



RESEARCH ARTICLE

LITERATURE REVIEW OF PRAKRITI AND ITS PHYSIOLOGICAL FACTORS AND BEHAVIOURALFACTORS

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Abstract

In Ayurveda, this genetic charter of a person, which stays constant at some stage in the existence is known as prakriti. Ayurveda points out numerous houses of tridosha (body humors) and the way they affect prakriti or human's body structure, primarily based on the dominance of one or extra doshas. An amazing understanding of prakriti is critical for the development of a template for individualized diet, life-style counseling, and remedy. Inside the present descriptive literary assessment, a widespread device developed for prakriti evaluation primarily based on considering numerous elements of the body constitutions. The phrase Prakriti method Nature or in construct phenomena of human frame. Prakriti of humans based totally on vital part i.e genetic in addition to outside elements. Genetic elements depend on Shukra and shonita Prakriti is not output of these dosha, which go through constant variations. Dosha which stays constant from birth till dying are chargeable for Prakriti. Once fashioned Prakriti is also prompted though not modified due to environmental elements.

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Introduction:-

The qualitative and quantitative irreversible dosha predominance from start to death is called prakriti. Bodily form, intellectual circumstance and nature and many others. Of all humans aren't same. In each human being, range and distinctiveness are located in frame duration, breadth, effort, sleep, dream, weight-reduction plan, behavior, colour of pores and skin, hair fashion, voice, power, intelligence, memory and so forth. Therefore, in short, the shape of the frame is called prakriti. Prakriti is an critical principle in Ayurveda to apprehend the character and severity of sicknesses and the frame's reaction to drugs. Prakriti also determines a person's response to environmental elements, tablets and susceptibility to diseases.¹

Objectives:-

- 1) To review prakriti from various Ayurvedic samhita.
- 2) To Study and correlate prakriti with physiological and behavioural factors.

Definition-

Prakriti-

Prakriti is derived from Pra and Kriti which means natural origin. According to Acharya Charak Prakriti is called temperament and health. Acharya stated that which produces other elements is called Prakriti. Prakriti originates

during the union of Shukra and shonita (sperm and ovum) but they are determined by some accessory factors. Charak has mentioned several additional factors which determine the Prakriti.²

Creation Of Prakriti-^{3,4}

According to Acharya Sushruta, formation of prakriti takes location with the aid of the prominence of Tridosha at the time of union of Shukra (sperm) and Shonita (ovum) in the Garbhashaya (womb) of mom. Prakriti is created because of the dominance of any one, two, or all the 3 Vata doshas (Vata, Pitta and Kapha) and Satvadi (satva, raja and tama) Manas Gunas.

Accessory factors affecting formation of Prakriti: Many factors are responsible for the creation of prakriti. Some of them are primary and others are secondary or accessory. These determinants of prakriti are divided into two parts by Acharya Charaka.

Factors dominating in Intra-uterine life and hereditary factors-^{5,6}

1. ShukraShonitaPrakriti
2. Kala-Garbhashaya Prakriti
3. Matura Aharavihara prakriti
4. Mahabhutavikara Prakriti
5. Due to special factors in postnatal period
6. Jatiprasakta
7. Kulprasakta
8. Deshanupatini
9. Kalanupatini
10. Vayoanupatini
11. Pratyatmaniyata.

Types Of Prakriti-

Bhautik prakriti:⁷

Sushruta has mentioned five type of Bhautik prakriti as Vayvya (characteristics like vata/wind), Aagneya (characteristics like pitta/ fire), Jaliya (characteristics like kapha/water), Parthiva and Nabhas prakriti, according to the dominancy of panchamahabhutas. Parthiva prakriti persons are stable, large-bodied and of forgiving nature; person of Nabhas prakriti are holy, long-lived, having broader mouth and nostrils.

Manas Prakriti:-^{8,9,10}

There are three type of Manas Prakriti; Sattvik, Rajasik and Tamsik. Acharya Sushruta has called it Mahaprakriti.

Sattvik Manas Prakriti:

There are seven types of Sattvik Manas Prakriti; Brahma, Arsha, Indra, Yama, Varuna, Gandharva, Kaubera. The predominance of sattvik qualities is that of a religious, loving, kind and pure mind, having good conduct and behavior, do not get angry easily. Do not exhaust even on hard mental work. They are theist, creative, polite and respect their teachers.

