

ASSESSMENT OF VAKSHA AND VALIDATION OF PRUTHUPINA VAKSHA IN DIFFERENT DEHA PRAKRITI INDIVIDUALS

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ABSTRACT

Professionals in Ayurvedic stream are today attracted towards *Prakriti* with a new theme of personalized and lifestyle medicine concept. Biological parameters mentioned in *Prakriti* are screened, assessed, validated with proper weightage and scoring patterns and measured objectively today. The researchers of current topic have kept this in mind and tried to validate a single parameter mentioned in ancient Ayurvedic texts for *Kapha doshaja Prakriti* about chest region viz. – *Pruthupina vaksha*. **Aims & Objectives:** To assess *Vaksha* in different *Prakriti* individuals. To validate the existence of *Pruthupina Vaksha* in *Kapha doshaja Prakriti*. **Observations:** Only 31 out of 100 volunteers were noted having dimensions of *Vaksha* above 48 *Anguli* out of which male female ratio was 10 and 21 respectively. The mean value of *Vaksha* was – 52.95 *Anguli* ranging from minimum 48.23 *Anguli* to maximum of 61.07 *Anguli*. **Discussion & Conclusion:** All the 31 subjects of *dwandwaja Prakriti* were having *Pruthupina Vaksha*

(above 48 *Anguli*). Out of all the subjects showing feature of *Pruthupina Vaksha*, the majority of the population (70.97%) involves *Kapha dosha* in their constitutional make-up. A total of twelve individuals (54.54%) were belonging to *Kapha dominant Prakriti* reflecting *Pruthupina Vaksha* as per *Kapha doshaja Prakriti* in which 02 from *Kapha – Vata* and 10 from *Kapha – Pitta Prakriti*. The involvement of *Kapha dosha* in formation of *Prakriti* in this case is clearly indicative of major contribution of *Kapha dosha* in the development of broad enlarged chest region manifesting *Pruthupina Vaksha*.

KEYWORDS: *Prakriti, Pruthupina Vaksha, Kapha Prakriti.*

INTRODUCTION

Today the trend of personalized medicine and lifestyle medicine have attracted many Ayurvedic experts to look for relationship between Ayurvedic constitution – *Prakriti* with present biological and objective parameters. From physiological point of view many of the Ayurvedic experts have logged in an extensive variety of scholarly journals taking *Prakriti* as a core topic and relating it with any of the measurable objective parameter. The dimensions and anthropometrics mentioned in ancient Ayurvedic texts need to be assessed, validated thoroughly with proper markings or scoring whatsoever criterion can be set before publishing it in today society.

Researchers of this study were keen about the same aspect mentioned above and they tried to carry forward the assessment of *Vaksha* and validation of *Pruthupina Vaksha* of *Kapha doshaja Prakriti*.^[1]

Aims & Objectives

- 1) To assess the dimensions of physical feature *Vaksha* in standard metric units and *Anguli pramana* as well.
- 2) To assess the existence of *Pruthupina Vaksha* in different *Deha Prakriti* (if any) individuals.
- 3) To validate the feature of *Pruthupina Vaksha* in *Kapha doshaja Prakriti*.

METHODOLOGY

- ❖ 100 student volunteer from the GJP-IASR institute were selected for the study, the same institute where the researchers are working as a faculty.
- ❖ *Prakriti* of each individual was there after assessed using the format of Gujarat Ayurved University, *Kriya Sharir Syllabus* journals.

❖ Assessment of *swa – anguli praman*

Swa – Anguli Praman: Distance between the medial and lateral edges of middle finger of both right and left upper extremities was noted using measuring tape, for *Swa – Anguli parikshan*.^[1] To prevent biasness, average mean of both was drawn out and converted to cm.

This is shown here - Mean = $(Rt + Lt) / 2 = \dots\dots\dots$ cm; (1 *Anguli* = $\dots\dots\dots$ cm)

❖ *Vaksha* assessment

Extent:- Circumference of chest along the nipple line covering anterior and posterior side was noted using measuring tape. *Vaksha* = cm = Anguli.

