



### YOGA AS A LIFE STYLE PRESCRIPTION FOR THE PRAKRUTI SPECIFIC INDIVIDUALS TO PREVENT DISORDERS, LEAD HEALTHY AND HAPPY LIFE- A CONCEPTUAL STUDY

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#### ABSTRACT

Since the inception of this world and the creation of human beings, it has been observed that every individual is different. The difference is with physical structure, physiological functions, desires, likes and dislikes, Intellectual levels, and even in quantum of happiness. Ayurveda the ancient science of life has explained this individual trait as Prakruti. Ayurveda explained the differences in the personality is because of the expressions of doshas as Vata, Pitta & Kapha, mixed like Vata-Pitta and balanced. The Prakruti plays an important role in the diagnosis, treatment, and prevention of diseases. Ayurveda prescribes a specific lifestyle for the specific Prakruti persons to prevent the ailments. The lifestyle is inclusive of proper Food, Activities, and Thoughts. Yoga the one more Indian system which describes art of living for Happiness also maintains health as a by-product.. Recent research publications give the authenticity that, Yoga becomes a lifestyle prescription for the psychosomatic disorders. The concept of lifestyle is derived from Samanya and Vishesha Siddhanta. Here the concept is to involve yoga practices such as proper Ahara, Vihara & Vichara for the specific Prakruti individuals to prevent disorders and live happily throughout life. In this conceptual study, the effort has been made to define and categorize all yoga practices (Ahara, Vihara& Vichara) for the specific Prakruti.

**Key words-** Yoga Therapy, Prakruti, prevention,

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## INTRODUCTION

Ayurveda remains one of the most ancient and yet living traditions documented and practiced widely in India. It has a time-honoured philosophical and experiential basis. The core concept of health and disease in Ayurveda is built around the uniqueness of an individual. Ayurveda uses a 3-fold classification known as tridosha theory that identifies principles of motion (*Vata*), metabolism (*Pitta*) and structure (*Kapha*) as discrete phenotypic groupings.<sup>[1]</sup>

In the Ayurveda system of medicine, predisposition to a disease as well as selection of a preventive and curative regime is primarily based on phenotypic assessment of a person which includes one's body constitution termed "Prakriti". Prakriti is a consequence of the relative proportion of three entities (*Tri-Doshas*), *Vata* (V), *Pitta* (P) and *Kapha* (K), which are not only genetically determined (*Shukra Shonita*), but also influenced by environment (*MahabhutaVikara*), maternal diet and lifestyle (*MaturAharaVihara*), and age of the transmitting parents (*Kala-Garbhashaya*).<sup>[2]</sup> Ayurveda, apart from the therapeutic potential also has a predictive, preventive and personalized approach to health and management of disease which has been extensively documented in original texts

of Caraka and Sushruta Samhita.<sup>[3]</sup> Prakriti-specific treatment, including prescription of medications, diet, and lifestyle, is a distinctive feature of *Ayurveda*.<sup>[4]</sup>

According to Ayurveda, *Tridoshas*, namely *Kapha*, *Vata* and *Pitta*, the three functional humours<sup>[5]</sup>, are responsible for three universal functions in the body, namely generation (anabolism), organization (metabolism) and destruction (catabolism) respectively.<sup>[5]</sup> They contribute to both the physical and psychological personality development from the time of zygote formation, exhibiting a very specific structure-function-behaviour pattern and trait of a person known as *Prakriti*.<sup>[5]</sup>

According to Ayurveda there are seven types of *Prakritis* namely *Vatala*, *Pittala*, *Shleshmala*, *Vata-Pittala*, *Vata-Shleshmala*, *Shleshma - Pittala*, and *Sama Prakriti*. Three have single *dosha* predominance, three have dual *dosha* predominance, and one is a balance of all the three *doshas*. These seven types vary widely in the characteristics of different domains of health, such as immunity against communicable and non-communicable diseases, vulnerability to particular diseases, behaviour, personality, intellect, lifespan etc. One's type is based on the predominant physical and physiological properties,

described as *Gunas of Tridoshas*, established during the manifestation of *Prakriti* during fertilization<sup>[5]</sup>

A person remains healthy if his life style is in tune with his/ her *Prakriti* to maintain the dynamic equilibrium of all the three doshas. The doshas get vitiated if the life style does not suit his/ her inborn *Prakriti*. Hence, an abnormality in this equilibrium can be reversed through suitable life style modifications to prevent or cure diseases and promote wellness. (*SamyakAhara-Vihara* and *Vichara*).

