



Concept of Prakruti and its Contribution towards Globalization of Ayurveda

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ABSTRACT:

With its notions of tridoshas and prakruti, Ayurveda is one of the oldest health sciences. Prakruti's unique concept advances this research toward a more individualized approach to treatment. Prakruti is one of the ten approaches DashavidhaAturPariksha uses to assess a patient. The prakruti can provide you a good idea of your physiological strengths and weaknesses, mental dispositions, and susceptibility to certain illnesses. The uniqueness of Ayurveda comes in the form of prakruti, which means that once an individual's prakruti has been identified, we may prevent and treat disease by regulating the patient's aahar-vihara according to the prevalent dosha. The phenotypes are clearly represented by the innate doshaprakritis, according to the description of traits. This is important in order to personalize treatment in accordance with Ayurvedic therapeutic principles. Because aahar is a sort of chikitsa, the patient is advised to adopt a specific diet based on his or her unique prakruti in order to prevent or treat vyadhi. As a result, the concept of prakruti emerges as a foundation around which the entire skeleton of tailored treatment is built.

Keywords: Ayurveda, Prakruti.

Introduction

“It's far more important to know what a person has the disease than what disease the person has.”

Hippocrates .

Medicine currently focuses on treating a large patient group, i.e. "ONE DRUG FITS ALL," while the value of customized medicine has long been recognized in medical professions such as Ayurveda. Ayurveda, an ancient Indian holistic medical system that has been practiced since 1500 B.C., is concerned with the preservation and promotion of health as well as the prevention and healing of ailments. The tridosha^{1,2,3} approach of understanding health and sickness is one of the basic core beliefs of Ayurveda. The idea of tridosha, which includes the three doshas of vata, pitta, and kapha, is a basic Ayurvedic premise that is followed by all Ayurvedic books.

Numerous features of doshas and how they affect a human being's physiology or prakruti based on the dominance of one or more doshas are mentioned in ancient Ayurvedic writings. The prakruti of a person can reveal a lot about a person's physiological strengths and weaknesses, mental dispositions, and susceptibility to certain ailments. Ayurveda emphasizes highly customized disease therapy since it thinks that each individual is unique and has a particular constitution. Based on the notion of tridosha, Ayurveda divides people into several prakruti types, each of which has a varied degree of predisposition to various ailments.

This is independent of racial, ethnic, or regional considerations, and it may give a useful way of classifying genotypes for genotyping purposes.

The relationship between prakruti and metabolism, chronic disease, individual strength, and behavioral aspects is widely documented in Ayurvedic texts. Which knowledge can be used to sustain an individual's health.

Methods

The following electronic database was used to conduct the literature search:

prakruti, dosha, prakruti genotypes, prakruti chronic disease, prakruti metabolism, prakruti personalized medicine, Ayurveda prakruti, Ayurveda prakruti, Ayurveda prakruti, Ayurveda prakruti, Ayurveda prakruti, Ayurveda prakruti

In this article, articles presenting research on prakruti and its relationship to dosha and body were evaluated, screened, and used to reach a conclusion.

Prakruti

According to ayurveda, your mind and body's constitution, or dosha, is determined from conception. The individual prakruti is determined by the predominance of the five fundamental components, three doshas, and mental qualities in sperm (Shukra) and ovum (Shonita) at the time of conception. As a result, you are born with a specific or unique combination of the vata, pitta, and kapha doshas that does not change during your life. This is referred to as Prakruti, which is a Sanskrit word that means "nature" or "initial creation."^{1, 2, and 3}

The prakruti kinds have a vast variety of distinguishing phenotypic characteristics. The following are some of the most important characteristics:^{1, 2, and 3}:

VATA

1. Has a slim body frame that does not gain weight.
2. Dry, rough, dark-skinned, cracked skin
3. Splitting and dry hair
4. Activities must be completed quickly.
5. Appetite that is erratic and/or poor.
6. Physical working capability is reduced, and disease resistance is typically low.
7. Prefers warm or hot meals and a warm or hot environment.
8. Lack of sweating, varying thirst
9. Constipation proclivity
10. A light night's sleep with a lot of dreams
11. Anxiety, concern, and despair are common in her, and her nature is unpredictable.

PITTA

1. A medium-sized body frame
2. Skin is fragile, with a reddish color and is warm to the touch.
3. Appetite is good or excessive.
4. Experiences a warm/hot sensation
5. Prefers cold food and weather, and has a sensitivity to hot food and weather.
6. A proclivity for sloppy motion
7. Excessive sweating and thirst
8. Clear eyes, a reddish sclera, a yellow iris, and piercing vision
9. Baldness, premature graying, and soft hair
10. Intuitive, with a keen memory, a fiery temper, bravery, jealousy, aggression, and a domineering nature

KAPHA

1. Large, slender body frame with a proclivity to acquire weight
2. Skin that is thick, silky, smooth, firm, shiny, and has a fair complexion
3. Has a lot of stamina but is sluggish when it comes to physical tasks.
4. A pleasant and deep voice
5. Appetite that is moderate
6. Moderate sweating with little thirst
7. Get plenty of restful sleep
8. Large eyes with a pale sclera, calm and stable.
9. Thick, greasy, wavy, dark-colored hair

10. Calm, cool, happy, and pleasant demeanor.

Importance of prakruti.

