

Concept of Tridosha & Prakriti in relation with Life style Disorder

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Abstract: The core philosophies of Ayurved are concept of Tridosha and Prakriti. Normal body functions are maintained by Tridoshas (Kapha, Pitta, and Vata). Imbalance in Tridoshas due to unhealthy lifestyle are directly responsible for diseases.

Synthesis in the Tridoshas in 2 stages-

Prakrut Dosha – formation of Prakriti – unchanged features throughout life – shows way of life and living i.e. Lifestyle.

Vaikrut Dosha – Control metabolism – also for Dosha kshyaya vrudhi (Vikruti) i.e. Disorder

Life Style and Prakruta dosha –

Life style is - A way of Life or living of a person's attitudes / habits / behaviour etc. These are reflected in Prakriti.

Lifestyle means Prakruta Dosha i.e. Prakriti itself.

Prakriti shows individual combination of Tridoshas, gives best guidelines related to Ahara (food and drinks) Vihar (practices and habits) and Vichar (thought and behaviour) on which lifestyle is based. Lifestyle modification and intervention based on fundamental concept of Tridosha and Prakriti is helpful to maintain health and cure illness, acts as personalized prevention and medicine.

Disorder and Vaikruta Dosha

Disorder means - Disturbance of normal functioning of body and mind, illness or disease etc.

Disorder → Dosha Vaishamya → Dosha kshya Vriddhi → Vikruta Dosha, part of Vaikruta Dosha.

Life style (Prakriti) → faulty Ahar Vihar Vichar → Disorder (Vikriti) → Improvised Samyaka, Ahar, Vihar & Vichar → healthy state → Prakriti

Hence Hetu Linga and Aushadhi of Lifestyle disorder are linked to Tridosha. Concept of Tridosha in terms of Prakruta and Vaikruta Dosha are related to lifestyle disorder. Samyaka, Ahar, Vihar & Vichar according to Doshaja Prakriti and Guna is helpful for personalized prevention and medication and thus to combat lifestyle disorders.

Key words: Life Style disorder, Tridosha and Prakriti.

Introduction:

Ayurved is one of the oldest Health science of the world. The core philosophy of Ayurved are concept of Tridosha and Prakriti. Normal body functions are maintained by Tridoshas (Kapha, Pitta, and Vata). Imbalance in Tridoshas due to unhealthy lifestyle are directly responsible for many diseases.

Synthesis in the Tridoshas are brought about in 2 stages;

1. Prakrut Dosha – responsible for formation of Prakriti – manifests very specific characteristic features which remain unchanged throughout life – shows way of life and living i.e. **lifestyle**.

Vaikrut Dosha – Control metabolism – is the decisive factor for homoeostasis – also for Dosha kshyaya vrudhi (Vikruti) – responsible for Disease or **disorder**

Aims and Objectives:

1. To study the concept of Prakrut and Vaikrut Dosha in relation with the term Lifestyle disorder
2. To study the concept of Tridosha and its benefits related to Lifestyle disorder, based on Prakriti.
3. To study the importance of Prakriti according to Ahara Vihar Vichar in Lifestyle

Materials & Methods:

1. Compilation of different meanings from text, dictionary and samhita related to topic.
2. Establish the relation of Prakrut and Vaikrut Dosha in terms of Lifestyle disorders
3. Explore and elaborate the concept of Tridosha and Prakriti by referring books, papers, samhita, related to lifestyle disorder.

Discussion:**Life Style and Prakruta dosha:**

Life style is:-

1. A set of attitudes / habits / behaviour / conduct
2. A way you live or style of living that reflects the attitudes of person or group.
3. A way of Life or living of a person or group
4. Life long process including dietary habits and exercise all of which have implications for health

Ayurveda is a way of Life which is interlinked with human Lifestyle. These are reflected in Prakriti i.e. one's nature / constitution / traits / behaviour.

Lifestyle means Prakruta Dosha i.e. Prakriti itself. Maintaining Prakriti is nothing but balancing Lifestyle

Prakriti shows morphological, physiological and psychological expression of an individual. By understanding the individual combination of Tridoshas, gives best guidelines related to Ahara (food and drinks) Vihar (practices and habits) and Vichar (thought and behaviour) on which lifestyle is based. Daily and seasonal regimes can be advised and easily followed as preventive measures.

