

AYURVEDA'S APPROACH OF DIET & LIFESTYLE MANAGEMENT BASED ON DOSHAJ PRAKRUTI

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ABSTRACT

Ayurveda is a science of life. Prevention and cure of disease is an aim of Ayurveda. *Prakruti* is the unique concept of *Ayurveda*. It is the constitutional behaviour of an individual, which incorporates both physical and psychological traits referred under the caption of *doshaprakruti*. Qualitative, quantitative and *avayabhichari* (unchangeable) *dosha* predominance from birth to death is called as *prakriti*. In Ayurvedic texts different *Acharyas* have described different features of *doshaj*, *manasa*, *bhautika* & *jatyhadiprakruti*. Knowledge of *prakruti* is very useful for maintaining the healthy life, diagnosis and treatment of disease. Due to surrounding environment, diet, lifestyle and incase of illness the basic *prakruti* of a person can change temporarily. Treatment according to *Ayurveda* depends upon *samanya-vishesha siddhant*. Balance of *doshas* and *dhatus* help in prevention of diseases and maintain *samyaavastha*. Hence diet and lifestyle of person should be followed according to the *prakruti*. Therefore in this paper effort is made to present the concept of diet and lifestyle which should be adopted by the person to maintain healthy life on basis of *prakruti*.

KEYWORDS: *Prakruti*, *dosha*, diet and lifestyle.

INTRODUCTION

Prakruti is one's own constitution which is characteristically individual specific. It is presentation or expression of oneself in terms of morphological, physiological, psychological, or social aspect. The term *Prakriti* is used for *swabhav*, *sharir uttapatti*, in vedic literature and *Upanishad*. According to *Brahma Vaivarta Purana*, *Prakriti* is formed from 3 letters viz, *Pra*, *Kri* and *Ti*. The letter *Pra* stands for the *Prakrashta Guna* i.e. superior quality- *Satva*, *Kri* for moderate one the *Rajas* and *Ti* for *Tamas*.

***Prakruti* Formation:** *Prakruti* is characteristic set of features of an individual formed during the embryological stage with influence of physiologically normal *doshas* which further sustains and emerges as behaviour throughout the life of that individual.

Prakruti is formed by union of (male & female gametes) *shukra* and *shonita* at the time of conception process due to *dosha* predominance,¹ which is after reflected by an individual as a set of character determining his or her behaviour itself. The (*prakruti*) constitution depends on

environmental factors like climate, season, time factor, age, race, familial inheritance.

Factors help in formation of Prakruti:^{2,3}

1. Sperm & ovum factors

a. Matruj bhava²- Twak, Rakta, Mamsa, Meda, Nabhi, Mutrashaya, Pliha, Vrukka, Amashaya, Artava etc.

b. Pitruj Bhava²- Nakha, Kesha, Loma, Danta, Asthi, Sira, Dhamani, Shukra etc.

Any abnormality in the above factors may lead to hereditary disorders like Hemophilia, Diabetes, Color blindness, Asthma, Sickle cell Anemia etc.

2. Uterine and seasonal factors

a. Proper time of ovulation

b. Time for conception and gestation

c. Age factor of parents

3. Dietary and environmental factors

a. Satmyajbhavya²- Aarogya, analasya, Indryaprasadan, swara, varna etc

b. Rasajbhav²- sharirvridhi, sharirutpatti, Trupti, Pushti, Utsah etc.

4. Metaphysical and elemental factors (Panchmahabhutas, Atma, Manas, etc.)

a. Atmajbhav²- Mana, prerana, swara, ichha-dvesh, smruti etc.

b. Satvajbhav²- Bhakti, Moha, Dvesh, Bhaya, Krodh, Shaurya etc.

CLASSIFICATION OF PRAKRUTI

1) Doshaj prakruti-7,

2) Panchabhautik prakruti-5

3) Manas prakruti-16

4) Jatyadi prakruti-6

Doshaj prakruti⁴ - Vataj, pittaj, kaphaj, vatapittaj, pittakaphaj, vata-kaphaj, kaphapittaj are the seven doshajprakruti which can be known by the external physical features, psychosomatic and social behaviour of person. Change in the prakruti

due to illness can be diagnosed by clinical examination and nadiparikshan. In present era, diet and life style of person are main factors which lead to serious lifestyle diseases.

Manasika Prakruti is very much important for the maintenance of health as well as to prescribe therapeutics. It is designed according to predominance of any one, two or all the trigunas i.e.

