ASSESSMENT OF PRAKRITI IN DIFFERENT DESHA

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ABSTRACT:

Prakriti is a nature; it is different in every individual. It depends upon the dosha which are predominant at the time of conception (sukra-shonit sanvyog). Some other factors like- jati, kula, desh, kala, vaya, and pratyatmaniyyata also play an important role in the formation of prakriti in Janmottar. Among these factors, we focused the role of desha in the formation of prakriti. Desha is three types, Sadharana, Jangal & Aanoop. Tridoshaja, Vata-Pitta & Kapha–Vata has predominance in Sadharana, Jangal & Aanoop desha respectively. Total 90 individual were selected, 30 from each desha. In this study we found Pitta Pradhan prakriti in Sadharana desha, Vata Pradhan Prakriti in Jangal desha & Kapha Pradhan Prakriti in Aanoop desha.

Key words: Prakriti, desha, Aanoop, Jangal, Sadharana

INTRODUCTION:

Ayurveda, the “science of life”, according to Ayurveda, every individual is unique. Not only each individual has different size and shape but its physiological and even psychological characters are different. This is because of predominant dosha at the time of birth which decides their constitution (Prakriti). Once this constitution is formed, it is permanent for that individual. If proper care is not taken for the maintenance of this constitution, it may lead to some certain disease. Prakriti is one of the fundamental concepts of Ayurveda. It is organized in accordance to attributes of predominant dosha at the time of Sukra-Shonita Sanyoga (conception). For example at the time of conception Vata dosha is predominant compared to Pitta and Kapha, then we call the individual having Vataja prakriti. Jati (Race), Kula (Family disposition), Desh (Land and Patient), Kala (Season), Vaya (Age) & Pratyatmaniyyata (Personal Habit) play important role to determine the prakriti in Janmottar. Among these accessory factors, desha is three types, Sadharana, Jangal & Aanoop. Tridoshaja, Vata-Pitta & Kapha–Vata has predominance in Sadharana, Jangal & Aanoop desha respectively.

AIM AND OBJECTIVES:

To complete detailed study of prakriti, desha. The Correlation between Doshaja Prakriti & desha.

MATERIAL & METHOD:

The present survey work was conducted in different parts of India. We have selected some places of Sadharana, Jangal and Aanoop desha as per the criteria mentioned in samhitas. In this study Jabalpur, Bhopal and Nagpur were considered as Sadharana desha. Jaipur considered as Jangal desha and Mumbai, Kolkata & Puri considered as Aanoop desha. 30 subjects were selected from each desha. Total 90 subjects were selected and examined as per the prepared survey proforma. The present study has undertaken the review of Ayurvedic literature along with modern literature regarding the study. The
methodology of the dissertation is as follow:

**Type of study:** Survey study

**SELECTION CRITERIA:**

**INCLUSION CRITERIA:**
1. Age group- Age between 20 to 40 years
2. Sex- Both male and female
3. Healthy volunteers

**EXCLUSION CRITERIA:**
1. Age group- Age below 20 years and above 40 years.
2. Pregnant and lactating women.
3. Subject having any acute or chronic illness.

**Plan of Study:**

- Survey related to *Prakriti* and *desha* were done in 90 individuals (subjects).

**OBSERVATION:**

**PRAKRITI AND PRADESHA WISE DISTRIBUTION OF SUBJECTS:**

Table - Showing *Prakriti* and *Pradesha* wise distribution of 90 Subjects

<table>
<thead>
<tr>
<th>Desha</th>
<th>Sadharana</th>
<th>Jangal</th>
<th>Aanoop</th>
</tr>
</thead>
<tbody>
<tr>
<td>prakriti</td>
<td>No. Of subjects</td>
<td>%</td>
<td>No. Of subjects</td>
</tr>
<tr>
<td>Vata pradhan prakriti</td>
<td>01</td>
<td>03%</td>
<td>16</td>
</tr>
<tr>
<td>Pitta pradhan prakriti</td>
<td>24</td>
<td>80%</td>
<td>07</td>
</tr>
<tr>
<td>Kapha pradhan prakriti</td>
<td>05</td>
<td>17%</td>
<td>07</td>
</tr>
<tr>
<td>Total</td>
<td>30</td>
<td>100%</td>
<td>30</td>
</tr>
</tbody>
</table>

- Among these 90 individuals, 30 individuals were selected from *Sadharana desha*, 30 from *Jangal desha* and 30 from *Aanoop desha*.
- The *Prakriti* of all individuals were examined according to the criteria mentioned in *Samhitas* and were assessed with the help of relevant proforma. Individual having 60% or more than 60% factors of one *dosha* were considered as the same *Dosha Pradhan prakriti*. Then sample will be divided according to *dosha pradhan prakriti* as *Vata pradhan prakriti*, *pitta pradhan prakriti* and *Kapha pradhan prakriti*. 

