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# Ayurvedic Approach of Prakriti & its Effect on Lifestyle Disorder – a Review

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**Abstract** – Ayurveda is one of the oldest health science of the world. The core philosophy of Ayurveda is concept of Tridosha and prakriti. Prakriti shows morphological, physiological and psychological expression of an individual. By understanding the individual combination of tridoshas, gives best guidelines related to Ahara (food), vihar (habits) and vichar (thoughts) on which lifestyle is based. It has been observed that most of the lifestyle related disorders manifest by following regimen opposite to individuals prakriti described in ayurved. It clearly indicates that is someone want to live a healthy and happy life he or she must follow lifestyle according to his or her prakriti. Disequilibrium in prakriti greatly increases the risk of lifestyle diseases, Hence in present work an attempt has been made to elaborate the concept of prakriti and prakriti and lifestyle disorders are closely correlated with each other and the lifestyle managed as per type of prakriti will have significant role in prevention and management of lifestyle related diseases.

**Keywords** – Ayurveda, Prakriti, Lifestyle Disorder and Tridosha.

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## I. INTRODUCTION

The ayurvedic science's more significant results, it is essential that everyone should know their constitutional type. According to ayurveda, an individual's basic constitution determines predisposition to diseases as well as therapy and lifestyle regime to large extent. So once his/ her individual constitution detected than we can able to prevent and cure the disease stage by managing the diet, physical activities and psychological conditions according to individual constitution & predominant Dosh. Lifestyle is the way of leading life, adopted by person fortunately or unfortunately. Lifestyle diseases are defined as diseases linked with the way people live their life. The incidence of life style diseases like hypertension, diabetes mellitus, dyslipidemia, obesity associated with cardiovascular diseases is high on the rise, arthritis, arteriosclerosis, asthma, chronic liver disease, osteoporosis and chronic renal failure with rapid economic development & increasing westernization of lifestyle in the past few decades, prevalence of these diseases has reached alarming proportions among Indians in recent years. Ayurveda is recognized a foremost life science and describes way to prevent and manage lifestyle disorders, the world is being attracted towards its potential. In ayurveda, most of the lifestyle disorder and dietary habits as opposite to individual's prakriti in terms of dincharaya (daily regimen) Ritucharya (seasonal Regimen) and wholesome, unwhole some diet therefore it clearly indicates that it a person wants to be healthy, he must design his lifestyle according to his prakriti.

## II. MATERIAL AND METHOD

Present work has been done based on critical review of classical information, published research work, modern literature and possible correlation has been made between collected information and has been presented in systematic way.

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*Concept of Prakriti –*

Prakriti is formed by the utkatata (predominance) of one, two or all three doshas at the time of union shukra (sperm) and shonita (ovum) in the garbhashaya (uterus). The word prakriti (constitution) has varying meaning in different contexts e.g. Samya (equilibrium), arogya (health), svabhav (nature), karana, end stage of life, bodily constitution etc. Prakriti is specific composition of Dosha that is permanent through the life, these prakritis exhibit attributes of the dominant dosha in physical, physiological and psychological characteristics. In Ayurveda samhita prakriti is based on tridosha, triguna and mahabhoota are Deha prakriti, Maans Prakriti, Bhautik Prakriti respectively. Prakriti is unchangeable factor as it determined during the period of conception as remains unchanged for lifetime. Deha prakriti is further divided are 7 types, they are vataja, pittaja, kaphaja, vatapittaja pittavataja, pittakaphaja, Tridosaja (sama). Among these types of prakriti Ekdoshaj prakriti considered as sadaatura (unhealthy), dwidoshaja prakritis as nindya (poor) and sama prakriti as uttama (best) prakriti. In ayurveda vata dosha is responsible for movement, pitta dosha is digestion & kapha dosha is responsible for anabolism. People of kaphaj prakriti are of good strength, pittaj prakriti are of average strength and vataj prakriti are less strength and more prone to disease.

*Life Style Disorder –*

Life style disorders are that disease that is not transmitted by another person, a vector or environment or it is disease caused by a persons & conducts, behavior sand practices or how we live our life. Association of a person's way of living with his health go a long way in creating an etiology favorable for life style disorders particularly hypertension, Diabetes mellitus, obesity, chronic liver diseases, osteoporosis. Sedentary Schedule and faulty dietary habits are main cause for metabolic imbalance which leads to this group of diseases and making them one of the leading cause of death today. Apart from these, use of tobacco, alcohol and drugs has resulted in rapid escalation of these diseases.

*Nidan (Causative Factors) Precipitating in the life Style Disorder)*

*Exogenous Cause -*

It includes Meda (fat) stimulating diet regimens.

