



SHORT REVIEW ARTICLE - THE FACTORS AFFECTING THE FORMATION OF PRAKRITI

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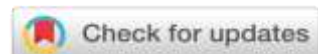
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ABSTRACT

Ayurveda is a science of life. It is the oldest science that originated in India many years ago. It gives the knowledge of Longevity. Ayurveda considers health to be more than just the lack of disease. Ayurveda provides numerous theories for this, one of which is *Prakriti*. *Prakriti* is made at the union of sperm and ovum at birth. But there are many factors which are affecting it. Once *Prakriti* is made, it cannot be changed during its lifetime. There might be alterations, but the original *Prakriti* always stays the same. This paper briefly reviews the factors affecting *Prakriti* formation.

Keywords: *Prakriti, Garbhakalaj Prakriti, Jatiprasaktadi Prakriti*

INTRODUCTION

Prakriti is a constitution of an individual. *Prakriti* means making or placing before or, at first, the original or natural form or condition of anything, original or primary substance¹. According to Acharya Sushrut, *Prakriti* is formed when the union of sperm and ovum is at the time of birth². *Acharya charak* had told four factors affecting it, which are qualities of

Shukra-Shonita(sperm and ovum), *Matri Ahar-Vihara*(Diet and Regimen of Female), *Panchmaha-bhuta*, and *Dosha*. *Prakriti* gives an individual physical, physiological, psychological, and behavioural traits. It provides knowledge about a person's likes and dislikes. In Ayurvedic texts, it is of seven types, i.e. *Vata, Pitta, Kapha, Vata-Kapha, Vata-Pitta, Pit-*

ta-Kapha, Tridoshaj/Samadoshaj. From this, *Samadoshaj* is rare because of the variability in *Ahara-Vihara*. Acharya Charak had told factors which are affecting the formation of *Prakriti*. The inherent nature, i.e., *Prakriti*, that is formed since birth does not change; somewhat, it is influenced by external factors when it is being formed. In *charak Indriyasthan*, there is an explanation of *Jatiprasktadi Prakriti*. The *Jatiprasktaadi Prakriti* are not the actual *Prakriti* but the factors affecting the *Prakriti*³. When *Prakriti* is formed, it gives an individual a unique character, which differentiates the individual from others. The diverse *Prakriti* of individuals gives rise to distinct appearances and unique natures. Through these variations, we witness differences in immune strength, with some individuals exhibiting robust immunity while others display weaker defences.

Materials and Methods:

This review article compiles information from Ayurvedic texts and Samhitas, scholarly articles, journals, and online resources.

Discussion:

Two main factors affect the formation of *Prakriti*.

1. *Garbhakalaj Prakriti*(Ante-Natal)
2. *Jatiprasktaadi Prakriti*(post-Natal)

Garbhakalaj Prakriti: *Garbhakalaj Prakriti* refers to *Prakriti* influence by various factors inside the Uterus of the Female. Acharya Charak mentions it in *Vimansthan adhyaya* 8 about the nature of *Garbhakalaj Prakriti*. They are:

- *Shukra-Shonita*(*Prakriti of sperm and ovum*)
- *Kalagarbhayshaya* (*time of Conception, age of parents, condition of uterus*).
- *Matri Ahar-Vihara*(*Diet and Regimen of Female*)
- *Mahabhuta Vikara* (*influence of five elements, i.e. Akash, vayu, Tej, Jala and Prithvi*)

Jatiprasktaadi Prakriti: *Jatiprasktadi Prakriti* refers to *Prakriti* influenced by various factors after birth. It is said by Acharya Charak in *Indriyasthan adhyaya* 1. They are as follows:

- *Jatiprasakta* (*Caste/Racial effect*)
- *Kulaprasakta*(*Familial effect*)
- *Deshaanupatini* (*Demographic Effect*)

- *Kalaanupaatini* (*Seasonal Effect*)
- *Vayoanupatini* (*Age Effect*)
- *Pratyatmaniyata* (*Self*)

Garbhakalaj Prakriti⁴:

- ***Shukra-Shonita Prakriti (Prakriti of Sperm and Ovum)*** : The *Garbhotpatti* is due to *Shukra* (sperm) and *Shonita* (ovum). Their union is *Garbhotpatti*. The *Prakriti* of *Shukra* and *Shonita* affects the *Prakriti* of the fetus. If the *Prakriti* of *Shukra* and *Shonita* is *Vataj*, then the Fetus shows *Vata Dosha* dominant *Prakriti*.
- ***Kala-Garbhashaya***(*time of Conception, age of parents, condition of uterus*): '*Kala*' means 'season' and '*Garbhashaya*' means 'Uterus'. It means the *Prakriti* may be affected by *Kala*, i.e., the season in which copulation occurs. *Kala's* other meaning is Age. The age of the parents affects the *Prakriti* of the fetus. So, Males and Females should be physically and mentally fit for copulation. Acharya Sushrut has explained the perfect age for maturity for males and females. Acharya Sushrut also specified the suitable timing for copulation⁶. *Garbhashaya* is a condition of the uterus. The uterus should be anatomically and physiologically in good condition.
- ***Matri Ahara-Vihara***(*Diet and Regimen of Female*): *Matri Ahara-Vihara* means the diet and regimen of a mother (pregnant female). A mother's diet and regimen also affect the *Prakriti* of the fetus. Pregnant women should take care of their diet and regimen.
- ***Mahabhuta Vikara***(*influence of five elements, i.e. Akash, vayu, Tej, Jala and Prithvi*): The whole universe comprises *Panchmahabhuta*, as does *Prakriti*. *Prakriti* is made up of *Tridosha*, i.e. *Vata, Pitta and Kapha*, and in *Tridosha*, there is *Panchmahabhuta* involvement, i.e. *Vata Dosha* have *Vayu* and *Akash mahabhuta*. *Pitta Dosha* has *Agni* and *Prithvi Mahabhuta*, and *Kapha Dosha* has *Prithvi* and *Jala mahabhuta*⁷. So, if the baby is *Vata doshaj Prakriti*, then the parents have dominant *Vayu* and *Akasha Mahabhuta*.
- *Mahabhuta* forms *Bhautika Prakriti*. According to Sushrut, the *Varna*(colour) of the fetus is af-

ected by *Panchmahabhuta*. All the *Varna Agni*(fire) is involved in all the *Varna* formation. If the fetus gets *Gaur*(fair) *Varna*, then *Jala Dhatu* (water element) is dominant at the time of conception. When a fetus is of *Krishna varna*(Black colour), then there is dominancy of *Agni Dhatu*(fire) and *Prithvi Dhatu*(earth element) at the time of conception. When the fetus gets *Krishna-Shyam Varna*(a whitish black colour), then *Prithvi Dhatu*(earth element) and *Akash Dhatu*(Space Element) are predominant. When the fetus is *Gaur-Shyam Varna*(whitish fair), then *Jala Dhatu*(Water element) and *Akash Dhatu*(Space Element) are high at the time of conception⁸.

Jatiprasaktaadi Prakriti⁹: They are the *Prakriti* which alter the *Prakriti* after Birth i.e. post-natal. They are not the actual *Prakriti*, but they influence it.

1. **Jatiprasakta(Caste/Racial):** It might be possible that a particular Religion, Caste, or Race affects the *Prakriti*. A certain disease may be only in one specific type of disease.
2. **Kulaprasakta(Familial):** 'kula' means a particular clan or family, i.e., *Prakriti*, formed due to being born in a specific family or clan—E.g. Bravery in *Rajput*.
3. **Deshaanupatini(Demographic):** In *Ayurveda*, the habitat based on climatic regions are divided into three parts, i.e. *Anupa*(Marshy region), *Sadharan* (typical region) and *Jangala*(arid region)¹⁰. The individuals residing in *Jangala Desha* are more inclined towards a *Vata* and *Pitta* dominant constitution. The people living in *Anupa Desha* are more inclined towards a predominantly *Kapha* and *Vata* constitution. The people living in *Anupa Desha* are more inclined towards a predominantly *Kapha* and *Vata* constitution. For example, people born in Kerala mostly have dark skin, people born in Jammu Kashmir mostly have fair skin type, and in Punjab, *Punjabis* are tall in height¹¹.
4. **Kalaanupaatini(Seasonal Effect):** Here, *Kala* means Season i.e. *Shishir*, *Vasant*, *Greeshma* and *Varsha*, *Sharad*, *Hemant* these are the seasons

which affects *Prakriti*. In these seasons, an individual's strength(*Bala*) varies, so it affects the *Prakriti* of an individual.

5. **Vayaanupatini(Age Effect):** *Vaya* means age. Age is also a factor that affects *Prakriti*. The dominance of *Dosha* in an individual's physiology depends upon age. For example, In *Balyavastha*, there is *Kapha* dominance. In *Madhyavastha*, there is dominance of *Pitta*. In *Vridhdhavastha*, there is dominance of *Vata*. So, age could be a factor that affects the *Dosha* physiology in the body as well as *Prakriti*.
6. **Pratyatmaniyata (individuality/Self):** It means individuality. Every person has unique qualities that differ from others. If a person has the same *Jati*, *Kula*, and *Vaya* but does not have the same characters or thinking, it is *Pratyatmaniyata*, which gives uniqueness to every individual.

CONCLUSION

Prakriti explained in *Ayurveda* that every individual is distinguished from another and brings uniqueness. The concept of *Prakriti* in *Ayurveda* differentiates each individual and brings about their uniqueness. *Prakriti* assists with disease management, making treatment more accessible and practical; this is a unique concept of *Ayurveda* that provides personalised medicine and therapy. Factors that affect its formation can alter nature but cannot change it.

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