Vyayama a physical activity has been explained in Ayurveda texts as a part of preventive activity for the healthy people. Ayurveda prescribed Yoga & spirituality as a medicine for the mind & its negative attributes..

There are some scientific studies published as specific lifestyle for specific Prakruti individuals among them (Ramakrishna B.R. at al 2014) is worth mentioning. The Author explained in detail about specific Ahara, Vihara and Vichara for specific Prakruti people.

Yoga is also an ancient science which advocates the skill of balancing the life. Yoga is art of living and helps us to keep our Mind in tranquillity. Yoga accepts five dimension of Personality *Panchakoshas*.<sup>[6]</sup>

Here we have made an attempt to develop a concept and practices of Specific Yoga abhayasa for the specific Prakruti persons to prevent disorders and lead healthy life.

#### **AIM AND OBJECTIVES:-**

##### **Aim**

To develop modules of Prakruti Specific Yoga Practices for Prevention of diseases & lead healthy life style.

##### **Objectives**

1. To define Ayurvedic concept of Prakruti specific life style
2. To compile a few Yoga practices with rationality from Yoga classics and texts.
3. To develop an executable Prakruti specific Yoga practice schedule.

#### **METHODS AND MATERIALS**

The concept of Prakruti specific life style was evolved by referring to the authoritative literature of Ayurveda namely the Brhathrayees' that administering the opposite qualities of the dosha specific through ahara, vihara and vichara [food and drinks, habits and practices and thoughts] to maintain the harmony of doshas. The items of Yoga practices compiled from the Yoga texts are interpreted and translated to understandable English language from Sanskrit and later the prescriptions relevant are converted in to the

current scenario Yoga specific for Prakruti specific Practices.

### Concept

It is seen from the study that the classification of lifestyle comprising of food, habits and practices is purely based on the concept of *Gunas* [properties derived and inherited from the five basic elements of the universe namely *Prithvi* (earth), *Aap* (water), *Tejas* (fire), *Vayu*(air) & *Akasha*(ether)<sup>[4]</sup> The *Prakriti* management through lifestyle modifications is based on the concept of *Gunas* which has ten pairs of mutually opposite properties and are designated in the texts as *Gurvadi Vimshathi Gunas* [twenty physical proprieties]<sup>[4]</sup>. Based on the proposition those for management of *Prakriti* with particular dosha dominance, the lifestyle of the opposite qualities need to be administered to maintain harmony<sup>[2 [4]</sup>

This entire concept is based on the fundamental doctrine of *Samanya* and *Vishesha Siddhanta* – “The Similar things produce similarity & dissimilar things produce variability. In order to maintain the harmony of a particular type of *Prakriti* which is manifested due to the predominance of a particular *dosha* or *doshas* we need to administer the life style possessing opposite qualities,

**Vathaprakriti** needs *sneha* [unctuous], *guru* [heavy], *ushna* [hot], *mrudu* [soft], *sthoala*

[gross] and *sthira* [firm] properties which are the opposite of the qualities of *Vata*<sup>[4]</sup>.

For example Rice, wheat, red rice, navara rice, Tuvar dal [lentils], black gram, soya bean, green gram, ground nut, horse gram. All types of oils and ghee particularly-sesame,olive, badam [almond], mustard, sun flower, ground nut, coconut,

### **Pitta prakriti**

It needs *rooksha* [dry], *manda* [slow], *sheetha* [cold], *sandhra* [dense] and *ghana* [solid] which are the opposite qualities of *Pitta*<sup>[4]</sup>.

