

To Assess the Co-relation between *Prakriti* and *Sadharana Desha*

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Abstract-

Introduction: *Prakriti* is defined as the entity, which manifests at the time of origin. *Prakriti* stands for the original body constitution or the inherent combination of *doshas* a person develops at the time of conception. *Desha* or biological distribution of *prakriti* is one of the chief concepts in any treatment modality for curing the disease. *Desha* has to be analysed in a diseased person in order to determine the *Nidana* (causative factors) of a disease and to decide *Chikitsa* (treatment) which is opposite to the qualities of the *Desha*. A thorough understanding of this concept in *Swastha* (healthy) and *Vyaditha* (diseased) perspective is inevitable in the present scenario.

Material and Method: Observational study on *Prakriti* among 162 subjects, citizen of Chandigarh region (*Sadharana desa*) with the age group 10-53 years was conducted by Shri Dhanwantry Ayurvedic College & Hospital, Chandigarh, India. The data was analyzed to know the predominant *Prakriti* in *Sadharana desa* i.e., Chandigarh Region. The *Prakriti* of all the volunteers were recorded in excel sheet and given dietary guidelines according to their *Prakriti*.

Result: *VataPitta Prakriti* was seen predominant in the study group of people. Followed by *PittaKapha Prakriti* > *Pitta Prakriti* > *Vata-Pitta-Kapha Prakriti* > *Vata Prakriti* = *KaphaVata Prakriti* came in equal ratio and *Kapha Prakriti* recorded with the least frequent. The observational study was found to be very informative by the volunteers as they were getting more knowledge about their body and diet plan to maintain a healthy lifestyle.

Conclusion: *Prakriti* varies according to the *Desha* of the individual hence all the treatment modalities depend upon this for a better approach towards disease management. By knowing the *Prakriti* of an individual, the dominant *dosha* of that person can be identified. Hence *Prakriti* of an individual play's vital role in treatment of disorders.

Keywords: *Prakriti, Desha, Sadharana, Swastha, Vyaditha*

INTRODUCTION

In Ayurveda, "*Prakriti*" refers to an individual's unique constitution or nature. According to Ayurvedic principles, every person is born with a specific balance of three fundamental energies or *Doshas* known as *Vata*, *Pitta*, and *Kapha*. These *Doshas* are derived from the five elements: *Vata* from air and space, *Pitta* from fire and water, and *Kapha* from earth and water. *Prakriti* is determined by the dominant *dosha* or combination of *doshas* that constitute at the time of conception and remains relatively stable throughout their life. Understanding individual *Prakriti* is important in Ayurveda as it guide personalized recommendations for diet, lifestyle, herbal remedies, and treatments to maintain health and prevent imbalances.

Determining one's *Prakriti* involves a comprehensive assessment by an experienced Ayurvedic practitioner, considering various factors such as physical appearance, temperament, digestion, sleep patterns, and preferences. By understanding one's *Prakriti*, personalized recommendations can be made to maintain balance and support overall well-being according to Ayurvedic principles. In Ayurveda individual examination of person is done by *Desavidhpariksha* and *Prakriti* are one among ten.¹ When all the *Dosha* (vital elements), *Dhatu* (tissues), *Agni* (digestion) & *Mala* (waste product) of human body are in equal amount or in equilibrium state with bright soul and mind is considered as second form of the healthier individual in Ayurveda.⁰¹ *Vata*, *Pitta*, and *Kapha* are the *Doshas*- the physical factors responsible for the healthy status of a person whereas *Triguna* i.e. Sattva, Raja and Tama are responsible for mental health.⁰² Generally, the term *Desha* is in sense of location, region or geographical area etc or *Atura Desha* (site of disease, a human body). It is important factor not only for health but also for architecture development, collection of drugs, evaluating soil and water quality etc. The description of *Desha* available in Ayurveda is scattered and concise in nature. Hence it is difficult to understand the concept of *Desha* as a whole. In this article '*Deshastvadhishhtaanam*' which means the place or location or geographical region has been considered.⁰³ And the area for survey selected comes under *Sadharana desa* which is one type among three i.e. *Jangala Desha* (Dry Forest Land), *Anupa Desha* (Marshy land), *Samanya Desa* (*Sadharana*).

Classification of *Prakriti*

In Ayurveda, "*Kapha Prakriti*" refers to a constitutional type or individual's inherent nature dominated by the *Kapha dosha*. *Kapha Prakriti* is characterized by certain physical, mental, and emotional qualities associated with the *Kapha dosha*, which is composed of the elements of earth and water.