Prakruti discovers a foundational role on which the entire skeleton of personalized medicine is built. DashvidhaPariksha includes a Prakruti assessment, which is assessed in its entirety with a grasp of at least nine other components.

Prakruti is determined before a person's birth depending on the following factors:

- 1) Shukra and shonita
- 2) Predominance of Panchamahabhuta
- 3) Maturaahara-vihara
- 4) Satva, Raja, and Tama are the four elements.

As a result, an individual's prakruti remains constant throughout his or her life. As ahara is also considered chikitsa, the individual should be exposed to appropriate ahara to prevent vyadhi, according to the prakruti.

Prakruti and metabolism

Prakruti and metabolism are two terms that are often used interchangeably. The tridoshas make up the Prakruti, or body constitution (vata, pitta, and kapha). The three conspicuous prakruti constitutions (vata, pitta, and kapha) present a set of metabolic characteristics that aid in determining how the body and mind react to stimuli. In general, one or more doshas have a natural predominance in a person. Each prakruti has distinct physical, physiological, and psychological characteristics (gunas) that are entirely dependent on the presence of each dosha in a person. In order to stay healthy, each person must maintain their dosha balance as defined by their prakruti.

The metabolic activities of vata, pitta, and kaphaprakruti have been discovered to be distinct. According to Ayurveda, kapha metabolism is sluggish, pitta metabolism is quick, and vata metabolism is changeable. Various studies have attempted to establish a link between distinct prakruti types and various metabolic activities in the body⁴. Another study describes the concept of prakruti in aging, stating that pitta predominance prakruti type individuals have a high basal metabolic rate (BMR) and energy consumption, which leads to tissue destruction and premature aging, as well as an average life span, whereas kapha predominance prakruti type individuals have a tendency to delayed aging and a longer life span⁵. Ghodke et al. (2011) found a possible genetic foundation for prakruti metabolic variations, concluding that pitta prakruti are fast metabolizers whereas kapha prakruti are sluggish, and that both are impacted by differing concentrations of CYP2C19 substrates. As a result of this research, it was shown that one of the primary differentiating phenomena in the connections between CYP2C19 genotypes and prakruti was rapid and slow metabolism⁶. A number of studies have shown or theorized correlations between the Ayurvedic tridosha hypothesis and key metabolic⁴ processes. However, additional direct data is needed to confirm a lot of these connections.

Prakruti and chronic disease

Prakruti, or a person's tridoshas' constitution, has a definite link to one's susceptibility to chronic ailments.^{1,2,3} This is well-known in Ayurveda, but it is also becoming more extensively recognized in the broader health knowledge landscape in light of recent data from modern or current health science.

The diseases that can harm a person over the course of his life can be predicted based on the qualities of the three body kinds. The fact that kapha body types are more likely to gain weight is well established. This proclivity for gaining weight and obesity is connected to a range of chronic conditions, including heart disease, hypertension, and diabetes, which are now referred to as metabolic syndrome. Similarly, based on the qualities of the pitta body type, it can be expected that people with this body type are more likely to suffer ulcers, bleeding diseases, and skin illnesses. Vata body types are more likely to suffer from neurological issues, dementia, mobility and speech impairments, arrhythmias, and other chronic ailments.^{7,8,9} Classical scriptures, on the other hand, say that those with the vata body type have the highest risk of chronic disease of the three body types.^{8,9,10}

Discussion

Personalized medicine is a concept that has existed for as long as people have been practicing medicine. The bodily structure, mental makeup, tolerance to various types of food and environment, and susceptibility to various diseases, including the prognosis, all varies based on prakruti type.¹¹

It's also common knowledge that a person's prakruti is considered normal for that individual, and that any imbalance in the doshas of that person's constitution causes disease. The prakruti of a person can reveal a lot about a person's physiological strengths and weaknesses, mental dispositions, and susceptibility to certain ailments.^{12,13} The ancient books of Ayurveda also contain instructions for sustaining lives in accordance with one's prakruti for continuing healthy living in a tailored manner, as prakruti is linked to specific physical and mental inclinations that influence susceptibility to diseases. In order to stay healthy, each person must maintain their dosha balance as defined by their prakruti.^{14,15} Understanding the unique blend of doshas provides the best Aahara (food habits) and vihara (practice and habits) parameters on which to base one's lifestyle. Understanding one's unique mix of Tridoshas provides the greatest instructions for Ahara (food and drink), Vihar (practices and habits), and Vichar (thinking and behavior) on which one's lifestyle is built. As a preventive step, daily and seasonal regimens can be recommended and readily followed.

Conclusion:

Lifestyle modification and intervention based on concept of *prakruti* is helpful to maintain health of individual and prevention of illness. Based on the concept of *prakruti* the line of treatment and the combination of medicine and drugs can be modified for better and fast results. It acts as a personalized prevention and personalized medicine and thereby helps to overcome various health problems and also to cure diseases in better way and also to overcome lifestyle disorders.

Even though the concept of *prakruti* is well explained in the Ayurveda texts, there is the need of standardization of concept of *prakruti* as per the modern terms which will be suitable in modern world. But there is a wide scope in this field for research and further study.

Therefore, if we can standardize this concept of *prakruti* and propagate it worldwide, it can be used globally, people can be suggested with regimes and routines most suitable for their healthy life.

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