For example White rice, wheat, barley, oats, sprouted grains, navara, ragi, Green gram, thuvardal [lentils], pulses, gram sprouts. Oils like olive oil, soya oil, grape seed oil, wheat and rice bran oils, food items prepared with moderate ghee,

**Kaphaprakriti** needs *laghu* [light], *tikshna* [potent], *ushna* [hot], *rooksha* [dry], *vishada* [transparent] and *khara* [rough] properties which are the opposite qualities of *Kapha*<sup>[4]</sup>.

For example Wheat, white and stored rice, millets – ragi, jawar, corn buckwheat, oats, barley All types of grams and pulses- thuvardal [lentil], Green gram, black gram, horse gram, Bengal gram, red dal, *Kaboolchana*.

Yoga also has the specific practices for specific koshas. These practices will induce opposite qualities for that specific kosha.

**Annamaya-** Predominant with *Prithvi & Jala* (earth& water having *Guru guna* predominant) and need the practices those induces opposite qualities like *Laghuguna & ushnaguna*.

**Pranamaya-** Predominant with *Agni &vayu* having *laghu, ushnaguna* predominant) and need the practices those induces opposite qualities like *Guru guna & Sheetaguna*

**Manomaya-** Predominant with *vayu&Akasha* (Air& space having *laghu guna* predominant) and need the practices those induces opposite qualities like *Guru guna*

**Vijnanamaya & Ananadamaya;** These Koshas are beyond *Panchamahabhuta* level. These two koshas exist at *Atman* level that is pure energy, If *Manomaya kosha* balanced by practices these koshas also get activated.

**Table 1.Prakruti specific Practices**

<b>Prakruti</b>	<b>Mahabhuta</b>	<b>Guna</b>	<b>Kosha</b>	<b>Practices of Yoga</b>
<i>Vata</i>	<i>Akasha, Vayu</i>	<i>Laghu, Sheeta</i>	<i>Manomaya,PranamayaPredominant</i>	<i>Asanas Nadishuddi Pranayama Suryaanulomaviloma Pranayama Bramari Pranayama Dhyana</i>
<i>Pitta</i>	<i>Agni</i>	<i>Ushna, Laghu</i>	<i>Pranamaya</i>	<i>Nadishuddi Chandranulomaviloma Bramari</i>
<i>Kapha</i>	<i>Prithvi, Jala</i>	<i>Prithvi Jala</i>	<i>Annamaya</i>	<i>Dynamics Asanas Kriyas</i>

## DISCUSSIONS

Ayurveda is a science of life, Ayurveda is time tested ancient medical system. Prakruti is the Personality or a trait of a Person defined by

Ayurveda. Prakruti will be formed at the time of conception by the Predominant doshas at that time, Ayurveda has explained different life style for the different Prakruti to lead the

healthy life style and prevent the diseases. Life style comprises of proper food, Practice and Thoughts.

Yoga is one more Indian science which offers the skills to maintain harmony in the life by maintaining the calmness of the mind. Yoga defines different practices for different levels , For example at Physical level more dynamic Suryanamaskara, Asanas and Shatkriyas required. Pranamaya kosha required Pranayama practices, Manomaya kosha requires Dhyana, dharana Pratyahara and Bhajans, Vijnanamaya kosha required spiritual retreats and Anandamaya kosha required everything. Ayurveda considers Yoga is Vihara. As different types of Prakruti persons are different from each other in physical, physiological & Mental levels needs different practices to balance Dosha at Prakruti level..

Vata Prakruti Persons have Light and cold quality and need practices of Guru and Hot quality practices like Meditation and Pranayamas . The texts like Hata yoga and Gherandasamhita explained. Like this we have made an attempt to Define specific yoga practices for different Prakrutipersons

### CONCLUSION

Ayurveda advises Prakruti specific life style which includes Ahara, Vihara and Vichara to prevent illness and promote positive health, Yoga which has multiple practices for multiple

dimensions becomes the Vihara for the Prakruti specific life style. So here an concept has been evolved based on Samanya and Vishesh siddanta of Ayurveda for Yoga as a life style prescription for the Prakruti specific individuals to prevent disorders, lead healthy and happy life,

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