**PRAKRITI- IN PREVENTING LIFESTYLE DISEASES**

Gayathri Holla¹, Suresh y²

¹PG Scholar, Department of, Shareera Kriya, ²Associate professor, Department of Agada Tantra; Alva's Ayurveda Medical College and Hospital Moodbidri, Karnataka, India

Email: hollagayathri@gmail.com

**ABSTRACT**

Health is a mirror image of lifestyle. Instead of having balanced diet and proper exercise we give our minds to taste & comforts. This poor lifestyle leads man to various diseases like Hypertension, Obesity, Heart diseases etc. In Ayurveda, Acharya says Prajnaaparadha (intellectual blasphemy) as one of the cause for Vyadhi (diseases). According to the Gunas (character) of Ahara (food) and Vihara (habit) different disease manifest in their respective Deha Prakriti (body constitution). So by knowing our own Prakriti and following proper lifestyle according to Prakriti will help to avoid various diseases. Deha Prakriti plays a major role in prevention and management of life style diseases.

**Keywords:** Ayurveda, Prakriti, Lifestyle diseases, Prajnaaparada.

**INTRODUCTION**

Prakriti is a physical and psychological constitution of body. Unique character and behavior mainly depend on the presence of predominate Dosha¹. Prakriti is one among Dashavidha Pareeksha² (ten types of examination). Prakriti plays an important role in prevention and management of different diseases. Susceptibility of the diseases mainly depends on the Prakriti of an individual. Lifestyle is the way of leading life. Instead of following wholesome diet and regimen people are more attracted towards taste & comforts. The incidence of lifestyle diseases such as hypertension, diabetes mellitus, dyslipidemia, and overweight/obesity associated with cardiovascular diseases is high on the rise. With rapid economic development and increasing westernization of lifestyle in the past few decades, prevalence of these diseases has reached alarming proportions among Indians in the recent years³. Each person is unique, wholesome and unwholesome regimen depends on his Prakriti. Hence in present work an attempt has been made to highlight the importance of Prakriti in preventing lifestyle disorders.

PRAKRITI

Prakriti is unique, according to the predominant Dosha and its property the individual’s characteristic and behaviors are expressed. Prakriti is derived from Pra and Kriti which means natural origin. Prakriti originates during the Shukrashonita Samyoga³ (union of sperm and ovum) but they are determined by factors like Shukrashonita (sperm and ovum), Kaalagarbhashaya (time of conception),

...
Maaturaahaaravihaara (mothers food), Mahabhootavikaara (five fundamental elements). This natural origin according to the Dosha predominant is of 7 types they are Vataja, Pittaja, Kaphaja, Vatapittaja, Pittavataja, Pittakaphaja, Tridoshaja/Sama. Among these types of Prakriti Ekadoshja Prakriti considered as Sadaatura (unhealthy), Dwidoshaja Prakriti as Nindya (poor) and Sama Prakriti as Uttama (best).

PHENOTYPIC EXPRESSION OF PRAKRITI

Two unrelated individuals vary in one nucleotide in every thousand base pairs. Thus if we take the entire genome there should be 6 million differences between two individuals. Ayurveda Acharya’s grouped people with similar phenotypic expression as Prakriti. Thus according to individuals phenotypic expression the lifestyle vary and susceptibility for diseases also vary.

LIFESTYLE AND DISEASES

Lifestyle is the way of leading life, adopted by the person fortunately or unfortunately. People are more attracted towards the tasty, cheap, easily available road side fast food. People are lazy to work hard and they enjoy more sedentary lifestyle. As a passion young adults will start drinking, smoking habits and later they become addicted to those habits. By following this kind of low nutritious food and lazy lifestyle person himself has become the victim for his illness like Hypertension, Obesity, Heart Condition, COPD, Diabetes Mellitus etc.

