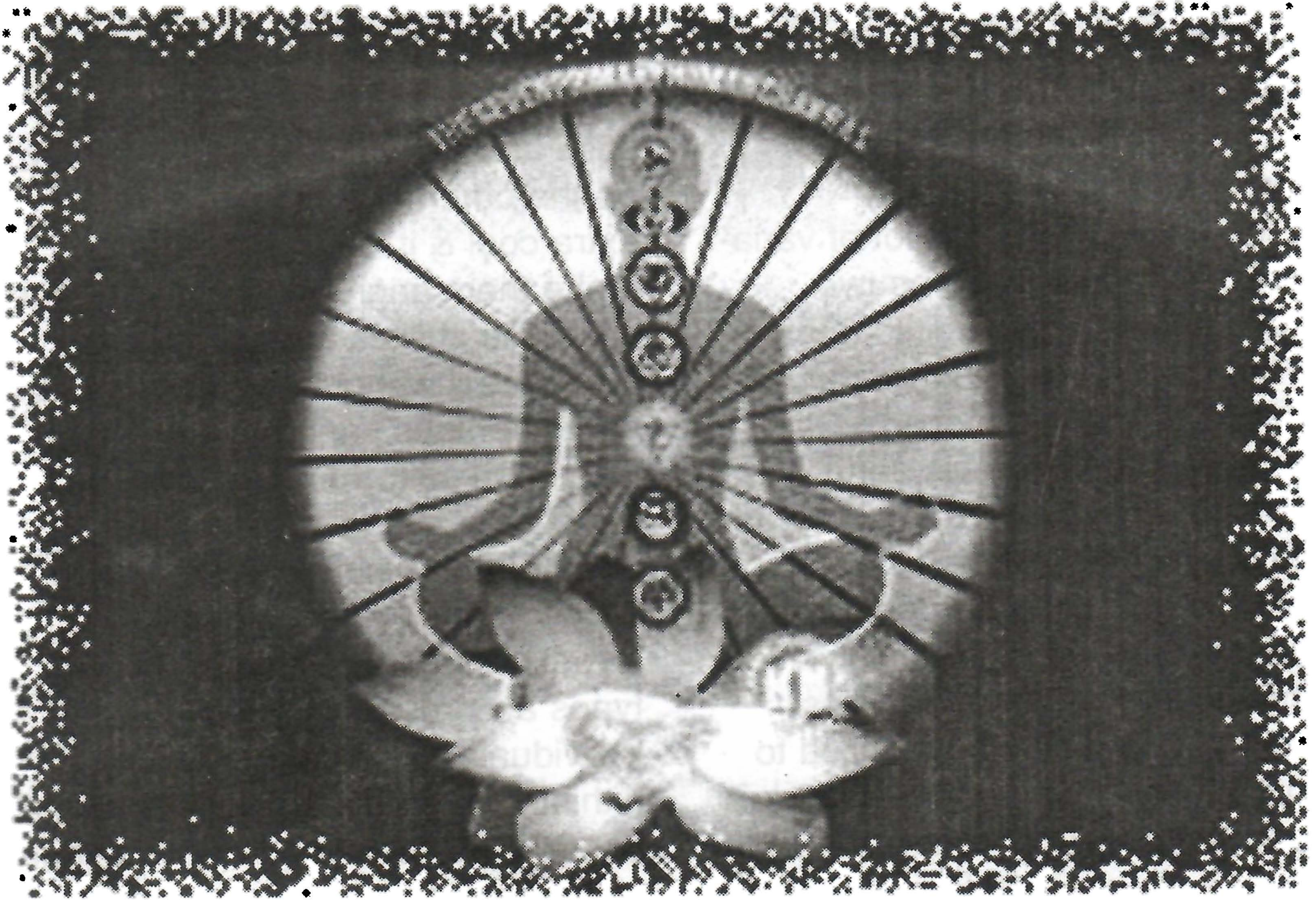


# Deha Prakruti A Tool for Diagnosis



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## ABSTRACT

Ayurveda is ancient Indian medical science. It has given various contributions to world of medical science.

