



## IMPORTANCE OF *PRAKRITI* FOR MAINTAINING OCCUPATIONAL HEALTH

### Review article

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#### ABSTRACT

Every man or woman on the earth is born with some physical and mental peculiarities, which remain with him/her throughout the life; such features which are acquired by birth itself are called *Prakriti*. It is defined as group of characters inherited by an individual from *Shukra-Shonit Sanyoga* (union of sperm and ovum). There is always tendency of *Vata*, *Pitta* and *Kapha**Prakriti* individuals to give rise *Vata* diseases, *Pitta* disease and *Kapha* diseases respectively. So, knowing *Prakrti* is a wonderful tool for understanding oneself and others, and it also aids a person in making appropriate lifestyle choices like choosing the occupations per their *prakriti* for maintaining one's health. Thus, we can suggest diet, lifestyle changes, *Dosha Shodhan* (*Panchkarma*) in specific *Rutu* according to *Prakriti* & specific *Dhatupushtikarakadravya* according to Occupation. Occupation is an activity to which one regularly devotes oneself & which serves as one's regular source of livelihood. So, occupation suitable to *Prakriti* can be suggested, so that there will not be risk of any occupational hazard in future. Even during recruitment in companies, there should be *Prakriti Parikshan* (nature of an individual's / person's constitution) of every candidate, so that every employee will be aware of Health & safety in work environment. Thus, There will be update & applied Ayurveda in today's era, increasing awareness of people about health & safety during occupation in future by adapting diet, lifestyle & other measures suggested by *Vaidya*, according to *Prakriti*.

**Key Words:** *Prakriti*, Occupation, Lifestyle

**INTRODUCTION:** *Prakriti* means "natural form" or "original form" or "original source"<sup>1</sup>. *Prakriti* is an internal as well as external enumeration of body features. It is formed at the time of sperm-ovum union in accordance to attributes of predominant *dosha*.<sup>2</sup> This *dosha* predominance is in normal state and not an aggravated. According to *Dalhana*, these predominant *vata* etc. are of two types normal and abnormal of which the former emerging simultaneously with the body are source of natural constitution while the latter cause abnormality in fetus. Knowledge about *Prakriti* is a pre-

requisite for assessment of *vikruti*. The primary objective of *prakriti* assessment is to estimate, *Bala Pramana* & *Dosha Pramana* of an individual. *Bala Pramana* refers to judgment of physical & psychological potential that illustrates status of *Dosha*, *dhatu*, *mala*. Assessment of *Dosha Pramana* is associated with nature & extent of *doshas*. Thus concept of *prakriti* is important in preventive & curative aspect. Prediction of proneness & severity of disease can be speculated in specific occupation, if we know *prakriti* of an individual. Occupation is an activity to which one regularly devotes oneself &

which serves as one's regular source of livelihood. So occupation suitable to *Prakriti* can be suggested, so that there will not be risk of any occupational hazard in future. Even during recruitment in companies, there should be *Prakriti parikshan* of every candidate, so that every employee will be aware of Health & safety in work environment. Aim of the occupational health should be promotion and maintenance of physical, mental and social well-being of workers in all occupations.

#### **AIMS & OBJECTIVES:**

- Pre-Career counseling
- Recognition & Prevention of Occupational Hazards
- Guidelines for diet & lifestyle as per *Prakriti*

#### **METHODOLOGY:**

Available literature of charaka samhita,sushruta samhita,astanga hridaya,Astanga Sangraha, Referred published articles concerned with this topic has been reviewed.

**• Pre-Career counseling:-** If every individual knows their own *prakriti* it will be very helpful to choose the occupation according to the *prakriti*. Human Resources Department can be promoted to include *Prakriti* assessment in their strategies along with aptitude test, to improve work performance of an employee. Thus, There will be update & applied Ayurveda in today's era, increasing awareness of people about health & safety during occupation in future by adapting diet, lifestyle & other measures suggested by vaidya, according to *prakriti*.

**• Recognition & Prevention of Occupational Hazards:-** For the people, already in their occupation for several

years following measures can be helpful to maintain their health.

- Systematic evaluations of the working environment.
- Endorsing preventative measures which eliminate the reasons for illnesses in the occupation.
- Make sure the workstation suits the postural requirements of the worker, because poor & prolonged working postures may give rise to disorders.
- Giving information in the subject of employees' health through Ayurveda.
- Giving information on occupational hygiene and also Environment safety & risks in the work place.
- Voluntary medical examinations.
- A consulting room on the work environment for the Workers.
- Periodical Health check up to all employees.
- Modifications in diet & lifestyle, other measures Suggested by vaidya.

#### **Following are Examples of Occupations & Prakriti which may Result in Hazard.**

- **Vatapradhan Prakriti-** *Vata pradhan prakriti* person should avoid Continuous work in A.C. office, Night shift work, Field work with excess dust in surroundings, Poor & prolonged posture of work like Sweepers(prolong time of bending his/her body increases the *vata dosha*), Lecturer-excess speech, Athlete-excess running, Labour-Excess physical work.
- **Pitta pradhan prakriti-** *Pitta pradhan prakriti* person should avoid Continuous work near heat in factories near furnaces, Cook, Mine workers, Hard & strenuous work, Civil engineers, Hawkers.
- **Kaphapradhan prakriti-** *Kaphapradhan prakriti* person should avoid sedentary work & continuous work

in A.C., I.T. engineers, continuous work on PC.

