



PRAKRITI

BY

DR.HEMA WAGHULADE

PRAKRITI

INTRODUCTION

- According to ayurveda , every individual is unique. Not only each individual has different size and shape ,its physiological and even psychological characters are different.

WHY ?

This is because they have predominant pancha-mahabhutas, doshas [vata pitta kapha], tri-gunas [satva raj tama] at the time of birth which decides their constitution. Once this constitution is set, it is permanent for that individual.

If proper care is not taken then this slight predominance may lead to certain disease. According to this predominance every individual needs certain type of food, drinks & behavior to keep him healthy. So, each individual must know his own constitution so that he can take opposite qualities of food, drinks etc. to keep him healthy. Prakruti is also important for making correct diagnosis of the disease, for giving proper treatment & rasayana to the patient.

POINTS TO BE DISCUSSED

- WHAT IS PRAKRITI?
- DEFINITION OF PRAKRITI.
- HOW PRAKRITI IS FORMED?
- OTHER FACTOR RESPONSIBLE FOR PRAKRITI.
- IMPORTANCE OF PRAKRITI.
- TYPES OF PRAKRITI
- QUALITY ASSESSMENT OF PRAKRITI.
- DOSHAJA PRAKRITI.
- PREDOMINANT FEATURES OF DOSHAJA PRAKRITI
- ANUKATVA

WHAT IS PRAKRITI?

- In society, we observe the differences in the individuals. Some like chilly, spicy food, some are sweet eaters. Some enjoy warm summer, some prefer winter. Some like to eat more food some prefer to eat less quantity of food.
- This shows that each and every individual has its own specific liking and disliking.
- These individualistic features are the manifestation of prakriti.
- In short **prakriti means individual nature.**

प्रकृतिः शरीरस्वरूपम् |

Arundatta

DEFINITION OF PRAKRITI

- जन्ममरणान्तरालभाविनी अविकारणी दोषास्थिती प्रकृतिः ।

Qualitative and quantitative, unchangeable doshika predominance from birth to death is called as prakriti.

HOW PRAKRITI IS FORMED?

- शुक्रशोणितसंयोगे यो भवेद्दोष उत्कटः । प्रकृतिर्जायते तेन ॥
Su.Sha.4/63

- Doshika predominance, at the time of union of male and female gamete, forms the prakriti.

For example

At time of birth if vata dosha is predominant compared to pitta and kapha, then individual is having vataja prakriti. Predominant vata dosha affect anatomy, physiology, psychology & immunity of that person. Features are seen according to properties & functions of vata dosha.

OTHER FACTORS RESPONSIBLE FOR PRAKRITI

- Sushruta has mentioned that the condition at time of union of male and female gamete also affects the formation of prakriti.
- Charak has mentioned following additional factors which determine the prakriti.
 - 1) Nature of the season.
 - 2) Condition inside the uterus.
 - 3) Food of mother during pregnancy.
 - 4) Other regimens adopted by mother during pregnancy.

IMPORTANCE OF PRAKRITI

- ◆ By understanding the individual constitution of every individual, we know which food and drink and what type of job, exercise are appropriate for maintaining their health.
- ◆ If the daily activities, diet, occupation and behaviour are not adjusted to balance this, then this constitutional humour will increase, thus giving rise to its characteristic diseases.
- ◆ If the constitution is known then herbs, diet & other regimens including yogic postures can be advised correctly both for disease treatment & to promote longevity.

For the individual, basic knowledge of the Prakriti is a vital tool in helping one determine the most auspicious lifestyle factors that will ensure wellness and longevity – appropriate food, herbs, exercise regimes, medicines, therapies, and even suitable professions. Knowing one's Prakriti hold the key to health, liberation, and ultimately, self – realization.

1. Understanding of human life with the help of Prakriti

The following factors of a human life can be applied to understand the variations in different persons by the help of Prakriti, and on the basis of this, an individual is able to understand him/herself better and able to live according to his/her 'nature, thus carving out a more appropriate life for him/herself.

- **Life span of an individual**
- **Sadavritta (Social life)**
- **Measuring of an individual**
- **To choose the perfect partner in marital affairs**
- **To choose an appropriate profession / occupation**

2. Observation of Health status according Prakriti

According to Ayurveda, Prakriti reveals everything about a particular individual. We can therefore assess his/her status of health, such as **strength (physical and mental), appetite, adaptability, compactness of his body, etc.**, and on the basis of these findings we can form some conclusions about his health status.

3. Disease susceptibility and Prakriti

Each person in the universe has a unique combination of doshas in their body, known as prakriti. Due to faulty dietary habits or lifestyles or by not following a regimen **according to his/her prakriti, a person can be more prone to diseases** that are caused by the very same dosha of his prakriti. It is also described in ayurveda that vata prakriti persons are more prone to diseases, so such a person should adhere to the suggestions and rulings regarding food and lifestyle according to his/her prakriti.