AYURVEDIC CONCEPT OF LIFESTYLE DISEASES

In our classics Acharya’s quoted that, the main cause for Dosha Vaishamya (variation) is Asatmendriyaartha Samyoga (improper union of senses), Prajnaaparadha and Parinaama (transformation). Prajnaaparadha is the causes were person knowingly follows the unwholesome regimens and in other condition were people are unfortunately exposed to disease causing environment. This type of exposure will lead person to various diseases like Jwara (fever), Atisaara (diarrhea), Shophai (inflammation), Shosha (imaciation), Swasa (asthma), Meha (diabetes), and Kusta (skin diseases).

Prakriti is the expression of Dosha. Doshas are formed by the Sara Bhaga (essence part) of Shukra (sperm) and Shonita (ovum) and Dosha nourishes by the Ahaara Rasa, if Ahaara is not taken according to one Prakriti, Desha (place), Kaala (season), Saatmya (a substance conducive to person) etc it will lead to the vitiation in Dosha. This Dosha vitiation will differ in different Prakriti person. Hence Ahaara should plan according to once personal constitution.

DISCUSSION

BALA (IMMUNE) IN PREVENTION OF LIFESTYLE DISORDER

Bala (strength) of a person varies in different Prakriti were as Vata Prakriti Person is Durbala (less strength), Pitta Prakriti person is Of Madya Bala (moderate strength) and Kapha Prakriti person is Balavaan (good strength). In diseased state the protection of this innate Bala is the main task of physicians as the Sahaja Bals, dietary variances, Doshic imbalance and body constitution determines the course of diseases. As a matter of fact Kalaja and Yukti Krita Balas are merely modified factors of Sahaja Bala.

Augmenting factors of Bala are birth in a Place where people are naturally strong, birth at a time where people are naturally strong, favorable disposition of time, optimum qualities of sperm, ovum and uterus, good maternal nutrition and conduct, excellence in dietetic factor, favorable psychic factor, behavior, youth full age, action and cheerfulness.

Person by his Yukti (intellect) can gradually decrease the Doshabhavas and can enhance the Gunabhavas. Yuktikrita Bala can be achieved by the consumption of wholesome food, practice of ideal regimen and by appropriate use of Rasayana (rejuvenating therapy) can Vaajikarana (aphrodisiac) drugs thus can prevent life style diseases.

ROLE OF PRAKRITI IN THE PREVENTION OF LIFESTYLE DISORDER
Even though hundreds of people who follow same lifestyle all will not suffer from the same diseases, this kind of susceptibility to diseases is mainly due to the prakriti of an individual which vary from person to person. Each person is unique. Person with Vata Prakriti will develop diseases due to vitiation Vata Dosha, Pitta Prakriti person develop diseases due to vitiation of Pitta Dosha and Kapha Prakriti person develop diseases due to Kapha Dosha. Prakriti are combinations of different Doshagunas so, one should plan his diet according to his Doshaguna.

Vata Prakriti person is having predominant Gunas like Rooksha (dry), Laghu (light), Sheeta (cold), Khara (rough), Sookhsma (minute), Chala (movement) properties, if person indulge in food and activities of such properties then Vata will aggravate, so he should carry out activities which is having opposite characters. Vaata Shaamaka Upachaara (remedies pacifying Vaata) listed in table no. 1 should be followed.

Pitta Prakriti person is having predominant Gunas like Sneha (oily), Teekshna (sharp), Ushna (hot), Laghu (light), Vistra (foetid), Sara (flowing), Drava (fluid) properties, if person indulge in food and activities with such properties then pitta will get aggravated so he should indulge in activities which is having opposite properties. Pitta Shaamaka Upachaara listed in table no. 1 should be followed.

Kapha Prakriti person is having predominant Gunas like Snigdha (unctuous), Sheeta (old), Guru (heavy), Manda (slow), Slikshna (slimy), Saandra (dense), Mrudu (soft), Sthira (stiff) properties, if the person indulge in activities with such properties then Kapha will get aggravated so he should indulge in activities which is having opposite characters.

Kapha ShaamakavUpachaara listed in table no. 1 should be followed.