- ❖ After proper observed values of *Swa – Anguli* and *Vaksha*, the individuals who were having dimensions of *Vaksha* more than 48 *Anguli*^[2] were selected for statistical analysis.
- ❖ The observed data was then analyzed and classified in *dwandwaja Prakriti*.
- ❖ Individual having *Pruthupina Vaksha* of different *Deha Prakriti* were selected for suitable statistical analysis and calculations were carried out.
- ❖ Conclusion based on relationship between *Pruthupina Vaksha* and *Kapha Prakriti* was highlighted thereafter and put forth.

Review of Literature

Prakriti, in Ayurveda refers to a genetically determined physical and mental constitution of an individual. Every person has his/her own unique constitution which determines the physical characteristics, behavioural pattern, social response and even susceptibility towards diseases. Thus *Prakriti* makes one of the early known concepts of preventive and personalized medicine. The three physical humors present in body viz. *Tridoshas* manifest a typical *Prakriti*^[3] of an individual at the time of birth.^[4] The dominance of *doshas*^[5] reflects its maximum characters in that individual. Three *doshas* less or more contribute in overall development of that individual. The features mentioned in *Prakriti* in ancient Ayurvedic texts are suggestive of involvement of *doshas* in the development of a particular structure at physical level, tendency towards performance of an act at psychological level, social behaviour and many more.

The variation in the morphological structures can be seen in different *Prakriti* individuals or even in individuals with same *Prakriti* also. This is suggestive of the percentage of contribution of *doshas* in development of that organ or process or behaviour.

Alpa (less and not more), *dirgha* (long and not broad), *tanu* (thin and not thick) are the words used in favour of any structure manifesting dominance of *Vata dosha*^[6] in development of the same. *Madhyam* (medium sized), *sukumar* (delicate) are used for development of structure involving *Pitta dosha*^[7] as a prominent one. Whereas, *vishal* (large), *sthula* (thick), *maha* (broad and extensive) are used where structures showing dominance of *Kapha dosha*^[8] in its development.

The feature *Pruthupina Vaksha* mentioned under *Kapha Prakriti*^[9] means – extensively wide and broad muscular chest area.

(Pruthu – Broad, wide, expansive, extensive, spacious, large, great, ample, etc.

Pina – Swollen, full, round, thick, bulky, large, muscular.

Vaksha – Chest).^[10]

The dimensions of *Vaksha* mentioned in Ayurvedic text is 24 *Anguli* on one side which accounts to a total of 48 *Anguli* as a circumference covering both anterior and posterior sides of chest.

Researchers were keen about the percentage wise contribution and involvement of *doshas* in the making of morphological structures inside the body. Thus selection of topic was done thereby.

OBSERVATIONS

A nearly 100 students were selected for the assessment of biophysical parameters of *Vaksha*. Only those who manifested the features of – *Pruthupinavaksha* (above 48 *Anguli*) were selected for statistical analysis. The detailed observations are mentioned below –

1) Observations for *Prakriti*

100 subjects were selected for this study which were classified as per *Prakriti* and were also assessed for *Pruthupina Vaksha*. Out of which a total of 31 subjects were found with *Pruthupina Vaksha*.

All the 31 subjects as per their *Prakriti* consists of 10 males and 21 females.

Table No. 01: Table showing distribution of subjects having *Pruthupina Vaksha* as per *Prakriti*.

<i>Vata Pradhan Prakriti</i>		<i>Pitta Pradhan Prakriti</i>		<i>Kapha Pradhan Prakriti</i>		Total
VP	VK	PV	PK	KV	KP	
02	02	07	08	02	10	31
04		15		12		

2) Observations for *Pruthupina Vaksha*

Table No. 02: Table showing Mean, Minimum and Maximum values of subjects showing *Pruthupina Vaksha*.

Sr. No	Particulars	Values
1	Mean	52.95
2	Minimum	48.23
3	Maximum	61.07
4	Population	31

- ❖ Only 31 out of 100 volunteers were noted having dimensions of *Vaksha* above 48 *Anguli* thus claiming *Pruthupina Vaksha*.
- ❖ All the dimensions of *Vaksha* were within the range of minimum 48.23 *Anguli* to a maximum of 61.07 *Anguli*. The mean value of *Vaksha* measured in selected populations was – 52.95 *Anguli*.
- ❖ A majority of population about 22 subjects (70.97%) showing *Pruthupina Vaksha* were physically constituted with either *Kapha dosha* dominant in them or *Kapha dosha* even being secondary might be involved in development of *Pruthupina Vaksha* feature in them.