Individuals with *Kapha Prakriti* typically exhibit the following characteristics:

- Physical Characteristics: Solid and sturdy build, Tendency to gain weight, Smooth and oily skin Thick and lustrous hair, Slow and steady digestion, Regular bowel movements, Good endurance and stamina, Cool body temperature.
- Mental and Emotional Characteristics: Calm and steady temperament, Patient and tolerant nature, Strong sense of loyalty and stability, Good memory and long-term retention, Nurturing and compassionate towards others, Prone to attachment and

possessiveness when imbalanced, May resist change and have a tendency to be complacent can provide a comprehensive assessment and create a tailored plan to support health and well-being for individuals with *Kapha Prakriti*. The psychological characters of *Kapha prakriti* people are that they never get angry or very depressed. They are tolerant to hardships, patient, and hardworking. They can easily forgive people. They are matured, polite, and decent people. They have good sleeping habits.

In Ayurveda, the key principle is to maintain balance within the body and mind. For individuals with *Kapha Prakriti*, who have a tendency towards *Kapha* imbalances, it is important to adopt lifestyle practices and dietary choices that help pacify and balance *Kapha*.⁰⁴⁻⁰⁶

"*Pitta Prakriti*" refers to a constitutional type or individual's inherent nature dominated by the *Pitta dosha*. *Pitta Prakriti* is characterized by certain physical, mental, and emotional qualities associated with the *Pitta dosha*, which is composed of the elements of fire and water. Individuals with *Pitta Prakriti* typically exhibit the following characteristics:

- Physical Characteristics: Moderate build and weight Well-defined features, Warm body temperature, Strong digestion and appetite, Regular bowel movements, Sensitive to heat and sunlight, Oily or combination skin, Prone to acne or rashes
- Mental and Emotional Characteristics: Sharp intellect and strong focus, Ambitious and goal-oriented, Assertive and confident nature, Easily irritated or impatient Strong appetite for knowledge and learning Strong sense of organization and efficiency, Prone to anger, frustration, or aggression when imbalanced

In Ayurveda, the key principle is to maintain balance within the body and mind. For individuals with *Pitta Prakriti*, who have a tendency towards *Pitta* imbalances, it is important to adopt lifestyle practices and dietary choices that help pacify and balance *Pitta*. The psychological characters of *Pitta prakriti* people are that they are brave, mighty, and radiant people. They are not defeated easily. They are fearless, short-tempered, unsparing to the bad people whereas soft-hearted towards good people. These people have very high intellect.⁰⁷⁻⁰⁹

Vata Prakriti is characterized by certain physical, mental, and emotional qualities associated with the *Vata dosha*, which is composed of the elements of air and space. Individuals with *Vata Prakriti* typically exhibit the following characteristics:

- Physical Characteristics: Slender build Light and delicate features, Thin and prominent veins, Dry and cool skin, Cold hands and feet, Variable appetite and digestion, Tendency towards constipation, Irregular sleep patterns.
- Mental and Emotional Characteristics: Quick and creative thinking, Active imagination, High energy levels but prone to fatigue, Difficulty in focusing or scattered attention, Emotional sensitivity and vulnerability Anxiety, worry, and nervousness Enthusiastic and adaptable nature, Variable mood swings.

In Ayurveda, the key principle is to maintain balance within the body and mind. For individuals with *Vata Prakriti*, who have a tendency towards *Vata* imbalances, it is important to adopt lifestyle practices and dietary choices that help pacify and stabilize *Vata*. *Vata Prakriti* people are mentally unstable, jealous, hotheaded, and violent. The people of *Vata Prakriti* experience emotions like anger, fear, and irritability quicker. They tend to sleep less and the sleep pattern is not very good.¹⁰⁻¹²

Classification of *Desha*

In Ayurveda, "*Desha*" refers to the concept of the environment or geographical location and its impact on health and well-being. *Desha* is an important consideration in Ayurvedic principles as it recognizes that various geographic regions possess unique qualities and influences that can affect an individual's constitution and health. According to Ayurveda, different regions have distinct climates, vegetation, topography, and other environmental factors that can influence the balance of *doshas* (*Vata*, *Pitta*, and *Kapha*) in the body. These factors include temperature, humidity, altitude, rainfall, seasonal variations, and the presence of specific flora and fauna. *Desha* plays a significant role in Ayurvedic diagnosis, treatment, and prevention of diseases. The effects of the environment on an individual's *Prakriti* (constitution) are taken into account while considering the overall health of a person. For example, individuals with a *Vata-Pitta Prakriti* may be more susceptible to imbalances when living in a cold and dry climate, as these conditions aggravate the *Vata dosha*. Similarly, a person with a *Kapha Prakriti* may experience more challenges in a damp and cold environment, which can exacerbate *Kapha* imbalances.

