

A Comprehensive Review on Prakriti Parikshan Principles, Methods, and its Clinical Importance

Dr. Krishna Kumar Singh¹

¹ Assistant Professor, Department Kriya Sharir, Chandra Shekhar Singh Ayurvedic Sansthan, Koilaha, Kaushambi, Uttar Pradesh
drkrishnakumarsinghald@gmail.com..

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ABSTRACT:

Prakriti Parikshan (constitutional evaluation) is one of the most important ideas in Ayurveda. It is a whole consciousness of the physical, physiological, psychological and behavioral traits of the individual that are set from conception and that stay fairly consistent throughout life. According to Ayurvedic literature, each individual is endowed with a certain constitutional composition which is the result of predominance of one or more Doshas- Vata, Pitta and Kapha. The correct evaluation of Prakriti assists in tailored preventative health care, prognosis of disease, nutritional planning, lifestyle alterations, therapeutic treatments and selection of drugs. In recent decades, scientific interest has been growing to validate Prakriti using genetics, genomics, metabolomics, immunology and artificial intelligence, leading to the notion of Ayurgenomics. In this study, classical concepts, determinants, techniques, evaluation tools, clinical applications, current scientific data, problems and future outlook of Prakriti Parikshan in customized healthcare have been discussed...

Keywords: Ayurveda, Prakriti Parikshan, Dosha, Personalized Medicine, Ayurgenomics, Precision Health.

INTRODUCTION

Ayurveda is an ancient medicinal practice that has been practiced for thousands of years throughout the Indian subcontinent. One of the core ideas of Ayurveda is the tridosha, a framework for understanding health and illness.¹ In Ayurveda, an individual's distinct psychosomatic temperament, or Prakariti, encompasses all of their functional, behavioral, and physical characteristics. Ayurveda holds that the body, or Purusha, is composed of several elements, including Dosha, Dhatu, Indriya, Manas, Buddhi, and Atma. Like genetic code, each individual has a unique mix and is hence a unique creature. Prakriti (Tridoshas) is therefore determined by a unique combination of these three doshas. Ayurveda holds that Prakriti is generated at the start of human existence and usually remains constant throughout.²

The Sanskrit terms "Pra" and "Kriti" are the sources of Prakriti. Pra is the beginning or source of origin, whereas Kriti is the act of doing or making. Prakriti, then, refers to a person's actual state or nature. Prakriti is the expression or presentation of one's physical, physiological, psychological, or social aspects.³

Ayurveda holds that every individual has a distinct personality. Different Prakriti people have unique physiognomy based on the Dosha and Mahabhuta dominance at birth. Prakriti is an inventory of both internal and external physical attributes. Both inherited and acquired elements have an impact on human prakriti. While the genetic constitution is determined by Shukra (sperm) and Shonita (ovum), the acquired constitution is influenced by environmental factors such as age, race, heredity, climate, season, and location.⁴

Concept of Prakriti

Both the "mental body" and the "physical body" comprise this constitution. Prakriti describes an individual's "nature" or "natural constitution." When combined, pra and kriti mean "beginning" or "source of origin." Prakriti means "natural form." "Prakarotiiti" is where "Prakriti" originates.⁵ In this context, Prakriti denotes the predominance of a specific Dosha in an individual, and Prakriti refers to the development of distinctive traits caused by the supremacy of Doshas (Vata, Pitta, and Kapha, the functional components of the body)." Other factors also have some impact on a body's constitution.⁶ The Sukra-Sonita (sperm-ovum) of the father and mother, the season, the condition of the uterus, the mother's diet throughout pregnancy, different regimens she adopted during pregnancy, and Mahabhuta Vikara are just a few of the other factors mentioned by Charaka that affect Prakriti.⁷ These factors develop one or more of the Doshas that are primarily associated with the previously ...

