

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.

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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 per cent 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.

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

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.

AIM

To design comprehensive format for Analysis of Deha Prakruti.

OBJECTIVES

- To collect the various references of Deha Prakruti from various Ayurveda Samhitas
- 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 Sampittaana 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 Parametrs 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 Krisha (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 – ParipurnaSarvanga – KaphaPrakruti (Constitution).

d. Sthirshariar

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)

e. 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 offace/forearm before 50 yrs. of age?

Ans: Yes indicates Kshipravali- Pitta Prakruti (Constitution)

f. Ushnanga

Examination method – Prashnapatiksha and Darshan, Sparshana Pariksha
Forehead of volunteer was examined by palm.
Comparatively more warm than normal.

Prashnapariksha

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

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 – KaphaPrakruti.

d. Kshipra – Palitya (Graying of hairs)

Examination method – Darshan Pariksha and Prashna Pariksha.

Que: Is greying of hairs present before 40yrs?

Ans: Yes – KshipraPalitya – Pitta Prakruti.

e. Mridu Kesha

Examination method – Sparshana Pariksha.

i) Rough hairs – Parusha kasha - Vata prakruti

ii) 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.

Examination method – Darshana Pariksha

- a) Small, irregular teeth compared to face size – Sukshma danta – Vata Prakruti.
- b) 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 KaphaPrakruti.

G) WASTE PRODUCTS

a) Malavashthambha

This examination is similar to the examination of KruraKoshtha.

b) PrabhutaMutra

Examination method – Prashna pariksha

Que: What is the frequency of micturation per day?

Ans: Below 4 to 5 times/ day – AlpaMutrapramana.

4 to 5 times/ day – Madhyampramana.

Above 4 to 5 times – PrabhutMutra.

c) PrabhutSweda

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. – AlpaNidra

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.

I) 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 – KaphaPradhanya.

b) ShitaAsahishnu

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 ShitaAsahishnuta - VataPradhanya.

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 - Vatapradhanya.

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 - Vatapradhanya.

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

No.	Observation	Vata Prakruti	Pitta Prakruti	Kapha Prakruti
A	Body Framework	A a) Alpasharira A b) Apachitsharira	A d) Sukumargatra	A b) Upachitsharira A c) Paripurnasharira
B	skin	B-1 a) Dhular/Krishna B-2a) Parusha B-2b) Sphutit Angaavayava	B-2c) Prabhutikalka B-2d) Putigandha B-2e) Kshipravali B-1b) Gaur tamra varna B-2f) Ushnanga C-e-f-ii) Mridu C-a-i) Kapil C-c) Kshiprakhalitya C-d) KshipraPalitya	B-1c) Shyam gaur varna
C	hairs	C-e-i) Parusha C-b) Sphutit C-a-ii) Dhulara		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) Pratat, Ruksh Ksham, Sanna Sakta, Jarjar	F -7) Bhuryucchar	F-8) Prasanna swara
G	Waste products	G-a) Malavashtambha	G-b) PrabhutaMutra G-c) PrabhutaSweda	G-c) Alpasweda
H	Nidra	H-a) Prajagruk H-a) Alpanidra H-b) Unmilitani bhavanti supte		H-a) Nidralu
I	likes & Dislikes	I-a) Annapan akanksha Madhura/Amla/ Lavan. I-b) Shitaasahishnu I-c) Savilasi I-d) Geetahasyamrigayakalilola	I-a) Annapan akanksha Swadutikta/ Kashayabhilasha I-e) Ushnaasahishnu I-f) Kleshasahishnu I-g) Dayitmalyavilepanamandana	I-a) Annapanakanksha 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.

h) Shastrapriya

Examination method – Prashnapariksha.

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

Ans: Yes to above question indicates– Kaphapradhanya.

i) 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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