Sattva, Rajas and Tamas. It is known as Mahaprakriti also and trigunas are considered as Mahagunas. Common features of Sattvika, Rajasika and Tamasika Prakriti **Manasa Prakruti**⁵ - On the basis of manas guna (satva, raja tama), there are three types of manasa Prakruti. Satvik, Rajas and Tamas. These three types of manas Prakriti are subdivided into sixteen/eighteen types. These are Brahma, Mahendra, Varun, Kaubera, Gandharva, Yama and Rishi Satva are comes under satvik manas Prakriti, Asura, Rakshasa, Paishacha, Preta, Sarpa and Shakuna are included in rajasa. manasa Prakriti. Pashava, Matsya and Vanaspatya are the subtypes of tamasa manasa Prakriti. Acharya Kashyap described two additional manas Prakriti, one is Prajapatya kaya under satvik group and another one is Yaksha under rajasa Prakriti.

Bhautika Prakruti⁵ Acharya sushruta has also described five types of Prakriti according to the dominance of PanchMahabhuta called Bhautika Prakriti. These are.

1. Parthiva due to the predominance of Prithvi mahabhuta.

2. Apya due to the predominance of Jala mahabhuta.

3. *Taijas* due to the predominance of *Agni mahabhuta*.

4. *Vayaviya* due to the predominance of *Vayu mahabhuta*.

5. *Akashiya* due to the pre dominance of *Akasha mahabhuta*.

Jatyadi Prakruti ⁶ - These are not actually *Prakruti*, they are the six factors which influences the *Prakruti*. Acharya Charaka described six types of *jatyadi prakruti* in *Indriyasthan*. these are:

1. *Jatiprasakta* (racial peculiarities)
2. *Kulaprasakta* (familial predisposition)
3. *Deshanupatini* (demographic)
4. *Kalanupatini* (Seasonal effect)
5. *Vayonupatini* (natural changes according to age)
6. *Pratyatmaniyata* (personal habits & individuality, idiosyncrasy)

In *Ashtangasangraha*, all these are described as factors influencing the formation of *Prakriti*. ⁷In the present era the incidence of lifestyle diseases have been emerging as major health concern and continue to be the major cause of mortality worldwide. The term lifestyle incorporates *Ahara* (food habits) and *Vihara* (do's and don't's in lifestyle). Lifestyle related disorders occur only because individuals are not adopting the way of life according to the constitution of body. It is interesting to note that the

Table no.1

Features	<i>Vata</i>	<i>Pitta</i>	<i>Kapha</i>
Frame of arms	Short and thin	Medium	Tough, thick, well built
Forehead	Small irregular margin	Average sized irregular margin	Large straight margin
Eyebrows and eyelashes	Scanty, dry, irregular	Scanty brownish	Dense, smooth and moist
Hair	Scanty dry irregular	Brownish baldness	Dense, smooth and moist

Ayurvedic classics have emphasized the role of faulty lifestyle and inappropriate dietary habits in the causation and pathogenesis of diseases. Proper wholesome diet & lifestyle is well designed in Ayurveda. Therefore it clearly indicates that if a person wants to be healthy, he must design his lifestyle according to his *Prakriti*.

MATERIALS AND METHODS

The Literary material related to present work has been collected from several Ayurvedic texts *Charak Samhita*, *Sushrut Samhita*, *Ashtang Hrudya*, *Doshadhatumala vignaniyam* by S. G. Vartak *Ayurveda visharad*, *Sharirkriyavigyan* by Dr. Nandini Dilip Dhargalkar, *Understanding Dehaprakruti* by Dr.Sarita Bhutada and other authentic research work. A systematic review was done in the concerned subject, the literature related to *prakruti*, *ahara*, *vihar* was thoroughly reviewed and presented in descriptive and tabular form.

OBSERVATION & DESCRIPTION

Tridoshas are humor of the human body. *Prakruti* of person depends on function of *vata*, *pitta*, *kapha*. Hence *doshaj prakruti* plays a vital role in maintaining health.

Physical features of *vata*, *piita*, *kapha prakruti* known by external physical examination.^{8,9,10} in table no.1,2,3

Eyes	Small sized, lacks glow, round unsteady, remains partially open during sleep	Avg sized reddish/yellowish	Almond sized and beautiful
Sclera	Smoky, blackish	Reddish/yellowish	White, glowing
Iris	Blackish	Blue/green/grey	Black
Nose	Small with their covering skin	Suitable for face	Big with thick covering skin
Lips	Dry, small sized cracked	Thin, red, small sized	Thick moist, Big sized
Teeth	Irregular in shape & placement cracked & muddy	Yellowish regular in shape and placement	With big sized, regular in shape and placement
Tongue	Dry, small sized cracked	Thin, red small sized	Thick, flashy moist, big sized
Skin	Thin, dry, cracked rough	Soft, oily, has tendency to develop skin disease	Thick moist smooth
Complexion	Dark brown blackish	Pinkish	Whitish
Palms	Small sized, dry, cracked has numerous palm lines	Medium sized, soft hot on touching sweating	Big sized fleshy, soft less palm lines
Soles	Small sized, dry cracked	Medium sized, soft, sweating	Big sized, fleshy, soft, big sized moist
Nails	Small sized, dry, brittle	Medium sized, pinkish, soft	Big sized moist

