



A Review Study of Food According to *Prakriti* and *Doshas*

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ABSTRACT:

In *Ayurveda*, food according to *Prakriti* plays an important role in determining an individual's *ahara*, *vihar*, *achara*, and *parihara*; following this leads to a healthy life. Today's society is conscious and always curious about diet and nutrition; as a result, they blindly follow what they see in the newspaper, on TV, and so on. They think that the particular diet has so many qualities that give them better health. But all the food is not for everyone due to different *Prakriti* according to *Ayurveda* and also such type of advertisements are general and especially for marketing. One should know the suitability for particular food towards their body and then after consuming it. Hence knowledge of *Prakriti* and food for different *Prakriti* is very essential. This particular subject has been chosen for the current study to evaluate the role of diet and lifestyle in different constitutions (*Prakriti*) for achieving health as well as in the manifestation of diseases, and after following them to check the changes taking place in health status. So here, food for each *Prakriti* is given.

Key words: *Prakriti*, *ahar*, *Ayurveda*

INTRODUCTION

Ayurveda has a unique system of medicines for fulfilling its two aims i.e. Preventive and primitive aspects. There is a detail method described by *Acharyas* for achieving and maintaining the health as well as during treats the diseases. For preventive aspect the complete routine during entire day and night and also during every season is mentioned under the heading of *Dinacharya*, *Ritucharya*. *Acharya Charaka* has narrated it as very first factor should examine by physician¹. The current era has seen a significant shift

in the way people think about health and disease issues, with a focus on prevention. In this advancing and rapidly changing scenario of global health, personalised medicine is a field of health care that is informed by each person's unique, genetic, genomic, and environmental information. Personalized medicine is about making the treatment for individual as well as for the disease. It is similar to *Ayurveda's* *Prakriti* based treatment. According to *Ayurveda*, the individual constitution, or *Prakriti* classification, is based on differences in physical,



physiological and psychological characteristics and is independent of racial, ethnic or geographical considerations. It is an inherent balance of three *doshas* at the time of conception. *Ayurveda* looks at any disease as an imbalance. By knowing one's *prakriti* and practicing our daily and seasonal regime as well as dietary regime according to it, will help an individual to live a happy, healthy and a disease free life. The concept of *prakriti* is claimed to be useful in predicting an individual susceptibility to a particular disease, prognosis to an illness and selection of therapy.

Need: *Ayurveda* stressed that one must protect the body 1st by leaving all worldly things because without healthy body there is nothing in the world to do and for live happy and healthy life, health it is very essential matter. Now a days to gain optimum health *Prakriti* based diet and life style is the first and prime need for everyone².

MATERIAL AND METHODS

Ayurveda gives emphasis to *Prakriti* or body constitution on consideration of food intake. There are three basic *Doshas*. There are seven types of *Prakriti*: *Vata*, *Pitta*, and *Kapha*. Every person in this world is one-of-a-kind. As a result, no single natural and healthy *Aahar* (diet) can be suitable for everyone to the same degree. Every person should eat a diet that is appropriate for his or her major constitutional *Doshas* in order to balance them in various ways. *Vata Prakriti Ahar*: *Guna* of *Vata Dosha* :*Vata* has Dryness, Coolness, Lightness, Micro effect, Movement, Clean and Roughness *Guna*. Person will have dominance of *Tikta, Katu, Kashaya Rasa* in him. So his Diet should be consisting of *Madhura, Amla, Lavana Rasa*. *Pitta prakriti ahar*: *Guna* of *Pitta Dosha*: *Pitta* has Unctuous ,Hot, Penetrating quality, Fluidity, Sour taste, and Pungent taste. Person will have dominance of *Katu, Amla, Lavana Ras*. So his diet should be rich in *Madhura, Tikta, Kashaya Rasa*. *Kapha Prakriti Ahar* – *Guna* of *Kapha Dhatu*: *Kapha* has Heavy, Cool, Soft, Unctuous, Sweet, Durable, and slimy. Person will have dominance of *Madhura, Amla, Lavana* in him. So balanced diet for *Kapha Prakriti* should be one that is rich in *Katu, Tikta, Kashaya Rasa*.

Concept of *Prakriti*:

According to *Brahma Vaivarta Purana*, *Prakriti* is formed from 3 letters viz, *Pra, Kri and Ti*. The letter *Pra* stands for the *Prakrashta Guna* i.e. superior quality- *Satva*, *Kri* for the moderate one the *Rajas* and *Ti* for *Tamas*. *Pra* also suggests the superior or best and *Kriti* stands for creation. So the best of creation or the superior creation is *Prakriti*³.

