ROLE OF PRAKRITI IN MAINTENANCE OF HEALTH ACCORDING TO ENVIRONMENTAL CHANGES

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**Introduction**

- Maintenance of health is one of the most important issues for medical sciences in present era.
- *Ayurveda* has lot to contribute in this sector.
- Environmental health is the branch of public health that is concerned with all aspects of natural and built environment that may affect human health.
- *Prakriti* is such a concept which can be used for this purpose.
• In *Samhita* concept of *Dinacharya*, *Ritucharya*, *Aaharvidhivisheshayatan*, *Aharvidhi* etc. are described; which are key points to maintain health.

• Implementation of them in daily regimen according to *Doshika* dominancy soothes individual’s lifestyle.

• Here attempt has been made to elaborate the relation among *Prakriti*, *Ahara*, *Vihara*, *Dincharya* and *Kala* in relation to maintenance of health.
Purpose:
- To understand the relation among Prakriti, Ahara, Vihara, Dinacharya and Kala in relation to maintenance of health.

Methods:
- Literature review from the classics like Charaka Samhita, Ashtang Hridaya was done.
- Information from online sources was also collected.
Dinacharya

In ch.su.5 daily regimen is described which are essential for the maintenance of health. In present era it is not possible to conduct all the regimen due to our fast life. So, here few points are elaborated which are feasible to adopt according to different Prakriti.
Nasya

Vata Prakriti persons
- Anutail Nasya*

keeps voice smooth, stabilized and Sertorius

Pitta Prakriti persons
- Anutaila Nasya**
or any Sneha Nasya with Keshya property

Prevents premature of baldness and graying of hair

*Ch.su.5/61
**Ch.su.5/58,59
Gandusha

**Vata Prakriti**
- Dravya: Sneha(taila), *Tila-kalkodak*
- Use: to counteract Rukshata

**Pitta Prakriti**
- Dravya: Kashay* and ropan kwath Triphala or Panchvalkal
- Use: To prevent and heal mouth ulcers.

**Kapha Prakriti**
- Dravya: Katu and Kashaya Ksharambu*, Madhu*
- Use: To counteract extra Pichhilata and of saliva

* A.H.Su.22/3,5,7,9
Physical exercise which is desirable and capable of bringing about bodily stability is known as vyayama. This has to be practised in moderation.*

Exercise is said to do till half of the strength is used.**

*ch.su.7/31
**ah.su.2/11
Aerobics are popular exercise in present era. It is said to improve cardiac function and increases fat metabolism in well oxygenated conditions of muscle fibers. **

According to *Prakriti* aerobics preferable

<table>
<thead>
<tr>
<th>Prakriti*</th>
<th>Vata</th>
<th>Pitta</th>
<th>Kapha</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strength*</td>
<td>less</td>
<td>moderate</td>
<td>good</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>vata</th>
<th>pitta</th>
<th>kapha</th>
</tr>
</thead>
<tbody>
<tr>
<td>Slow activity</td>
<td>Moderate activity</td>
<td>Vigorous activity</td>
</tr>
</tbody>
</table>

*Ch.vi.8/96,97,98 **wikipedia-aerobics
some examples*

Need Mild to moderate effort

Walking, Slow speed bicycling,
Low impact aerobic dancing, General home exercises

Table tennis, Badminton, golf

Need Vigorous effort

Fast walking, jogging, running
High speed bicycling,
Mountain climbing, rock climbing

High impact aerobic dancing,
Karate, judo
football, handball, rugby, most competitive sports

