



Concept of *Sharir Prakruti* in Economic Stability-A Review

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ABSTRACT

Ayurveda is an ancient system of medicine, which recognizes the individualism of an individual by means of Prakruti. Prakruti stands for nature of the body in terms of Dosha. Prakruti is formed at the time of conception and does not change during the whole life. Prakruti is nothing but the expression of one's own constitution which is specific for every individual. Human body is well-thought-out to be a combination of several components like Dosha, Dhatu, Indriya, ManasBuddhi and Atma. Every individual has a different combination like genetics and therefore a distinct entity. So, between any two individual's dietary preferences, behavioural patterns, job options, performance abilities, economic condition are all strikingly different. Knowing one's Prakruti holds the key to well-being, strength, intellect, education, carrier choice and ability to enable and improve economic stability. Thus, it is an endeavour to exhibit inter-relationship between sharirprakruti and economic stability of an individual. The purpose of review article is to achieve a clear understanding of the impact of prakruti on the present and future events related to the life process and economic stability.

Keywords: Prakruti, economic stability.

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INTRODUCTION

Prakruti is natural or original form or original source which represents complete psychosomatic architect of an individual. Ayurveda classifies people into *prakruti* based on the existence of three *doshas* in every individual's cell of the body. The theory of *Panchamahabhoota* (*Aakash, Vayu, Agni, Jala, Pruthvi*) and *Tridoshas* (*Vata, Pitta* and *Kapha*) exists in each and every cell of the body along with mind and spirit. Every individual has all three *doshas* and *trigunas* (*Satwa, Rajas, Tamas*) in dissimilar proportions. Based on the prevalence of the *Panchamahabhoota*, three *doshas* and *trigunas* in *Shukra* and *Shonita*, the individual *Prakruti* is decided at the time of conception. Further on the basis of these three *doshas*, seven types of *prakruti*'s have been derived. Each *Prakruti* types has a set of its own unique physical and mental characteristics. *Prakruti* is genetically determined physical and mental constitution of an individual person. The said constitution remains unchanged till end of the life (1). So, the person's own unique constitution determines the biological functions, response to environmental factors and socioeconomic condition. Thus, *Prakruti* has an impact on the life of an individual. So, the concept of *Prakruti* stands helpful in maintaining health, understanding the course of diseases and its management, quality of life, social, educational, and economic life. Ayurveda explain four aims of the life i.e., *dharma, arth, kama, moksha*. To achieve second aim i.e., *arth*, one needs to be economically stable. Economic stability is achieved by the people when they have resources essential to a healthy and comfortable life. It also refers to any measure of an individual's finances and ability or inability of a person to afford basic life necessities. Thus, it can be presumed that, *prakruti* plays an important role in economic stability of an individual. This concept can be utilised in the prevention of excessive fluctuations in the microeconomy and management of economic stability of a person. So, an attempt to find interrelationship between *prakruti* and economic stability was carried out.

AIMS AND OBJECTIVES

1. To study the concept of *prakruti* in context of economic stability.
2. To establish the interrelationship between *prakruti* and economic stability.

MATERIAL AND METHODS

To fulfil the aim and objectives of the present review, the available literature of The Ayurvedic texts, *CharakSamhita*, *SushrutaSamhita*, *AshtangSangrah*, *AshtangHridaya* and commentaries on it with Modern texts and the available treatises of Ayurveda were thoroughly screened manually, analysed, and presented the archives of *Prakriti* in a systematic manner. The topic related information available on internet were also compiled, analysed and presented.

