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Designing of a comprehensive format for the analysis of *Deha Prakruti*

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ABSTRACT

Prevalence of life style disorders has reached alarming proportions among Indians in the recent years. So prevention of life style disorders is a challenge now a days. Ayurveda provides a definite ray of hope for this. *Prakruti* in Ayurveda is the expression of person in context of morphology, Physiology, behavior and relation to ecology. To provide such guidelines on individual basis consideration of *Deha Prakruti* is important parameter. So it is a need of Ayurveda practitioner to have a precise format for diagnosis of exact *Deha Prakruti* in short period for convenience of OPD patients. Present study is effort to design a concise format for *Deha Prakruti* analysis.

Key words: *Deha Prakruti; Ayurveda; Prevention; Analysis.*

INTRODUCTION

Lifestyle diseases like hypertension, diabetes mellitus, dyslipidemia and overweight/obesity are the major risk factors for the development of CVD. Cardiovascular diseases (CVD) continue to be the major cause of mortality representing about 30 percent of all deaths worldwide. Prevalence of these diseases has reached alarming proportions among Indians in the recent years with rapid economic development and increasing westernization of lifestyle.^[1] So prevention of life style disorders is a challenge now a day. And Ayurveda provides a definite ray of hope for this.

The World Health Organization (WHO) defined health in its broader sense in its 1948 constitution as "A state

of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. Ayurveda incorporates all aspects of health mentioned above.

To analyze, interpret and actual application at OPD level. So it is a need of Ayurveda practitioner to have a precise format for diagnosis of exact *Deha Prakruti* in short period for convenience of OPD patients. Present study is effort to design a comprehensive format for *Deha Prakruti* analysis along with method of examination of concern parameters. Ayurveda also provides guidelines on *Dinacharya* (Daily regime) and *Rutucharya* (seasonal routine), *Ahara* (diet), *Sadvritta* (rules of behavior).

To provide such guidelines on individual basis consideration of *Deha Prakruti* is important parameter. *Prakruti* in Ayurveda is the expression of person in context of morphology, physiology, behavior and relation to ecology. *Prakruti* is unchangeable throughout the life. A different organ of the body like hair, skin, bones etc. has definite impact on *Prakruti*. Though *Prakruti*, diet, environment are many factors having impact on the body but out of these *Prakruti* is the chief and most important one.

Various Ayurveda Samhitas expatiates on Subject of *Deha Prakruti*. Also methodology for analysis of *Deha*

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Prakruti is mentioned in Ayurvedic text but those parameters involve many Subjective parameters. Due to complexity of parameters it becomes difficult.

AIM

To design comprehensive format for Analysis of *Deha Prakruti*.

OBJECTIVES

1. To collect the various references of *Deha Prakruti* from various Ayurveda Samhitas
2. To design comprehensive format for Analysis of *Deha Prakruti*

Nirukti of Prakruti (Etymology)

Prakruti is expression of one's own constitution, which is individual specific.^[2]

Definition of Prakruti (Constitution)

People are born with various proportions of *Dosha*. Their body constitution is referred accordingly. Those born with equal proportions of three *Dosha* i.e. ratio of *Vata*, *Pitta* & *Kapha* equal to each other are *Sampitta-anila Kapha*.^[3]

Chakrapani explains the meaning of 'Sama' as balanced condition of existing *Dosha*. When *Vata* is predominant it is *Vatala*. When *Pitta* is predominant it is *Pittala*. When *Kapha* is predominant it is *Shleshmala*. These 'Sama' *Prakruti* (Constitution) individual are generally healthy people and remain healthy. Few of them show the predominance of one *Dosha*. Those exhibiting predominance of *Kapha* are 'Shleshmala' those with predominance of *Pitta* or *vata* are called '*Pittala*' or '*Vatala*'. These people frequently fall sick. Chakrapani explains 'Sadatura' as- A person may be healthy in routine life. He may not be actually sick or bed ridden, yet may suffer from minor ailments like cracked skin or irregular digestion etc. This does not indicate that one or two *Dosha* predominant people is always sick. Due to this predominance of *Dosha* proportion, these people show psychosomatic expression called '*Deha Prakruti*'. So Dinacharya (Daily regime) and Rutucharya (seasonal routine), Ahara (diet) should be

planned as per demands of status of Dhatu, Season & other environmental condition for maintenance of health.^[4]

Seven types of *Prakruti* (Constitution) people are observed. Three type with predominance of single *Dosha*, Three with predominance of two *Dosha*, and one with combination of all three *Dosha*.

