

दोषानुशयिता ह्येषां देहप्रकृतिरुच्यते| Exploring the Concept of Dehaprakṛti Mentioned in Na Vegāna Dharaṇīya Adhyāya Chapter of the Caraka Saṁhitā

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Abstract:

This research article investigates the Ayurvedic idea of constitution (prakṛti), health, and disease by studying the 'caraka saṁhitā' sūtrasthāna chapter 7, verses 39–41. These verses focus on how the natural makeup of different constitutional types (doṣa prakṛti) affects health and illness. A person's constitution is set at the time of conception through the combination of genetic (śukra and śoṇita – sperm and egg). The state of existence of doṣas in dominance in śukra (sperm), ārtava (ovum), in garbhīṇī (pregnant woman), bhojya (her diet), cesta (her activities), garbhāśayā (uterus) and during ṛtu (period of ovulation) are determinative in deciding the seven prakṛti inside the womb (garbhāvasthā). Constitution (prakṛti) is a normal state of the body fluids (doṣas) that exists in everyone from birth to death. Some people have 'sama Prakṛti' (balanced phenotype; robust homeostasis) representing physiological equilibrium. Others may have a constitution dominated by one of the three forces (vāta, pitta, kapha) which can lead to imbalances in body functions, immunity, or metabolism. Individuals with a balanced constitution are less likely to get sick, as their body maintains balance. Vatala are neurotic, Pittala are inflammatory and Slesmala are hypometabolic phenotypes. Those with a dominant doṣa constitution may have minor imbalances from birth, even if they do not show symptoms. The study shows that Ayurveda believes each person is unique with a different body makeup and suggests personalized prevention and treatment based on this. Therefore, prakṛti is important in understanding a patient and predicting their future health risks. The aim of this literature research is to understand how each person's unique mind-body makeup connects to health, illness, and personalized wellbeing.

Keywords: Dehaprakṛti, caraka saṁhitā, sūtrasthāna, doṣa, prakṛti, Health, Disease.

INTRODUCTION:

Ayurveda, one of the oldest systems of medicine from India, is based on the balance of three energies: vāta, pitta, and kapha¹. These energies are the foundation of health and illness. The caraka saṁhitā, a main text in Ayurveda, discusses how these energies work with lifestyle, food, and environment. The seventh

chapter of the sūtrasthāna, titled 'na vegāna dharaṇīya adhyāya' (Non-suppression of Natural Urges), is especially important in understanding the body's makeup and how disease manifests². A person's constitution starts forming at the time of conception, based on the combination of genetic factors like the sperm and egg, as well as conditions in the womb³. Chakrapani believed that the prakṛiti was an innate temperament that began at birth and became differentiated into Vata, Pitta, and Kapha, among other things, in later stages of life⁴. The balance of body fluids, or doṣas, in the sperm, egg, the mother's body, her food, her lifestyle, the environment inside the womb, and the timing of ovulation influences the type of prakṛti, or natural make up, a person has. Some people have a mix of vāta, pitta, and kapha that is in balance, while others are more influenced by one of these three doshas⁵. Those with more vāta might be more anxious or easily excited, those with more pitta may be more prone to inflammation or heat, and those with more kapha might tend to be slower or more sluggish. People with a balanced constitution are less likely to get sick, while others are more likely to suffer from illness. The body type is named based on which doṣa is dominant. Prakṛti does not change from birth to death, but understanding it helps in understanding how disease forms in the body. Therefore, prakṛti is an important part of examining a patient and predicting future health issues. The main goal of this research on doṣa prakṛti (body constitution) is to understand how each person's unique mind-body makeup affects health, illness, and the way to improve wellbeing.

Related Research:

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Materials and methods:

A literature review from the Caraka saṁhitā, along with its commentary Ayurved Dīpikā by Cakrapāṇi, and jalpakaalpataṛu by gaṁgādhara was carefully done. A basic effort was made to look for recurring ideas, contradictions and gaps in the literature related to dehaprakṛti. Online searching tools were used to find research articles to ensure comprehension.

Discussion:

Constitution (prakṛti) is a non-pathological humoral (doṣa) status, which is inherent in the individual from birth to death. People can have a balanced constitution, showing a healthy balance in their body. Those with a dominant humor, like vata, pitta, or kapha, may have a tendency toward disease even without obvious symptoms⁶. This is because their body has an inherent bias in how it functions, which can affect their metabolism, nervous system, or immunity. Balanced individuals are less likely to get sick under normal conditions due to their stable internal balance. Even without disease, those with a dominant humor may show signs of subtle health imbalances, like having a chronic, low-level issue that is not severe enough to be diagnosed. This is like a predisposition to certain health problems, rather than being directly caused by an outside pathogen (upacārasvāsthya)⁷. These tendencies are part of the person's constitution and can last a lifetime unless changed by strong treatment or illness. Prakṛti in Ayurveda is the expression of person in context of morphology, physiology, behaviour and relation to ecology. Prakṛti is unchangeable throughout the life⁸.

“Vātalādayaḥ sadātūrāḥ”

Prakṛti is different from genetic diseases. Prakṛti refers to the natural state of the body, while vikṛti refers to a disease state. Vata type is considered less favourable, as it relates to rajas, which is associated with activity and movement. Kapha type is seen as more favourable, as it relates to sātṛvika bhava and puruṣa which increases healthy longevity. The doṣas that form the prakṛti do not directly cause disease, but when they combine with certain seasonal factors, body tissues, and the natural state of the body, they can lead to disease known as saṁtāna, which is hard to manage. vāta types may show variability in appetite, anxiety, or sleep issues. pitta types may be prone to inflammatory or heat-related issues. kapha types may tend toward sluggish metabolism or weight gain.

The verses from Caraka Samhita say: ‘The opposite qualities are helpful for those who are healthy.’ So, for those with a balanced constitution, the diet should include all the six tastes in proper balance⁹. It is not necessary to eat all tastes in equal amounts, because people have different preferences. For someone with a dominant vata constitution, who is dry and tends to move easily, eating foods that are moist and grounding may be beneficial. For those with a balanced constitution, foods with a sour and salty taste are

recommended. The right mix of tastes should depend on the person's constitution, the season, and their digestion strength. Prevention through moderation in habits - Customized medicine using constitution analysis - Diet therapy tailored to constitution and season - The importance of making changes gradually instead of suddenly. These ideas connect well with modern concepts like nutrigenomics, chronobiology, and psychoneuroimmunology, showing how ancient wisdom can work with modern science.

Important Scientific Implications: - Prakruti-based medicine is like personalized medicine, where treatment is tailored to a person's constitution. - The idea that disease risk is built in reflects our current understanding of genetic, epigenetic, and developmental influences on health. - Even without visible symptoms, people with constitutional imbalances need lifestyle and diet changes to prevent disease, which is now part of preventive medicine and biohacking.

Conclusion:

Caraka Samhita Sutrasthan Chapter 7's verses 38–41 offer profound insights about illness, health, and therapy. Prakruti is a typical state of the humors in the body. People with balanced constitutions cannot be influenced by other prakruti kinds because the doṣas that make up the prakruti do not change. It is advised that people with a balanced doṣa state consume diets that have all six tastes in the right amounts. Depending on the season, constitution, and digestion, it is ideal to use all six tastes in balance. Modern physicians and researchers can investigate more customized and preventive health measures by having a better understanding of Ayurvedic concepts including prakruti, doṣa modifications, and appropriate and inappropriate meals.

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