*http://www.daily-exercise-tips.com/
# Aasana and pranayama

<table>
<thead>
<tr>
<th>Prakriti</th>
<th>Vata</th>
<th>Pitta</th>
<th>Kapha</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aasanas</td>
<td>Vajrasana Tadasana Dhanurasana Shavasana Pavanmuktasana Pashchimottanasana Yognidra+shavasana</td>
<td>Bhujangasana Gomukhasana Trikonasana Ardhachakrasana Uttanpadasana Shavasana</td>
<td>Sooryanamaskaraar Dhanurasana Bhujangasana Vajrasana Vajrasana Setubandhasana Uttanpadasana</td>
</tr>
<tr>
<td>Pranayama</td>
<td>Anulom Vilom</td>
<td>Shitali, Shitkari, Chandrabhedana</td>
<td>Bhasrieka Kapalbhati (Shudhhi Prakriya)</td>
</tr>
<tr>
<td>Prakriti</td>
<td>Vata</td>
<td>Kapha</td>
<td>Pitta</td>
</tr>
<tr>
<td>---------------</td>
<td>-----------------------------</td>
<td>------------------------------</td>
<td>------------------------------------</td>
</tr>
<tr>
<td>Snana by</td>
<td>Ushnodaka in shita kaala</td>
<td>Ushnodaka in shita kaala</td>
<td>Shitodak shirahsna, Sukhoshna udak for sharira</td>
</tr>
<tr>
<td></td>
<td>Sukhoshna jal in grishma-sharad also</td>
<td>Sukhoshna jal in grishma-sharad also</td>
<td>Bathing Two time in a day</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Bathing with flavoured water with sugandhi dravya</td>
</tr>
</tbody>
</table>
RUTUCHARYA
UTTARAYANA (AADANAKALA)

GRISHMA RUTU

VASANTA RUTU

SHISHIRA RUTU

UTTARAYANA (AADANAKAAL)
DAKSHINAAYANA (VISARGAKALA)
आदावन्ते च दौर्बल्यं विसर्गादानयोनृणाम्।
मध्ये मध्यबलं, त्वन्ते श्रेष्ठमग्रे च निर्दिष्टो॥ Ch.su.6/8
Visargakala

Hemanta Rutu

Uttama Bala (Strength)

Sharada Rutu

Madhyama Bala (Strength)

Varsha Rutu

Hina Bala (Strength)
Winter (Hemant, Shishira)

Strength of digestive power is enhanced

Due to restrain caused upon it by cold wind

Capable to digest any food irrespective to its heaviness and quantity*

<table>
<thead>
<tr>
<th>Vata and pitta prakriti persons</th>
<th>Kapha prakriti persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓ Qualitatively heavy diet i.e. Unctous, sour and salty food items, new grains.*</td>
<td>✓ Quantitively heavy* diet i.e. shali, shashtika grains along with amla, lavish, and less madhur food articles.</td>
</tr>
<tr>
<td>✗ shali, shashtikadi light diet</td>
<td>✗ more quantity of aquatic and marsh animals as it aggravates kapha.</td>
</tr>
</tbody>
</table>

*Ch.Su.6/9 ,**Ch.su.6/9, 10 Chakrapani
### Summer (Grishma)

**Ushna and Ruksha Guna** dominancy is at peak in atmosphere.

<table>
<thead>
<tr>
<th>Prakriti</th>
<th>Should avoid</th>
<th>Should have</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pitta</strong></td>
<td>Amla, Lavan, katu dominant diet, liquor</td>
<td>Madhura, Shita, Snigdh diet, more daysleep</td>
</tr>
<tr>
<td><strong>Vata</strong></td>
<td>Katu dominant diet, Liquor</td>
<td>Madhura, Shita, Snigdha, drava diet,* more daysleep</td>
</tr>
<tr>
<td><strong>Kapha</strong></td>
<td>More Divaswapa (day sleep)</td>
<td>Liquor in less quantity may be tolerable**</td>
</tr>
</tbody>
</table>

*ch.su.6/27,  **ch.su.6/29
Rainy season (Varsha)

The body is weakened*

Pitta Prakriti
- drava and amla property of pitta more prominent.
- More advisable to mix ruksha and madhur honey in less quantity with food and beverages.
- Should not take more of sour and salty diet as it results in more Pittasanchaya

Power of digestion weakened*

Vata Prakriti
More sour, salty and unctous diet is advisable for persons as it is beneficial over Vata dosha.