Symptoms of Deha Prakruti

Various Samhitas explains symptoms for analysis of *Deha Prakruti*. Parameters from following references are studied to finalize the format for *Deha Prakruti* Analysis.

Kapha Prakruti

Charak Samhita, Vimana sthana, 8/96^[5] Sushruta Samhita, Sharira sthana, 4/71-75^[6] Ashtanga Hridaya, Sharira sthana, 3/96-103^[7] Ashtanga Samgraha, Sharira sthana, 8/12^[8]

Pitta Prakruti

Charaka Samhita, Vimana sthana, 8/99^[9] Sushruta Samhita, Sharira sthana, 4/68-71^[10] Ashtanga Hridaya, Sharira sthana, 3/90-95^[11] Ashtanga Samgraha, Sharira sthana, 8/11^[12]

Vata Prakruti

Charaka Samhita, Vimana sthana, 8/97^[13] Sushruta Samhita, Sharira sthana, 4/64-67^[14]

Ashtanga Hridaya, Sharira sthana, 3/85-89^[15] Ashtanga Samgraha, Sharira sthana, 8/10^[16]

MATERIALS AND METHODS

Above references explains the parameters for deciding the *Deha Prakruti* of an individual. If all Parameters explained in the above literature are considered the total number of parameters will be *Vata Prakruti* - 147 parameters, *Pitta Prakruti* - 118 parameters, *Kapha Prakruti* - 165 parameters.

If all parameters are considered the format becomes very lengthy and difficult to finalize the *Deha Prakruti* at OPD level and becomes very time consuming and inconvenient.(Table 1)

A) Questionare to Analyse Deha Akriti (Body Framework)**a) Alpa Sharira**

Yathochit pramana i.e. average height of Indian ranges from 5.0-6.0 Feet.^[17] So *Vata* prakruti means - height will be less than 5 feet, *Pitta* prakruti means - height will be between 5-6 feet & *Kapha* prakruti means - height will be more than 6 feet.

b) Apachit Sharira / Upachit

For Krishna (lean), Alpa (less) and Hrasva (little) modern parameters of BMI can be used.

Criteria for assessment of BMI Underweight – < 18.5– Apachit, Normal – 18.5, 24.9 – Upachit

c) Paripurna Sharira

Darshan Pariksha (By Examination)

Vata and *Pitta* prakruti deha akriti will be alpa and medium respectively. For *Kapha* prakruti deha akriti will be well built. The organs and health will be good in *vata* and *pitta* prakruti.

All organs in normal and healthy state – Paripurna (Well built body)

Prashnapariksha

Que: Is there any deformity or difficulty in function of any organ?

Ans: Yes – Aparipurnaanga.

No – Paripurna Sarvanga – *Kapha* Prakruti (Constitution).

d) Sthirsharira

Examination method – Prashna Pariksha

Que: Is there gain or loss in weight in short time by minor changes in extraneous factors (like diet, Environment)?

Ans: Yes – Asthirsharira.

No – Sthirsharira.

B) Twacha: (Skin)**1) Varna**

Method of examination – Darshana Pariksha

Examination of skin colour of face was done. It is categories as follows,

a. Dhusara Krishna varna (Dusty black skin) – *Vata Prakruti*

b. Gaura Tamra varna - (Fairness with reddish tinge) – *Pitta Prakruti*

c. Shyama gaura varna - (Fairness with blackish tinge) – *Kapha Prakruti*

2) Parusha - Examination of skin of face and forearm

Examination – Darshan and Prashna Pariksha

Que: Is just beginning of the winter season induces roughness in skin of palm and feet's?

Ans: Yes – Parusha Twacha – *Vata Prakruti* lakshana

b. Sphutitanga avayava

Examination method – Darshan Pariksha

Examination of Palmer and planter surface and lips forcracked skin.