One should know his or her Prakriti in order to follow or modify one's Ahara (food and drinks) Vihar (practices and habits) and Vichar (thought and behaviour) according to Prakriti which helps each individual to cope with changing Lifestyle.

Lifestyle modification and intervention based on fundamental concept of Tridosha and Prakriti is helpful to maintain a health and cure illness. It acts as a personalized prevention and personalized medicine and thereby helps to overcome Lifestyle disorders.

Every one's balance of Dosha is different, according to Gunas and hence each of us has one's own Prakriti. Examples; if you are born with kapha predominance, having more K than V and P, is your balance of Tridosha. Treating the vikriti in this case would have no meaning by equal balancing of Vata, Pitta and Kapha. No one can change Prakriti. Ayurveda works along with Prakriti in order to relieve the vikriti. Optimal health is when there is an absence of Vikriti / illness when one is living in harmony with one's Prakriti

Disorder and Vaikruta Dosha:

Disorder means-

1. Illness / disease / irregularity / complaint
2. Derangement of the normal physical and mental health
3. A Lack of order or regular arrangement
4. A physical condition in which there is disturbance of normal functioning

It shows that meaning of disorder is nothing but Dosha Vaishamyā → Dosha kshya Vriddhi → Vikruta Dosha i.e. current state of imbalance of Dosha which disturbs physical and mental health. Vaikruta Dosha is termed as disorder.

Faulty attitude towards Ahar Vihar and Vichar happens due to Pradnya paradha, knowingly or unknowingly causing imbalance of dosha and gives rise to some Lakshanas or Vyadhi itself.

Lifestyle - healthy state - maintainence of Prakrut dosha equilibrium

↓
Lifestyle is disturbed due to faulty Ahar Vihar Vichar

↓
Disorder – disturbance in function - illness or Dosha Vaishamyā

↓
Improvised lifestyle with the help of samyaka Ahar Vihar and Vichar according to Prakriti and Dosha Gunas

↓
Helpful to overcome disease - maintaining Dosha equilibrium – Healthy state – Lifestyle.

Hence Trisutri of Lifestyle disorder i.e. Hetu Linga and Aushadhi are linked with Tridosha.

Some basic fundaments should be followed to balance the Tridoshas according to Prakruti to combat or overcome lifestyle disorder. In Ahar and Vihar, Rasa and Guna according to Prakruti plays an important role. Along with Ahara, one should also take some rasayana regularly to improve the immunity against lakshana due to changing Lifestyle thus maintaining Health. Some basics of Ahar Vihar are mentioned below.

Table No. 01

	Vata Prakriti	Pitta Prakriti	Kapha Prakriti
Ahara			
Rasa	Madhura Amla Lavana	Madhura Tikta Kashaya	Kattu Tikta Kashaya
Guna	Snigdha Ushna Guru	Guru Sheeta	Ruksh Laghu Ushna
Rasayana			
	Pipali Vacha Ashwagandha Bala	Brahmi Amalki	Shilageet Bhallatak

- Chyavanprasha and Trifala rasayana for all Prakriti and age groups

Table No. 02

Vata Prakruti	Pitta Prakruti	Kaoha Prakruti
Vihar and Vivhar		
Physically and mentally more rest	Protect from Sun and Heat	More physical work
Slowing down the speed of all activity	Reduce anger	Vigorous exercise
Talking – less	Swimming	Raising the speed of all activity
Meditation	Meditation	Minimising possessiveness and attachment
Yogasana		
Pavan Muktasana	Bhujangasana	Paschimotanasana
Padmasana	Dhanurasana	Halasana
Vajrasana	Shalbhasana	Sarvagasana
Siddhasana	Ardha matsedriasana	Shirsana
Surya Namaskara - Sun Salutation		
Slowly and meditatively	Medium	Quickly and vigorously

- In Dwandwaja Prakriti modification can be done according to predominance of Dosha

Conclusion:

- Concept of Tridosha in terms of Prakruti and Vaikruti Dosha are related to lifestyle disorder.
- Lifestyle itself is responsible for to overcome the lifestyle disorder
- Samyaka, Ahar, Vihar & Vichar according to Doshaja Prakruti based on Guna and Rasa is beneficial for personalized prevention and medication.
- Use of Rasayan according to Doshaja Prakruti is helpful to maintain health

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