*Endogenous Cause -*

Dosha, Dhatu, Mala & Srotas etc. comes under endogenous Causes. Only acharya charaka has defined Beejdosha (Heredity) as one of the endogenous cause. Ama (toxin) is also considered as an important causative factor. Ayurvedic classics can be classified into. 4 Groups –

1. Aharatmak nidan
  2. Viharatmak nidan
  3. Manas Nidan
  4. Anay Nidan
1. *Aharatmak Nidan-*

Any food which is country or contra indicatory or improper or unfavorable or obstructs the channels is considered as viruddha Aahar (unwholesome diet.) There are some food which become un whole some by their

combination preparations, proportions and digestive transformation as Anupa Rasa seven, Atisampurana (Over eating), guru ahara seven (Heavy diet), Mamsa seven (excessive use of meat), Ikshu vicar seven (sugarcane preparations), payas vicar seven (milk and its preparation), Shlesh mala (diet aggravating kapha) etc.

#### *Viharatmaka Nidana –*

It includes ayayma (lack of physical exercise), sukha shayya (Luxurious sitting), Bhojanottanidra (sleep after meal) and Alpavyavaya (Reduced sex life) etc.

#### *Manas Nidan –*

Excess anxiety, fear, stress may be categorized under manas nidana.

#### *Management of Life Style Disorder -*

Ayurveda offers various regimens including Dinacharya (daily regimen), Ritucharya (Seasonal regimen) pancha karma (five detoxification and biopurification. Therapies) and rasayana (Rajuvention). Therapies. The sadvritta (ideal routines) and aachara Rasayana (Code of Conduct) are utmost important to maintain a healthy and happy psychological perspective. The inclusive utilization of all these treatment modalities has a great effect on lifestyle disorder of her effective treatments. Include life style modification, primarily weight loss diet and exercise and the appropriate use of pharmacological agents to reduce specific risk factors.

### **III. DISCUSSION**

Prakriti and life style are natural phenomena as well as occur essentially. All the physiological process are directly controlled by vata-pitta and kapha and they are basic mutually reciprocal mechanisms that are responsible for the maintenance of homeostasis in human beings. The disturbance in equilibrium of these doshas can lead to disease according to the prakriti of the person for example, a pitta prakriti person is described to be more prone to peptic ulcer, hypertension and vata prakriti person to backache, Joint aches, and crackling joints and kapha prakriti are prone to obesity, diabetes and atherosclerosis.

Each though hundreds of people who follow same lifestyle all will not suffer from same diseases, this kind of susceptibility to diseases is mainly due to the prakriti of an individual which vary from person to person. In general by knowing your prakriti you can be aware of the do's and don'ts for daily routine and to be in healthy state you can be aware of, what type of disorder or ailments your body can have in future, so that you can change your life style.

- Vata prakriti person develop diseases due to vitiation of vata dosha. Vata prakriti person is having predominant gunas like rooksha (dry), laghu (light) sheeta (cold) khara (rough), sookhma (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 properties. Vata shaamaka upachaara listed in Table "A" should be followed.
- Pitta prakriti person develop disease due to vitiation of pitta dosha pitta prakriti person is having predominant Gunas like sneha (oily), teekshra (sharp), Ushna (hot), laghu (light) Vistra (foetid), Sara (flowing), dravya (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 upachara listed in "table A" should be followed, Kapha prakriti person develops disease due to Kapha Dosha.

➤ Kapha prakriti person is having predominant gunas like snigdha (Unctuous), Sheeta (cold), Guru (heavy), manda(slow), Slkshna (slimy) saandra (dense), mrudu (soft), sthira (stiff), properties. If the person indulge in activities with such properties then Kapha will aggravated so he should indulge in food and activities which is having opposite characters. Kapha shaamk upchara listed in “table A” should be followed

Table A - According to Prakriti Doshaupakrama.

Prakrti	Aahara	Vihara	Shodhana
Vata	Madhura (sweet) Amla (sour), lavan (salt), ushna (hot), sura & aasava paana (drinking medicated alcohol)	Abyanga (oil emborocation) upanaaha (sedation), Udwestana (blinding), Unmardhana (message) parisheka (pouning), Avagaaha (immersion), samavaahana (soft message), avapeedana chard message), vitraasana (terrifying) Vismaapan (astonishing ), vimarana (oblivion)	Basti (enema)
pitta	Gruta (ghee), Madhura, Thikta (bitter), kashaya (astringent) Sheeta (cold)	Mrudu(soft), Madhura Suganadhita (good smelling) Sheeta, Manapriya – gandha & Sangeeta (likeable smell &music) Mukta mani haara (peral necklace) Sheeta Vastra & gruha (cold dresss & house)	Virechana (purgation)
Kapha	Katu(pungent) Tikta, kashaya, Rooksha(rough), Madhya (medicated alcohol), upavaasa (tasting)	Dhaavan (walking), Langhan, plavana (swimming) Ratrssi jaharana Vyayaama (exercise) Ushana Vastra (hot cloth) Unmardhana, sadhoomapana (medicatedSmoking)	Vaman (vomiting)