![Graph showing PRAKRITI AND PRADESHA WISE DISTRIBUTION](image-url)
Among 90 subjects 30 subjects selected from Sadharana desha, 30 from Jangal desha and 30 from Aanoop desha. In Sadharana desha maximum i.e. 24 subjects (80%) were belonging to Pitta Pradhan Prakriti. 01 subject (03%) was belonged to Vata Pradhan Prakriti, whereas 05 subjects (17%) belonged to Kapha Pradhan Prakriti. In Jangal desha maximum i.e. 16 subjects (54%) were belonging to Vata Pradhan Prakriti. 07 subjects (23%) were belonged to Pitta Pradhan Prakriti and 07 subjects (23%) belonged to Kapha Pradhan Prakriti. In Aanoop desha maximum i.e. 14 subjects (46.6%) were belonging to Kapha Pradhan Prakriti. 05 subjects (16.7%) were belonged to Vata Pradhan Prakriti, whereas 11 subjects (36.7%) belonged to Pitta Pradhan Prakriti.

DISCUSSION ON SURVEY STUDY:
Among 90 subjects 30 subjects selected from Sadharana desha, 30 from Jangal desha and 30 from Aanoop desha. Among 30 subjects of Sadharana desha maximum i.e. 24 subjects (80%) were belonging to Pitta Pradhan Prakriti. Among 30 subjects of Jangal desha maximum i.e. 16 subjects (54%) were belonging to Vata Pradhan Prakriti. According to Ayurvedic principles the Prakriti is influenced by external environmental factors (Desh). The Desh is a specific geographical pattern with specific soil pattern, climate and flora & fauna. In Sadharana desha maximum subjects belong to Pitta Pradhan Prakriti. Sadharana is combination of Jangal & Aanoop desha, which is said to be excellent habitat for people.

In Jangal desha maximum subjects belong to Vata Pradhan Prakriti. The Jangal desh has similar characters of Vata because Jangal is a desert or semi desert like geographical pattern in which there is mostly arid land with less rainfall, less vegetation with mostly dry, blowing winds and in this desha also aahara is mostly similar to qualities (guna) of Vata dosha, for example in this area most of the people use gram, maize (jwar/yava) etc. in daily diet. The properties of gram are laghu, Sheetaa, madhura,kashaya, ruksa, vatwardhak etc. The Yava is also ruksa, Sheeta, kashaya, vatwardhak and maximum food of in this desha is vatwardhak. So according to Lok-Purush samya siddhant in present study most of the people of Jangal desha have got Vata Pradhan Prakriti.

In Aanoop desha maximum subjects belong to Kapha Pradhan Prakriti. Aanoop is a coastal or highly humid forestation area like rain forests or beaches with hot & humid climate, with plenty of plants of all variety, variety of birds, high rainfall, wide rivers or sea. These features are similar to qualities (guna) of Kapha dosha. The qualities of Kapha dosha is guru, Sheetaa, manda, snigdha etc. and parthiv & aapya mahabhut are predominant in Kapha dosha. In this desha maximum food is kaphavardhak, for example most of the people in this desha use Fish. The Fish is guru, snigdha, mansavardhak, balvardhaka etc. these qualities are similar to Kapha dosha. So in present study most of the people of Aanoop desha have got Kapha Pradhan Prakriti.

CONCLUSION: The review of Ayurvedic literature revels that the Prakriti of every individual is also depends on geographical pattern. So it is concluded that in Sadharana desha maximum subjects found from Pitta Pradhan Prakriti. In
Jangal desha maximum subjects found from Vata Pradhan Prakriti. In Aanoop desha maximum subjects found from Kapha Pradhan Prakriti.

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