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Review Article

SUSCEPTIBILITY OF INDIVIDUAL TOWARDS ETIOLOGICAL FACTORS OF DISEASES; CORRELATION OF *PRAKRITI* AND *NIDANA*

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ABSTRACT

Ayurveda is oldest science of health management which not only deals with physical conduct but also emphasized ethical and spiritual conduct for maintaining good physical as well as mental status. Ayurveda focuses towards the concept of *Tridosha* and *Prakriti* which are responsible for specific physiological and psychological expression of person. Ayurveda believes that balancing state of *Tridoshas* offer normal health status while disturbed harmony of *Tridoshas* leads pathological manifestation. The *Prakriti* of an individual plays vital role towards the maintenance of harmony of *Doshas* thus help to resist disease prevalence. The disease causing factors (etiological factors) influences *Tridoshas* constitution of an individual which results pathological manifestation and susceptibility of person towards such etiological factors greatly depends upon *Prakriti* of an individual. *Prakriti* of an individual affects *Tridoshas* constitution and etiological factors (*Nidana*) affects balances of *Doshas* and this influence of etiological factors mainly depends upon *Prakriti* of an individual. Therefore susceptibility towards etiological factors (*Nidana*) varies person to person depending upon their constitutional components (*Prakriti*).

Keywords: *Ayurveda, Nidana, Doshas, Prakriti, Health, Physical, Mental, Disease.*

INTRODUCTION

The science of Ayurveda aimed towards the restoration of good health status of healthy person and treating diseased person from pathological ailments. Ayurveda emphasizes concept of *Pancha-mahabhutas*, *Trigunas*, *Prakriti* and *Doshas*, etc¹. These all fundamental theories of Ayurveda help to understand physiological as well as pathological events inside the body. It is believed that appropriate combination of *Doshas* responsible for normal physiology and these *Doshic* balance greatly influenced by *Pancha-mahabhutas* and *Prakriti*². Therefore it is stated that *Prakriti* of person contributes significantly towards the health status of individual. *Prakriti* considered equilibrium of *Sattava*, *Rajasa* and *Tamasa*³. When factors (*Nidana*) affects equilibrium of *Sattava*, *Rajasa* and *Tamasa* then *Prakriti* of individual becomes susceptible for specific disease causative factors; therefore some person becomes susceptible for particular types of diseases while others not. Moreover the balancing state of *Doshas*, constitution of *Rasa* and strength of *Dhatu* referred by internal constitution (*Prakriti*) of individual^{4,5}. This

constitution represents physical as well as mental state of person, therefore disease arises due to the vitiation of *Doshas*, *Rasa* and *Dhatu*, etc. if *Prakriti* of individual not resistant to etiological factors. The influence of etiological factors deviated person to person due to the variation in *Prakriti* therefore it is suggested that each and every individual should follow dietary and living regimen according to his or her *Prakriti* to remain healthy³⁻⁶.

The category of etiological factors depicted in **Figure 1**, these types of factors mainly considered responsible for vitiation of *Dosha*, *Dhatu*, *Mala* and *Srotas*. These etiological factors affects person depending his/her constitution components ultimately results pathological manifestations as depicted in **Table 1**.

DISEASE AND *DOSHIC PRAKRITI*

1. *Vata Prakriti*

Vata Prakriti person mainly affected by etiological factors related to the *Vata* vitiation which may causes symptoms of joint aches and backache. *Vata prakriti* is predominant to *Rooksha*, *Laghu* and *Sheeta Gunas* thus indulgence in *Ahara-Vihara* of similar properties may

aggravates *Vata* which ultimately leads diseases. *Vata prakriti* is prone to malnutrition and mental disorders, thus anxiety, stress and anger can produces pathological manifestations in person of *Vata* constitution. Factors

such as smoking and alcoholism may create pathogenesis of asthma and others disorders especially in *Vata & Pitta Prakriti* individuals.

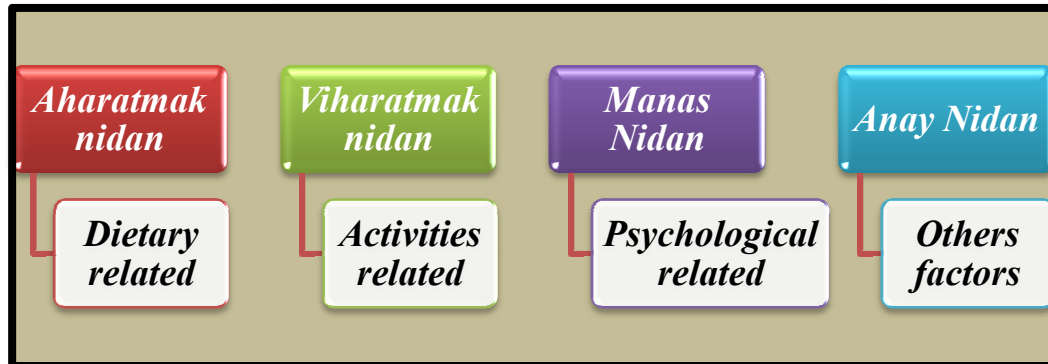


Figure 1: Categories of etiological factors causing pathological events

Table 1: Representation of etiological factors in person of specific *Prakriti*

Sr. No.	<i>Prakriti</i>	Susceptibility Towards Diseases
1	<i>Vata</i>	❖ Atherosclerosis ❖ Psychological Problems
2	<i>Pitta</i>	❖ Liver Cirrhosis ❖ Metabolic Syndrome
3	<i>Kapha</i>	❖ Cancer ❖ Asthma ❖ Obesity ❖ Diabetes

