

“CONCEPT OF PRAKRITI IN PARLANCE TO PRESENT CONTEXT”

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ABSTRACT:

Ayurveda is a trailblazer science regarding explaining various basic theories about Human Physiology and concept of ‘Prakriti’ is one of the most important gem among them. Regarding maintaining health of a healthy person as well as treating diseased one, it is said that Ayurvedic physician must be aware of the Prakriti (Constitution/Temperament) of patient. It is also important while advising daily and seasonal regimen to cured patients for preventing relapse of the disease. This research paper is a sincere effort to review the work done to understand the concept of Prakriti in parlance to Present Context.

Keywords-Prakriti, Epigenetics, Temperament, Human microbione

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INTRODUCTION:

Researcher reviewed two recently published articles regarding understanding the concept of ‘Prakriti’ in detail. Ayurveda is trailblazer in putting various basic theories regarding understanding Human Physiology including concept of ‘Prakriti’. This is one of the most important concept regarding maintaining health of a healthy person as well as treating diseased one.

LITERATURE REVIEW:

Apoorva J, Thokur SM, et.al, in their article entitled, ‘Prakriti phenotypes as a stratifier of gut microbiome: A new frontier in personalized medicine?’ published in ‘Journal of Ayurveda and Integrative Medicine’ 11 (2020) has summarised the Ayurvedic concept of Prakriti and its importance based on intrinsic heterogeneity of population.

Prakriti is determined according to the dominance of Vata, Pitta and Kapha Dosha at the time of conception and birth. This is what makes one individual different from another. One’s Prakriti is determined on the foundation of physical, psychological and physiological qualities regardless of other attributes such as caste, creed, gender, occupation and socioeconomically status. They further stated that, in present era, a researcher has discovered a new organ, i.e., ‘Human microbione’. It is also proved that in order to maintain health of a person, one must create a healthy gut atmosphere which is specific for that particular individual. It is also found that few bacterial genera were specifically enriched in certain Prakritis. Here author of the paper has presented the correlation of person specific ‘Human microbione’ and Prakriti.

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Author of this review article suggest that Prakriti phenotyping can work as a potential differentiator of the gut microbiome in a particular population. This may give further direction for conceptual framework of personalized medicine in Ayurveda.⁽¹⁾

Hari Sharma from ‘The Ohio State University, Columbus, OH 43221, USA, and Robert Keith Wallace from Maharishi International University, Fairfield, IA 52556, USA, have recently published a review article entitled, ‘Ayurveda and Epigenetics’ in *Medicina* 2020, 56, 687; doi:10.3390/medicina56120687.

In this article author stated the basic concept of epigenetics and Prakriti in detail. Epigenetics denotes external modification of DNA that may turns genes on and off, ultimately affecting gene expression. This happens without alterations in original structure of DNA.

Author stated that one’s lifestyle/behavior, diet and status of digestive system, stress, and environmental factors are the four major factors accountable for epigenetic deviations. Ayurveda reports these factors, thereby affecting the Deha (body) Prakriti (constitution); which matches to the phenotype, and indirectly the Janma Prakriti, which resembles to the genotype. In the conclusion of this article author proposes that mRNA, tRNA, and protein have features and characteristics that represents the three governing principles of Ayurvedic Doshas—Vata, Pitta, and Kapha—at the cellular level.

This correlation of ancient science with modern context will lead to better understanding as well as it will enhance communication of Ayurvedic scholars with the current medical researchers. It will lead to better integration of both sciences in the management of optimal health of the population at large.⁽²⁾

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AUTHORS CONTRIBUTION:

In the articles reviewed, one group of researcher has stated their view as ‘Human gut microbione’ defines ones Prakriti. However Agni and Koshta are two factors among several parameters defining one’s Prakriti. In case of treatment, each and every factor of Prakriti mentioned by stalwarts has its own importance. In another article, Prakriti is compared with epigenetics which is very thoughtful and can definitely be helpful in understanding and communication among peers from other medical stream.

CONCLUSION:

As Acharya Sushruta said, along with learning Ayurveda one must learn the coexisting sciences. This is really a nice effort to correlate two different sciences for the purpose of understanding and wellbeing of humanity in general.

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