mentioned factors. As a result, some persons have Pitta, Kapha, or a mix of the two in their Prakriti, while others have Vata. Dosha also keeps homeostasis in other situations. Even Nevertheless, each of the previously listed components is important in establishing Prakriti.⁸

Type	Dominant Dosha
Vataja	Vata
Pittaja	Pitta
Kaphaja	Kapha
Vata-Pitta	Dual
Pitta-Kapha	Dual
Vata-Kapha	Dual
Sama Prakriti	Balanced Tridosha

Individual Formation of Prakriti

According to Acharya Sushruta, Prakriti is formed under the influence of Tridosha when Shukra (sperm) and Shonita (ovum) unite in the mother's Garbhashaya (womb). The Ekadoshaja Prakriti (Vata, Pitta, and Kaphaja), Dvandvaja (Vatapitta, Vatakapha, and Kaphapitta), and Samamishra (Vata, Pitta, and Kapha in equal proportions) determine the qualities and features of the future child based on the dominance of any one, two, or all three Dosha (body humors- Vata, Pitta, and Kapha). According to Acharya Charaka, Purusha is the result of the union of Panchamahabhuta and Chetana (soul), and Prakriti is the nature of this Sharira.⁹

Prakriti and way of life

Prakriti and lifestyle are both intrinsically natural phenomena. The Vata-Pitta, Kapha, and Mansika Doshas (functional psychological components) directly govern all physiological processes; hence, the predominant Dosha aligns with a certain Prakriti. The adherence to personal, ethical, and seasonal behaviors, alongside the preservation of a lifestyle that contradicts an individual's Prakriti, constitutes the two fundamental principles for sustaining optimal health and well-being, as the objective of science is to achieve bodily equilibrium. The maintenance of healthy tissues and Dosha balance is achieved by adhering to Prakriti-based food and lifestyle principles. Every healthy individual should understand their Prakriti to identify the appropriate lifestyle and dietary practices necessary for maintaining health and preventing sickness. If an individual is identified as having a Pitta-predominant Prakriti, they are advised to consume meals that further elevate the body's heat.¹⁰

Factors that Determine Prakriti

Ayurveda explains a number of factors that influence both the fetus's development and the identification of Prakriti. Prakriti may be defined by both intrauterine and extrauterine influences. The development of the human body and personality may be determined by the six Bhavas (aspects) that Charaka recognized as being in control of fetal development.¹¹ Vagbhata highlighted four factors that affect the formation of Prakriti (nutrition): Bija (sperm and ovum), Kshetra (uterus/site of lodgement), Ritu (proper time), and Aahara rasa. Among these, Bija is the primary element that carries the parents' offspring.¹²

Types of Prakriti¹³

S.no.	Sharirik Prakriti	Manasa Prakriti	Panchbhautik Prakriti
1	Vataj	Sattvika	Parthiv
2	Pittaj	Rajasika	Apya
3	Kaphaj	Tamsika	Agneya
4	Vatapittaj	Sattva-Rajasika	Vayaviya
5	Vatakaphaj	Sattva-Tamasika	Nabhasa

6	PittaKaphaj	Rajas-Tamasika	
7	Samadosa	Samaguna	

Developing a prototype of the Prakriti analysis tool

Identifying the factors We opted to examine the attributes of Dosha (Gunas) concerning their positive manifestations in an individual, which results in the expression of Prakriti, considering the shortcomings evident in contemporary methods of Prakriti assessment and the educational significance of analyzing individual Dosha components. A comprehensive assessment of the Prakriti testing methodology outlined in the Charaka Samhita was performed to identify the characteristic expressions linked to specific Doshas.¹⁴ We identified 12, 6, and 8 characteristics for the expressibility of Kapha, Pitta, and Vata, respectively. Additional inquiry was conducted to see whether it was feasible to assess these identified qualities in people's facial expressions objectively or subjectively. Consequently, it was unfeasible to objectively assess two Pitta traits (Katu and Amla) and one Kapha feature (Madhur) regarding their manifestation (amount and quality of semen). The revised Prkriti Parikshan Tools exclude these factors due to challenges in objective measurement and their gender-specific applicability limitations.