Ayurveda emphasizes the importance of harmonizing one's lifestyle and habits with the surrounding environment. Recommendations may include adjusting diet, daily routines, exercise, and herbal remedies based on the prevalent climate and geographical conditions. For instance, individuals living in hot and humid regions may be advised to consume cooling foods, stay hydrated, and engage in practices that help balance *Pitta dosha*. Considering *Desha* allows Ayurvedic practitioners to tailor their recommendations to suit the specific needs of individuals based on their geographic location, helping them maintain optimal health and well-being in different environments.

Desha refers to the natural inhabitant of an individual and it is of two kinds – *Bhumi Desha* (geographical land) and *Deha Desha* (anatomical land).¹³ Geographical land is classified into three according to its particular features and ecological status as *Jangala Desha* (dry land) which is predominant of *Vata*, *Anupa* (marshy land) which is predominant of *Kapha* and *Sadharana* (normal Land) which has all the *Doshas* in normal condition.¹⁴

Jangala Desha

In Ayurveda, "*Jangala Desha*" refers to arid or semi-arid regions, specifically dry and desert-like areas.

- *Jangala Desha* is characterized by low rainfall, high temperatures, sandy or rocky terrain, and sparse vegetation.
- *Jangala Desha* is associated with the dominance of *Vata dosha*. The dry and arid climate prevalent in these areas can aggravate *Vata*, leading to imbalances in the body and mind.
- The qualities of *Vata*, which include dryness, lightness, and coldness, are reflected in the environmental conditions of *Jangala Desha*.

- Living in *Jangala Desha*, individuals may experience certain health challenges and imbalances due to the predominant *Vata* influence. These may include dry skin, dehydration, digestive issues, joint pain, anxiety, restlessness, and difficulty in maintaining body warmth.
- It is an arid area with thick evergreen forests, dry soil with full of rough and hard granites and gravels; where birds such as quail, francolin, green partridge etc. Here the tract is almost like a desert with scanty vegetation and limited water resources. The common trees found in this *Desha* are *Kadara* (Acacia species), *Khadira* (Acacia catechu), *Asana* (Terminalia tomentosa), *Ashvakarna* (Shoreadal bergioides) etc. Due to extremely dry condition of the soil and natural arid environment, biosphere must be predominant with *Agni*, *Vayu* and *Prithvi Mahabhutas* in turn produce plants containing *Kashaya*, *Katu* and *Tikta rasa*. Such places have the predominance of *Vata* along with *Pitta* and the people inhabiting have *Sthira Katina Shareera* (sturdy and hard body). The predominance of *Vata Dosh* influences the herbs, birds, animals and human beings and it is reflected in their *prakriti*.¹⁵

Anupa Desha

In Ayurveda, "*Anupa Desha*" refers to wetland regions or areas with marshy and swampy terrain.

- *Anupa Desha* is characterized by high humidity, waterlogged conditions, and abundant vegetation, including marshes, swamps, and wetlands.
- It is associated with the dominance of *Kapha dosha*. The wet and damp climate prevalent in these areas can aggravate *Kapha*, leading to imbalances in the body and mind.
- The qualities of *Kapha*, which include heaviness, coldness, and moisture, are reflected in the environmental conditions of *Anupa Desha*.
- Living in *Anupa Desha*, individuals may experience certain health challenges and imbalances due to the predominant *Kapha* influence. These may include respiratory issues, congestion, allergies, excessive mucus production, sluggish digestion, and a tendency to gain weight.

