

PRAKRITI- IN PREVENTING LIFESTYLE DISEASES

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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 *Dosha*¹. *Prakriti* is one among *Dashavidha Pareeksha*² (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 Samyoga*⁴ (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)⁵. 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 Ekadoshaja Prakriti* considered as *Sadaatura* (unhealthy), *Dwidoshaja Prakriti* as *Nindya* (poor) and *Sama Prakriti* as *Uttama* (best) *Prakriti*⁶.

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 individuals⁷. *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 Vaishmya* (variation) is *Asatmendriyaartha Samyoga* (improper union of senses), *Prajnaaparadha* and *Parinaama* (transformation)⁸. *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), *Shopha* (inflam-

mation), *Shosha* (imaciation), *Swasa* (asthma), *Meha* (diabetes), and *Kusta* (skin diseases)⁹.

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 once *Prakriti*, *Desha* (plae), *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 *Ahara* should plan according to once personal constitution.

DISCUSSION

BALA (IMMUNE) IN PREVENTION OF LIFE STYLE 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)¹⁰.

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*¹¹.

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 cheerfulness¹².

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 diseases¹³.

ROLE OF PRAKRITI IN THE PREVENTION OF LIFE STYLE

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*¹⁴. *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) properties¹⁵, 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. *Vaata Shaamaka Upachaara* (reg-

imen 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) properties¹⁵, 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* (unctous), *Sheeta* (old), *Guru* (heavy), *Manda* (slow), *Slkshna* (slimy), *Saandra* (dense), *Mrudu* (soft), *Sthira* (stiff) properties¹⁵, if the person indulge in activities with such properties then *Kapha* will get aggravated so he should indulge in food and activities which is having opposite characters. *Kapha ShaamakavUpachaara* listed in table no. 1 should be followed.

Table 1: According To *Prakriti - Dosha Upakrama*¹⁶

	<i>Vaata</i>	<i>Pitta</i>	<i>Kapha</i>
<i>Aahara</i>	<i>Madhura</i> (sweet), <i>Amla</i> (sour), <i>Lavana</i> (salt), <i>Ushna</i> (hot), <i>Sura and Aasava Paana</i> (drinking medicated alcohol)	<i>Gruta</i> (ghee), <i>Madhura, Thikta</i> (bitter), <i>Kashaya</i> (astringent), <i>Sheeta</i> (cold)	<i>Katu</i> (pungent), <i>Tikta, Kashaya, Rooksha</i> (rough), <i>Madya</i> (medicated alcohol), <i>Upavaasa</i> (fasting)
<i>Vihara</i>	<i>Abyanga</i> (oil emborocation), <i>Upanaaha</i> (sedation), <i>Udwestana</i> (binding), <i>Unmardhana</i> (massage), <i>Parisheka</i> (pouring), <i>Avagaaha</i> (immersion), <i>Samvaahana</i> (soft massage), <i>Avapedana</i> (hard massage), <i>Vitraasana</i> (terrifying), <i>Vismaapana</i> (astonishing), <i>Vismarana</i> (oblivion)	<i>Mrudu</i> (soft), <i>Madhura, Sugandhita</i> (good smelling), <i>Sheeta, Mana priya – Gandha and Sangeeta</i> (likable smell and music), <i>Muktamani Haara</i> (pearl necklace), <i>Sheetala Vastra and Gruha</i> (cold dress and house), <i>Priya Stree Aalingana</i> (hug by girl)	<i>Dhaavana</i> (walking), <i>Langhana, Plavana</i> (swimming), <i>Parisarana, Ratrijagarana</i> (night awakening), <i>Vyayaama</i> (exercise), <i>Vyavaya</i> (sex), <i>Unmardhana, Sadhoomapana</i> (medicated smoking), <i>Ushana Vastra</i> (warm cloth)
<i>Shodhana</i>	<i>Basthi</i> (enema)	<i>Virechana</i> (purgation)	<i>Vamana</i> (vomiting)

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 Drvya 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*

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

Table 2: Most Prone *Prakriti* - For Common Lifestyle Diseases¹⁷:

Sr. no.	Lifestyle disorder	Most Prone <i>Prakriti</i>
1	Atherosclerosis	<i>Kapha and Vata</i>
2	Alzheimer's disease	<i>Kapha and Vata</i>
3	types of cancer	<i>Kapha</i>
4	Asthma	<i>Kapha</i>
5	Liver cirrhosis	<i>Vata and Pitta</i>
6	Type 2 diabetes	<i>Kapha and Vata</i>
7	Chronic obstructive pulmonary disease	<i>Kapha</i>
8	Heart disease	<i>Kapha and Vata</i>
9	Metabolic syndrome	<i>Kapha and Pitta</i>
10	Chronic renal failure	<i>Kapha and Vata</i>
11	Osteoporosis	<i>Vata and Pitta</i>
12	Obesity	<i>Kapha</i>
13	Depression	<i>Vata and Pitta</i>

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.

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