2. **Pitta Prakriti**

This type of constitution considered as *Madhyama*, person with *Pitta Prakriti* possesses good state of digestion, feel hunger and having normal metabolic constitution. *Pitta Prakriti* person mainly get influenced by psychological factors such as stress, anger, anxiety and egoism, etc. *Pitta prakriti* person is more prone towards the etiological factors of peptic ulcer and hypertension. *Pitta prakriti* person considered predominant to *Sneha, Teekshra* and *Ushna Gunas* thus indulgence in such properties may aggravate *Pitta* which ultimately leads diseases of *Pitta* vitiation.

3. **Kapha Prakriti**

Kapha Prakriti considered as *Uttama*, *Kapha* predominance responsible for *Upachaya karma* which result firm and compact muscular built up. Person with *Kapha* predominance may get affected by etiological factors which considered as *Santarpana* (used as refreshing regimen), foods which are responsible for obesity can also cause pathological manifestations in person predominant to *Kapha Prakriti*⁶. *Kapha Prakriti* person also considered susceptible for etiological factors of diabetes and atherosclerosis. *Kapha prakriti* person is predominant to *Snigdha, Sheeta* and *Guru* properties, thus indulgence in similar properties may aggravates *Kapha* and pathological events of *Kapha* aggravation may observed. *Kapha prakriti* is prone to hyperlipidermic disorders thus consumption of oily foods,

heavy foods and involvement in sedentary life style, etc. are major causative factors which can affect person of *Kapha* constitution^{7,8}.

4. **Sama Doshaja Prakriti (Balanced constitution):**

Sama Doshaja Prakriti considered as *Shreshtha* amongst the various types of *Prakriti*, in this constitution *Tridoshas* remains in their balanced state. The person possess *Sama Doshaja Prakriti* rarely get affected by normal etiological factors and pathological events not observed commonly in such types of person.

Etiological factor and Pathogenesis:

It is stated that when etiological factor and *Prakriti* is not of same type then pathogenesis of *Sukh sadhaya* diseases may observed which can be cured easily, when some similarities exists between etiological factor and *Prakriti* then diseases may arises which can be cured with some difficulty (*Kricchra Sadhaya*). In this regards *Acharya Charaka* has specified that when *Doshas* are homologous with constitution of body then incurable fever may observed (*Santata Jvara*). Etiological factor affecting *Tridoshas* when *Deha prakriti* of individual becomes susceptible for *Doshas* vitiating factors. Similarly *Maans Prakriti* influenced by etiological factors when *Triguna* vitiation takes places through etiological factors. Imbalance of *Mahabhoota* mainly influences *Bhautik Prakriti*⁹.

Ayurveda mainly described seven types of *Prakriti* i.e.; *Vataja, Pittaja, Kaphaja, Vatapittaja, Pittavataja, Pittakaphaja* and *Tridosaja Sama*¹⁰. It is stated that

Dwidoshaja and *Ekdoshaja Prakriti* easily get affected by etiological factors, however *Dwidoshaja Prakriti* considered more prone as compared to *Ekdoshaja Prakriti*. *Vattaj Prakriti* person also easily get affected by etiological factors while *Sama Prakriti* considered *Uttama Prakriti* and person with *Sama Prakriti* not easily get influenced by etiological factors¹¹.

DISCUSSION

According to Ayurveda, physiological and pathological events occurring in the body are the result of equilibrium among *Pancha-mahabhutas*, *Trigunas*, *Prakriti* and *Doshas*. Health status of a person depends on the *Prakriti* of the body. Imbalance in *Sattava*, *Rajasa* and *Tamasa* result in disease production. *Vata prakriti* is prone to malnutrition and mental disorders, thus anxiety, stress and anger can produces pathological manifestations in person of *Vata* constitution. *Pitta prakriti* person is more prone towards the etiological factors of peptic ulcer and hypertension and indulgence to the *Sneha*, *Teekshra* and *Ushna Gunas* can manifest the *Pitta* aggravation. *Kapha prakriti* is prone to hyperlipidemic disorders therefore consumption of oily foods, heavy foods and involvement in sedentary life style, etc. can lead to vitiation of *Kapha Dosh*.

CONCLUSION

The concepts of *Prakriti* represent constitutional components of person and it is believed that susceptibility towards disease causative factors merely depends upon *Prakriti* of person. The expression of *Dosha* predominance referred as *Deha Prakriti* therefore it is stated that specific *Doshic Prakriti* are prone to develop particulars type of *Doshaj vikaras*. In this regards Ayurveda described daily and dietary regimen to avoid occurrence of these *Doshaj vikaras*. Person with *Kapha prakriti* is prone to obesity, hypertension & diabetes therefore such types of person should avoid indulgence in sedentary life style and consumption of junk foods. Similarly *Pitaja Prakriti* person is prone to develop ulcer, skin and bleeding disorders therefore such peoples should not consume excessive hot and spicy foods. Person predominant with *Vataj Prakriti* may suffered with neurological problems, arrhythmias and speech disorders, etc. thus such types of person advised to remain away from stress and anxiety.

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