Consequently, the Prkriti parikshan Tools have just 11 characteristics for Kapha, 4 for Pitta, and 8 for Vata, all of which were evaluated for dependability. Moreover, we have seen cases when particular attribute classes exhibited several variables. We picked all variables under those conditions that belonged to the same attribute class and assigned them equal weight about that attribute class. Previous studies have recorded this method of choosing criteria for Prakriti determination. Comparing the Dosha, attribute classification, and individual variables. We randomly allocated an identical value to each Dosha to facilitate a quantitative and proportional analysis of the Dosha.¹⁵ The total was thereafter allocated evenly across the attribute classes for each Dosha group. The score for each unique attribute class was thereafter distributed evenly across the specified variables within the same feature class. It was proposed that attribute class variables indicate the quantum level of Dosha expression. The first quantitative representation of a feature class is denoted by the cumulative total of these quanta, which eventually signifies the expression of a Dosha.¹⁶

Features of Prakriti¹⁷

Features of Vata Prakriti

Desiccation, stunted growth, and corporeal emaciation, accompanied by a parched, subdued, intermittent, and grating voice that disrupted their sleep throughout the night. Their acts, behaviors, and eating habits will be insubstantial, superficial, and unpredictable. Instability in the joints of the head, shoulders, hands, legs, jaw, lips, and tongue. Disjointed speech accompanied with prominent tendons and ligaments. This persona is characterized by impulsive acts, impatience, the emergence of clinical symptoms, terror-induced suffering, strong preferences and aversions, understanding, and forgetfulness. Cold intolerance, sometimes characterized by sensitivity to low temperatures, rigidity, and shivering. Coarseness and rigidity in the nails, teeth, hands, feet, hair, scalp, and other anatomical regions. During movement, the limbs and organs emit persistent cracking sounds.

Features of Pitta Prakriti

Exhibiting facial erythema, heat sensitivity, a fair and fragile physique affected by pipilu (small boils), vyanga (facial melanosis), tilkalaka (flat nevi), many pidakas (skin eruptions), possessing dark hair, and exhibiting alopecia on the scalp, face, and other body regions. Acute physical strength, a resilient digestive system, a propensity for overindulgence, habitual consumption of substantial quantities of food and beverage, and an incapacity to manage difficult situations. Acute physical strength, a resilient digestive system, a propensity for gluttony, habitual consumption of substantial quantities of food and drink, and an incapacity to manage difficult situations. very terrible and foul odor emanating from the lips, head, axilla, and other areas of the body.

Features of Kapha Prakriti

A shimmering physique and unctuousness. sensitive and flexible body parts. sensitive organs, muscles, and skin, as well as a lovely face. will be more sexually appealing, create more sperm, be very energetic, and have more children. stability, thickness, and body stability. properly formed and developed muscles and organs. sluggish while speaking, moving, and eating. Slowness in setting things off, irritability that comes on gradually, and harmful symptoms. a steady, non-slip stride in which the entire foot is in contact with the ground. lovely face and eyes, a delicate skin, a gentle voice, and a smile.

Different Prakriti-Related Food¹⁸⁻²⁰

A) Vata Prakriti

Healthful Foods

For Vata Prakriti, meals having a sweet and spicy flavor profile are beneficial. Because Vata Prakriti people have

different digestion capacity, it is recommended that they have an appropriate dietary pattern. Eating food should only be done in moderation. Eat garlic and ginger to maintain a healthy digestive tract. cereals such as sesame and wheat. pulses such as black and green grammes. dairy goods, such as curd, cheese, and ghee. oils such as sesame oil, castor oil, and cod liver oil. veggies such as white gourd, drumsticks, onions, and radishes. Figs, grapes, dates, mangos, coconuts, pineapples, and coconuts are among the fruits.