Vatadi Dosha get vitiated*

Kapha Prakriti
more capable to have madhvika or arishta type of liquor, for their agnideepana and ruksha effect.

*ch.su.6/33,34
Aaharvidhivisheshayatana*

1. Prakriti
2. Karana
3. Sanyoga
4. Rashi
5. Desha
6. Kaala
7. Upayogasanstha
8. Upayokta

*Ch. Vi. 1/22
Here, *Upayokta* (an individual) is most important, as it is said in last sentence in *Aaharavidhi*,

“आत्मानं अभिसमीक्ष्य भुज्जीत सम्यक्”*  
One should take food in a prescribed manner, with due regard of his own self. 
For practical utility of it, one should keep this point very first in mind according to his prakriti.

**Prakriti**

Indicates the nature of the subject, i.e. the *inherent attributes* of diet and drug.*  
- Person who suffers from the preponderance of one or other humors should take substances of diet which are opposite to respective dosha in their *Prakriti*.**

*Ch.vi.1/22(1) **ch.su.26/91
<table>
<thead>
<tr>
<th>vata</th>
<th>pitta</th>
<th>Kapha</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guna</td>
<td>Opposite guna</td>
<td>Guna</td>
</tr>
<tr>
<td>Ruksha</td>
<td>Snigdha</td>
<td>Snigdha</td>
</tr>
<tr>
<td>Laghu</td>
<td>Guru</td>
<td>Shalakshna</td>
</tr>
<tr>
<td>Shita</td>
<td>Ushna</td>
<td>Mridu</td>
</tr>
<tr>
<td>Vishada</td>
<td>Pichhila</td>
<td>Madhura, Tikta</td>
</tr>
<tr>
<td>parusha</td>
<td>Snigdha</td>
<td>Mand</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Guru</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Shita</td>
</tr>
<tr>
<td></td>
<td></td>
<td>pichhila</td>
</tr>
<tr>
<td>Aharavarga</td>
<td>Vata Prakriti</td>
<td>Pitta Prakriti</td>
</tr>
<tr>
<td>-------------------</td>
<td>-----------------------------</td>
<td>---------------------------</td>
</tr>
<tr>
<td>Shuka dhanya</td>
<td>wheat, rice</td>
<td>Wheat, rice</td>
</tr>
<tr>
<td>(cereals)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shami dhanya</td>
<td>Masha, mudaga</td>
<td>All pulses except masha, kulattha</td>
</tr>
<tr>
<td>(pulses)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mamsa</td>
<td>Fish, loubsters (sea food), chicken, eggs</td>
<td>Goat meat, eggs</td>
</tr>
<tr>
<td>(non-veg.)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shaka</td>
<td>palandu, lauki, kakadi</td>
<td>Lauki, turai, karela, patola</td>
</tr>
<tr>
<td>(vegetables)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phala</td>
<td>Draksha, kushmand, Mango, banana, chiku,</td>
<td>Draksha, dadima, apple, kishmish, chiku, mature mango</td>
</tr>
<tr>
<td>(Fruits)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gorasa</td>
<td>Dugdha, ghruta, navneeta, dadhi</td>
<td>Milk, butter, ghee</td>
</tr>
<tr>
<td>(milk products)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ikshu vikar</td>
<td>,sharkara, Guda</td>
<td>Sharkara</td>
</tr>
<tr>
<td>Aahara yogi</td>
<td>Oils</td>
<td></td>
</tr>
</tbody>
</table>
Conclusion

• In today’s fast paced life, the origin of several new diseases has enabled all of us to focus on the curative as well as preventive aspects of health.
• Even if it is not practically possible to shift ourselves to an appropriate Desha or kaala according to the Prakriti, but it is definitely possible to mould ourselves with the necessary regimens of Swasthavritta prescribed according to Prakriti.
• The awareness about the Prakriti and lifestyle accordingly will definitely help to improvise one’s own health.
Thank you