

Essential consideration of *Prakriti Parikshan*: Examination of body constitution

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REVIEW ARTICLE

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ABSTRACT

This article presented unique approach for selecting appropriate partner for love, business and game etc. since choosing a right person is complicated and it is very difficult when partners are unknown to each other. The article described simple and unique approach to find out right life partner considering his/her *prakriti*; likes, dislike, temperament and aptitude, etc.

Keywords: Ayurveda, Prakriti, Parikshan, Constitution.

INTRODUCTION

Ayurveda described *prakriti parikshanas* one the important method for choosing right partner along with others like; palmistry, horoscope and numerology, etc. These all methods required some accurate information from the person being examined or questioned. *Prakriti parikshan* not required person's name, date of birth, time of birth and palm impression, etc. it only require the person examination in seating position in front of examiner, however photo or video of person to be examined may also employed.

Prakriti means from the beginning or original form during conception, the predominated *dosa* of sperm and ovum constitutes *doshic* features of zygote. Therefore the *doshic* state of paternal and maternal factors transferred to the offspring. These all may be correlated with the genetic concept of modern science which involves paternal/maternal physical and mental constitution transferred to the offspring. *Acharya laghu vaghbhatt* described contribution of *garbhaasraya* condition (uterine cavity), *garbhinichesta* (activity of pregnant mother), *garbhinihara* (diet of pregnant mother) and *ritu* (time/season of conception) towards the formation of *prakriti*^{su.sharir.4/62}.

Prakriti Parikshan

Acharya Charak presented method to investigate new things or object or to explore the knowledge of the substance based on following factors:^{ch.vi.8/68}

1. *Kaarna* : Subject
2. *Karan* : Object (Instrument, Medicine)
3. *Karyayoni* : Origin of work
4. *Karya* : Action
5. *Karyaphala* : Result of an action
6. *Anubandha* : Association with above
7. *Desa*: Area to be examined (*Bhumi* or Body)
8. *Kala*: Seasonal or Diurnal variation
9. *Pravrti*: Procedure to deal
10. *Upaya*: Application of the procedure.

The examination of following factors are related to the examination of patient's body:^{ch.vi.8/94}

1. *Ayu pramana* (Age limitation of patients)
2. *Atur dosa* (Patient's *doshic* condition)
3. *Atur Bala* (Patient's strength)

According to *acharya prakriti* may be classified as follows:

1. *Vataja*
2. *Pittaj*
3. *Kaphaja*
4. *Dwandaj*
5. *Sannipataj*

The factors which are responsible for the formation of physical variation and temperamental differences in various individual are as follows:

1. *Jati* (Caste)
2. *Kula* (Family)
3. *Desha* (place/state/country)
4. *Kala* (Era/time/period)
5. *Vaya* (Age of patient or individual)
6. *Pratyatiniyata* (Individual)

Jatipraskta:

Some features are inherited in one race/caste like Chinese & Japanese has special facial appearances while Negroes are identified by their hyper pigmented skin color and curly hairs.

Kalaprakta:

Some features are transferred in *kula* like color of hair, skin tone, black / blue /grey eyes and some genetic disorders (dwarfism, auromegaly, sickle cell and thaelasamia etc.).

Desaprakta:

This depends upon aerographical environment since each and every person is affected by food habits and climatic condition of particular *desa*/place.

Kalanupatini:

Chakrapani described that the person who belong to *kriti yoja*, maintain personal hygiene and *kala* also concern with season climate and diurnal variation which effect the *dosha* of the particulars.

Pratyatmniyata:

Pratyatmniyata described individual body constitution, according to *charak* the two individuals differs in physical and mental constitution and therefore displayed various characteristic features.

Acharya sushruta described *prakriti* on the basis of predominance of elements—*panchamahabhuta:*

1. *Nabhasa Prakriti:*

These persons are religious and long lived.

2. *Vayavya Prakriti, Agnaya Pakriti and Jaliya Prakriti:*

These persons resemble *vataj*, *pittaj* and *kaphajprakriti*.

