ABSTRACT

Prakriti is one of the most important components and it must be assessed before prescribing medicines. It is the inherent characteristics property of an individual refers to the genetically determined physical & mental makeup of individual. Prakriti is of two types namely Sharir Prakriti (Physical constitution of body) again subdivided into 7 types namely Vataja, Pittaja, Kaphaja, Vata-Pittaja, Vata-Kaphaja, Pitta-Kaphaja & Sannipataja and Manas Prakriti (Psychic constitution of body) mainly classified into three types i.e. Sattvik, Rajas & Tamas Praktiti again sub classified into 16 varieties. Manasa Prakriti features pertain to the mind and mental activities of the person. Due to their resemblance in qualities to that of almighty god names were designated accordingly. Totally 16 types of Manasika Prakriti’s are described in Sushruta Samhita. After proper understanding of Kaya prakriti’s one should initiate appropriate therapy. Mahapракriti’s are those which manifests due to influence of satva, raja and tama and knowledge of the constitution is very much essential. Three types of psyche are described to be born from virtue, anger and delusion these are said to be superior, medium and inferior respectively. Eight, seven and three respectively are said to be the types of these psyche. To prescribe medicines, knowledge of this is essential.

Key words- Sharir Prakriti, Manasika Prakriti, Satvik Prakriti(Kaya), Rajasika Prakriti(Kaya) and Tamas Prakriti(Kaya).
INTRODUCTION

Human body is comprises of Dosha, Dhatu, Agni, Indriya, Upadhatu and Sharirika Mala and Dhatu Mala. Equilibrium & disequilibrium state of these components causes health and disease respectively\(^1\). Other than this there is factors which influences and supports the body namely oja, sara and bija(genetic component of an individual)\(^2\). Before prescribing medicines one should know Prakriti, Vikriti, Sara, Satmya, Agni, Bala, Pramana, Vaya, Desha, Ritu, Samhanana, Satwa etc to get desired results. Prakriti is one of the most important components. It is the inherent characteristics property of an individual refers to the genetically determined physical & mental makeup; it is determined by (a) sperms & ovum (b) season and condition of the uterus (c) food & regimens of the mother (d) nature of mahabhutas comprising the foetus. Doshas dominating the sperms & ovum during the time of conception and also those inhabiting the uterus at that time determine the prakriti of individual. The doshas that ultimately emerge as dominant factors actually determine the prakriti\(^3\).

CLASSIFICATION OF PRAKRITI

Prakriti is classified into two main types\(^3\)

1. **Sharir prakriti** (Physical constitution of body)

   7 types of Sharir prakriti has been described – Vataja , Pittaja, Kaphaja, Vata-Pittaja, Vata-Kaphaja, Pitta-Kaphaja & Sannipataja

2. **Manas prakriti** (Psychic constitution of body) - and 16 varieties of Manasika prakriti are described.

Assessment of Manas prakriti is very much important for the maintenance of health as well as to prescribe therapeutics. It is designed according to predominance of any one, two or all the trigunas i.e. Sattva, Rajas and tamas. It is known as Mahapraktiti also and triguna are considered as Mahagunas. Common features of Sattvik, Rajas & Tamas Prakriti are discussed in this article. Assessment of manas prakriti of an individual is essential for prophylaxis and treatment of diseases. Sattvik type of prakriti is best among all because of predominance of Sattva which is considered eternally pure, is not likely to vitiate or get vitiated. Rajas & Tamas prakriti are considered as Manas Doshas in Ayurveda. So Rajas and tamas praktiti persons are more prone to various diseases and difficult to cure in comparison to Sattvik praktiti. So prognosis depends upon the type of Manas praktiti one belonged to. Manas Praktiti is directly related to manas (mind). So it shows the strength of mind which regulates
the body because of its association with soul. Treatment procedures depend upon mental personality of an individual. Rajas and Tamanas prakriti persons are not supposed to maintain punctuality and obedience in comparison to Sattvik prakriti while Rajas and Tamans prakriti persons have less bearing capacity of painful conditions. So determination of manas prakriti is essential to adopt diet and regimen as well as to plan suitable therapeutics. 

**HOW TO ASSESS THE MANAS PRAKRITI**

Psychic prakriti is of many types on the basis of predominance of one, two or three trigunas i.e. Sattva, Rajas and Tamas. But for the purpose of examination three varieties of manas prakriti described namely Satvik prakriti, Rajasika prakriti and Tamas prakriti. Again three varieties are subdivided into 16 types. Details of these are described below in table.