### **Disease Proneness of Specific *Prakriti* due to *Doshaprakopak Hetu* in Occupation**

Following *lakshana* & *vyadhi* may be caused –

- ***Vatapradhan prakriti & vataprakopakhetu in occupation***<sup>3</sup>

- *Pada shula* (pain in foot), *Gridrasi*(sciatica), *Grivasthambha*(stiffness of neck), *Rokshya*(dryness of body), and *Badhirya*(deafness) etc.

- ***Pittapradhan prakriti&pittaprakopakhetu in occupation***<sup>4</sup>

- *Daha*(burning sensation), *Khalitya*(hairloss), *Palitya*(griying of hairs), *Mukhapaka*(stomatitis), *Aamlapitta*(gastritis) ,*Atisweta*(excessive sweting) and *Ushmaadikhya*(feeling of excessive heat) etc.

- ***Kaphapradhan prakriti&kaphaprakopakhetu in occupation***<sup>5</sup>

- *Dhamanipratichaya*(hardening of arteries), *Sthoulya*(obesity), *Hridroga*(heart diseases), *Gurugatrata*(heaviness in body), *Alasya*(laziness)*Mandagnita*, and *Kasa*(cough) etc.

- **Guidelines for Diet & Lifestyle as Per *Prakriti*:** Individuals having *Vatapradhanprakriti* & *Vataprakopakhetu* in occupation should go for-<sup>6</sup>

1. Daily *Abhyang*
2. Use of *Ghrit* in daily diet
3. *Ushnadugdha*
4. *Yogbasti* or *Matrabasti* in *varsha rutu*
5. *Pathyahar*(*madhura*(sweet),*Amla*(sour), *Lavana Rasa*(salt) *Ahara*,*Snigdha* and *ushna Ahara*(hot) ), restricting *vatakaraka* food(*Vartak*,*yava*,*Jau* etc) items

6. Improved posture or short breaks in between the occupation.

*Pittapradhan Prakriti&Pittaprakopakhetu* in occupation should go for-<sup>7</sup>

1. *Virechana* in *sharadrutu*

2. Interrupted contact with heat in summer
3. Water bath in between work intervals

4. Avoiding *pittaprakopakaahariyahetu*(*usha* (hot and spicy food)).

*Kaphapradhan Prakriti & Kaphaprakopakhetu* in occupation should go for-<sup>8</sup>

1. *Vamana* in *Basant rutu*

2. Transition zone walk between work intervals

3. Avoiding *divaswapa*

4. Avoiding *kaphaprakopakaahariyahetu*(*Guru* *snigdha* *ahara*,*Madhura*,*amla* *lavana rasa*,*sheeta*(cold food items)).

5. Avoiding chilled cold drinks

6. Avoid *abhishyandi* refrigerated food items.

7. Always having hot food stuffs.

**DISCUSSION:** In routine life one has to face many health related complaints, In which majority of times are due to intense attributes of predominant *dosha*. Being known about *prakriti* a person can manage to adjust his daily diet and other routine as per “*Dincharya*” advised by Ayurveda for maintenance of the health. Knowledge of *prakriti* is essential for a physician as well as patients and common persons also. Common person can maintain their health by getting proper tips about the regime, provided according to their own *prakriti*.While planning ones diet, the *prakriti*, the status of *dhatus*, and the status of *dosha* should be considered. *Vata prakriti* individual has predominance of *vata dosha*, the individual obviously is required to eat *madhur*, *amla* and *lavan rasa* in diet, oily food to counteract

attributes of *vata* namely *ruksha*, *laghu* etc<sup>9</sup>. *Pittaprakriti* individual has predominance of *pittadosha*, the individual obviously is required to eat *madhur*, *tikta* and *kashaya* rasa in diet<sup>10</sup>. *Kaphaprakriti* individual has predominance of *kaphadosha*, the individual obviously is required to eat *katu*, *tikta* and *kashayarasa* in diet<sup>11</sup>. Along with the selection of diet, if every individual knows their *prakriti* so they can avoid the choose of occupation, which are harmful for their health like- *vataprakriti* person avoid to work on that places which are predominance of *vataprakopakhetu* such as in AC, cold & dry places, field work and night shift etc. These types of work will increase the *vatadosha* and it is very harmful for *vataprakriti* person because it produced the *vataprakopavyadhi*. Same as *pitta* and *kaphaprakriti*, *pitta prakriti* person avoid working on that places which are predominance of *pittaprakopakhetu* such as in factories near furnaces and in hot environment etc. These types of work will increase the *pittadosha* and it is very harmful for *pittaprakriti* person because it produced the *pittaprakopavyadhi*. *Kapha prakriti* person avoid working on that places which are predominance of *kaphaprakopakhetu* such as in continuous work on computer, AC and work at cold & wet places etc. These types of work will increase the *kaphadosha* and it is very harmful for *kaphaprakriti* person because it produced the *kaphaprakopavyadhi*. So every individual must choose their occupation according to your *prakriti* and they can live healthy life.

**CONCLUSION:** It is important to consider *prakriti* for maintaining occupational health with the help of choosing appropriate occupation, diet and daily routine. Thus, we can suggest

diet, lifestyle changes, *dosha shodhan* (*panchkarma*) in specific *rutu* according to *prakriti* & specific *dhatus* (*pushtikarakaaharadravya*) according to Occupation.

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