



A REVIEW ON UNDERSTANDING OF *PRAKRUTI* AND ITS RELATION WITH NON-COMMUNICABLE DISORDERS

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ABSTRACT

Prakruti is one of the unique concepts of *Ayurveda*. According to Ayurvedic literature, *Prakruti* is determined by the predominant *Dosha* at the time of conception. Due to this every individual becomes unique in morphological, physiological and psychological way. The main aim of *Ayurveda* is prevention of diseases, maintain health and treat diseases through healthy way. *Vataja, Pitaja, Kaphaja Prakruti* persons are more prone to *Vataja, Pitaja & Kaphaja Vikara* respectively. To pacify these *Dosha* one has to adopt lifestyle accordingly. Otherwise person will suffer due to diseases which are not communicable but originates in their own body by the aggravation in already predominant *Dosha*. These diseases are called as non-communicable diseases for example obesity (*Sthoulya*), diabetes mellitus (*Prameha*) etc. The main cause of aggravation in *dosha* is faulty dietary habits and sedentary lifestyle. So the main aim of study is to review and understand *prakruti* and its relation with non communicable diseases. The balance between *Tridosha* has much importance in achieving these goals. As predominant *dosha* forms *Prakruti* of an individual and common lifestyle, dietary habits and *yogic* exercises cannot be applied in same manner for everyone as every individual has its own unique *prakruti*. So to give lifestyle advice and to treat diseases according to one's *prakruti* and temperament the knowledge of *prakruti* is essential. For this study review of literature is done from classical ayurvedic text. So to maintain ones health one should follow all the dietary as well as lifestyle related regimens, according to ones *koshtha, prakruti, agni* one should may modification so that the aim of prevention non communicable diseases will be achieved.

Key Words: *Ayurveda, Dosha, Prakruti, Non-communicable disease, Health, Diet*

INTRODUCTION: *Dehaprakruti* is determined at birth which is actually a physical, physiological and psychological make-up of an individual. *Prakruti* is the foremost factor which determines the trend of susceptibility of an individual to diseases and their prognosis. In *Ayurvedic* literature, the term '*Prakruti*' means the sense of personality. *Acharya Sushrut* has also used the term *Kaya prakruti* and *Mahaprakruti* in the same sense and *Prakruti* remains inherited throughout the life.¹ *Prakruti* attributes primary aim towards prevention of disease and

maintenance of health.² *Prakruti* has been one of the most notable basic features of *Ayurved* health care philosophy, it fundamentally explains biological specificity and responsible for distinctions among individuals in various aspects such as function and appearance.

A non-communicable disease is a disease that is not transmissible directly from one person to another. A combination of genetic, physiological, lifestyle and environmental factors can cause these disease. According to WHO, cardiovascular disease, cancer, chronic

respiratory disease and diabetes are main non-communicable diseases. Ayurveda is known as leading life science and describes way to prevent the risk factors of non-communicable disease and life style disorders.

Each person in the universe has a unique combination of *Doshas* in their body, known as *Prakruti*. A person can be more susceptible to disease those are caused by the very same *Dosha* of his *Prakruti* due to faulty dietary habits or not following a regimen according to ones *Prakruti*. According to *Ayurveda*, *Prakruti* gives information about one's status of health such as physical and mental strength, digestion power, and suitability to somethings which are favorable for one's own self. On this basis, we can advice diet, lifestyle, *yogic* exercises etc.

AIM

To analyze the significance of *Dehaprakruti* in prevention of non communicable disorders.

OBJECTIVE

1. To interpret the concept of *Dehaprakruti*.
2. To find out the role of *Prakruti* in preventing non communicable disorders.

MATERIAL AND METHODS

For this study *Ayurvedic* literature is collected from classical textbooks like *Charaka Samhita*, *Sushrut Samhita* & *Vagbhat Samhita*.

REVIEW OF LITERATURE

Formation of *Prakruti*

According to Acharya Sushrut, *Prakruti* of an individual is determined at the time of conception during the intrauterine life and the type of *Prakruti* directly depends on the presence of predominant *Dosha* at that time.

*Vata Prakruti*³

Vata dosha is unctuous, light, mobile, abundant, swift, cold, rough and non-slime.

