i.e. 24 subjects (80%) were belonging to *Pitta Pradhan Prakriti*. Among 30 subjects of *Jangal desha* maximum i.e. 16 subjects (54%) were belonging to *Vata Pradhan Prakriti*. Among 30 subjects of *Aanoop desha* maximum i.e. 14 subjects (46.6%) were belonging to *Kapha Pradhan Prakriti*. According to Ayurvedic principles the *Prakriti* is influenced by external environmental factors (*Desh*). The *Desh* is a specific geographical pattern with specific soil pattern, climate and flora & fauna. In *Sadharana desha* maximum subjects belong to *Pitta Pradhan Prakriti*. *Sadharana* is combination of *Jangal* & *Aanoop desha*, which is said to be excellent habitat for people.<sup>5</sup>

In *Jangal desha* maximum subjects belong to *Vata Pradhan Prakriti*. The

*Jangal desh* has similar characters of *Vata* because *Jangal* is a desert or semi desert like geographical pattern in which there is mostly arid land with less rainfall, less vegetation with mostly thorny, succulent plants with dry, blowing winds<sup>5</sup> and in this *desh* also *aahara* is mostly similar to qualities (*guna*) of *Vata dosha*, for example in this area most of the people use gram, maize (*jwar/yava*) etc. in daily diet. The properties of gram are *laghu*, *Sheetaa*, *madhura*, *kashaya*, *ruksha*, *vatvardhak* etc. The *Yava* is also *ruksha*, *Sheetaa*, *kashaya*, *vatvardhak* and maximum food of in this *desh* is *vatvardhak*. So according to *Lok-Purush samya siddhant* in present study most of the people of *Jangal desha* have got *Vata Pradhan Prakriti*.

In *Aanoop desha* maximum subjects belong to *Kapha Pradhan Prakriti*. *Aanoop* is a coastal or highly humid forestation area like rain forests or beaches with hot & humid climate, with plenty of plants of all variety, variety of birds, high rainfall, wide rivers or sea.<sup>5</sup> These features are similar to qualities (*guna*) of *Kapha dosha*. The qualities of *Kapha dosha* is *guru*, *Sheetaa*, *mradu*, *manda*, *snigdha* etc. and *parthiv* & *aapya* mahabhat are predominant in *Kapha dosha*. In this *desh* maximum food is *kaphavardhak*, for example most of the people in this *desh* use Fish. The Fish is *guru*, *snigdha*, *mansavardhak*, *balvardhka* etc. these qualities are similar to *Kapha dosha*. So in present study most of the people of *Aanoop desha* have got *Kapha Pradhan Prakriti*.

**CONCLUSION:** The review of Ayurvedic literature revels that the *Prakriti* of every individual is also depends on geographical pattern. So it is concluded that in *Sadharana desha* maximum subjects found from *Pitta Pradhan Prakriti*. In

*Jangal desha* maximum subjects found from *Vata Pradhan Prakriti*. In *Aanoop desha* maximum subjects found from *Kapha Pradhan Prakriti*.

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