Cracked skin – Sphutitangavayava – *Vata Prakruti*

c. Prabhuta Tila, Kalaka, Vyanga

Examination – Darshan Pariksha and Prashna Pariksha

Examination of skin should be done toevaluate whether he/she possess following characteristics,

i. Prabhuta tila - Plenty of black moles - *Pitta Prakruti*

ii. Prabhuta Kalaka - *Pitta Prakruti*

iii. Plenty freckles – Prabhatpiplu – *Pitta Prakruti*

d. Putigandha (Foul smell)

Examination – Prashna Pariksha and Gandha pariksha

Prashna Pariksha

Que: Is axillary region, mouth of volunteer foulsmelling frequently?

Ans: Yes – Putigandha – *Pitta Prakruti*.

Gandha Pariksha

In case of excessive foul smell it was detected by Gandha pariksha.

Presence of foul smell - Putigandha – *Pitta Prakruti* (Constitution)

b. Kshipravali

Acharya Sharangadhara explained that, Hrasa (degeneration) related to skin takes at the age 50 yrs.

Examination method – Prashnapatiksha and Darshana pariksha.

Que: Is wrinkles are present on the skin of face/forearm before 50 yrs. of age

Ans: Yes indicates Kshipravali- *Pitta Prakruti* (Constitution)

c. Ushnanga

Examination method – Prashnapatiksha and Darshan, Sparshana Pariksha

Forehead of volunteer was examined by palm. Comparatively more warm than normal.

Prashnapariksha i)

Que: Is there feeling of hotness even under normal environmental condition him/herself? ii)

Ans: Yes indicates Ushnanga – *Pitta Prakruti*.

Before examination the individual was instructed to wash and dry hairs.

C) Kesha (Hair)

a. Kesha Varna

Examination – Prashna Pariksha / Darshana Pariksha

What is your normal hair color?

i. Reddish brown hairs –Kapil - *PittaPrakruti*.

ii. Dusty Black –Dhusar - *VataPrakruti*.

iii. Raven Black – Neel - *KaphaPrakruti*.

b. Sphutitkesha

Examination method – Darshana Pariksha and Prashna Pariksha

Darshana Pariksha – For splitting of hairs Prashna Pariksha –

Que: Is hair splitting present?

Ans: Yes indicates Sphutit kasha –*Vata Prakruti*.

c. Kshipra - Khalitya / SthirKesha

Complaint of hair fall produces baldness.

Examination method – Darshana Pariksha / Prashna pariksha

Que: Is Volunteer has complaint of hairs fall?

Ans: Yes – Kshipra Khalitya – *Pitta Prakruti*.

No - No hair fall and Baldness – *Kapha Prakruti*.

d. Kshipra - Palitya (Graying of hairs)

Examination method – Darshan Pariksha and Prashna Pariksha.

Que: Is greying of hairs present before 40yrs?

Ans: Yes – Kshipra Palitya – *Pitta Prakruti*.

e. Mridu Kesha

Examination method – Sparshana Pariksha.

Rough hairs – Parusha kasha - *Vata prakruti*

Soft hairs – Mridukesh – *Kapha Prakruti*.

f. Ghana kasha

Examination method – Darshana Pariksha Dense hairs – Ghana Kesha – *Kapha Prakruti*.

g. Kutilkesha

Examination method – Darshana Pariksha

Presence of curly hairs – *Kutilkesh – Kapha Prakruti*

D) Danta: (Teeth)

a) Sukhmadanta and Atidanta

Small teeth and extra teeth.

Examiantion method – Darshana Pariksha

i. Small, irregular teeth compared to face size – Sukshma danta – *Vata Prakruti*.

ii. Extra teeth – Atidanta – *Vata Prakruti*.

b) Dantakhadi

Examination method - Prashna pariksha

Que: In day to day life is Volunteer has tendency of grinding the teeth?

Ans: Yes to above question indicates Vatapradhanya.

