Prakruti and its Utility

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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, Aushadhi, Pathyapathy etc. Following article focused on types of Prakruti and its use in planning Chikitsa.

Key words: Prakruti, Ayurveda

Prakruti means “Nature” (Swabhav). 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.

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 Vruddhavastha 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 Aaushadhi 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 Aaushadhi 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 Sadhya 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 Aahara, 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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