1. The concept of *prakriti* is claimed to be useful in predicting an individual susceptibility to a particular disease, prognosis to an illness and selection of therapy.
2. *Prakriti* stands for nature of the body in terms of *dosha* and is decided at the time of conception according to the predominance of *dosha*.
3. It remains same throughout the life and is responsible for the physical and mental characteristics of an individual.
4. This *prakriti* is of seven types according to *tridosha*.

*Sharira Prakriti*⁴: 1) *Vataja* 2) *Pittaja* 3) *Shleshmaja* 4) *Vatapittaja* 5) *Vata Shleshmaja* 6) *Pitta Shleshmaja* 7) *Samadoshaja*.

Importance of *Prakriti*:

There are two aspects on the basis of the two aims of *Ayurveda*:⁵

1. For health purpose, 2. For treatment purpose.

1. For Health Purpose:

Prakriti plays an important role in the development of body, its complexion, behaviour, resistance power i.e. immunity, health status, reproductive capacity etc. *Ahara* is called *Mahabhesaja*, but this *Ahara* should be taken by person according to his own *Prakriti*. *Hitakara Ahara* for one type of *Prakriti* person may be *Ahitakara* to the other *Prakriti*. Hence the knowledge of *Prakriti* is essential to maintain the healthy status. *Bala* and *Ayu* of an individual is also predicted by the study of his *Prakriti* e.g. *Vatala* persons have less amount of strength and short life span. *Prakriti* also has its impact on *Agni* and *Kostha* of individual hence *Agni* and *Kostha* of persons are decided by knowledge of *Prakriti*. Knowledge of *Prakriti* is helpful in maintaining the healthy status. If the diet, daily regimen, seasonal regimen etc. conduct by a person having opposite *Gunas* to their *Prakriti*, than person can maintain their health for long time.

2. For treatment purpose:

Prognosis and diagnosis of the diseases is decided by the knowledge of *Prakriti*. *Acharya Charaka* has described the factors which determine the nature of the diseases which are easily curable (*Sukhasadhya*) and *Prakriti* is one of the factors which decide the *Vyadhi's Sadhyata-Asadhyata*. Means *Acharya* says that if the *Dosha* which is responsible for disease is not similar to the *Dosha* of *Prakriti* than the disease become *Sukhasadhya* and vice versa⁶.

Importance of *ahar*:

The food is said to be cause of stability for all living beings. There is nothing else except *ahar* for sustaining the life of living beings. *Ahar* is said to be *Mahabhaisajya* by *Kashyapacarya*, hence no medicament like *ahar* is available. One cannot sustain life without *ahar* even of endowed with medicine that is why the diet is said to be the great medicament by physician. *Ahar* is said to be basis of life, strength, complexion, *Ojas*, growth and development, clarity of *Indriyas*, happiness, clarity of voice, lustre, pleasure, increase of *Dhatus*, intellect, health etc; entire life of individual depends upon food, all the activities of this world, as well as efforts made for eternal emancipation depend upon *ahar*, thus cereals are the greatest in the comparison of other things. In *Amarakosha*, *Ahara* word can be concluded that the word *Ahara* means any substance which is taken in via the mouth and swallowed through throat⁷. *Caraka Samhita* describes three supports of life viz. *āhāra* (intake of food). *nidrā* (sleep) and *bramhacarya* (control of senses and spiritual bliss conducive to the knowledge of *Bramhan*)⁸. Practically it is observed by all the persons that the intake of proper diets and drinks is the only way to the survival of living organisms. The *kaya* (body) gets nourished as well as developed by the *anna*. Those who take proper food and drinks.

Ahar According to Different *Prakriti*:-

A) *Vata Prakriti*:⁹

Beneficial Foods

- The *ahar* which are beneficial to *Vata Prakriti* are those that are sweet and hot in properties.
- Since *Vata Prakriti* people have variable digestive capacity, it is recommended to them to follow an appropriate dietary routine.
- Food should be consumed in small quantities. Ginger and garlic shall be used to maintain proper digestive abilities.
- Cereals such as wheat, sesame.
- Pulses such as black gram, green gram.
- Milk products such as curd, ghee, butter, cheese.
- Oils such as sesame oil, castor oil, cod liver oil.
- Vegetable such as white gourd, drumstick, onion, asparagus, radish.
- Fruits such as mango, coconut, grapes, dates, pineapple, almonds, figs.
- **Non-Beneficial *ahar***
- Food which are not beneficial to *Vata* which are dry, cold and astringent in properties.
- Cereals such as barely, horse gram.