Because of these qualities, individual having *Vatala* type of constitution are likely to be suffer from

dryness of hair, skin, hoarseness of voice, different kinds of teeth disorders, arthritis, cervical & lumber spondylosis, constipation and restlessness. We can prevent these diseases by adopting lifestyle like regular oil massage of body, moderate exercise, avoiding late night sleeping, regular intake of food that are warm, oily, moist, smooth, sweet, sour, salty and nourishing which pacifies *Vatadosha*.

*Pitta Prakruti*⁴

Pitta is hot, sharp, liquid, fleshy smell, sour and pungent.

By virtue of these qualities, person having *Pittala* type of constitution he may prone to diseases like stomatitis, hyper acidity, skin diseases, urticaria, headache, ulcers, early graying of hairs, hair fall. By adopting lifestyle like regular intake of food which is sweet, astringent and bitter in taste, cooling, hearty, energizing, comparatively dry which pacifies *Pittadosha*, we can prevent these diseases.

*Kapha Prakruti*⁵

Kapha is unctuous, smooth, soft, sweet, firm, dense, slow, stable, heavy, cold, viscous and clear.

By virtue of the above qualities, a person having *Kaphaj* type of constitution may suffer from diarrhea, vomiting, abdominal disorders, cough, heart diseases, obesity. By adopting lifestyle like regular exercise, avoiding day time sleep, taking food that are light, dry, hot & bitter, pungent and astringent in taste which pacifies *Kaphadosha*, we can prevent these disease.

DISCUSSION: Acharya Charak has described the therapeutic measure according to *Prakruti*.⁶ Acharya Charak states *Vata prakruti*, *Pitta prakruti*, *Kapha prakruti* individuals are more vulnerable to *vata vikara*, *pitta vikara*, *kapha vikara* respectively.⁷ Therefore *Vihar like excess exercise, excess talking or talking loudly and food like bread, green peas etc should*

be avoided in Vata predominance Prakruti for prevention of diseases and maintaining health. Each Prakruti has its own specific digestive fire (Agni). According to Acharya Sushrut Vata prakruti, Pitta prakruti, Kapha prakruti purusha have Vishamagni, Tikshnagni, Mandagni respectively.⁸ So according to the agni, food and liquid both quantitatively as well as qualitatively must be advised- e.g. Kapha prakruti person have Mandagni, hence Ushna (Hot), Ruksha (Dry), Alpa Aahar (less food) and less water should be advised to Kapha pradhan prakruti person and likewise to other Prakruti purusha. The same thing is about Bala and Koshtha. Vata prakruti, Pitta prakruti and Kapha Prakruti Purusha has Alpa, Madhyam and Pravara bala respectively. Hence all the exercises, daily physical activities must be advised accordingly. Also Panchakarma and drug doses must be planned as per Bala of Rugna, for example in Madhyam Bala Rugna, Soumya Virechan and drugs should be prescribed. The predominance of Vata, Pitta and Kapha may lead to Krura, Mrudu and Madhyam Koshtha respectively.. Hence to know the koshtha, one must have the knowledge of Prakruti. Therefore, while planning for Snehapana Prakruti must be understood first and advice should be given accordingly. Krura Koshtha Purusha are more vulnerable for constipation and need strong purgative and Snehapana for more duration in more quantity whereas Pitta Prakruti Purusha needs mild (Saumya) shodhan dravya and snehapana for shorter duration.

CONCLUSION: By understanding the individual constitution of a person, we can suggest them which food, drink, exercise and environment is appropriate for maintaining health. If the daily activities, diet, behavior are not adjusted to balance the Prakruti then constitutional humor will

increase thus giving rise to its characteristic diseases. A person is able to prevent various disorders from developing and is also able to promote his health by knowledge of his prakruti. It helps in analyzing and observing dietary habits, lifestyles, daily and seasonal regimens etc. According to ones Prakruti, one should follow these guidelines to prevent various disorders and to promote health. The root cause of non-communicable diseases is faulty lifestyle and imbalanced diet leading to imbalanced Dosha. The Prakruti of person provides physical, psychological of that person and also indicates the physiological strengths and weakness and even the susceptibility of that individual to various diseases. Using the concept of Prakruti, various non-communicable disease can be prevented more efficiently. So the knowledge of Prakruti helps us to diagnose, treat as well as to maintain health.

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