Foods that are not beneficial

Dry, cold, and astringent foods are bad for Vata. grains like barely and horse gramme. sprouting beans, peas, masur, chana, and other pulses; vegetables, such as potatoes and bitter gourd; and fruits, such as watermelon, cucumber, and jamun. Spices like honey, sugarcane juice, pepper, and chilies are unhealthy.

B) Pitta Prakriti

Beneficial Foods

Foods that are cold, dry, sweet, and bitter are good for Pitta Prakriti. cereals consisting of barley, wheat, and pulses such as greengram, masur, and channa. butter, fresh buttermilk, ghee, fruits like ripe bananas, apples, pomegranates, dried grapes, and dated jaggery rock salt, coriander, and other spices; vegetables like carrots, beetroot, white gourds, and snake gourds; and meat from goats or deer.

Foods that are not beneficial

Pitta Prakriti is not benefited by foods that have teekshna properties, which are spicy, pungent, and sharp. Blackgram, horsegram, buttermilk with sour curds, sea fish, mutton, and beef; drumstick, bringal, and green leafy vegetables; oranges, limes, tamrind, unripe mango, and other fruits; and spices such asafoetida, garlic, and pepper.

C) Kapha Prakriti

Beneficial Foods

Bright, spicy, dry, and flavorful foods are ideal for Kapha Prakriti. Cereals include barley and pulses like masur, horse gramme, and green gramme. oils like mustard and sesame. drumstick, snake gourd, onions, bitter gourd, and other veggies. fruits such as pomegranates and lemons. items like honey and aged wine, as well as spices like black cumin seeds, garlic, pepper, and dried ginger flesh from a deer.

Foods that are not beneficial

Sweet, cold, or heavy foods are bad for Kapha Prakriti. cereals such as raw rice. black-type grains. buffalo milk, curd, ghee, and butter. oils obtained from animal fat. veggies such as sweet potatoes and cabbage. fruits include jackfruit, coconuts, bananas, guavas, and grapes. Mutton, freshwater fish, and eggs. Sugarcane juice with jaggery. beverages that are freshly prepared. Spices include things like coriander.

Importance of Prakriti

1. Prakriti helps us maintain a healthy lifestyle, which includes regular activities and eating habits.
2. Vataja prakriti assists in illness diagnosis since the variables that cause diseases and those that impact prakriti are similar, i.e., vataja prakriti is very vulnerable to vataja vikara such as ashtigata vyadhi, vibandh, and sandhigata vyadhi, etc. The same idea also applied to Pittaja and Kaphaj Prakriti.

Clinical Usefulness of Prakriti

Ayurveda uses Dasavidha Atur Parikshas, such as Prakriti and Sattva Pariksha, to evaluate patients. The prakriti diagnostic in Ayurveda offers a unique way to understand and assess one's health. Prakriti gives tips on how to stay in great health. It provides detailed instructions on how to adjust one's diet and behavior to fit their Prakriti.²¹

Prakriti	Predisposition
Vata	Arthritis, anxiety, neurological disorders
Pitta	Ulcers, liver disease, hypertension
Kapha	Obesity, diabetes, asthma