Concept of *Prakriti* –

As per *Rasa-vaisheshik*, *Prakriti* is a state which is designed at the time of fertilization due to eminence of *dosha*, that remains unaffected from fertilization till death. According to *Sushruta* and *Charak* in *Vimanshan* chapter 8, *Prakriti* is determined at the time of fertilization due to the predominance or increased status of *dosha* along with some other factors involved in the *Prakriti* formation. The factors comprise of *shukra-shonita*, status of uterus at the time of fertilization, status of environmental time period, food and regimen adopted by mother during pregnancy and nature of *Mahabhuta* comprising the foetus. The foetus gets afflicted with one or more of the *doshas* which are dominantly associated with the above-mentioned factors. (2) Characters which are manifested in a person of any specific *Prakriti* depend upon properties of the *dosha* involved. Every person is unique by his *prakriti*; therefore, no two persons can be identical. Anatomical, physiological, and psychological characteristics vary from one person to another person depending on his/her *prakriti*. (3,4)

Manifestations of different *prakriti*'s according to attributes

Vatajaprakriti: *Ruksha* -Unctuousness, emaciation and dwarfness of the body; long-drawn, dry, low, broken, obstructed and hoarse voice; always keeping awake. *Laghu*- Light and inconsistent gait, action, food, and movement. *Chala*- Unstable joints, eyes, eye brows, jaws, lips, tongue, head, shoulder, hands and legs *Bahu*- Talkativeness, abundance of tendons and veins. *Shighra*- Quick in initiating actions, getting irritated and the onset of morbid manifestations, quick in affliction with fear, quick in likes and dislikes, quick in understanding and forgetting things *Shita*- Intolerance to cold things, often getting afflicted with cold, shivering and stiffness *Parusha*- Roughness of hair of the head, face and other parts of the body, nails, teeth, face, hands and feet. *Vishada*- Cracking of the limbs and organs, production of cracking sound in joints when they move. *Vataj* type of constitution based on the aforesaid qualities owns strength, lifespan, procreation, accessories of life and wealth in lesser quantity.

Pittajaprakriti: *Ushana*- Intolerance to hot things, having hot face, tender and clear body of port-wine mark, freckles, black moles, excessive hunger and thirst, quick advent of wrinkles, greying of hairs, baldness, some soft and brown hair present on the face, head, and other parts of the body. *Tikshna*- Sharp physical strength, strong digestive power, intake of food and drink in large quantity, inability to face difficult situations and glutton habits. *Drava*- Looseness and softness of joints and muscles, voiding of sweat, urine, and faeces in large quantity. *Visra*- Putrid smell of axilla, mouth, head and body in excess. *Katu*- Insufficiency of semen, sexual desire, and procreation. *Pittaj* type of constitution is endowed with moderate strength, moderate lifespan, moderate spiritual and materialistic knowledge, wealth and accessories of life. (5)

Kaphajaprakriti: *Snigdha*- Unctuousness of organs *Shlakshna*- Smoothness of organs *Mridu*- Pleasing appearance, tenderness, and clarity of complexion. *Madhur*: Increased quantity of semen, desire for sexual intercourse and number of procreations. *Sara*: Firmness, compactness, and stability of the body. *Sandra*: Plumpness and roundedness of all organs. *Manda*- Slow in action, intake of food and movement. *Guru*- Non-slippery and stable gait with entire sole of the feet pressing against the ground. *Shita*- Lack of intensity in hunger, thirst, heat and perspiration. *Vijjala*- Firmness and compactness in joints. *Achha*- Clarity and unctuousness in complexion, appearance and voice. *Kaphaj* type of constitution is endowed with the excellence of strength, wealth, knowledge, energy, peace and longevity. (6)

Dwandvaja Prakriti: Individuals having a constitution dominated by an amalgamation of two *doshas* are characterized by the combination of the manifestations of the respective *doshas*.