This is a comparatively low place near the sea level with full of trees, coconut gardens etc and the place is surrounded by lakes and rivers with frequent cold winds. The atmosphere is very moist and herbs and bushes show a very good seasonal flowering tendency. Birds such as flamingo, ruddy goose, cranes, woodpeckers, cuckoos etc. richly inhabit the place. Here the land is green grassy and has clusters of reedy plants (*Nala*), Nelumbo species (*Kumuda*) and Calamusrotung (*Vethasa*). Strong storm like wind laden with heavy moisture keeps blowing. Rows of *Hindala* (Phoenix paludosa), *Tamala* (Garcenia morella), *Kadali* (musa species) and *Narikela* (Cocos nucifera) bordering the river side present a scenic way to the land. The forest land appears beautiful with assemblage of various types of trees and shrubs with blossoming young branches. Due to the moist nature of soil and influence of *Prithvi* and *Ap Bhuthas* the herbs, creepers and annuals flourishing in the area generally bear sap that tastes sweet or sour.¹⁶

Sadharana Desha

In Ayurveda, "*Sadharana Desha*" refers to mountainous or hilly regions.

- *Sadharana Desha* is characterized by high altitudes, cooler temperatures, varied topography.
- *Sadharana Desha* is associated with the dominance of *Vata* and *Kapha doshas*. The high altitudes and cooler temperatures present in these areas can aggravate *Vata dosha*, while the mountainous terrain and heavy rainfall can aggravate *Kapha dosha*.
- Individuals residing in *Sadharana Desha* may experience certain health challenges and imbalances due to the influence of these *doshas*.
- The land is having mixed characteristics of the above two. Here the soil is gray, red or black in colour and the place is neither too moist nor too dry; neither it has an abundance of rock particles or sand. The land is fertile sustaining all kinds of trees and crops. Here *Dosha* is generally maintained in a balanced state and it is reflected in the *Prakriti* of inhabitants.

In contemporary science, the study of land, its features and its inhabitants come under the branch of Geography. Geography has its division as - Human Geography and Physical Geography.¹⁷ Physical Geography deals with the study of Geographical land. Based on Agro-Climatic Zones, geographical land is classified into dry zone; hilly zone and transition zone.¹⁸ Each *Desha* have an influence in the inhabitants of that particular area. This influence is mainly reflected in their physical attributes and pathological features. Thus, it has a main role in determining the *Prakrithi* (innate constitution) of individual and in disease causation and in pathology of a disease. The various treatment protocols have to be adopted in due regard to the place in which a person is born and brought up. In a healthy person the diet and regimens conducive to *Desha* with respect to *Prakriti* has to be adopted.

Geo-climatic factors with reference to *Prakriti* - Dry land is said to have the predominance of *Vata-Pitta* and the people inhabiting have sturdy and hard body, whereas marshy land have the predominance of *Vata-Kapha* and the people inhabiting have a tender body nature. In normal land having the predominance of all *Doshas* in equal proportion, the people are said to be sturdy, tender, endowed with strength, complexion and compactness in nature.¹¹ Thus the Geo-Climatic factors play a major role in determining the *Prakriti* of an individual and thereby it contribute to the unique phenotypic features of different geographic population.

Objectives of the Study

To assess of the *Prakriti* in *Sadharana desa* for 162 subjects recorded and analysed in this study among the age group of 10 to 53 years.

MATERIAL AND METHODS

Sample

For the present study students and teachers from age group 10 to 53 years Male and Female both were recorded in Chandigarh region, in the month of May-June 2022 under executed programmes on "*Hamara Ayush Hamara Swasthya*" "*Azadi ka Amrit Mahotsav*" from Shri Dhanwantry Ayurvedic College and Hospital, Sector 46-B, Chandigarh.

Methodology

The *Prakriti Parikshan* (know yourself better) App in which assessment questionnaire are given in a systematic way which can be selected in two languages i.e., Gujarati and English. English has been selected for this study. Subjects have to answer the questions for which one or two or all the options can be selected for answering if applicable.

There are 5 pages of questions, on each page subject have to answer at least 5 questions. After answering them subject can find out not only their *Prakriti* but also a healthy diet for it and healthy tips.

Prakriti Parikshan is an application to find out body and mind constitution. By answering the questions given, subject can know their constitution, through which they can cultivate a personal understanding of the things that are necessary for their physical and mental health. These questions take into account the anatomy, digestive power and mind. These answers are divided into three basic humors that are *Vata*, *Pitta* and *Kapha*.