Life style disorders occur mainly because individual are not adopting way of life according to own prakriti. The common lifestyle disorder and the corresponding prakriti person prone to that disorders, which is listed in Table B”

Table B - Most prone Prakriti for common life style disorders

S. No	Life style disorder	Most prone prakrti
1.	Atherosclerosis	Kapha & Vata
2.	Alzheimer’s diseases	Kapha & Vata
3.	Type of cancer	Kapha
4.	Asthma	Kapha
5.	Liver cirrhosis	Vata & pitta
6.	Type 2 Diabetes	Kapha &Vata
7.	Chronic obstructive pulmonary diseases	kapha
8.	Heart disease	Kapha & Vata
9.	Metabolic syndrome	Kapha & pitta
10.	Chronic renal failure	Kapha & Vata
11.	Osteoporosis	Vata & pitta
12.	Obesity	Kapha
13.	Depression	Vata & pitta

Specific diet is necessary to maintain noramal functioning of Doshas. Poor eating habit which are not suitable for specific prakriti greatly increase the risk of lifestyle diseases like heart diseases, diabetes etc. Sendency lifestyle is one of the distinctive features of urbanization development and progress less physical activity is responsible for malfunctioning of dosha (especially in Kapha and pitta prakruti) and thereby increased risk of life style disease. Persons having Kapha prakriti are more prone to hyperlipidermic disorders as kapha has similar characteristic to that of fatty and lipid tissues Vata has similar characteritic,. Which can be compared with psycosomatic functions. There foreVata prakriti is considered to be more prone to malnutrtion and stress related disorders. Stress doesn’t just affect us emotionally or mentally it also has a clear physical effect as it aggravates and increases the risk of conditions like obesity, cardiac disease, diabetes, asthma alzheimer’s disease, repaid

aging and gastrointestinal problems. Several studies have clearly indicated the importance of sleep in terms of both quality and quantity for general health as it affects various metabolic, endocrine and neurological functions of the body. Insufficient and poor quality sleep significantly imbalances normal functioning of doshas and increases the risk of hypertension, heart diseases, obesity, sleep apnea etc. Sleep is one of the vital factors related to maintaining normal functioning of Dosha. Maximum 6 hours sleep is sufficient in Kapha and pitta prakriti and up to 8 hours and day time sleeping is good for Vata prakriti but day time sleeping is not recommended for Kapha and pitta prakriti. Smoking and alcoholism are the factors which affect normal functioning of Dosha in Vata & pitta prakriti and this factor is associated with various life style diseases such as bronchitis, asthma, lung cancer etc.

Vata, pitta and Kapha prakriti are found to have unique metabolic activities. According to Ayurveda, Kapha is slow, pitta is fast and Vata is considered to have variable metabolism. Recently a study describes the concept of prakriti in aging stating that the pitta predominant prakriti type individuals have high basal metabolic rate (BMR) and energy consumption leading to tissue destruction and premature aging and average life span, while Kapha predominant prakriti type have a tendency to delayed manifestation of aging and longer life span.

Based on the properties of Kapha prakriti, a person's properties to gain weight and for obesity is in turn linked with a number of chronic life style diseases such as heart diseases, hypertension, & diabetes, similarly, pitta prakriti person's properties to develop ulcer, bleeding disorders and skin disorders more common. Vata prakriti person can have propensity to develop neurological problems, dementia, speech disorders, arrhythmias and related chronic diseases. Vata is associated with bone, pitta with blood while kapha is associated with other tissues related to structure and storage such as adipose tissue. As such it is difficult to treat when people with Vata prakriti develop bone cancer, people with pitta prakriti develop leukemia, and people with kapha prakriti develop cancer of soft tissues according to Ayurveda. All these works represent close relation between prakriti and lifestyle diseases.

#### IV. CONCLUSIONS

The concepts of prakriti in Ayurveda holds good factor that it takes the individual's constitution, susceptibility to diseases, mental makeup, life style and diet factors into consideration for treatment. Prakriti is expressed according to the dosha predominance. Maintenance of equilibrium of Dosha is mainly dependent on lifestyle. Prakriti and life style disorders are closely correlated with each other and the life style managed as per type of prakriti will have significant role in prevention and management of lifestyle related disorders.

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