Physiological characters^{9,11} Table no. 2

Vata	Pitta	Kapha
<i>Vishamaagni</i>	<i>Tikshnaagni</i>	<i>alpaagni</i>
<i>Krurakoshtha</i>	<i>Mrudukoshtha</i>	<i>madhyamakoshtha</i>
<i>Alpabala, Ayu</i>	<i>Madhyambala, Ayu</i>	<i>balavanta, ayushavanta</i>

Psychological characters¹⁰ Table no. 3

Vata	Pitta	Kapha
<i>Pralapa</i>	<i>Krodha</i>	<i>drutimana</i>
<i>Shighratras</i>	<i>Tejaswi</i>	<i>dhairya</i>
<i>Raga</i>	<i>Sahasa</i>	<i>prasanna</i>
<i>viraga</i>	<i>Medhavi</i>	<i>swapna</i>
<i>shitadweshi</i>	<i>Ushnadweshi</i>	<i>dirghadarshi</i>

According to Acharya Charak human body is formed by Ahararas. The food we take in our daily life help in formation dosha, dhatus and malas. Shadras and gunas of food

has great influence on doshajprakruti. Equilibrium of vata, pitta, kapha is maintained by the balance between rasa and gunas of food.

Following table shows the Relation between *rasa, guna* of diet and *dosha* ¹²

Table no.4

Effect on <i>Doshas</i>	<i>Rasa</i>	<i>Gunas</i>
<i>Kaphakara</i>	<i>Madhur, Amla, Lavana</i>	<i>Guru ,Snigdha</i>
<i>Vata-Pittakar</i>	<i>Katu,Tikta,Kashaya</i>	<i>Laghu</i>
<i>Vata- Kapkkar</i>	<i>Madhura,tikta,kashaya</i>	<i>Shita</i>
<i>Pittakar</i>	<i>Katu,amla,lavana</i>	<i>Ushna, snigdha</i>
<i>Vatakar</i>	<i>Katu,tikta,Kashaya</i>	<i>Ruksha,laghu</i>

Modification in *ahara* for prevention of diseases according to *prakruti* ^{13,14,15} mentioned in table no.5,6,7

Table no.5

<i>VataPrakriti</i>	<i>Pitta Prakriti</i>	<i>KaphaPrakriti</i>
<i>Madhur,Amala, LavanaRas .Ushana,Snigdha</i>	<i>Madhur, Tikta, Kashay Ras.Sheetguna</i>	<i>Katu, Tikta, KashayRas Ushana,Ruksha, guna.</i>
Grapes,kiwi,lemons, mangoes, papaya,plums,strawberries, tamarind	Dates, figs, pomegranates, cucumber	Apricots,cranberries, beets, corn, millet, museli
Oil, Ghee	Ghee	Less ghee, Madhu
Cow's milk and milk products	Cow milk	Less milk and milk product
Juicy fruits, dry fruits	No Alcohol, liquor etc	Less quantity of food

Table no. 6

SRNO.	FOOD ITEMS	VATA	PITTA	KAPHA
A	CEREALS			
	Red Gram	No	No	Yes
	Horse Gram	No	No	Yes
	Black Gram	Yes	No	No
	Green Gram	Yes	Yes	Yes
	Peanut	No	No	Yes
B	VEGETABLES			
	Radish	Yes	No	No
	Brinjal	Yes	No	No
	Cabbage	No	Yes	No
	Potato	No	Yes	No
	Tomato	No	No	Yes
	Onion	Yes	No	No
	Carrot	Yes	No	Yes
	Ladies Finger	No	Yes	No
	Beetroot	Yes	No	No
	Bitter Gourd	No	Yes	Yes
	Yellow Pumpkin	Yes	No	No
	Cucumber	No	Yes	Yes