4. Preventive and promotive health care according Prakriti

A person is able to prevent various disorders from developing and is also able to promote his health by knowledge of his/her Prakriti. It helps in analyzing and observing dietary habits, lifestyles, daily and seasonal regimens etc. Ayurveda also prescribes various foods and lifestyles according to one's Prakriti and suggests that one should follow these guidelines to prevent various disorders and to promote health.

To adopt healthy dietary habits in the reference of Dincharya and Ritucharya.

To adopt healthy lifestyle in the reference of Dincharya and Ritucharya.

5. Diagnosis of the diseases and Prakriti

In Ayurveda, analysis of Prakriti is very important **to diagnose the underlying disorders and to treat that patient.** By observing the Prakriti, diagnosis of a particular disease becomes more simple, as it not only provides an idea about the vitiated Dosha but also **provides the treatment principles for that person.**

6. Treatment is mainly dependant on or according to Prakriti

Treatment is dependant on the acceptability of body to medications. Prakriti shows us **which types of herbs, diets, and lifestyles will help in the treatment of that person.** With the help of Prakriti we can assess the patient very well for his physical and mental strength, appetite, likes and dislikes and his adaptability to food and medicines, etc.

Thus, **analysis or knowledge of Prakriti is essential for all persons to remain healthy and to achieve the goals of a human life.**

TYPES OF PRAKRITI.

- **Actually not a single individual is like other. So in this way there may be innumerable varieties of individuals or prakriti.**
- **But for practical purpose, prakriti has been classified as follows:**

Types of prakruti : 1

CLASSIFICATION	TYPE	CONTENT
NO 1	DOSHAJA	<p>According to predominance of one or two doshas.</p> <p>Seven types of prakriti-</p> <ul style="list-style-type: none"><i>Vataja</i><i>Pittaja</i><i>Kaphaja</i><i>Vata-pittaja</i><i>Vata-kaphaja</i><i>Pitta-kaphaja</i><i>Vata-pitta-aphaja</i> <p><i>(Sama doshaja prakriti)</i></p>

Types of prakruti : 2

NO 2	BHAUTIKA PRAKRITI	<ul style="list-style-type: none">•Predominance of panchabhautik elements•Five types of prakriti <ol style="list-style-type: none"><i>i. Parthiva</i><i>ii. Apya</i><i>iii. Taijas</i><i>iv. Vayaviya</i><i>v. Akashiya</i>
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Types of prakruti : 3

NO 3	GUNAMAYI PRAKRITI	<ul style="list-style-type: none">• PREDOMINANCE OF SATTVA RAJAS TAMAS <p>SATTAVIKA PRAKRITI</p> <ul style="list-style-type: none"><i>i. Brahma</i><i>ii. Mahendra</i><i>iii. Varuna</i><i>iv. Kauber</i><i>v. Gandharva</i><i>vi. Yamy</i><i>vii. Rishi sattva</i> <p>TAMAS PRAKRITI</p> <ul style="list-style-type: none"><i>i. Pashava</i><i>ii. Matsya</i><i>iii. Vanaspatya</i>	<p>RAJASA PRAKRITI</p> <ul style="list-style-type: none"><i>i. Asura</i><i>ii. Rakshasa</i><i>iii. Paishacha</i><i>iv. Preta</i><i>v. Sarpa</i><i>vi. Shakuna</i>
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Types of prakruti : 4

NO 4	JATYADI SAPTA PRAKRITI	<ul style="list-style-type: none">❖ <i>Jatiniyat prakriti</i>❖ <i>Kulniyat prakriti</i>❖ <i>Deshaniyat prakriti</i>❖ <i>Kalaniyat prakriti</i>❖ <i>Vayaniyat prakriti</i>❖ <i>Balaniyat prakriti</i>❖ <i>Pratyatmaniyat prakriti</i>
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QUALITY ASSESSMENT OF PRAKRITI

- In doshaja prakriti, sama prakriti or trisohaja prakriti is the best. But this is found rarely.
- Dual prakriti is nindya or bad. Out of this out of this pitta-kaphaja is bad, vata-kaphaja is worse and vata-pittaja is worst.
- Single doshaja prakriti is better. In these types vata prakriti is good, pitta is better & kapha is best.

Quality assessment of prakriti indicates-

- I. Status of health.**
- II. Difficulty in maintaining healthy state.**
- III. Response to treatment in diseased conditions.**

CONSTITUTION

■ DUAL CONSTITUTION

■ संसर्गात् संसृष्टलक्षणाः।

- Individuals having constitution dominated by the combination of two doshas are characterized by the combination of the manifestations of respective doshas.

■ SAMA-DOSHAJA CONSTITUTION

■ सर्वगुणसमुदितास्तु समधातवः।

- Individual who has all the doshas in the state of equilibrium is endowed with the good qualities of all the three type.
- In this type good qualities of all three type of individuals are manifested; vibrate therefore, has described this to be the best of all types of constitution.