3. *Parthiva Prakriti:*

These persons involved food nourished body, good physic, social and for given essbehavior.

The human constitution also may describe according to five *bhutas* out of that *vayu*, *pitta* and *kapha* predominate *bhutas* already described the remaining *parthiva* and *aakas* also contributed towards body constitution. *Parthiva bhutas* offered firm, large body and tolerant nature while *aakas bhutas* offered constitution which is pure long lived and having large passages. ^{Su.Sharir 4/79}

The Strength of *Prakriti:*

As an insect born does not become victim of the fatal effect of the same, the types of constitution do not inflict the person. Here is in the sense of 'slightly' thus it means that the person is afflicted slightly with the symptoms caused by the constitutional *dosa* in comparison to other person of different constitution. su. sharir 4/78

Importance of *Prakriti:*

1. *Prakriti* helps us to maintain healthy life style, which includes our diet habits and daily regimens.
2. *Prakriti* helps to diagnose the disease because the causative factors of diseases and the factors of *prakriti* are same i.e. *vataja prakriti* is very much prone to *vataja vikara* such as; *ashtigata vyadhi*, *vibandh* and *sandhigata vyadhi* etc. The similar concept also applied on *pittaja & kaphaj prakriti*.

***Prakriti* towards Health Regimen:**

1. *Prakriti* define physical or mental constitution of body.
2. *Prakriti* suggested us *ahar* and *vihar* for our temperament.
3. *Prakriti* suggested possibility or types of diseases for one should be more careful.

Table 1: Characteristics features which depend upon *Prakriti*

Sr.No.	Factors	<i>Vataj</i>	<i>Pittaja</i>	<i>Kaphaja</i>
1	Skin	Cracked,dusky	Wrinkles,blue patches in skin	Nourished well
2	Hair & Nail	Scanty, rough	Brown copper coloured, scanty hairs & baldness	Thick and black shiny hair
3	Body Constitution	Tall and thin	Medium	Excellent compact & well nourished
4	Veins	Prominent	Medium	Excellent compact & well nourished
5	Activity	Unsteadiness very talkative,irritable	Defeats other in talk	Dull incitation with less activities
6	Movements	Unstable joints-eyes-eyebrows-jaws-lips-tongue-head-shoulder-hand-legs.	Medium	Less
7	Joints	Cracking sound	-	Unctuous well knee joint
8	Eyes	Rough,lustreless unpleasant,lid keeps open while sleeping	Eyes are yellow or red feeling warm	Eyes are red in angles,wide,well defined and more eye lashes
9	<i>Koshta</i> (digestive power)	Constipated	Moderate	<i>Mridu</i>
10	Strength	Little	Moderate	More
11	Voice	Obstructed, interacted,harsh,broken, dry	Medium	Clear,high pitch,melodious
12	Sweat	Mild	Perspire heavily,emits bad smell from the body	Medium
13	Sleep	Little, Disturbed	Medium	Not much trouble by sleep
14	Thirst & anger	Irrespective	Excellent	Moderate thrust & anger
15	Likes	Music, humor,	Sweet,astringent,bi	Hot,dry

		hunting, gambling, desire to sweet-sour-salty and hot foods, eat light food	ter and cold foods.	fruits, bitter, astringent and pungent.
16	Dislike	Cold thing	Sun light, hot thing	More quantity of food, cold thing
17	Wealth and life span	Little	Medium	Excellent
18	Nature	Cruel, ungrateful.	Always in trouble, becomes anger, intelligent, clever, brilliant	Intelligent, good manner, right attitude, peaceful, energetic, do not speak hard and abusive words
19	Dreams	Moves in the sky, roaming in the mountain, welling on tree	See the red colored flowers like palash, fire, lighting and sunray.	Sea water, reservoir with full of water, lotus, birds and clouds
20	Sexual life	Cannot control there felling, not liked by women, not having many children.	Insufficiency of semen, sexual desire, don't like by women	Excessive desire (due to abundant <i>sukra</i>), will be having more children

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CONFLICTS OF INTEREST

The author declares that there are no conflicts of interest.

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