	Spinach	No	Yes	No
C	GRAINS			
	Rice(Raw)	No	No	Yes
	Rice(Boiled)	Yes	No	Yes
	Wheat	Yes	Yes	No
	Millets	Yes	Yes	Yes
	Corn	No	No	Yes
	Mushroom	No	Yes	No
	Cauliflower	No	Yes	Yes
	Garlic	Yes	No	No
D	SPICES			
	Mustard	Yes	No	Yes
	Fenugreek	Yes	No	Yes
	Cinnamom	Yes	No	Yes
	Cardamom	No	No	Yes
	Ginger	Yes	No	Yes
	Pepper	Yes	No	Yes
	Long pepper	Yes	Yes	Yes
	Red chillies	No	No	Yes
	Green Chillies	Little	No	Yes
	Coriander	Yes	Yes	Yes
E	FRUITS			
	Apple	Yes	Yes	No
	Banana	Yes	Yes	No
	Grapes	Yes	Yes	Yes
	Strawberry	Yes	No	No
	Cherryplum	Yes	No	No
	Mango(Raw)	No	No	Yes
	Mango(Ripe)	Yes	Yes	No
	Papaya	Yes	No	No
	Orange	Yes	No	No
	Pineapple	Yes	No	Yes
	Lemon	Yes	No	Yes
	Jackfruit	No	Yes	No
	Cashew	Yes	No	Yes
	Pomegranate	Yes	Yes	Yes
	Guava	Yes	No	No
F	VEGETABLES OIL			
	Sesame Oil	Yes	Yes	Yes

	Coconut Oil	Yes	No	No
	Mustard Oil	Yes	No	Yes
	Sunflower Oil	No	No	Yes
G	MILK & MILK PRODUCT			
	Cow's Milk	Yes	Yes	Yes
	Goat's Milk	Yes	Yes	No
	Butter	Yes	Yes	No
	Curd	Yes	No	No
	Ghee	Yes	Yes	No
	Cream	Yes	Yes	No
	Cheese	Yes	No	No

Table no. 7

Vata Pitta Prakriti	Vata kapha Prakriti
<i>MadhurRas, Guru guna</i>	<i>KatuRas, Ushanaguna</i>
Ghrut, Apricots, Avocado, coconut, cabbage	Tail, Bel, Hingu, Aamalvetas
Leafy greens, pumkins	beets, carrots, cilantro, wheetgrass
Take nutritive predominately sweet taste diet	Ideally intake of hot substance
Take meals considering your digestive capacity Avoid onions, garlic, chili, etc fried & salty foods	Avoid night shades as they may allergic reactions
Don't combine milk with yeasted grains	Don't combine milk with yeasted Grains
Pitta Kapha Prakriti	Pitta Vata Prakriti
<i>Tikta, KashayaRas</i>	<i>MadhurRas, Guru guna.</i>
Honey, Asparagus, broccoli, cauliflower barley, granola celery	Apricots, Avocado, ghrut coconut, cabbage, pumkins, leafy greens
Avoid onion, garlic, chili etc. fried & salty food	Avoid pickles, vinegar, chili, jams, bakery product tinned & instant food

Above table show the list of food items to be taken according to *prakriti*

Lifestyle is the daily physical activity and regime which should be followed to maintain the normal *prakriti* of an individual.

Life style to be followed on basis of *prakriti*^{14,16,17,18} mentioned in table no. 8, 9

Table no.8

Vata Prakriti	Pitta Prakriti	Kapha Prakriti
Physical & mental rest	Avoid direct sun & heat	Vigorous physical work
Restricted heavy physical activity	Moderate physical activity, Controlled anger	More physical activity
Meditation	Meditation	Meditation
Good & calm sleep at night, avoid day sleeping	Timely night sleep avoid late nights & day sleeping	Adequate sleep, can awake till late nights, avoid day sleeping

Table no.9

PerformYogasanas to maintain Health		
<i>PavanMuktasana</i>	<i>Bhujangasana</i>	<i>Paschimotanasana</i>
<i>Padmasan</i>	<i>Dhanurasana</i>	<i>Halasana</i>
<i>Vajrasana</i>	<i>Shalabhasana</i>	<i>Sarvagāsana</i>
<i>Siddhasan</i>	<i>Ardhamatsedriāsana</i>	<i>Shirshasana</i>
Surya Namaskara-Sun Salutation		
Slowly & meditatively	Medium	Quickly & Vigorously

DISCUSSION

Each individual have unique constitution like each of us has unique finger print. *vata*, *pitta*, *kaphaprakruti* person have different physical, physiological and psychological characters as mentioned above. Due to globalization, modern life style, food habits, work stress, less physical activities & gadget friendly habits, had taken human being far away from nature, ignorance of healthy diet and exercise lead to many non communicable diseases. Hence one should understand his basic prakruti and follow the diet & life style accordingly with respect to season. In diseased condition physician should also consider the *prakruti* and prescribe the treatment.

CONCLUSION

To maintain the equilibrium of *doshas*, the diet and lifestyle, suitable to the *prakruti* is to be followed. Knowledge of *Prakruti* of an individual helps to maintain health and cure disease properly and logically.

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