

RELATION BETWEEN FOSA AND PRAKRTI

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ABSTRACT: *This paper discusses the significance of prakrti pariksa which has a key role to play in the diagnosis and treatment of diseases in Ayurvedic System which is embodied by tridosha theory.*

The ancient ayurvedists had eternal and scientific knowledge about genes in the human beings, which are the entire basis of conception, development and existence of all human beings. Constitution (*Prakrti*) of an individual is primarily genetic in origin.

Concept of Prakrti

Ancient ayurvedic scholars Caraka, Susruta and Vagbhata unanimously accepted that, 'PRAKRTI' of an individual is determined at the time of conception and it can never be changed till last breath. As stated in Susruta Samhita, genetic factors and certain environmental factors like diet, activity, country, climate and age also influence the constitution of an individual. A person with optimum health has balanced constitution (SAMA PRAKRTI) where the three biological elements *VATA*, *PITTA*, *KAPHA* are normal both qualitatively and quantitatively. Very few individuals have balanced or healthy constitution.

A vast majority of people have an unhealthy constitution where one, two or all the three elements are unequal. Depending upon the dominant dosa in the reproductive elements, the constitution is called 'Vata Prakrti', 'Pitta Prakrti', 'Kapha Prakrti' and according to permutation, Vata-Pitta, Vata-Kapha, Pitta-Kapha and Tridosaja Prakrti.

Acarya Kasyapa, a renowned paediatrician postulated that drugs, diet and drinks consumed by the pregnant lady also play some role in the formation of 'Prakrti' of fetus.

Importance of knowledge of Prakrti

Caraka paid much attention to the concept of 'PRAKRTI'. He said 'The best physician is one, who considers the time and place along with nature (PRAKRTI) of each and every patient before administration of medical therapy'. Knowledge of 'Prakrti' is equally important in surgical treatment. Susruta elucidates that surgery should be undertaken only after knowing the 'PRAKRTI' of the patient. This will help better healing and rapid recovery.

The prognosis of various diseases is judged from the constitution of the patient.

In Ayurvedic system various types of diets are recommended to the patients on the basis of their PRAKRTI. For example patients of

Kapha Prakrti should avoid food which increases the 'Kapha' in the body. Similarly various do's & don'ts are also recommended.

There are certain drugs which are contra-indicated in some patients on the basis of PRAKRTI. For example, Bhallataka (*Semecarpus anacardium*) should not be given to the patients of "Pitta Prakrti" as it gives severe reaction in these patients.

The following table gives in detail the characteristics of persons with Vata, Pitta, Kapha and Sama Constitution.

VATA	PITTA	KAPHA	SAMA
I. QUALITIES RELATED TO SELF CONTROL			
a). <i>Conscience:</i> Wavering Conscience, lack of Conscience.	Follows to some extent dictates of his conscience	Follows dictates of his conscience	Always follows dictates of his conscience
b). <i>Control over mind:</i> No Control over mind	Fairly good control	Good control	Ideal control
c). <i>Forgiving Nature:</i> Absent	Absent	Forgiving Nature	Forgiving Nature
d). <i>Tolerance:</i> Absent	Absent	Tolerant	Tolerates physical and mental strains
e). <i>Mind</i> Weak mind	Moderately strong mind	Strong mind with good qualities	Strong mind with many good qualities
II. QUALITIES OF MIND AFFECTING SOCIETY & PEOPLE			
a). <i>Nonviolence / Aggressiveness:</i> Aggressive Destructive, violent	Aggressive, Aggressive to those who have not surrendered	Not aggressive	Follows non-violence
b). <i>Friendship:</i> Having very few friends, does	Very few friends	Many friends,	Many friends,

not last long		lasting friendship	lasting friendship
c) <i>Theism</i> Antheism, Nonreligious	Usually religious non	Religious	Religious
d). <i>Donations:</i> Does not give donation	Does not give donation	Large donation after thinking well	Donor
e). <i>Helping Attitude:</i> Absent	Helping those who ask for help	Helping nature	Loving every one and helping every one
f). <i>Stealing:</i> Stealing	Stealing	Absent	Absent
g). <i>Kindness:</i> Harsh to people	Kind only to friendly people	Kind	Kind
h). <i>Desires & Likes</i> Music, Laughter, hunting, arts, hot and humid climate, Massage	Flowers, application of pastes, cold environment	Scientific, philosophical literature, sleep, music, warm food items, warm environment	Can enjoy anything but does not crave for it