E) Bala (Strength)

a) Alpa Bala, Madhyama Bala, Balavanto

Examination of Bala was done by fatigue index test by Harward step test. (Table 2)

F) Voice Quality

Examination method - Shravana Pariksha (Hearing)

Examination of following factors regarding the quality of voice was done,

- 1) Pratata - Habit of talking continuously for longer duration
- 2) Ruksha - Dryness in voice (Hoarseness in voice)
- 3) Kshama - Weakness in voice
- 4) Sanna - Low pitched voice
- 5) Sakta - Unclear pronunciation
- 6) Jarjar - Voice resembling to old man's voice (broken)

All above qualities are indicative of *Vata Pradhanya*.

- 7) Bhuryucchar - High pitched sound, Indicates *Pitta Prakruti*.
- 8) Prasannaswar - Voice is pleasant to hear. Indicates *Kapha Prakruti*.

G) Waste Products

a) Malavashthambha

This examination is similar to the examination of *Krura Koshta*.

b) Prabhuta Mutra

Examination method – Prashna pariksha

Que: What is the frequency of micturation per day?

Ans: Below 4 to 5 times/ day – Alpa Mutrapramana.

4 to 5 times/ day – Madhyampramana. Above 4 to 5 times – Prabhut Mutra.

c) Prabhut Sweda

Examination method - Prashna pariksha

Que: Is individual has tendency of sweating more compared to other?

Que: Can mild physical exertion is enough to inducesweat to individual under normal atmospheric condition?

Ans: Yes to above two questions indicate Prabhutasweda.

No to above two questions indicate Alpasweda

H) Nidra

a) Alpanidra / Nidralu/ Prajagruka

Terminologies used under Nidra are as follows, Prajagruka – Disturbed sleep.

Nidralu - Sleepy

Examination method – Prashna pariksha

Que: What is total duration of sleep?

Ans: Duration less than 7 to 8 hrs. - Alpa Nidra

Duration more than 8 to 9 hrs. - Nidralu

Que: Is sleep is sound or disturbed? Ans: Disturbed sleep - Prajagrukanidra.

b) Unmilitanibhavantisupte

Examination method - Prashna pariksha

Que: Do volunteer have habit of keeping eye lid open during sleep?

Ans: Yes to above question indicates Unmilitanibhavantisupte.

Likes / Dislikes

a) Rasa priyatva

Examination method - Prashna pariksha

Que: Which rasa predominant Food stuff likes Individual?

Ans: Madhur / Alma / Lavanpriya – *Vatapradhanya*

Madhur / Kashay / Tikta/ Shital - *Pitta pradhanya*.

Madhur – *kaphapradhanya*.

Tikta / Kashay / Katu / Ushna / Ruksha – Kapha Pradhanya.

b) Shita Asahishnu

Examination method- Prashna pariksha

Que: Is individual hates chilled foodstuffs and also hates cool atmosphere like chilled air conditioned room or moderate winter season?

Ans: Yes to above question indicates Shita Asahishnuta - Vata Pradhanya.

c) Savilasi

Individual is pleasure loving. Examination method – Prashna pariksha

Que: Is individual is pleasure loving (without considering the importance of factors like time)

Ans: Yes to above question indicates Savilasi - Vata Pradhanya.

d) Geeta / Hasya / Mrigaya / Kalilola

Examination method – Prashna pariksha Que: Is individual Adores music?

Que: Is individual is Hasyapriya?

Que: Is individual likes hunting?

Que: Is individual is full of quarrelsomeness?

Ans: Yes to above questions indicate - Vata Pradhanya.

e) Ushnaasaha

Examination method – Prashna pariksha

Que: Is individual hates hot food stuffs, moderately hot climatic conditions?

Ans: Yes to above question indicates – Pitta Pradhanya.

f) Kleshaashishnu

Examination method – Prashna pariksha

Que: Is individual unable to bear even the mild stressful conditions? (mental & physical)

Ans: Yes to above question indicates – Pitta Pradhanya.

g) Dayitamalyavilepanamandana

One, who likes Garlands, perfumes etc.

