

A Concept of Deha Prakruti in Ayurveda and Its Importance

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ABSTRACT

The Prakruti is defined as the group of characters inherited by an individual from shukra (spermatozoon) and shonit (ovum) of the parents depending upon the predominance of dosha or dosha's prevailing at the time of sexual intercourse. That characters (physical & mental) peculiarities remain with him or her till death.

Ayurved is the holistic science, Acharya charaka mentioned the Prakruti pariksha as the major tool for diagnosis, so it is mentioned under the dashavidha pariksha.

As per govt of India, department of AYUSH, has been narrated & launched 'online app' Desh ka Prakruti Parikshan Abhiyan 2024, to assess the prakruit of the individual among all Indians.

Purpose behind to understand the concept of the Ayurveda, and to reach out with knowledge of Ayurveda at every corner of the India. Certainly, it helped lot to reach out this concept of Ayurved among the individual of India.

The dosha are naturally gets vitiated in the particular season. It is like in varsha ritu vata dosh get vitiated, in similar way for pitta dosha in sharad ritu & kapha dosha in vasant ritu as well. In this particular season the individual of concerned prakruti will have to look after themselves to be not affected that much by vitiation of particular dosha, so after knowing the knowledge of the prakruti, particular individual takes care of their own health prayer to specific disease.

To obtain homeostasis in the dhatu (dhatu samya) & to stop the vitiations of the dosha in human body or to maintain the equilibrium of dosha or normalcy of dosha, the knowledge of prakruti is essential.

Key Words:- prakruti, basic knowledge of prakruti, fundamentals of prakruti, concept of prakruti, importance of prakruti, Ayurved & prakruti, deha prakruti etc.

INTRODUCTION

The prakruit is stated to be formed just as sarpvisha in the poisonous snake or creature & as toxin in the toxic plant. Since the poison is not harmful to the creature in which it is present, in the same manner, the prakruti which is formed at the very starting of life, will not harmful to the individual. Since the body is merely a multiplied & developed from the shukra shonit, the dosha predominance in the form of prakruti will also reach to each & every cell of the body. It is ultimately become natural & inherent to the entire body.

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Factors affected for determination of the Prakruti

Shukra-shonit Prakruti:- Dosha dominating the sperm & ovum during the time of conception. It reflects the particular individual by the dominancy of dosha at the time of union of sperm & ovum in intra uterine cavity.

Kala Garbhashaya Prakruti:- (season & condition of the uterus),

Matur Aahara Vihar:- (food & regimens of the mother)

Mahabhoot Prakruti:- (Nature of mahabhoot comprising the foetus)

The mahabhoot are of five types, pruthvi (earth), Jala (water), Agni (fire), Vayu (air) & Aakash (sky or Vacuum). Any of these mahabhootas are dominated at the fusion of the shukra & shonit in the uterus, it reflects in the body features of the baby.

FEATURES OF VATAJ PRAKRUTI

Vata dosha possesses the qualities such as ruklshs (dry), laghu (light), chala (mobile), bahu (copious), shigra (fast moving), shita (cold), parush (rough) & vishad (non-slimy) etc.

Ruksha (dry):- the ruksha quality of the vatadosha leads to dry, lean & small body frame. His voice is always harsh, weak, broken, indistinct & not continuous. They are wakeful.

Laghu (lightness):- the laghu quality of the vata dosha leads to excessive body movements, he/she appear everywhere & moves very fast. His/her excretion, food & practices are light & quick.

Chala (mobile):- the chala quality of the vata dosha leads to joints, eyes, eyebrows, cheeks, lips, tongue, head shoulders, hands & feet become restless.

Bahutva (copious):- the bahu quality of the vata dosha leads the person become very talkative & having abundance of tendons & vein network.

Shighra (fast moving):- the shigra quality of the vata dosha leads the person become quickly in initiating actions & quick mood swinging in nature. They are getting fear as well as they are hasty in their likes & dislikes. They are quick to understand & forget things.

Shita (cold):- the shita quality of the vata dosha leads the persons became, unable to bear the cold things. They will very much suffer from the cold, shivering & stiffness.

Parusha (rough):- the parusha quality of the vata dosha leads to hairs, beard, body hair, nails teeth, face, hands feet & other limb become rough.

Vishad (non-slimy):- due to the vishad quality of the vata dosha the person, will have cracks in the limb & organs, also cracking sound in the joints while moving.

Because of the above said qualities the vata constitution will possess less strength, short lifespan, less progeny, fewer wealth & means.

Pittaj Prakruti Features

Vata dosha possesses the qualities such as ushna (hot), tikshna (sharp), drava (liquid), vishra (foul smell), amla (sour) & katu (pungent).

Ushna (hotness):- due to the ushna quality of the pitta dosha the person, will be incapable of bearing heat of any kind, feeling of hotness in mouth. These people are tender & have beautiful organs. They will have large number of freckles, black marks & pimples. They possess excessive hunger, thirst. These people will get premature wrinkles, graying of hair & baldness. Their hairs of head, face & body are soft, sparse & brown in colour.

Tikshna (sharp):- due to the Tikshna quality of the pitta dosha the person, will have keen valor, strong digestive power. They eat & drink excessively & eat frequently. They are unable to bear the pain & unable to face difficulty.