III. QUALITIES FOR ACQUIRING KNOWLEDGE

a) <i>Intellect:</i> Wavering intellect, intellect not organized	Intelligent, brilliant	Good intellect	Intelligent, brilliant
b). <i>Memory:</i> Poor memory, Wavering memory	Fair	Good memory	Very good memory
c). <i>Thoughts:</i> Wavering thoughts	Fairly steady thoughts	Steady thoughts	Steady thoughts
d). <i>Concentration:</i> Unsteady, inability to concentrate	Fairly steady, can concentrate fairly	Steady mind, good concentration	Steady mind, concentrates very

d). <i>Concentration:</i> Unsteady, inability to concentrate	well Fairly steady, can concentrate fairly well	Steady mind, good concentration	well Steady mind, concentrates very well
e). <i>Grasping Power:</i> Quick grasping power	Quick	Takes long time to grasp	Quick grasping power
f). <i>Knowledge:</i> Poor	Moderate knowledge	Learned	Learned
g). <i>Interest in Philosophy & Science</i> No interest	Learned	Interest in philosophy and Science	Interest in philosophy & science
h). <i>Respect for Teachers:</i> No respect for teachers	Some respect for teachers	Respects teachers	Respects teachers
i). <i>Plans:</i> Short term plans	Short terms plans	Far sighted, long term plans	Far sighted, long term plans
j) <i>Debate:</i> _____	Difficult to conquer to debate	_____	_____
k) <i>Belief in Authoritative Texts:</i> Cannot understand authoritative texts	Challenges authoritative texts	Firm believer in authoritative texts	Firm believer in authoritative texts
IV GOOD & BAD QUALITIES			
a) <i>Character and Conduct:</i> Uncultured	Good conduct	Cultured	Cultured and good conduct
b) <i>Truthfulness:</i> Absent	Absent	Truthful & Trustworthy	Truthful & trustworthy
c). <i>Quarrelsomeness:</i>			

Quarrelsome	Quarrelsome	Calm	Calm
V. EMOTIONS			
a) <i>Irritability:</i> Gets quickly excited	Quickly excited	Calm, not crying excessively even in infancy	Has full control over his emotions
b) <i>Anger:</i> Gets angry quickly	Gets angry quickly, gets angry in excess.	Does not get angry quickly. Anger of mild degree but lasts long	Rarely gets angry.
c) <i>Jealousy:</i> Jealous	Jealous of others	Minimum	Absent
d) <i>Greed:</i> Greedy	Greedy	Not greedy even during childhood	Absent
e) <i>Enmity:</i> Enmity	Enmity	Long-lasting enmity	Absent
f) <i>Fear:</i> Fearful	Frightened quickly	Minimum	Absent
g) <i>Happiness & Moods:</i> Changing Moods	Gets happy quickly, changing moods	Steady moods, happy	Happy and contented
h) <i>Love</i> Falls a prey to sex instinct	Moderate control over sex urge	Fair, control over sex urge	Good control over sex urge
VI. BASIC QUALITIES OF SELF			
a) <i>Speech:</i> Incoherent speech, talkative	Insulting speech	Does not use harsh language. Consistent & thoughtful speech	Talks only when necessary, talks truth pleasant speech
b) <i>Shame:</i> Shameless	_____	Sense of shame present	Not shameless
c) <i>Gentleness:</i> Harsh	Harsh	Gentle	Gentle
d) <i>Courage:</i>			

