ESSENTIAL CONSIDERATION OF **PRAKRITI PARIKSHAN**: EXAMINATION OF BODY CONSTITUTION

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REVIEW ARTICLE

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INTRODUCTION

Ayurveda described *prakriti parikshan* as 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*.

**Prakriti Parikshan**

Acharya Charak presented method to investigate new things or object or to explore the knowledge of the substance based on following factors:

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. *Pravriti*: Procedure to deal

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.

The examination of following factors are related to the examination of patient’s body:

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

According to acharya prakritimay be classified as follows:

1. Vataja
2. Pittaj
3. Kaphaj
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 thalasamia etc.).

DesapraKta:

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

Kalanupatini:

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

Pratyatmniyita:

Pratyatmniyita 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 predominante 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.

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**

<table>
<thead>
<tr>
<th>Sr.No.</th>
<th>Factors</th>
<th>Vataj</th>
<th>Pittaja</th>
<th>Kaphaja</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Skin</td>
<td>Cracked,dusky</td>
<td>Wrinkles,blue patches in skin</td>
<td>Nourished well</td>
</tr>
<tr>
<td>2</td>
<td>Hair &amp; Nail</td>
<td>Scanty, rough</td>
<td>Brown copper coloured, scanty</td>
<td>Thick and black shiny</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>hairs &amp; baldness</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Body Constitution</td>
<td>Tall and thin</td>
<td>Medium</td>
<td>Excellent compact &amp;</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>well nourished</td>
</tr>
<tr>
<td>4</td>
<td>Veins</td>
<td>Prominent</td>
<td>Medium</td>
<td>Excellent compact &amp;</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>well nourished</td>
</tr>
<tr>
<td>5</td>
<td>Activity</td>
<td>Unsteadiness very talkative,</td>
<td>Defeats other in talk</td>
<td>Dull incitation with</td>
</tr>
<tr>
<td></td>
<td></td>
<td>irritable</td>
<td></td>
<td>less activities</td>
</tr>
<tr>
<td>6</td>
<td>Movements</td>
<td>Unstable joints-eyes-eyebrows-</td>
<td>Medium</td>
<td>Less</td>
</tr>
<tr>
<td></td>
<td></td>
<td>jaws-lips-tongue-head-shoulder-</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>hand-legs.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Joints</td>
<td>Cracking sound</td>
<td>-</td>
<td>Unctuous well knee</td>
</tr>
<tr>
<td>8</td>
<td>Eyes</td>
<td>Rough,lustreless unpleasant,</td>
<td>Eyes are yellow or red feeling</td>
<td>Eyes are red in angles,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>lid keeps open while sleeping</td>
<td>warm</td>
<td>wide, well definedand</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>more eye lashes</td>
</tr>
<tr>
<td>9</td>
<td>Koshta (digestive</td>
<td>Constipated</td>
<td>Moderate</td>
<td>Mridu</td>
</tr>
<tr>
<td></td>
<td>power)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Strength</td>
<td>Little</td>
<td>Moderate</td>
<td>More</td>
</tr>
<tr>
<td>11</td>
<td>Voice</td>
<td>Obstructed, interacted,harsh,</td>
<td>Medium</td>
<td>Clear, high pitch,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>broken, dry</td>
<td></td>
<td>melodious</td>
</tr>
<tr>
<td>12</td>
<td>Sweat</td>
<td>Mild</td>
<td>Perspire heavily, emits bad</td>
<td>Medium</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>smell from the body</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>Sleep</td>
<td>Little, Disturbed</td>
<td>Medium</td>
<td>Not much trouble by</td>
</tr>
<tr>
<td></td>
<td>Thirst &amp; anger</td>
<td>Irrespective</td>
<td>Excellent</td>
<td>Moderately</td>
</tr>
<tr>
<td>---</td>
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<td>--------------</td>
<td>------------</td>
<td>-------------</td>
</tr>
<tr>
<td>15</td>
<td>Likes</td>
<td>Music, humor, hunting, gambling, desire to sweet-sour-salty and hot foods, eat light food</td>
<td>Sweet, astringent, bitter and cold foods.</td>
<td>Hot, dry fruits, bitter, astringent and pungent.</td>
</tr>
<tr>
<td>16</td>
<td>Dislike</td>
<td>Cold thing</td>
<td>Sun light, hot thing</td>
<td>More quantity of food, cold thing</td>
</tr>
<tr>
<td>17</td>
<td>Wealth and life span</td>
<td>Little</td>
<td>Medium</td>
<td>Excellent</td>
</tr>
<tr>
<td>18</td>
<td>Nature</td>
<td>Cruel, ungrateful.</td>
<td>Always in trouble, becomes anger, intelligent, clever, brilliant</td>
<td>Intelligent, good manner, right attitude, peaceful, energetic, do not speak hard and abusive words</td>
</tr>
<tr>
<td>19</td>
<td>Dreams</td>
<td>Moves in the sky, roaming in the mountain, welling on tree</td>
<td>See the red colored flowers like palash, fire, lighting and sunray.</td>
<td>Sea water, reservoir with full of water, lotus, birds and clouds</td>
</tr>
<tr>
<td>20</td>
<td>Sexual life</td>
<td>Cannot control there feeling, not liked by women, not having many children.</td>
<td>Insufficiency of semen, sexual desire, don’t like by women</td>
<td>Excessive desire (due to abundant sukra), will be having more children</td>
</tr>
</tbody>
</table>

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**CONFLICTS OF INTEREST**

The author declares that there are no conflicts of interest.

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