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**ASSESSMENT CRITERIA FOR DIAGNOSIS OF MANASIK PRAKRITIS ARE DESCRIBED BELOW:**

**SATVIKA KAYA – 7**

1. **BRAHMAMAKAYA**

The features of Brahmakaya are as follows–

1. Cleanliness
2. Worshipping
3. Belief in God
4. Indulging in fire sacrifices
5. Scriptures
6. Purity, love for truth
7. Regular practice of vedas
2. MAHENDRA KAYA
Features of Mahendra kaya are as follows—
1. Glory
2. Courage
3. Commanding
4. Having knowledge of sciences
5. Kindness towards serpents

3. VARUNA KAYA
Features of Varuna Kaya are as follows—
1. Desire for cold
2. Forbearance
3. Colour of the body, eyes and hairs are brownish in colour
4. Speaks affectionately

4. KUBERA KAYA
The features of Kubera kaya are as follows—
1. Adoptance of middle path in all activities
2. Capacity to withstand difficulties
3. Aquisition of wealth
4. Capacity to produce many offsprings.

5. GANDHARVA KAYA
The features of Gandharva Kaya are as follows—
1. Fondness towards perfumes and garlands
2. Desireous of dance and playing musical instruments
3. Likes to visit various picnic spots.

6. YAMYA SATVA (KAYA)
The features of Yamya Satva are as follows—
1. Performance of right actions with strong determination
2. Full of courage
3. Excellent memory
4. Cleanliness
5. Devoid of passion
6. Delusion
7. Infatuation and hatredness

7. **RISI SATVA (KAYA)**
Features of Risi Satva are as follows–
1. Involving in constant meditation
2. Vows
3. Celibacy
4. Fire sacrifice
5. Study of scriptures
6. Possessed with general and special knowledge

**RAJASA MANAS PRAKRITI-6**

1. **ASURA KAYA (SATVA)**
The features of sura kaya are as follows–
1. Full of wealth
2. Terrifying look
3. Courageous
4. Angry
5. Jealous
6. Likes to take food in loneliness
7. Consumes large quantity of food

2. **SARPA KAYA (SATVA)**
The features of Sarpa kaya are as follows–
1. Quick in actions
2. Gets tired quickly
3. Fearful
4. Angry
5. Deceiving
6. Unsteady
7. Desirous of recreation

3. **SHAKUNA KAYA (SATVA)**
The features of Shakuna Kaya are as follows–
1. Indulging in sexual pleasures in excess
2. Consumes food without break
3. Impatient
4. Roaming around constantly

4. **RAKSASA KAYA (SATVA)**
The features of Raksa Kaya are as follows—
1. Understands things without others support
2. Terrifying look
3. Jealous
4. Violating the stipulated norm
5. Flattering himself greatly

5. **PISHACA KAYA (SATVA)**
The features of Pishaca Kaya are as follows—
1. Intake of food which has been discarded by others
2. Cruelty
3. Fond of adventures
4. Desirous of women
5. Lack of shyness

6. **PRETA KAYA (SATVA)**
The features of Preta Kaya are as follows—
1. Doesn’t share anything with others
2. Lazyness
3. Always full of grief
4. Jealous
5. Sensuous
6. Doesn’t give anything to others

**TAMAS PRAKRITI 3**

1. **PASHU KAYA (SATVA)**
The features of Pashu Kaya are as follows—
1. Bad thinking
2. Sluggish activities
3. Dreams everyday as indulging in copulation
4. Denies everything

2. MATSYA KAYA (SATVA)
The features of Matsya kaya are as follows—
1. Unsteadiness
2. Idiotism
3. Desire for water
4. Fighting with one another

3. VANASPUTYA KAYA (SATVA)
The features of Vanaspata kaya are as follows—
1. Always likes to sit in one particular place
2. Consumes food oftenly
3. Doesn’t follow truthfulness and righteousness
4. Devoid of lust and wealth

CONCLUSION
Human body is comprises of Dosha, Dhatu, Agni, Indriya, Upadhatu and Sharirika Mala and Dhatu Mala. Equilibrium & disequilibrium state of these components causes health and disease respectively. Other than this there are factors which influences and supports the body namely oja, sara and bija(genetic component of an individual). Before prescribing medicines one should know prakriti, vikriti, sara, satmya, agni, bala, pramana, vaya, desha,ritu,samhanana, satwa etc to get desired results. Manasa Prakriti features pertain to the mind and mental activities of the person. Due to their resemblance in qualities to that of almighty god names were designated accordingly. Totally 16 types of Manasika Prakriti’s are described in Sushruta Samhita. After proper understanding of Kaya prakriti’s one should initiate appropriate therapy. Mahaprakriti’s are those which manifests due to influence of satva, raja and tama and knowledge of the constitution is very much essential. Three types of psyche are described to be born from virtue, anger and delusion these are said to be superior, medium and inferior respectively. Eight, seven and three respectively are said to be the types of these psyche. To prescribe medicines, knowledge of this is essential.
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