Statistical analysis

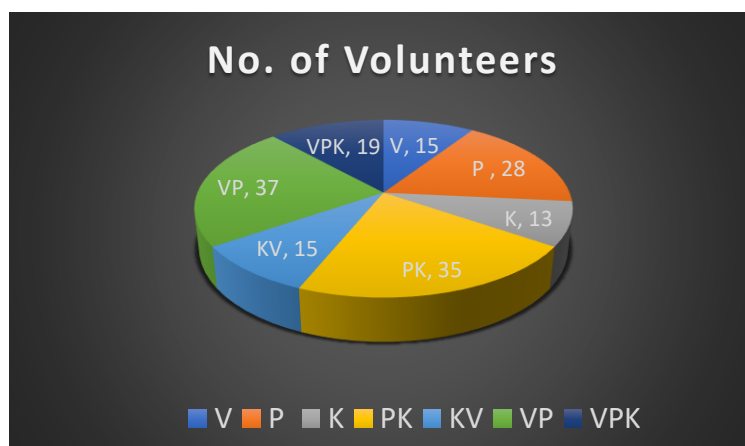
Data were collected in an excel sheet, analysed and recorded.

Results:

Total of 162 subjects were recorded out of which the number of female volunteers were 97 and the number of male volunteers were 65. The number of *Vata Prakriti* was 15 and *Pitta Prakriti* volunteers was 28 whereas 13 volunteers had *Kapha Prakriti*. Volunteers with dual *Prakriti* were 87. Out of which 35 had *KaphaPitta*, 15 had *KaphaVata*, and 37 had *VataPitta Prakriti*. 19 volunteers had *Sama Prakriti*.

Table 1: Types of *Prakriti* and Number of Volunteers

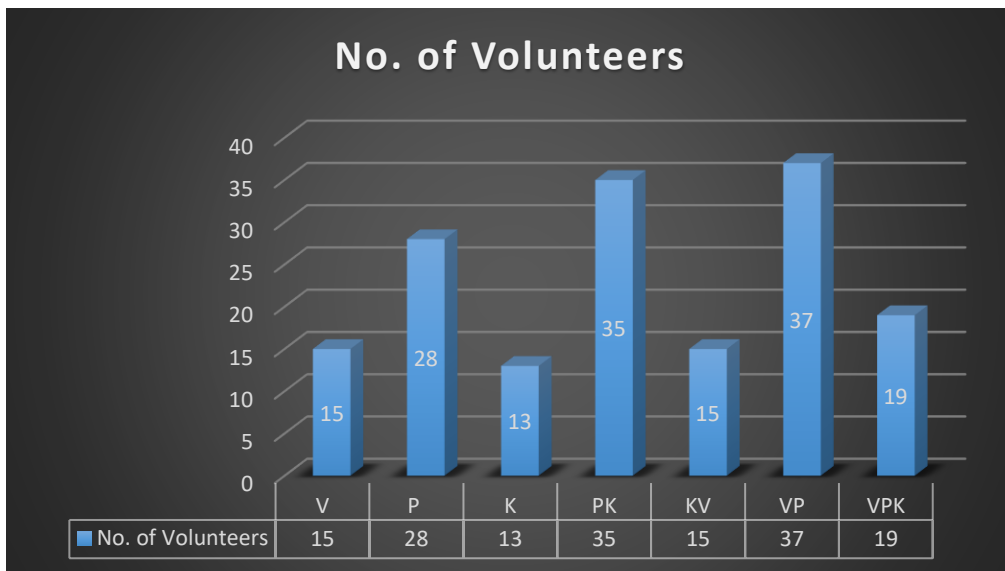
S.No.	<i>Prakriti</i>	No. of Volunteers
1.	<i>V</i>	15
2.	<i>P</i>	28
3.	<i>K</i>	13
4.	<i>PK</i>	35
5.	<i>KV</i>	15
6.	<i>VP</i>	37
7.	<i>VPK</i>	19
8.	Total	162



CONCLUSION

The influence of *Bhumi Desha* need to be explored in both healthy and diseased perspective to provide the new insight of this concept and thereby a better interest to humanity. *Sadharana Desha* has the predominance of the humors in equal proportion and hence people are having mixed features with regard to the physical and pathological attributes. Hence the diet regimens can be followed by keeping in view of one's *Prakriti* in mind. Thus, the role of *Bhumi Desha* is found to be inevitable to fix the appropriate diet and activities pertaining to a healthy individual. Ayurveda recognizes that the *Bhumi* or environment in which a person resides can influence their *Prakriti* and health.