- Pulses such as sprouted pulses, masur, chana.
- Vegetables such as dry leafy vegetables, potato, bitter gourd.
- Fruit such as jamun, cucumber, watermelon.
- Spices such as chillies, pepper.
- Honey and sugarcane juice are not beneficial.

B) *Pitta Prakriti*:¹⁰

Beneficial *ahar*

- Food which are cold, dry, sweet and bitter are beneficial to *Pitta Prakriti*. Cereals such as wheat.
- Pulses masur, greengram, channa.
- Ghee, butter, fresh buttermilk.
- Vegetables such as snake gourd, white gourd, carrot, beetroot.
- Fruits such as dried grapes, apple, pomegranate, ripe bananas.
- Old jaggery.
- Spices such as coriander, rock salt.

Non-Beneficial *ahar*

- Food which are hot, pungent and sharp (*teekshna*) in properties are not beneficial to *Pitta Prakriti*.
- Pulses such as blackgram, horsegram, sprouted pulses.
- Sour curds and butter milk.
- Beef, mutton, sea fish.
- Vegetables such as bringal, drumstick, green leafy vegetables.
- Fruits such as oranges, lime, tamrind, unripe mango.
- Spices such as garlic, pepper, chillies, asafoetida.

C) *Kapha Prakriti*:¹¹

Beneficial *ahar*

- Food which are light, hot, dry, pungent in properties are beneficial to *Kapha Prakriti*.
- Cereals such barley.
- Pulses such as masur, horse gram, green gram.
- Oil such as mustard oil, sesame oil.
- Vegetables such as bitter gourd, drumstick, snake gourd, onions.
- Fruits such as pomegranates, lemon.
- Spices such as dry ginger, black cumin seeds, garlic, pepper.
- Meat of deer.
- Old wine and substances such as honey.

Non-Beneficial ahar

- Food which are sweet, cold, heavy in property are not beneficial to *Kapha Prakriti*.
- Cereals such as fresh rice.
- Pulses such as black gram.
- Buffalo's milk, curd, ghee, butter.
- Oils from animal fat.
- Vegetables such as sweet potato, cabbage.
- Fruits such as banana, guava, grapes, coconut, jack fruit.
- Mutton, egg, fresh water fish.
- Sugarcane juice, jaggery.
- Freshly prepared beverages.
- Spices such as coriander.

DISCUSSION

Ahara, *Vihara*, and *Dincharya* are topics that *Ayurveda* explores in great detail. It merely highlights the importance of *Ahara* for promoting health and treating illness, as per the well-known *Ayurvedic* principles outlined by *Acharya Charaka*. According to *Ayurveda*, the inner (mind) and outer (physical) aspects of the organism are symbiotically linked. The aspect was altered by one's derangement. Contrary to current anatomy, which includes different levels of cells, tissues, organs, and organ systems in a human body, the human body is inherently composed of the three *doshas* of *vata*, *pitta*, and *kapha*. These three *Doshas*, referred to as *Tryaupstambha* by *Acharya Charaka*, are how *Ayurveda* encapsulates all of the elements that make up the body. When the body is in harmony, it seeks healthy nutrients, but when the body or mind are out of balance, We no longer have a connection between our exterior body and inner intelligence, and as a result, we seek meals that are in opposition to our *Doshas prakriti*. This is known as the "*Samanyam Vriddhikranam*" concept, which states that "like attracts like." Meals that lessen a *Dosha's* intensity are thought to soothe it, whereas foods that enhance it are seen to agitate it. For instance, if *Pitta* grows in the body, we will have a tendency to seek more *Pitta*-viated food, leading to more Meals that are sweet, sour, and salty balance *Vata*, while foods that are sweet, pungent, and bitter balance *Pitta* and balance *Kapha*. Hence, it becomes more important to know our *prakriti* and have *ahara* according to it to live a peaceful and a healthy life according to our *ayurvedic* guidelines.

CONCLUSION

Ahar for different *Prakriti* is mentioned so that One should know the suitability for particular *ahar* towards their body and than after consuming it. Hence knowledge of *ahar* for different *Prakriti* is very essential. clarify the concept of *ahar* for different *Prakriti* and *dosha*.

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