This Prakruti are of seven types according to Tridosha. The individuals of specific Prakruti exhibit biological variations in terms of structure, function, behavior, individual response to internal and external environmental stimuli, and susceptibility to different diseases.

The treatment in has a synonym which is as Prakruti Sthaapana as it reverses pathology and restores

Prakruti. Hence the Knowledge about Prakruti is prerequisite for assessment of disease process and it is important for diagnosis and therapeutics. It provides detailed guidelines to adapt one's food and behaviour to suit one's Prakruti.

**Keywords:** Prakruti, Deha Prakruti, Vata Prakruti, Pitta Prakruti, Kapha Prakruti

### **Introduction:**

In the universe we find lot of variations in similar things, no two human beings are similar in terms of their food habits, behaviour, intelligence etc. This is because the every individual on this earth has his own personality. Personality is the particular combination of emotional, attitudinal, and behavioral response patterns of an individual. The difference in personalities among individuals is theorized to come from the differences of prior events and anticipated events for the individual. Such knowing an individual person for his body type nature behavior, food habits, etc. is understood by knowing a Prakruti of the person.

Ayurveda is ancient Indian medical science. It has given various contributions to world of medical science. The theories mentioned in Ayurveda are unique, with great scientific value. One such theory is "Prakruti Concept". Ayurveda lays emphasis on examining the Prakruti or the natural state of an individual first. The disease vikruti is examined later. This Prakruti is an important

concept of Ayurveda that explains individuality and has role in prevention, diagnosis and treatment of diseases. It express's unique trait of an individual that is defined by specific and permanent composition of Dosha at conception. It does not change during the whole life and is responsible for the physical and mental characteristics of an individual. We see in general, some persons are full of anger and jealousy, on the other hand some may be extra cool & it is very difficult to make them angry. Some people can consume chillies and spices at every meal without any problem but some persons cannot even have a little extra salt. Some like sweets very much and take a lot of them but other may not even be able to eat more than a few grams of sweets. This Prakruti are of seven types according to Tridosha. The individuals of specific Prakruti exhibit biological variations in terms of structure, function, behavior, individual response to internal and external environmental stimuli, and susceptibility to different diseases.

### **Etymology:**

The word Prakruti means "nature" or natural form of the build and constitution of the human body. Pra means the "beginning", "commencement" or "source of origin" and kruthi means "to perform" or "to form". Put together, Prakruti means "natural form" or "original form" or "original source". Disease occurs when there is a change in this original form at the psychological or

physiological level.

Tridosha are basic factors responsible for health and disease. Dosha are biological expression of Mahaabhoota. They govern all functions of body and mind but on vitiation produce diseases. Vata, Pitta and Kapha are three Dosha. Each Dosha possesses specific Gun`a or attributes. These attributes are defined according to pharmacological actions and form base for diagnosis, treatment and diet and lifestyle advice.

### **Formation of Prakruti:**

Normally a prakruti of a person is defined during conception. The different cause that defines it is as follows:

- 1.The quality of Sperms {Male}
- 2.The quality of Ova {Female}
- 3.Mother's diet at the time of conception
- 4.Season at the time of conception
- 5.Mental state of both partners

All of the above things in combine do define the nature of the child born. And that is defined as the Prakruti of the child born.

### **Types:**

There are seven types of Prakruti where a combination of the three doshas manifests each individual. They are like

- Mono types (vata, pitta or kapha predominant)
- Dual types (vata-pitta, pitta-kapha or, kapha-vata)
- Equal types (vata, pitta and kapha in equal proportions)

Most people are a combination of two doshas i.e. Dwandvaja Prakruti. They possess characteristics of both doshas involved depending on the percentage of the combination. A balanced constitution is ideal and extremely rare in which the balanced state of all the three doshas neutralizes the bad or unwanted qualities, support and bring out good qualities of the other.

### **Characteristics of Body Types:**

#### **1.Vata Prakruti**

Vata consists of vayu or air and it is the kinetic force in all kinds of biological forms. Vata is responsible in controlling all kinds of movements especially the functions like nerve impulses, circulation, respiration, and elimination and heartbeats etc.

