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Association Of Stress and *Prakriti*: A Conceptual Review

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ABSTRACT: -

Prakriti is an expression of one's own constitution. It is an expression of body functions, in the form of morphology, physiology, behavior of an individual. From the very time of conception, some persons are having equilibrium of *Vata*, *Pitta* And *Kapha* while others are seen *Vatala*, *Pittala* And *Slesmala* (having predominance of *Vata* Or *Pitta* Or *Kapha*). It is an important concept of *Ayurveda* that explains individuality. *Acharya Charaka* has mentioned *Prakriti* in one of the *Parikshya Bhava*. *Acharya* has quoted in the very beginning- "*Purushampurusham vikshyam*". Though two individuals are of same *Jati*, *Kula*, *Vaya* etc. still they may not have same characters, similarly even if their *Sara*, *Samhanana*, *Pramana*, *Satmya* etc. are similar they will be of entirely different personality which is observed in the society among various individuals. In this competitive era, everyone is suffered from stress in his/her phases of life. Stress is the prime and important causative factor behind any disease. List of diseases either *Sharirika* or *Mansika*, all having a stress factor behind. But no one focus on that so the present conceptual review focus on the stress and *prakriti* association and ultimately helping him to keep stress-induced diseases away.

Keywords: *Prakriti*, Stress, Mental health, Individuality.



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INTRODUCTION

Prakriti is one such principle which is accepted by all the Acharya and that makes it to fall in to the category of *SarvatantraSiddhanta* ^[1]. It is an important concept of Ayurveda that explains individuality. Acharya Charaka has mentioned Prakriti in one of the *Parikshya Bhava* ^[2]. Acharya has quoted in the very beginning- “*Purushampurusham vikshyam*” to which Acharya Chakrapani is described “*Purusham purusham vikshyaeti vipyasayamprati purusham prakuritayadi bheden yogysaprayo bhedo bhavti etidarshayte*” The concept of *Prakriti* is scattered all over the texts covering all the aspect of health maintenance as well disease manifestation. This concept is explained very beautifully as each individual has some unique characters, which are different from others. Though two individuals are of same *Jati, Kula, Vaya* etc. still they may not have same characters, similarly even if their *Sara, Samhanana, Pramana, Satmya* etc. are similar they will be of entirely different personality which is observed in the society among various individuals.

This shows that each and every individual has its own specific liking and disliking. These individualistic features are the manifestation of *Prakriti* or constitution or biotype. In short, *Prakriti* means individual nature. This individuality also helpful to know how the person withheld the stress and the person stress level.

AIM & OBJECTIVES

- To understand stress in terms of *Ayurveda* concept of individuality.
- To understand *prakriti* in different perspective.

MATERIALS AND METHODS:

For the article, various Ayurvedic texts, journals, articles have been studied to obtain an understanding of the disease and its etiological factors.

Definition Of *Prakriti*

Prakriti is a characteristic set of features of an individual formed during the embryological stage with influence formed during the embryological stage with influence of physiologically normal *Doshas*, which further sustains and emerges as behavior throughout the life of that individual ^[3].

Factors Responsible For Formation Of *Prakriti*

According to *Acharya Charaka*, for the growth of plant 4 factors are very much important similarly for the fertilization and development of *Garbha* and these 4 factors are essential. They are: *Ritu, Kshetra, Ambu Bija* i.e. *Shuddha Shukra & Sonita, Garbhashaya, Ahara Rasa & Ritu Kala* respectively ^[4].

Prakriti is a characteristic set of features of an individual formed during the embryological stage with influence of physiologically normal *Doshas*, which further sustains and emerges as behavior throughout the life of that individual. The main factors, which determine the *Prakriti*, are *Sukra-ShonitaPrakriti* (sperm & ovum related factors), *Kala Garbhasaya Prakriti* (seasonal & uterine factors), *Matuh-Ahar-ViharPrakriti* (food regimen adopted by mother during pregnancy) and *Mahabhuta-Vikara Prakriti* (metaphysical and elemental factors) ^[5].

Types Of Classification:**Table 01: Classification of Prakriti**

As per <i>Shareerika Prakriti</i> [6][7]	As per predominance of <i>Panchabhautika</i> [8]	According to predominance of <i>Triguna</i> [9][10]	As per <i>Jatyadi Prakriti</i> [11]
<i>Vataja</i>	<i>Akashiya</i>	<i>Satvika Prakriti</i>	<i>Jatiniyat Prakriti</i>
<i>Pittaja</i>	<i>Vayaviya</i>	<i>Rajasika Prakriti</i>	<i>Kulaniyat Prakriti</i>
<i>Kaphaja</i>	<i>Agneya</i>	<i>Tamasika Prakriti</i>	<i>Deshaniyat Prakriti</i>
<i>Vata-Pittaja</i>	<i>Apya</i>		<i>Kalaniyat Prakriti</i>
<i>Vata-Kaphaja</i>	<i>Parthiva</i>		<i>Deshaniyat Prakriti</i>
<i>Pitta-Kaphaja</i>			<i>Vayaniyat Prakriti</i>
<i>Vata-Pitta-Kaphaja (Sama-Doshaja Prakriti)</i>			<i>Pratyatmaniyat Prakriti</i>

Stress:

Stress can come from any situation or thought that makes you feel frustrated, angry, or anxious. What is stressful to one person is not necessarily stressful to another. Every era in history has been characterized by some of debilitating diseases. Our society today also has disease but it not so easy to eliminate, the name of this condition is “stress” and it has been called the most debilitating medical and social problem of the present era.