DISCUSSION

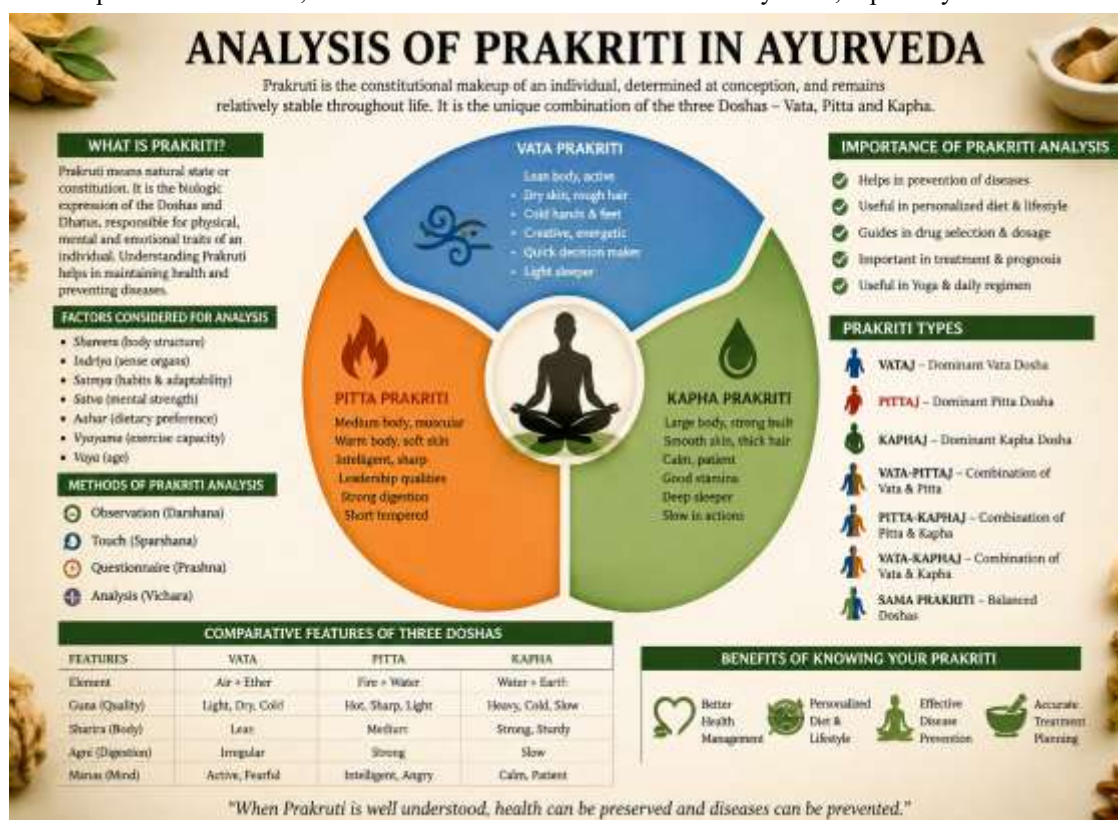
In Ayurveda, Prakriti Parikshan is a fundamental diagnostic method that highlights constitutional uniqueness. In contrast to symptom-based diagnosis alone, it assesses an individual's intrinsic qualities, allowing for tailored treatment planning and disease susceptibility prediction. Structural, physiological, and psychological characteristics that are mostly constant throughout life are included in classical descriptions of Prakriti. These findings are being more and more supported by recent studies that show links between Prakriti and immunological responses, metabolic markers, gut microbiome profiles, and genetic polymorphisms.

New opportunities for objective and repeatable evaluation have been made possible by the combination of Prakriti

assessment with contemporary technologies like artificial intelligence, digital health platforms, and omics sciences. Nonetheless, there are still issues with validation across various groups, observer bias reduction, and standardization of assessment techniques. Establishing evidence-based procedures and promoting wider adoption of Prakriti-guided healthcare need cooperation between Ayurvedic scholars, doctors, molecular biologists, data scientists, and public health experts.

CONCLUSION

In Ayurveda, the notion of prakriti is essential for understanding the nature and severity of illness, the body's pharmacogenomic response to medications, the selection and dosage of treatments, disease prognosis, and preventive strategies encompassing nutrition and daily and seasonal practices. The concept of Prakriti is fundamental in Ayurvedic therapeutic practices. Pitta, Vata, and Kapha As previously said, Prakriti individuals display several morphological, physiological, and psychological characteristics. Ayurveda provides comprehensive guidance on food, nutrition, season, and diet customized to individual constitution (Prakriti) for the preservation of life and the promotion of good living. The understanding of Prakriti enables the practice of customized preventative health, which is not achievable in other medical systems, especially Western medicine.



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