

**Impact
Factor
3.025**

ISSN 2349-638x

Refereed And Indexed Journal

**AAYUSHI
INTERNATIONAL
INTERDISCIPLINARY
RESEARCH JOURNAL
(AIIRJ)**

UGC Approved Monthly Journal

VOL-IV

ISSUE-VIII

Aug.

2017

Address

• Vikram Nagar, Boudhi Chouk, Latur.
• Tq. Latur, Dis. Latur 413512 (MS.)
• (+91) 9922455749, (+91) 8999250451

Email

• aiirjpramod@gmail.com
• aayushijournal@gmail.com

Website

• www.aiirjournal.com

CHIEF EDITOR – PRAMOD PRAKASHRAO TANDALE

Prakruti and it's Utility

Vd. Sameer I. Jamadar

P.G. (Scholar), Dept. of *Samhita & Siddhant*,
L.K.R. Ayurvedic Mahavidyalaya & Post- Graduate Research Centre,
Gadhinglaj, Kolhapur, Maharashtra, India.

Abstract:

Ayurveda is a holy science. Aim of this science is maintaining health of healthy person and treating illness of diseased person. Prakruti is a unique concept of Ayurveda. The knowledge of Prakruti plays an important role in maintaining the health, alleviating disease and every aspect of life, so obtaining knowledge is must to know ones liking, susceptibility to disease, prognosis of disease and selection of Aahar , Aaushadhi , Pathyapathy etc. Following article focused on types of Prakruti and its use in planning Chikitsa.

Key words : *Prakruti, Ayurveda*

Prakruti means "Nature" (*Swabhav*)i.e natural constitution or combination of body. *Prakruti* formation depends on the condition of *Shukra* and *Shonit* at the time conception, *Matruj aaharavihar, kala* of conception ect.

Types Of Prakruti :

1. *Sharirik / Doshaj Prakruti.*
2. *Manas Prakruti.*
3. *Jatyadi Prakruti.*

Doshaj Prakruti:

It is also know as *Deha Prakruti / Sharirik Prakruti*. *Deha Prakruti* is classified by the predominance of *Vatadi Doshas*, they are seven in number.Three *Ekadoshaj Prakruti* i.e *Vataj, Pittaj, Kaphaj*,they have single *Dosha* predominance.Three *Dvidoshaj Prakruti* with two *Dosha* predominance in it.They are *Vata-Pitta, Vata-Kapha, Kapha-Pitta*.One *Tridoshaj Prakruti* with three *Dosha* in predominance. This also called as *Sama Prakruti*.

Manas Prakruti:

According *Manas Gunas Prakruti* is mainly divided in three types i.e. *Satvik, Rajasik* and *Tamasik Prakruti*. These three are again subdivided in sixteen types. *Bramha,Aarsh, Endra,Yamya, Varun,Kuber* and *Gandharva* these are *Satvik Prakrutis*.*Asur, Rakshas, Pishacha, Sarpa, Preta* and *Shakuna* are *Rajasik Prakrutis*. *Pashav, Matsya and Vanaspatya* are *Tamasik Prakrutis*.

Jatyadi Prakruti:

I am going to elaborate this *Jatyadi Prakruti*.They are six in number and explained *Charakacharya* in *Indriya sthana pratham adhyaya*.

Jatiprasakta Prakruti:

In ancient days there are four *Varnas* as *Bramhana, Vaishya, Kshatriya* and *Kshudra*. According to their *Varnas* they have to do their work.These *Varnas* gives us information about their work, lifestyle and which kind of diseases are found in particular *Varnas*.

Kulaprasakta Prakruti:

Taking information about the *Kula* of *Rogi* is important as they provide information regarding the diseases which are occurred in their family previously (i.e. maternal side and paternal side)

Deshanupatini Prakruti:

Knowing from which area (*Desha*) person belongs gives information regarding his food habit and *Dosha* predominance in that area and likely which diseases can manifest in that person.

Vayanupatini Prakruti:

During consideration of *Prakruti Vaya* should be taken in account.According to *Vaya* different *Doshas* are predominant in different *Vaya*.*Balyavastha* is having *Kapha Dosha* predominance.*Yuva* or *Tarunavastha* is having *Pitta Dosha* predominance and *Vrudhnavastha* having *Vata Dosha* predominance.

Kalanupatini Prakruti:

Vasant and other *Rhutu* have their influence on the body of human being.At the time of union of *Shukra* and *Shonita*, predominance of *Doshas* in that particular *Rhutu* influences the *Prakruti*.Also our *Samhitakaras* have explained *Chaya* and *Prakop* of *Doshas* during particular *Rhutus*.

Pratyatmaniyat Prakruti:

During the time of *Shukra Shonita Sanyoga* predominance of *Doshas* in *Shukra* and *Shonita* decide *Prakruti*.It is different in every individual this is *Prati Atma Niyat Prakruti*.

Discussion

Importance of Prakruti :

- 1) **Bala** : while describing the *Prakruti* our *Acharyas* have given comparative strength of each *Prakruti*. *Vata Prakruti* person have less *Bala* (strength) than *Pitta Prakruti*.*Pitta Prakruti* persons have less *Bala* than *Kapha Prakruti*.*Tridoshas Prakruti* have more strength than any other *Prakruti* and considered superior.
- 2) **Susceptibility** : *Prakruti* indicates the predominance of *Doshas* in the human body and their susceptibility to certain diseases.*Kapha* predominant *Prakruti* is more susceptible to *Kaphaja Vyadhis*. Also information about *Kula, Jati,Desha* of person helps us to know his susceptibility.
- 3) **Selection Of Aushadhi Dravya And Matra** : according to the *Prakruti* of person different *aushadhi dravya* are selected.More *Usna dravya* are not suitable to *Pitta Prakruti* person. Likewise *Matra* of *aushadhi* also differ, in *Vataj Prakruti* person *Alpa Matra Aushadhi*, *Pitta Prakruti* person *Madhyam Matra* and in *Kaphaj Prakruti* person *Uttam Matra* of *Aushadhi* is useful.
- 4) **Line of Management**: Knowledge of *Prakruti* helps in planning line of management of a diseased person. In *Vata Prakruti* person the *Apatarpan Chikitsa* cannot be followed completely as in *Kaphaj Prakruti* person.In *Pitta Prakruti* person *Angi Karma* is not appropriate .
- 5) **Sadhyasadhyatva**: *Prakruti* also helps us to decide *Sadhyata Kruchrasadhyata* of disease as *Atulya Prakruti*. Like in *Vataj Prakruti* persons *Kaphaj Vyadhis* are *Sukhasadhya*.
- 6) **Pathyapathya**: according to *Prakruti*, persons should adopt their *Dinacharya* and *Rhutucharya* differently.*Vataj Prakruti* person are advice to take *Snigdha Aahara*, less

exercise, *Kaphaj Prakruti* person are advice to take *Laghu Ahara*, need more exercise and avoid *Divaswap*.

Conclusion :

It is necessary to collect information about *Prakruti* to understand a person properly. Understanding *Prakruti* is very useful in both diseased and healthy person equally. *Prakruti* helps us to form line of management, selection of *aushadhi dravya* and its *matra* in diseased person. In healthy person knowledge of *Prakruti* is important to maintain his health properly by adopting proper *Dinacharya* and *Rhutucharya*.

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