Rajasik Manas Prakriti:

There are six types of Rajasik Manas Prakriti; Sarpas, Aasur, Rakhsa, Paishach, Shakun, Preta. They are competitive and dominating hardworking, perfectionists but lacking proper planning, remain tense and soon lose their mental energy. They are short tempered, jealous and ambitious, self-centered, friendly and loyal only to those who help them.

Tamasik Manas Prakriti:

Three type of Tamsik Manas prakriti are Pashu, Matsya, Vanaspathya. These people are less intelligent; tend towards depression, excessive sleep during the day. They like jobs of less responsibility; slightest mental work tires them easily. They are greedy, possessive, love to eat, drink, sleep, and have sex, attached, irritable, and do not care for others.

Daihi prakriti /Doshaja prakriti-¹¹

Acharya Charak, Sushrut and Vagbhatta all have described seven types of Daihi prakriti. It is also called Sharirik prakriti and Doshajaprakriti, which remain unchanged from birth till death. Whichever the dosha is predominant in shukra and shonita; Ekadoshaja prakriti is created, Dvandvaja prakriti is formed by predominance of any two doshas and Samdoshaj prakriti is formed by equilibrium stat of all three doshas.

1. EkadoshajaPrakriti :Vata Prakriti, Pitta Prakriti, Kapha Prakriti
2. DvandvajaPrakriti :Vata-Pittaja, Vata-Kaphaja, Pitta-Kaphaja
3. SamdoshajPrakriti :Vata-Pitta-Kaphaj- in equal proportions.

Materials And Methods:-

The literary sources for the Present study was collected by ayurvedic samhitas like Charaka Samhita, sushrutasamhita etc. It will be correlated with the contemporary available books, literature, journals, websites, and research paper as per the need of the study.

Discussion:-**Physical /Anatomical Characters-¹²**

No	Characters	Vataj	Pittaj	Kaphaj
1.	Body structure	Short, thin, weak	Medium, fleshy, delicate	In proportion, well built, complete, beautiful
2.	Body frame	Lean ,short	Medium, plump	Large, well built
3.	Hair : body hair, beard or moustache	Scanty, dry, splitting	Scanty, soft, tendency to grey hair & baldness	Plentiful, wavy, glossy, do not fall or grey early
4.	Hair :Colour	Dusky hair	Reddish brown hair	Black hair
5.	Skin	Dry, cracking, rough, black coloured	Oily, soft with moles, pimples, freckles	Glossy, clear , smooth, glorious, fair, pinkish
6.	Nails	Small, blackish, cracking, breaking	Small, reddish, smooth, flat	Big, pinkish, smooth, glossy, convex
7.	Lips	Blackish, cracking, shapeless	Reddish, smooth, thin, soft	Pinkish, smooth, glossy, proportionate
8.	Teeth	Very small or very big, cracking, broken, irregular	Medium size with gap	Even, glazing ,straight, smooth, shiny, white
9.	Eyes shape and Colour	Small, round eyes blackish sclera, unsteady eyes, habit of raising eyebrows	White part reddish, brown eyes , reddish canthus of eyes sharp eyesight	Big eyes Elongated milky white sclera, edges reddish, calm, soft, gentle look
10.	Eye Lashes	Thin and less eye lashes	Less in number/ Thin eye	Thick/Dense eye lashes
11.	Eyes movements	Eyes remains half closed during sleep	Eyes get reddened during anger /Alcohol consumption/Exposure to light	Steady gaze/Less blinking
12.	Body temperature	Less than that of normal,	More than that of	Normal; palms and feet

		palms and feet are cold	normal;palms, feet, face and forehead are hot	are slightly cold
13.	Joints	Protuberant, cracking, unsteady	Loose, moderately hidden	Strong, firm, compact, well hidden
14.	Muscles	Prominent/ Hard calf muscles	Lax muscles	Well built muscles

