

Use of Prakruti concept in Preventive Medicine

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Abstract

Ayurveda is a branch of science which deals with maintaining health and preventing the disease in the body. Health is the best outcome of a good lifestyle. Today's modern lifestyle includes changes in daily and dietary behavioural routine of an individual. In the era of today's technological, progressive era, every man prefers mostly the sedentary lifestyle. This lifestyle is dependant on the materialistic objects. On the other side, this changes in lifestyle is being compromised by health factor and overall wellness of an individual. Preventive medicine includes all the measures which limits the progression of any disease. Our Ayurveda has unique concept of Prakruti, which helps one to understand his own need of physical, mental and social aspects and thus it prevents from landing in disease ailments. A wise choice is to adapt the habit of practicing and understanding own Prakruti and thus leading a healthy life. The present study is a small attempt to highlight the use of traditional Ayurvedic concept of Prakruti for preventive medicine and overall wellness of an individual.

Keywords: Prakruti, Ayurveda, Preventing Medicine, lifestyle.

Introduction:

In the today's modern era with increasing prevalence rate lifestyle medicines, especially in the developing countries like India, majority of a population is at a risk of non communicable diseases like cardiovascular diseases, metabolic disorders like Diabetes mellitus, cancerous conditions and many more. As concept of lifestyle modification is rapidly growing in world, the preventive medicine is also new concept. Preventive medicine includes all measures which limit progression of disease at any stage of its course. ¹ Lifestyle modification was a need of medieval era to achieve a better standard of living. This has made human life very luxurious, sedentary lifestyle.

Aims and Objectives:

1. To understand the concept of Preventive medicine.
2. To understand the concept of Prakruti.
3. To understand the concept of Prakruti according to Ahar – Vichar – Vichara in lifestyle.
4. To understand the use of Prakruti in Preventive medicine.

Material and Methods:

1. Compilation of different reference form texts, dictionary and Samhita related to topic.
2. Explore and elaborate the concept of Prakruti according to dosha, Gina by referring books, papers, samhita etc.
3. Exploring preventive medicine with the help of Prakruti.

Review of literature:

In today's era, most of the diseases are occurring due to lifestyle changes in population. First we have see the meaning of lifestyle. Lifestyle is a 1) a set of habit / behaviour / attitude / conduct. 2) a way of our life or style of living that reflects the attitude of a person or group. 3) A way of or living of a person or group. 4) Life long process including dietary habits exercise all of which have implications for health. 5) Ayurveda is a way of life which is interlinked with human lifestyle. These are all reflected in Prakruti i.e. one's nature/ constitution/ traits/ behaviour. ²

Preventive medicine includes all measures which limit progression of disease at any stage of its

course. A distinction is usually made between 'primary prevention', in which measures are applied to prevent the occurrence of a disease, and 'secondary prevention', where a disease or its complications are halted or averted at any point after the onset of disease. Primary prevention comprises the manipulation of man's environment, his water supply, the air he breathes, and also the manipulation of man himself by such measures as immunization against infectious disease. Secondary prevention includes therapy to prevent the spread of disease to non-affected individuals, identification of those in the early stages of a disease process when treatment should be most effective, and lastly the prevention or delay of the consequences of clinically advanced disease by both therapy and rehabilitation. This last item is sometimes considered separately as 'tertiary' prevention, since there has been a failure of primary or secondary prevention at some earlier stage in the disease process.³

Concept of Prakruti:

In this world, every individual is different from others and it is identified on the basis of set of characteristics which he or she have. It is called as Prakruti of that individual.⁴ Prakruti of an individual is defined as manifestation of particular characteristics which are – physical, physiological, psychological, spiritual, economic and social. The Prakruti forms at the time of conception of male gamete and female gametes. It is constant, irreversible and unchangeable throughout life till death.⁵ The dosha which is comprised of guna by its virtue, manifest their dominance at the time of conception and thus they are responsible for making the set of behavioural characteristics of that individual by which it will show features in future. The lifestyle is a subject which makes an individual stand apart from others.⁶