_____	Courageous	_____	Courageous
e) <i>Bravery:</i> _____	Brave	_____	Brave
f) <i>Adventure:</i> _____	Adventurous	_____	Adventurous
g) <i>Pride:</i> _____	Proud	_____	Not proud
h) <i>Love for praise:</i> _____	Loves Praising	_____	Not affected by praise
VII. SENSE & MOTOR ORGANS:			
a) <i>Ability to tolerate Strain:</i> Cannot tolerate exertion	Cannot tolerate mental or physical strain	Tolerates both physical & mental strain	Tolerates easily, physical & mental strain
b) <i>Activities:</i> Unsteady, fast movements	Average movement	Slow movement	Quick movement & actions
c) <i>Beginning of any activity is quick:</i>	Not quick	Beginning of any activity is slow	Quick beginning of any activity
d) <i>Energy:</i> Moderate	Moderate	Energetic	Energetic
e) <i>Strength:</i> Weak	Moderate strength	Strong	Strong
VIII. BUILD			
Tall, thin & poorly built parts of body, not well placed, dry, rough, weak	Delicate, medium build, flabby, soft	Large, well built, steady, strong, proportionate & well placed parts of the body	Well built & strong
IX. SEX INSTINCT			
a). <i>Sex desire:</i> Weak sex instinct	Weak sex urge	Intense sex urge	Full control over sex desires

b) <i>Semen:</i> Scanty c) <i>Libido:</i> _____ d) <i>Offspring:</i> Few children e) <i>Ladies:</i> Disliked by ladies	Scanty Limited libido Few children Not appreciated by ladies	Profuse Good libido Many children Liked by ladies	Profuse Good libido Many children Liked & appreciated by ladies
X. GENERAL APPEARANCE			
a) <i>Appearance:</i> Not beautiful, dry and emaciated b) <i>Look:</i> Unsteady, unpleasant c) <i>Colour:</i> Dark d) <i>Forehead:</i> Small e) <i>Gait & Speed:</i> Fast gait, Fast speed like camel f) <i>Face:</i> Rough g) <i>Eyes:</i> Unsteady, dry, lusterless, sunken, partially open during sleep h) <i>Limbs:</i> Thin, rough, well differentiated	_____ Penetrating angry look White complexion with reddish or yellowish tinge Medium Average speed, tiger-like Delicate Normal movements, small pink sclera, unable to bear light, burning sensation Red palm and soles	Pleasant appearance Loving, pleasant Fair colour Large, fleshy Slow & steady, Elephants-like Delicate & pleasing Unctuous, white sclera, big eyes, pink conjunctive, watery Long unctuous smooth limbs	Beautiful attractive and pleasant Pleasant Pleasant complexion Large Average speed, steady gait Pleasing Lustrous _____

i) <i>Skin:</i> Dry, rough, thin cracked, prominent veins.	Soft, thin, warm, wrinkled skin with pink, reddish moles and skin eruptions	Soft lustrous, wet, cold and unctuous to touch	_____
j) <i>Hair:</i> Dry, rough, thin smoky and cracked hair, less in number	Early graying of hair; baldness; pinkish or reddish soft, thin hair or, less in number	Strong, dark, large dark, blue, thick growth, good quality	_____
k) <i>Nails:</i> Dry, small, rough, discoloured, cracked nails	Pinkish	Soft, Oily, Smooth, white & steady	_____
XI. APPETITE			
Irregular, eating, small quantities frequently	Good, eating, large quantity of food, eating frequently	Less appetite	_____
XII. THIRST			
Thirsty	Thirsty	Less Thirsty	_____
XIII. SLEEP			
Less, disturbed, wakeful	Moderate sleep	Sleepy, loves sleep	_____
XIV. DREAMS			
Wandering in sky, top of trees, mountains & dry places	Electric lighting, fire, stars, Red coloured trees	Lotus, swan, lakes rivers, birds, etc	_____
XV. VOICE			
Rough, high pitched, unclear, weak, low toned, exhausted & fast speech	Clear, high pitched	Deep, pleasant resonating	Clear and resonant

XVI. MONEY			
Small income	Moderate income	Wealthy	Wealthy
XVII. LUCK & FORTUNE			
Unlucky	Unlucky	Lucky & fortunate	Lucky & fortunate
XVIII. LIFE SPAN			
Short	Medium	Long life	Long life

Modern Concept

The importance of such study of PRAKRITI and Dosha goes a great way if most of the recent modern medicines are introduced to Ayurvedic system of medicine analyzing their therapeutic actions on Dosa and Prakrti. By this way it can easily be deducted that the particular medicine causes reaction in the patient of particular nature and the same medicines does not cause any reaction in the patients of other natures.

Conclusion

Conclusively, it is quite obvious that selection of the wholesome therapeutics and the constitution of individuals are based on Prakrti which is embodied by Tri-Dosas.

Selected Bibliography

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