#### **Physical features**

Either very tall or very short, lean appearance. The skin is darkish and cool type. They generally don't have a good physic or non muscular. They have a very long or protruded face with a small nose, mouth and eyes. Most of the facial portions are quite dry and teeth are irregular and often protruded.

#### **General features**

The other common features of them include that these people are quite creative, enthusiastic, enjoy liberty and artistic. They are hyperactive and soon become restless or lose interest in what they do. Though they have a weak memory can



grasp quickly. They have slow gait.

## 2. Pitta Prakruti

Pitta consists of agni which is the element of heat energy in our body. Pitta is responsible for metabolism in the organ and tissue systems, as well as cellular metabolism. It is mainly involved in the digestion or proper assimilation of physical, mental and emotional elements of a biological entity.

### Physical features

They generally have a good body build with muscles. The skin complexion is quite fair. The face of pitta individuals are heart shaped face, with a protruding or pointed chin and nose. The colour of the eyes is light blue, light grey or hazel colour. They have a soft and scanty hair

### General features

They have an intellectual personality and are quite brave courageous. They have a good memory and grasping power. They are short tem-

pered. The persons of this Prakruti are sharp and quick in action. They have a fast gait. People of Pitta Prakruti can never bear heat. With a developed sense of responsibility, they can take decisions and organize affairs well. The rate of metabolism of such people is quite high and hence they tend to excessive perspiration and excretion. Because of their high metabolic rate they also tend to eat and drink a lot.

## 3.Kapha Prakruti

Kapha consists of prithvi (earth) and jala (water) where the former is responsible for structure and bulk of the material and the latter is required for sustenance of life. Thus Kapha is totally responsible for body form and structure (fluids, fats, bones and muscles).

### Physical features

Like the individuals of Pitta the Kapha people also have a good body builds with muscles. They are generally large and tall with unctuous and oily skin. They are charac-

terized by round face with big blue, black or light brown eyes. The mouth is quite big with prominent teeth. They maintain a cold body temperature. They have pleasant appearance.

### **General features**

Though the Kapha people are considered to be active, they have slow and steady body movements. Their level of perseverance is quite high. Such individuals are mostly calm and considerate and have an utmost caring and compassionate nature. They are supposed to be very faithful and not short tempered. The appetite and digestion of the Kapha individual is poor. They are endowed with strength and health

### **Prakruti assessment:**

The Ayurveda classics have described guidelines for Prakruti evaluation. Characters of Vaata, Pitta and Kapha Prakruti are explained in detail, based on which physician examines dominance of Vaata, Pitta, and Kapha. These characters can be divided into anatomical, physiological and psychological variables. Apart from these features history, compatibility, proneness, way of life, food habits and other aspects are considered with proper clinical examination. Role of lifestyle, occupation and many other causative factors requires proper importance.

### **Prakruti in relation to health and diseases:**

The treatment in has a synonym

which is as Prakruti Sthaapana as it reverses pathology and restores Prakruti. Hence the Knowledge about Prakruti is prerequisite for assessment of disease process and it is important for diagnosis and therapeutics.

The objective of knowing the Prakruti is to estimate Dosha & Bala Pramaan of an individual Bala Pramaana specifies the physical and psychological potential which illustrates status of Dosha, Dhaatu, Mala, in the body.

The concept of Prakruti is important in preventive and curative aspects. The Assessment of Dosha Pramaana is associated to nature and extent of Dosha. Thus, the Dashvidha Rogi Pariksha(10-point evaluation of patient) includes Prakruti and is considered in totality with understanding of other minimum nine aspects.

### **Conclusion:**

Thus the Ayurvedic system of diagnosing Prakruti offers unique insights into understanding and assessing one's health. It is comprehensive in scope, spanning both physical and mental aspects. It is not merely a diagnostic device but also a guide to action for good health. It provides detailed guidelines to adapt one's food and behaviour to suit one's Prakruti. Thus the knowledge about Prakruti is Mandatory to a Physician. With the help of Prakruti a Clinician can easily diagnose and Treat the sufferers successfully.

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