

Conceptual study of Prakruti W.S.R. To Lifestyle

¹Dr. Dipti Appasaheb Burse

P. G. Scholar, Dept. Of Kriya Sharir,
Yashwant Ayurved Medical College, P.G.T.& R.C., Kodoli,
Maharashtra.

²Dr. Uttam K. Bande,

Professor And H.O.D. of Dept.of Kriya Sharir,
Yashwant Ayurved Medical College, P.G.T.& R.C.,
Kodoli, Maharashtra.

Abstract:

Ayurveda is a branch of science which deals with maintaining health and treatment of disease of body. We must always practice the rules in our lifestyle which are beneficial to us and helpful for maintaining health and wellbeing of us. It is achieved by application of measures prescribed in Prakruti according to Ahara, vihara and vichara. Prakruti is an unique expression of individual's own constitution. It is very individualistic. Our lifestyle is also individualistic. It has great impact on our health. Abnormal change in application of ahara, vihara and vichara, which is not in resemblance with our Prakruti leads to formation of lifestyle disorders. It contains Cardiovascular disease, metabolic disease and so on. It is the necessity of practice the measures according to Prakruti. So present study is an attempt to conceptualize the Prakruti in accordance with lifestyle.

Keywords: Prakruti, Lifestyle, ahara, Vihara.

Introduction:

Ayurveda is a branch of science which deals with maintaining healthy status and treating the diseased condition of the body.¹ It is divided into many branches like Kriya Sharir, Rachana Sharir, Dravyaguna, Rasashastra, Agadatantra, Streerog etc. Doctrine of Ayurveda is result is continuous observation of cosmic phenomena. Cosmos since era of Acharya Charaka is unaltered. Hence claim of Ayurveda to be 'Shashwat' or unchangeable since is very true. It is original, proved science by constitutional properties, which are propagated up to date through transmission. Principles of Prakruti, which are observed and written centuries before are fetching global attentions due to above reason.

Health is a best output of a good lifestyle. If there is alteration of dietary or daily behavioural routine of an individual, it results in lifestyle change. In this era of progression, everyone prefers sedentary lifestyle and also sedentary working. But it has impact on the health and overall wellness of an individual. Our Ayurveda has vast material of Prakruti which helps one to understand the own needs in terms of physical, mental, social aspect. It prevents the formation of disease in the body. So it is good options to choose habit of practicing and understanding our own Prakruti and thus truly leading to health.

In today's modern era of Civilisation and modernisation, there is increasing occurrence of lifestyle disorders in developing and developed countries. The majority of the population is highly at risk of non Communicable diseases like cardiovascular disease, metabolic disorders, cancerous conditions and many more. So there is need of review of our treasure mentioned in Ayurveda and proper application of it in our daily lifestyle. We have to do application of proper ahara (food), vihar (habits, activity) and Vichar (thought). So it will achieve a better standard of living. It is the need of present era.

Aims –

To study in detail the concept of Prakruti W.S.R. to lifestyle disorders.

Objective:

1. To take various references related to *Prakruti* in various *Ayurvedic Samhitas*.
2. To take various references related to *ahara, vihara and vichar of Prakruti* in various *Ayurvedic Samhitas*.
3. To understand the *Prakruti in accordance with lifestyle*.

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 ahara, vihara and vichara by referring books, papers, samhita etc.
3. Exploring lifestyle with the help of Prakruti.

Review of literature:**Prakruti:**

People are born with various proportions of doshas. Their body constitution is referred accordingly. Those born with equal proportion of three doshas I.e. ratio of Vata, Pitta and Kapha equal to each other are generally healthy people and remain healthy. Few of them show predominance of one Dosha. Those exhibiting predominance of Kapha are Shleshmala. Those with predominance of Pitta or Vata are called Pittala or Vatala respectively. Due to this predominance of dosha proportion, these people show psychosomatic expression called 'Dehaprakruti'.

Prakruti is an expression of one's own constitution.²

Prakruti is one's own constitution, which is individual specific means it is controlled by it's own Physiology.³

Prakruti is enumeration of body features, internal as well as external.

Factors responsible for Prakruti⁴

1. Sperm and Ovum
2. Season and condition of uterus
3. Food and regimen of mother
4. Role of mahabhuta comprising fetus.

So it is clear that Prakruti is formed due to above factors. There is a effect of our daily dietary habit, activities and thoughts on us. If it is not with the guidelines of Prakruti, it has adverse effects. If it is with the guidelines of Prakruti, it has positive effects and maintains healthy status of the body. Therefore we will see the guidelines mentioned in our Samhitas for each doshaj Prakruti.

Vataprakruti:-⁵**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 – 6

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- 7

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 and Conclusion:

Prakruti is an unique expression of one's own constitution. It is very individualistic. One's lifestyle is also individualistic. Prakruti differs from person to person according to combination of doshas present in the body. It is precise according to guna of doshas. While taking ahara, we give preference to rasa. For example, in Vataprakruti, Madhura, Amla and Lavana Rasa are better choice, which have mainly

Snigdha, Ushna and Guru guna. These gunas are opposite to Ruksha, sheets and Laghu guna of Vata dosha. Hence these rasa are beneficial for Vata Prakruti person. Change in ahar according to Prakruti with particular rasa and guna is more beneficial.

Also, vihar modification according to Prakruti along with particular guna is more beneficial for person. In Vata Prakruti person which has laghu and chala guna are advised to take rest with less physical activity to maintain Vata dosha. Due to chala guna, Vata Prakruti person is unstable and hence with the help meditation we can help him stabilizes and balance his dosha.

We all must mentally convinced and committed to follow this Trisutri of Ahara, Vihara and vichar. Of this, Ahara is dependant on external factors like availability, environment, purity and its nutritive value. But we still have to consume it for our living. But Vihara and Vichara are totally under our control and carefully practiced to benefit us and maintaining health and overcoming lifestyle diseases.

Bibliography:

1. Acharya Vidyadhar shukla and Prof Ravidutta Tripathi, Charak Samhita of Agnivesha, Reprint edition, Delhi, Chaukambha Sanskrit Pratishthan, 2009, part 1, page no. 23.
2. Acharya Vidyadhar shukla and Prof Ravidutta Tripathi, Charak Samhita of Agnivesha, Reprint edition, Delhi, Chaukambha Sanskrit Pratishthan, 2009, part 1, page no. 643.
3. Acharya Vidyadhar shukla and Prof Ravidutta Tripathi, Charak Samhita of Agnivesha, Reprint edition, Delhi, Chaukambha Sanskrit Pratishthan, 2009, part 1, page no. 699.
4. Acharya Vidyadhar shukla and Prof Ravidutta Tripathi, Charak Samhita of Agnivesha, Reprint edition, Delhi, Chaukambha Sanskrit Pratishthan, 2009, part 1, page no. 643.
5. Acharya Vidyadhar shukla and Prof Ravidutta Tripathi, Charak Samhita of Agnivesha, Reprint edition, Delhi, Chaukambha Sanskrit Pratishthan, 2009, part 1, page no. 644.
6. Acharya Vidyadhar shukla and Prof Ravidutta Tripathi, Charak Samhita of Agnivesha, Reprint edition, Delhi, Chaukambha Sanskrit Pratishthan, 2009, part 1, page no. 644.
7. Acharya Vidyadhar shukla and Prof Ravidutta Tripathi, Charak Samhita of Agnivesha, Reprint edition, Delhi, Chaukambha Sanskrit Pratishthan, 2009, part 1, page no. 643.