Stress is unique in the category of diseases. It has no biological carrier such as a germ or virus. Rather it is the result of how our mind and body function and interact. The modern competitive era, which is said to be a world of amazing achievement by human beings, is also a horrible world of stress. We find stress everywhere it is within the family, business organization/ enterprise or any other social or economic activity.

Effect Of Stress:

Stress causes the imbalance or disequilibrium of the homeostasis of body physiology. Under the stress, the Autonomic nervous system is constantly kept under sympathetic stimulations [12] without enough time for the parasympathetic to do its job. This repeated sympathetic stimulation leads to intermittent upsurges of heart rate, blood pressure, poor digestion, elevated blood glucose [13]. When this happens over a number of years it becomes a habit for the heart and blood vessels to remain in a stimulated state and they lose the capacity to come back to the resting levels.

Often the physical body cannot cope up with the inner ambitions of achieving maximum things in minimum time. Our thoughts run very fast and the same can get translated through the physical senses. This imbalance of the body – mind complex soon results in rapid deterioration in work efficiency and it continued long will result in psychosomatic illnesses or psychiatric problems.

It has well-documented that when an individual comes across negative emotions such as aggression, competitiveness, anger, hostility, jealousy, frustration, it multiplies the risk of heart attack by two-fold^[14] and most of us live in a world of negative imagination.

Importance Of Prakriti Assessment:

Concept of Individuality as per *Ayurveda* is a unique personalized approach of medicine since thousands of years which are practiced and accepted by modern sciences now a days. Concept of *prakriti* is the way of preventive, predictive, personalized approach of *Ayurveda*. Every individual is unique in term of anatomical, physiological and psychological aspect that why its preventive as well as its therapeutic approach must be different. *Prakriti* determination helps in the susceptibility and vulnerability of the person towards disease, prognosis of the disease as well as help in deciding the dietary and lifestyle modification for healthy and disease free life

- Determination of prakriti and stress level is helpful for finding the person ability to face the stressful conditions
- For deciding the lifestyle and dietary modification in particular prakriti individuals for handling the stressful conditions and for better prognosis of the disease.
- It plays an important role in the selection and establishment of every factor for which a person is going to interact since conception till death, e.g. lifestyle, diet planning etc. So, according to one's *prakriti*, various lifestyles [diet or regime] related modifications can be implemented, practicing which will prove a great measure in reducing social burden of mental health issue and other ailments due to stress.

DISCUSSION

Stress is unavoidable event of life which are faced by everyone in the phases of

life one or more times. *Ayurveda* described the stress in terms of *Chinta*. *Chinta* is *mansika bhava* and a causative factor behind mental health issues. When *mana* is disturbed, then *mansika* disease occurred which soon converted into the *Sharirika Roga* or disease as per *chakrapani*. *Mana* is controlled by *Vata and vata* is the controlling power of other *doshas*. So *Sharirika Dosh* and *mana* is correlated. Modern sciences also accepted the importance of stress factor and mental health. Stress is the causative factor behind diabetes, hypertension, cancer, heart diseases and so on. So, for proper treatment and management of diseases, one should also focus on its stress factor and the individual ability to withhold the stress factor successfully which is accessible with the help of person *prakriti*. *Prakriti* is the psychosomatic constitution, having the features of anatomical, physiological and psychological characters. *Ayurvedic* literatures described that *kapha prakriti* individuals^[15] are not angry quickly or never get angry or depressed. The person with *kapha prakriti* easily forgive the peoples, polite in natures, slowness in initiating actions, getting irritated. The characters or features mentioned in classics, suggest that *kapha prakriti* individuals handle the stressful condition far better than *vata* and *pitta prakriti* individuals. In terms of *Pitta prakriti* individuals^{[16],[17]}, they are brave, intelligent, easily angry and short tempered. The person of *pitta prakriti* individuals have irritable in temper, though he cool very soon, shows inability to face difficult situations & glutton habits. He/she never fears and bends before powerful opponents. *Vata Prakriti*^{[18][19]} individuals are quick in initiating action and getting irritated, quick in affliction with fear, quick in likes & dislikes, quick in understanding & forgetting things. His mind is never steady. He makes few friends, is capable of accumulating very little money and talks incoherently. The people of *Vata Prakriti*

experience emotions like anger, fear, and irritability quicker. Due to all this psychological factors, individuals of Vata dominant *Prakriti* are unable to tackle or find stress handling difficult. The characters or features mentioned in classics, suggest that *kapha prakriti* ^[20] individuals handle the stressful condition far better than *vata* and *pitta prakriti* individuals. Person of single *prakriti* is rare to find, mostly peoples of *Dwandaja Prakriti* are found. In terms of *Dwandaja Prakriti*, *Vata* if associated with *pitta* and *kapha* got the supports of *pitta* and *kapha dosha*, and handle the stress more better than single *vata prakriti*.

CONCLUSION

Stress is the main causative factor behind any diseases. So management of stress is the need of today competitive era. Stress factor in terms of family, work and social stress become cause of new generation diseases or disorders and leads to bad prognosis if not treated or managed in time. So the Assessment of *prakriti* and its applicability is helpful in management of stress and prevent the stress induced disease if done correctly.

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