Table 1: According To Prakriti - Dosha Upakrama

<table>
<thead>
<tr>
<th>Vaata</th>
<th>Pitta</th>
<th>Kapha</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aahara</td>
<td>Madhura (sweet), Amla (sour), Lavina (salt), Ushna (hot), Sura and Aasava Paana (drinking medicated alcohol)</td>
<td>Gruta (ghee), Madhura, Thikta (bitter), Kashaya (stringent), Sheeta (cold)</td>
</tr>
<tr>
<td>Vihara</td>
<td>Abyanga (oil emborocation), Upanaaha (sedation), Udwestana (binding), Umardhana (massage), Parisheka (pouring), Avagadaa (immersion), Samveahana (soft massage), Avapeedana (hard massage), Vitraasana (terrifying), Vismaaapan (astonishing), Vismaran (oblivion)</td>
<td>Mrudu (soft), Madhura, Sugandhita (good smelling), Sheeta, Mana priya – Gandha and Sangeeta (likable smell and music), Mukhtaman Haara (pearl necklace), Sheetala Vastra and Gruha (cold dress and house), Priya Stree Aalingana (hug by girl)</td>
</tr>
<tr>
<td>Shodhana</td>
<td>Basthi (enema)</td>
<td>Virechana (purgation)</td>
</tr>
</tbody>
</table>

Examples, Vata Prakriti person is working in a ac room for years of time then he may develop arthritis, dry skin etc, to overcome this if it is possible to quit the job its good if not then he should change his lifestyle like he has to consume hot water in between the work. Daily he should take warm oil massage (with Vatahara Dryva Saadhita) and warm water bath Madhura, Snigdha, Ushna property predominant food he has to consume.

Kapha Prakrit person consuming Guru, Abhishyanda, Kaphakara food like pizza, Pastry’s, Ice cream will lead to aggregation of Kapha Dosha Producing Kaphaja Vikaara like Atherosclerosis. To prevent from this KaphaPrakriti person should
change his food style by taking *Ahara* which is light and *Agni Deepaka*, by taking *ushna jala* frequently, doing *Upavaasa* when there is no hunger or *Agnimaandya*.

Table 2: Food and Regimen Which Aggravate The *Doshas*

<table>
<thead>
<tr>
<th>Food</th>
<th>Regimen</th>
<th>Dosha aggravated</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junk foods – pizza, burger, naan, sandwich Bakery sweets chocolates, oil, fried items</td>
<td>Day sleep, non stressful sedentary lifestyle, lazy</td>
<td>Kapha</td>
</tr>
<tr>
<td>spicy fried items like hot chips</td>
<td></td>
<td>Kapha, Pitta</td>
</tr>
<tr>
<td>Chinese food, coke, fizzy drinks, acidic drinks, alcohol</td>
<td>Smoking, mid day sun bath,</td>
<td>Pitta</td>
</tr>
<tr>
<td>Ice creams, pastry’s</td>
<td></td>
<td>Kapha, Vata</td>
</tr>
<tr>
<td>Spicy foods, dry foods</td>
<td>Awake during night time, long time working with electron gadgets</td>
<td>Vata, Pitta</td>
</tr>
</tbody>
</table>

In table no. 2, there are list of most frequently used food and regimens that followed, were most of the food and regimens are aggravator of *Kapha Dosha*. In table no. 3 enlisted the common lifestyle diseases and the corresponding *Prakriti* person prone to that disorder. Among these *Kapha Prakriti* persons are more prone for life style diseases even though our Acharya mentions that *Kapha Prakriti* as Balavan, *Kapha Prakriti* persons may be a major victim because most of the present food and regimens are aggravator of *Kapha Dosha*, in spite of persons physical and psychological strength the strength of the poor life style plays a major role in manifestation of diseases.

**CONCLUSION**
Lifestyle related disorders occur mainly because individual are not adopting way of life according to once own constitution. *Prakriti* is expressed according to the *Dosha* predominance maintenance of equilibrium of *Dosha* is mainly dependent on lifestyle. *Prakriti* plays major role in prevention as well as management of lifestyle disease.

**REFERENCES**

Source of Support: Nil
Conflict Of Interest: None Declared

How to cite this URL: Gayathri Holla & Suresh Y: Prakriti- In Preventing Lifestyle Diseases. International Ayurvedic Medical Journal {online} 2018 [cited May, 2018]