RESULTS AND DISCUSSION

- ❖ *Pruthupina Vaksha* is a feature of *Kapha Prakriti*, mentioned in *Ashtanga Hridaya*. Individuals having *Pruthupina Vaksha* shows broad, muscular and well-built chest manifested under *Kapha Prakriti*.
- ❖ As of now, no any specific criterion has been mentioned to decide validity of features like *Pruthupina Vaksha* as mentioned in *Ayurvedic* treatises, hence this study was done to set some standard criteria for deciding this as well as all other similar features which helps us to know about the individual having *Kapha Prakriti*.
- ❖ Measurement of *Vaksha* has not been mentioned specifically but as mentioned the width of anterior chest is 24 *Anguli* i.e. the distance between the left and right mid-axillary line anteriorly. Similarly the distance between left and right mid-axillary line posteriorly is considered to be 24 *Anguli*. The total of this anterior and posterior chest at nipple level is called *Vaksha* and in normal individual its measurement as 24 + 24 *Anguli* that is 48 *Anguli*. Thus dimension of *Vaksha* more than 48 *Anguli* is defined as *Pruthupina Vaksha*.
- ❖ However, there is no specific justification in ancient *Ayurvedic* treatises about actual measurement regarding assessment of *Anguli pramana*. Even though today many of *Ayurvedic* experts have developed different ways for assessment of *Anguli pramana*. As

per the context the distance between two edges – medial and lateral, of proximal interphalangeal joint is considered for the same.^[11] There is possibility of having differences in organs on bilateral side. Thus the final *Anguli pramana* goes by taking average mean of the medial and lateral edge distances of proximal interphalangeal joint taken on both sides.

- ❖ This study showed that out of 100, 31 subjects were found to have *Pruthupina Vaksha*. Out of these 31, 22 are having *Kapha dosha* association in their *Prakriti*, which confirms the relationship of *Pruthupina Vaksha* with *Kapha dosha*.
- ❖ *Sandra* and *Saara*, *guna* of *Kapha* are responsible for good development and firmness, stability for the body parts. *upachita paripurna sarvanga*, *saara samhata sthira sharira* are the features in *Kapha Prakriti*^[12], which are responsible for *Bala* (strength) and longevity of Life. *Pruthupina Vaksha* is well built chest showing *upachita sharir*. Well-nourished and full-fledged above *guna* of *Kapha dosha* seems to be responsible for the development of features like *Pruthupina Vaksha* occurring in *Kapha Prakriti*.
- ❖ Study with larger sample size will be even more helpful in strengthening this criteria for *Pruthupina Vaksha* and likewise all other physical features mentioning dimensions of specific organs can also be studied.
- ❖ Knowing ancient anthropometrics – *Anguli pramana* examination of one enriches us the knowledge about *samapramana* (well proportionate) *sharir*. *Sama pramana sharir* ultimately endows one with good quality in *Ayu*, *Bala*, *Oja*, *Sukha*, *Aishwarye*, *Vitta*.^[13] This overall shows own need and importance of study of *Anguli pramana*.

CONCLUSION

- 1) The ancient *Anguli praman* and other anthropometric dimensions can be studied and validated more easily in current era.
- 2) Out of all the subjects showing feature of *Pruthupina Vaksha*, the majority of the population (70.97%) involves *Kapha dosha* in their constitutional make-up.
- 3) More than half of the population (54.54%) showing *Pruthupina Vaksha* is nearly contributed by the individuals with *Kapha Pradhan Prakriti* where *Kapha dosha* is dominant.
- 4) The involvement of *Kapha dosha* in formation of *Prakriti* in this case is clearly indicative of major contribution of *Kapha dosha* in the development of body organs thus reflecting the broad, enlarged physical structures.

- 5) Researchers hereby clearly suggest that individuals having chest circumference more than 48 *Anguli Pramana* as per their respective *Swa-Anguli Pramana* will be considered manifesting – *Pruthupina Vaksha*

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