Drava (liquid):- due to the drava quality of the pitta dosha these individuals joints & muscles become loose & soft. They will have excessive excretion of urine & faeces.

Visra (foul smell):- due to the visra quality of the pitta dosha the person, emits putrid smell from his/her axial, mouth, head & body.

Katu & Amla (pungent & sour):- due to the katu & amla qualities of the pitta dosha the person, will have scanty semen, moderate sexual desire & less progeny.

Because of the above said qualities the pitta constitution will possess moderate strength, moderate lifespan, moderate intelligence, moderate knowledge, wealth & means.

Kapha Prakruti Features

Vata dosha possesses the qualities such as snigdha (unctuous), shlakshna (smooth), mrudu (soft), madhur (sweet), saara (firm), sandra (dense), manda (slow), sthita (stable), guru (heavy), shita (cold) vijjala (viscous) & accha (clear).

Snigdha (unctuous):- due to the snigdha quality of the kapha dosha the person will have unctuous body organs.

Shlakshna (smooth):- due to the shlakshna quality of the kapha dosha the person will have smooth body organs.

Mrudu (soft):- due to the mrudu quality of the kapha dosha the person will have pleasing, delicate & beautiful body.

Madhura (sweet):- due to the madhura quality of the kapha dosha the person will have large quantity of semen, excessive sexual desire & more progeny.

Saara (firm):- due to the firm quality of the kapha dosha the person will have firm, compact & stable body & even body parts.

Sandra (dense):- due to the sandra quality of the kapha dosha the person will have fully grown up & developed body organs.

Manda (slow):- due to the manda quality of the kapha dosha the person will become slow in action, slow in intake of food as well as in movements.

Stimita (stable):- due to the stimita quality of the kapha dosha the person will have slow in reaction in other word, neither they quickly upset nor agitated.

Guru (heavy):- due to the guru quality of the kapha dosha the person will have firm, careful & slow in gait & behavior.

Shita (cold):- due to the shita quality of the kapha dosha the person will have mild in appetite, thirst, body temperature, & excitement.

Vijjala (viscous):- due to the vijjala quality of the kapha dosha the person will have firmness & compactness in their joints.

Aaccha (clear):- due to the aaccha quality of the kapha dosha the person will have pleasant look which is clear & rich complexion & voice.

Because of the above said qualities the kapha constitution will possess highest strength, excellent lifespan, very much in intelligence, knowledge, wealth & means.

Dvandvaja Prakruti Features

Due to the combination of two doshaa the people will have features of the combination of the concerned doshas dominance in them.

Sama Prakruti Features

Due to all doshas are balanced in the sama prakruti, there will be equal features of the all three dosha.

Thus, physician should examine the prakruti of the patient based on the features of the above symptoms.

IMPORTANCE OF THE PRAKRUTI

It is said in Ayurveda, objective that, to maintain the healthy individuals in to healthy state of life; second one to treat the diseased one by Ayurvedic Medications.

As per the rules by, individual having either vataja, pittaja or kaphaja prakruti, if they consume or follows aahar (food) & vihar opposite to their constituted prakruti it will certainly benefit for them. For example, the vata dosha pacify by the madhur, amla & lavan rasa, by utilizing this rasa (taste) in their life certainly it is benefited for them. In similar way kapha dosha pacified by katu, tikta & kashaya rasa & Pitta dosha by Tikta, Kashya & madhur rasa as well.

In similar way, dosha are naturally gets vitiated in the particular season. It is like in varsha ritu vata dosh get vitiated, in similar way for pitta dosha in sharad ritu & kapha dosha in vasant ritu as well. In this particular season the individual of concerned prakruti will have to look after themselves to be not affected that much by vitiation of particular dosha, so after knowing the knowledge of the prakruti, particular individual takes care of their own health prayer to specific disease.

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Ayurvedic physician will understand the particular cause of any disease, its pathogenesis & line of the treatment by virtue of the knowledge of prakruti. Achary charak has not only given very much importance to the prakruti, but also said that it is one of the most important tools to dignose the disease at present and prediction diseases will be happening future as well, hence it is included tools of dasha vidha pariksha said by him.

DISCUSSION

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Purpose behind to understand the concept of the Ayurveda, and to reach out with knowledge of Ayurveda at the every corner of the India. Certainly it helped lot to reach out this concept of Ayurved among the individual of India.

This topic is described as, factors affected for determination of the prakruti, Shukra-shonit Prakruti, Kala garbhashaya Prakruit, Matur Aahara Vihar, Mahabhoot Prakruti. From these factors, it is understand that there is impact of the above factor on the new bourn baby body features which leads to manifestation of the prakruti accordingly.

Deha Prakruti is classification given by Ayurveda. The basically the deha prakruti is divided into seven types as; Vata, Pitta, Kapha, Vata-Pitta, Pitta. By knowing above said feature someone certainly understand the feature of particular dosha in their individual body & body organs.

CONCLUSION

- 1) Concept of Prakruti Pariksha explained by Acharya charak in dashavidha pariksha is unique in Ayurveda, it is the best tool to be adopted by every physician while diagnosis & treatment of the patient.
- 2) Certainly it is very much helpful to entire people, once they understand their prakruti they will prevents many disease before manifestation.
- 3) This concept of the Prakruti must reach every corner of the India.

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