Table 1: Deha Prakruti Parikshan

S N	Observation	Vata Prakruti	Pitta Prakruti	Kapha Prakruti
A	Body Framework	A a) Alpasharira A b) Apachitsharira	A d) Sukumargatra	A b) Upachitsharira A c) Paripurnas harira
B	Skin	B-1a) Dhushar/Krishna B-2a) Parusha B-2b) Sphutit Angaavayava	B-2c) Prabhutilkalka B-2d) Putigandha B-2e) Kshipravali B-1b) Gaur tamra varna B-2f) Ushnanga	B-1c) Shyam gaur varna
C	Hairs	C-e-i) Parusha C-b) Sphutit C-a-ii) Dhushara	C-e-f-ii) Mridu C-a-i) Kapil C-c) Kshiprakhalitya C-d) KshipraPalitya	C-f) Ghana C-a-iii) Neela C-g) Kutil
D	Teeth	D-a) Sukshmadanta D-b) Dantakhadi D-a) Atidanta		
E	Bala	E-a) Alpa	E-a) Madhyam	E-a) Balavanto
F	Voice quality	F 1 to 6) Pratata, Ruksh Ksham, Sanna Sakta, Jarjar	F -7) Bhuryucchar	F-8) Prasanna swara
G	Waste products	G-a) Malavashtambha	G-b) PrabhutaMutra G-c) Prabhuta Sweda	G-c) Alpasweda
H	Nidra	H-a) Prajagruk H-a) Alpanidra H-b) Unmillitani bhavanti supte		H-a) Nidralu

I	Likes & Dislikes	I-a) Annapan akanksha Madhura/Amla / Lavan. I-b) Shitaasahishnu I-c) Savilasi I-d) Geetahasyamri gayakalilola	I-a) Annapan akanksha Swadutikta/ Kashayabhilasha I-e) Ushnaasahishnu I-f) Kleshasahishnu I-g) Dayitmaryavilep anamandana	I-a) Annapana kanksha Tikta / Kashaya/ Katu / Ushan / I-a) Madhurpriya I-h) Shastrapriya I-i) Vyayamshilo
	Total	21	18	15

Table 2: Classification of fitness according to fatigue index

Fatigue index	Grades	Bala
Below 55	-	Alpabala
55 –64	Poor (low)	Alpabala
65 – 79	Average	Madhyambala
80 –89	Good	Uttambala
Above 89	Excellent	Uttambala

Examination method – Prashna pariksha

Que: Is individual likes to use pleasant smelling garlands,permutated ‘Lepas’ for make-up?

Ans: Yes to above question indicates – *Pitta* pradhanya

a) Shastrapriya

Examination method – Prashna pariksha.

Que: Is individual likes to attend knowledgeable lectures or interested in studying Shastras?

Ans: Yes to above question indicates– Kaphapradhanya.

b) Vyayamashilo

Examination method – Prashna pariksha.

Que: Is individual performs exercise regularly?

Ans: Yes indicate – Kaphapradhanya

DISCUSSION

Preventive aspect of Ayurveda is unique phenomenon. *Prakruti* analysis is important to advise Pathya Ahara- Vihara according to daily regime and Rutucharya. In classical text methods of *Prakruti* analysis are explained in detail. It also involves many subjective parameters so at the time of practical implementation it becomes difficult and time consuming to analyze *Deha Prakruti*. While preparing the questionnaire for actual examination objective parameters such as Body Frame work, Skin, Hair, Teeth, Bala, Voice quality, Nidra, Likes & Dislikes are taken into consideration. In present study effort was made to design questionnaire simple and precise. For the same parametrs like BMI & height for Apachitsharir / Upachitsharir / Alpasharir, Harward step test for Bala examination (Strength) were utilized. For analysis of subjective parameters specific questions are framed to achieve maximum accuracy in results So after critical evaluation of literature & references in Ayurveda, the present study was an attempt to prepare a concise format which includes Physical, Physiological and Psychological aspects

CONCLUSION

For Maintenance of health, Ayurveda provides guidelines on Dinacharya (Daily regime) and Rutucharya (seasonal routine), Ahara (diet), Sadvritta (rules of behavior). For providing such guidelines analysis of *Prakruti* is important criteria. *Prakruti* in Ayurveda is the expression of person in context of morphology, Physiology, behavior and relation to ecology. So it is a need of Ayurveda practitioner to have a precise format for diagnosis of exact *Deha Prakruti* in short period of time for convenience of OPD patients. Present study is effort to design a concise format for *Deha Prakruti* analysis. This study could be a platform for further studies to design technical computer software to determine *Deha Prakruti* in less time.

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