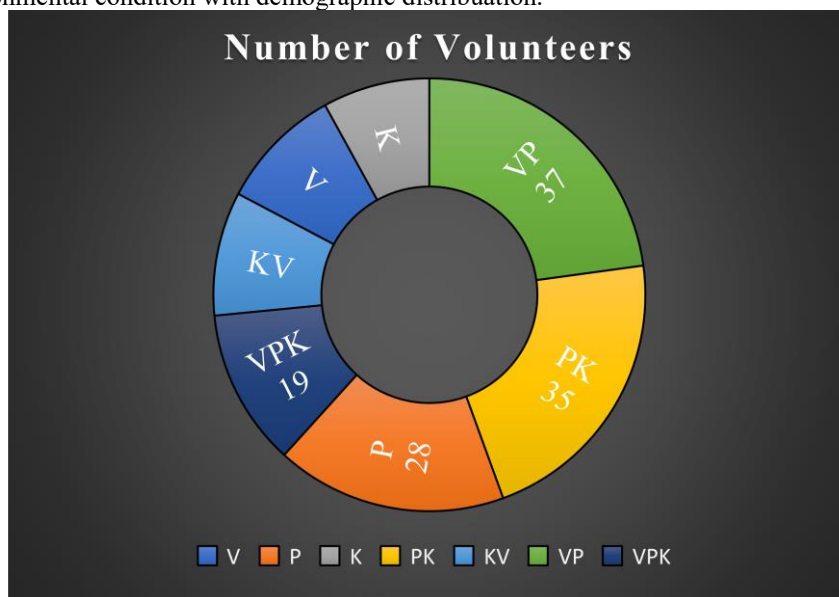
Different regions have varying effects on the *doshas*. For example, living in a hot and humid climate may aggravate *Pitta dosha*, while a cold and dry climate may aggravate *Vata dosha*. Ayurveda takes into account the specific qualities of the *Bhumi* to provide personalized recommendations to maintain balance and support well-being based on the individual's *Prakriti*. By considering both *Prakriti* and *Bhumi*, Ayurveda offers a holistic approach to health. It recognizes the interplay between an individual's inherent nature and the influence of their surrounding environment, allowing for personalized recommendations to optimize health and well-being according to Ayurvedic principles.



Living in *Sadharana Desha* is associated with specific influences on health and well-being. The mountainous environment can have an impact on the *doshas*, particularly *Vata dosha* due to cooler temperatures and higher altitudes. Hence the data which came out is also showing the predominance of *Vata-Pitta prakriti*. It is important for individuals residing in these regions to take into account the specific environmental conditions and make appropriate lifestyle and dietary choices to balance *Vata* and maintain well-being.

DISCUSSION

There are seven primary *Prakriti* types in Ayurveda, which are determined by the dominant *doshas* present. They are as *Vata Prakriti*: Dominated by the *Vata dosha*, characterized by qualities of air and space. People with *Vata Prakriti* tend to be thin, have dry skin, irregular digestion, and may experience anxiety or restlessness. *Pitta Prakriti*: Dominated by the *Pitta dosha*, characterized by qualities of fire and water. Individuals with *Pitta Prakriti* usually have a medium build, warm body temperature, good digestion, and may exhibit strong willpower or intense emotions. *Kapha Prakriti*: Dominated by the *Kapha dosha*, characterized by qualities of earth and water. People with *Kapha Prakriti* tend to have a larger frame, oily skin, slower metabolism, and may exhibit calmness and stability. *Vata-Pitta Prakriti*: A combination of *Vata* and *Pitta doshas*, where characteristics of both *doshas* can be observed. *Pitta-Kapha Prakriti*: A combination of *Pitta* and *Kapha doshas*, exhibiting qualities of both *doshas*. *Vata-Kapha Prakriti*: A combination of *Vata* and *Kapha doshas*, displaying traits of both *doshas*. *Tridoshaj Prakriti (Sam)*: Equally influenced by all three *doshas*, *Vata*, *Pitta*, and *Kapha*. This type of *Prakriti* is relatively rare. *Anupa Desha* is associated with the dominance of *Kapha dosha*. *Jangala Desha* is associated with the dominance of *Vata dosha*. *Sadharana Desha* is associated with the dominance of *Vata* and *Kapha doshas*. The result with maximum number of subjects falling in the category of *VataPitta* dominance is seen depicting that these areas have *Vata dosha* dominance followed with *Pitta dosha* which can be considered due to the *Swabhava* of the individual and the environmental condition with demographic distribution.



Scope of further Study

- Bigger sample size can be taken for more accuracy.
- More number of questions could be taken for a better questionnaire for *prakriti* assessment for a better come out.
- More questions related to diet, physical activity, mental health, social status and educational performance can add to this assessment in an overall review about the *Prakriti* of Patient.

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Conflict of interest: None

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