

ASSESSMENT OF PRAKRITI IN DIFFERENT DESHARohra priya¹Meena.M.S²¹Lecturer, Department of Sharir Kriya, Shubhdeep Ayurved Medical College & Hospital, Indore.(M.P.)²Director and HOD Dept of Sharir Kriya, National Institute of Ayurveda Jaipur.**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 desh, Vata Pradhan Prakriti in Jangal desh & Kapha Pradhan Prakriti in Aanoop desh*.

Key words: *Prakriti, desh, 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).¹ 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*.² Among these accessory

factors *desh* is three types, *Sadharana, Jangal & Aanoop*. *Tridoshaja, Vata-Pitta & Kapha-Vata* has predominance in *Sadharana, Jangal & Aanoop desh* respectively.^{3,4}

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 desh* as per the criteria mentioned in *samhitas*. In this study Jabalpur, Bhopal and Nagpur were considered as *Sadharana desh*. Jaipur considered as *Jangal desh* and Mumbai, Kolkata & Puri considered as *Aanoop desh*. 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:

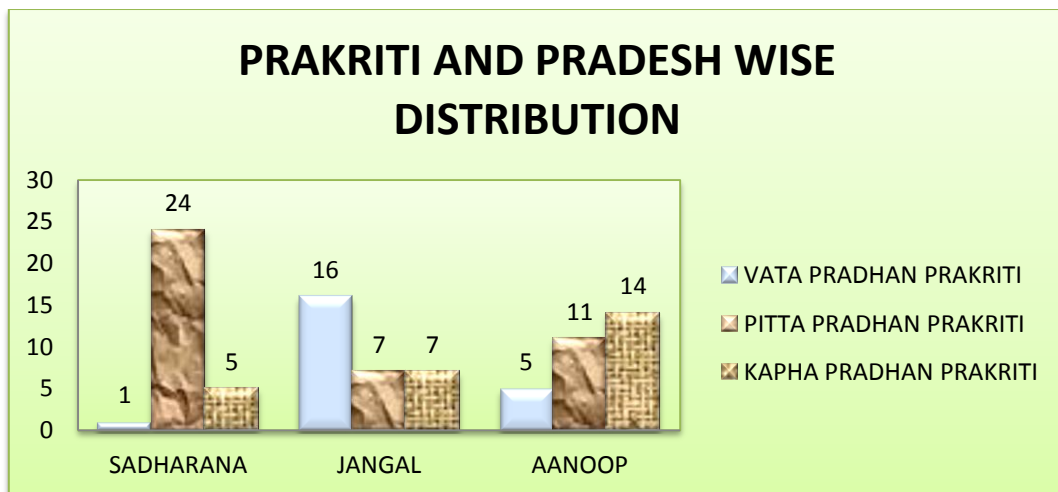
- Survey related to *Prakriti* and *desha* were done in 90 individuals (subjects).

OBSERVATION:

PRAKRITI AND PRADESHA WISE DISTRIBUTION OF SUBJECTS:

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

<i>Desha</i> → <i>prakriti</i> ↓	<i>Sadharana</i>		<i>Jangal</i>		<i>Aanoop</i>	
	No. Of subjects	%	No. Of subjects	%	No. Of subjects	%
<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%
Total	30	100%	30	100%	30	100%



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.⁵

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

Jangal desha 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 winds⁵ and in this *desha* 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*, *Sheeta*, *madhura*, *kashaya*, *ruksha*, *vatvardhak* etc. The *Yava* is also *ruksha*, *Sheeta*, *kashaya*, *vatvardhak* and maximum food of in this *desha* 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.⁵ These features are similar to qualities (*guna*) of *Kapha dosha*. The qualities of *Kapha dosha* is *guru*, *Sheeta*, *mradu*, *manda*, *snigdha* etc. and *parthiv* & *aapya* mahabhut are predominant in *Kapha dosha*. In this *desha* maximum food is *kaphavardhak*, for example most of the people in this *desha* 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 reveals 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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Declared