With the need of the need and demand, every individual changes his lifestyle. But this modification of lifestyle eventually leads to formation of lifestyle disorders. Thus the most developing countries like India are facing the risk of non Communicable diseases in health sector. It can be only prevented by mass education at each level. Ahar (Dietary regimen), vihar (daily routine) and Vichar (rationalistic and positive attitude) are the

three pillars of healthy life today. These are mentioned as Trisutri of life in ancient science of Ayurveda. If an individual is known to basic constitution of body, state of doshas and act accordingly, this itself acts as a medicine instead of loading doses of numerous external supplements as medicines which may prove more powerful.

Prakruti:

In the reality, what we eat is responsible for our constitution. In today's fast world, it is more difficult to follow the traditional diet on daily basis. But we can adapt to a better option. This is clearly mentioned in our classical Ayurvedic texts. It all comes under the name of Prakruti. The basic liking – disliking of any man towards any substance can be understood by analysing the rasa- guna- ahara – vihar and vichar as all this is mentioned in Prakruti. Modification of our daily lifestyle can be described by knowing the Prakruti concept and it can come under the topic of Preventive Medicine.

Vataprakruti:-

Rasa –

1. Madhura (sweet)
2. Amla (sour)
3. Lavana (salty)

Guna:-

1. Guru (heavy)
2. Snigdha (unctuous)
3. Ushna (Hot)

Ahara according to Prakruti:

1. Having rasa of Madhura, Amla, Havana,
2. Having gunas of Ushna and Snigdha guna
3. Contents like wheat, rice, oats, Hing, Black pepper, mustard seeds
4. Bottle Gourd (Dudhi), Curry leaves, Lemon, beet, brinjal, onion, ginger, carrot, cauliflower.
5. Fruits like Guava, oranges, custard apple, pomegranate, grapes, banana, chikoo, mango apple, pineapple, papaya.
6. Oil and ghee
7. All sweets which are hot to touch
8. Cow milk, Yogurt, Buttermilk, butter, paneer
9. Avoid fermented food, frozen food, cold drinks, ice- cream, more travelling, excess

talking, more physical exercise, cold climatic conditions, stress etc.

Vihar according to Prakruti:-

1. Yoga with meditation
2. Advised physical and mental rest
3. Restricted heavy physical activity
4. Cold & calm sleep at night
5. Avoid diwaswap (day sleeping)
6. Wearing clothes that cover all body
7. Avoid marutsevana (direct contact with wind)
8. Luke warm water for drinking, hot water for bathing, oil massage
9. Special care during rainy season due to prakop of Vata dosha
10. Best treatment is Basti.

Vichar according to Prakruti:-

1. Be calm
2. Avoid excitation
3. Avoid stress
4. Control talkativeness and irrelevant talks
5. Improve positive thinking
6. Increase satva guna

Pittaj Prakruti –

Rasa:-

1. Madhura (sweet)
2. Tikta (bitter)
3. Kashaya (astringent)

Guna:-

1. Guru (heavy)
2. Shita (cold)

Ahar according to Prakruti:-

1. Having rasas of Madhura, tikta, kashaya
2. Having mainly sheeta guna
3. Contents like wheat, rice, oats, karela, cauliflower, cabbage
4. Fruity vegetables like potato, lady finger, spinach, cucumber, dudhi (bottle gourd), beet, onion, carrot
5. Fruits like black grapes, dates, apples, pomegranate, amla, Kokum, jackfruit
6. Sweets which are cold to touch
7. Cow milk, ghee
8. Avoid Yogurt, buttermilk, paneer, Chinese, late nights, fermented food, butter, paneer, No alcohol.

Vihar according to Prakruti:-

1. Yoga with meditation
2. Avoid direct sun heat
3. Moderate physical activity
4. Timely night sleep, avoid late night and day sleeping
5. Use cold water for bathing
6. Do swimming, consumption of timely food
7. Special care should be done during Summer and Sharad rutu due to prakopa of Pitta dosha
8. Best remedy is Virechana.