Physiological Characters-

No	Characters	Vataj	Pittaj	Kaphaj
1.	Gait	Speedy/Swift gait/Small steps, Quick initiation	Moderate/Normal steps	Steady gait/Firm steps
2.	Voice	Rough, hoarse, weak, dry	Clear, loud	Like lion, mridanga, deep, pleasant, soft
3	Body movements	Unsteady, like to wander here and there, habit of moving hands, legs and shoulders	Fast movements	Slow, steady
4	Sweat	Nothing particular/ less sweating	Very easily and a lot, in armpits, head, the body emits the foul smell and sweat	Less sweating
5	Appetite	Unpredictable, sometimes good, sometimes less, like to it fast	Good, has to eat after three to four hours, cannot tolerate hunger/thirst	Comparatively less, can tolerate hunger/thirst easily
6	Thirst	Frequently thirsty/ Drinks more water	Drinks more water/Intense thirst	Drinks less water/Less thirst
7	Quantity of food and drinks consumed	Not fixed, sometime more sometime less	Comparatively more	Comparatively less
8	Food preferred	Hot and wet	Cold and liquid	Hot and dry
9	Eating habit	Fast eating habit	Moderate	Slow eating habit
10	Stools	Blackish, hard, once in a day	Yellowish, loose, once/twice a day	Yellowish, well formed, once in a day
11	Sleep	Less than six hours, interrupted	Six to eight hours, sound sleep	Eight hours or more, sound sleep
12	Dream	Skies, winds, hurricane, hollowness	Fire, lightning, gold, red/yellowcoloured	Water, pools, gardens, faint coloured views

		etc	views	
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Psychological Characters-

No	Characters	Vataj	Pittaj	Kaphaj
1.	Work strength	Less, gets tired after small amount of work	Get tired quickly after medium amount of work, cannot withstand physical exertion	Good, after doing large amount of work does not feel tired
2.	Pace of work	Fast, in hurry, in travail	Medium , fast	Steady , slow
3.	Grasping power	Sometime grasps quickly, sometime grasps late	Always grasps quickly and neatly, very clever	Always grasps late but understands best
4.	Memorizing capacity	Less, always forget quickly, unstable	Moderate, can remember the things, medium spam	Good, remembers for long time, thoughtful
5.	Talkativeness	Very talkative, irrelevant speech, fast conversation, diffused speaking	Talkative, good and impressive speaker, good at arguments	Slow, soft, steady, firm but little speech
6.	Temperament	Get angry and pleased quickly	Short tempered	Calm and patient
7.	Greatfullness	Ungrateful	Moderate	Grateful
8.	Likings	Fond of travelling / Music and dancing/ Luxurious life	Fond of cosmetics	Fond of reading/Listening classical texts
9.	Nature	Jealous, timid, ungraceful, start any work hastily, like to wonder here and there aimlessly	Short tempered, forgiving, egoistic, medium wealthy, self respecting, fearless, brave, very clever, good at decision making	Brave, patient, calm, withstands physical and mental exertion, give respect to teachers, thoughtful, generous
10.	Dealing with problems	Worrying constantly, cannot take one fixed, stable decision	Can take firm decision, good at decision making	Can take right and firm decision with calm and stable mind, but take time
11.	Tolerance	Having less tolerance and get frightened easily	Intolerance to heat/ Likes cold climate, food and drinks	Tolerant for physical and psychological strain
12.	Social appearance	Jealous to friends/ Relatives/Neighbors	Fond of exaggerated praise	Feel shy while expressing
13.	Friendship	Makes friend quickly /Fickle unstable friendship	Moderate friends and friendship	Less friends but Stable cordial friendship

Conclusion:-

According to acharya charak and different pupils, Vata dosha have Rooksha (dry), Sheeta (cold) Laghu (mild), Sookhsma (minute), Chala (movement) Parusha (hard) Khara (hard) homes; Pitta dosha have Sneha (oily), Ushna (warm), Teekshna (sharp), Drava (fluid) Amla (pungent) Sara (motion) Katu (sour) houses and Kapha dosha have Guru (heavy) Sheeta (cold), Mrudu (smooth), Snigdha (unctuous), Madhur (candy), Sthira (stiff) Picchil (sticky) homes. Vataj, pittaj and kaphaj prakriti individuals respectively have same houses in their bodily, physiological, psychological and behavioral look due to the particular dosha predominance. prakriti emphasizes on the uniqueness and plays an essential function in diagnosis, preventive medication, and therapeutics. lifestyle related issues arise especially because in individual aren't adopting manner of lifestyles in line with as soon as personal constitution. Prakriti performs important function in prevention as well as management of lifestyle sickness. For upkeep of health, all and sundry ought to understand their constitution. If the day by day activities, eating regimen, profession and conduct are not adjusted to balance this, then the constitutional doshas will grow, as a consequence giving rise to its feature diseases. If the prakriti is understood then, proper Ahara and Vihara may be counseled successfully each for disorder and treatment to promote healthful and lengthy existence, that's the high purpose of Ayurveda.

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