Vichar according to Prakruti:-

1. Control of anger
2. Keep cool and calm
3. Minimizing ego and ambitions
4. Avoid harsh language
5. Control of aggressive behaviour
6. Maintaining of tama guna

Kaphaj Prakruti-

Rasa :-

1. Katu (spicy)
2. Tikta (bitter)
3. Kashaya (astringent)

Guna:-

1. Laghu (light weighted)
2. Ruksha (dry)
3. Ushna (hot)

Ahara according to Prakruti:-

1. Having rasas of Katu, tikta, kashaya
2. Having guna of ruksha, sheeta
3. Contents like rice, sprouts, bitter gourd, cauliflower
4. Fruity vegetables like cabbage, potato, tomato, radish, lady finger, cucumber, karela, onion, ginger, garlic
5. Fruits like kaju, pineapple, grapes, pomegranate, unripened mango, jamun
6. Consumption of pungent and bitter articles, luke warm
7. Less consumption of ghee, honey
8. Less intake of milk and milk products
9. Avoid yogurt, butter, paneer, fried food, cold drinks, greater quantity of food.

Vihara according to Prakruti:-

1. Yoga and Meditation

2. Do vigorous exercise
3. More physical activity
4. Take adequate sleep, can awake late night
5. Strictly avoid diwaswap (day sleeping)
6. Use full clothes
7. Use Luke warm water as per need
8. Special care during hemant and Vasant rutu due to prakopa of Kapha dosha.
9. Best remedy is vamana.

Vichar according to Prakruti:-

1. Minimize possessiveness
2. Hasten mental activity
3. Overcome lethargy
4. Being interactive
5. Increase satva guna and maintain raja guna

Discussion:

The lifestyle of every person is unique, so it resembles with Prakruti which is also unique in each individual. There is combination of Vata- Pitta – Kapha dosha in more less quantity in the formation of Prakruti, rather than combination of its gunas. So we have to give preference to the guna of dosha while taking ahara, taking vihar or thinking of different thoughts (vichara). The correct application of this trisutri i.e. Proper Ahara, proper vihara and positive attitude (vichara) leads to formation of health and also it prevents from formation of disease in the body. This approach can be correlated with Preventive medicine.

For example, For Vataj Prakruti person, he or she should take ahara comprised of Madhura, Amla and Lavana rasa. It has mainly Snigdha, ushna and Guru guna. These gunas are exactly opposite to that of ruksha, sheeta and laghu guna of Vata dosha. Hence these three gunas are beneficial in the Vataj Prakruti.

Similarly, in case of vihara, we have to take in consideration the gunas of Vata dosha. Vata Prakruti person having laghu and chala guna are advised to take rest, work with less physical activity to maintain Vata dosha. Due to chala guna, Vataj prakruti person becomes unstable, so we advise meditation and yoga to stabilise him mentally as well as physically.

Ahara of individual mostly depends upon the external factors like environment, availability, purity and its nutritive value. But still we consume for our living. But vihara and vichara comes totally

under our control. So we can be benefited by the use of proper vihara and vichara.

Understanding our Prakruti, dosha predominance, its guna predominance and thereby modification of life according to Ahara, vihara and vichara is preventive medicine in true sense, because it prevents formation of disease in the body and also helps in eradication of disease condition.

Conclusion:

1. Preventive medicine is need of today's world for healthy well being.
2. Lifestyle disorders are outcome of adaptation of modified and wrong lifestyle.
3. Lifestyle can be concluded as combination of ahara, vihara and vichara.
4. These three are collectively called as trisutri of life.
5. It is resembled with Prakruti concept of Ayurveda, where there is description of predominance of dosha by virtue of their own gunas.
6. So by considering the gunas of dosha in that respective doshaj Prakruti, we can adapt a healthy lifestyle consisted of proper ahara, perfect vihara and positive attitude to prevent formation of disease and it is called as Preventive medicine.

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