Samadoshaj Prakriti: A *Samadoshaj* type of individual who has all the *doshas* in a state of equilibrium is gifted with good qualities of all three types of individuals described above. (7)

Modern concept: In modern science personality, phenotype and temperament are defined as expression of a person, physical and mental characters, and their social behavior. Characters are carried by genes called as 'genotype' which are constant factors. These are further decisive of future phenotype. Intra-uterine and extra-uterine factors interacted with genotype expanding characteristics of an individual titled as 'Phenotype'. According to Ayurveda „*Deha-Prakriti*“ is also affected by two factors. One is „*Prakrit*“ *doshas*, which is constant factor. Environmental factors (Intra-uterine and extra-uterine) are flexible known as „*Vaikritadoshas*“. Thus, characteristics of an individual is an output of combination of „*Prakrit*“ and „*Vaikrit*“ *doshas* named as „*Prakriti*“. So, *Prakriti* can be defined as a set of characters of an individual as per the proportion of *doshas*. (8)

Concept of Economic stability-

Economic stability is an important determinant of health-related outcomes in sociology and public health research. It influences individuals and families' purchasing power, affordability, and accessibility to various resources as well as their judicial utilization. It is defined in terms of its ability to facilitate and enhance economic processes, manage risks, and absorb shocks. A person's income, their cost of life, their socioeconomic status, housing stability and food security all play a role in their health. (9) While growing inflation and rising costs of living are key factors, it is important to realise that financial commitment evolve as we progress in our lives, and our diverse needs such as higher education, leisure, wedding, child care, starting one's own venture or even early retirement require economic stability. It is essential to have clear and defined economical goals for different life stages. Over all, people from lower social or economic circumstances are at greater risk of poor health, have higherrates of illness, disability and death, and live short livesas compared to more advantaged. Economic stability is very important in one's life for better health, education, carrier, marriage, family, and stress-free happy life. Thus, economic stability has an impact on the life of an individual. (10)

Factors affecting economic stability: It can be summarised as structure of family, marital status and dependents along with health, education, career choice are the most affecting factors.

Importance of economic stability: Economic stability has several different features to justify its importance. Financial stability buys respect and maintain physical and mental wellbeing. It further leads to happy family, employment, and job opportunities. They can focus better on work and can prove highly productive. Owning a permanent home,own house has immense benefits and it provide shelter. More financially stable kids-who grow up a family culture of financially literacy and accountability have a greater chance of being financially stable in their own adult lives. Also, these persons can invest in schemes and plans and can lead happier life as retirees. (11,12)

Inter relationship between prakruti and economic stability-

Human body is governed by three *doshas* known as *Vata*, *Pitta* and *Kapha*. They administer the whole body according to their nature. These *tridoshas* according to their predominance determine the *prakruti* of a person. Each dosha has a specific group of body functions according to their *gunas*. The said functions of *dosha* are found in an aggravated form in a particular type of *prakruti* dominated by that particular *dosha*. *Samdoshajprakruti* is exception for this because all the functions of *tridosha* are neutralized by each other and a state of *dhatu samya* is maintained.[13] *Prakruti* has an important role to play as it can enable providing a theoretical and empirical base of personality traits and types. This further helps to generate complete personality picture.[14] Personality is determined by what the person behave in most circumstances. Once we are able to characterize someone's personality, we can predict how that person will probably behave in variety of circumstances which have implications for health, career, education, economical competency, and its impact on life. (15) Economic stability is not just excess of money, having proper income for any reason with savings, investments. It also means not to depend upon others for daily, basic needs and credit. It is a general willingness of a person to rise out of any financial situation. Financial risk tolerance plays a vital role in individual picks about wealth accumulation, portfolio allocation, and all other investment and finance-related decisions, and in attaining financial goals. (16) Capabilities and qualities of an individual are constituents of *prakruti*. *Sharirprakrutilakshanas* which are described in *charaksamhita* shows that different types of *prakruti* individuals have different type of economic conditions for ex; *Vataprakruti* people have strength, lifespan, procreation, accessories of life and wealth in lesser quantity. *Pitta prakruti* people have moderate strength, moderate lifespan, moderate spiritual and materialistic knowledge, wealth, and accessories of life. *Kaphaprakruti* people having excellence of strength, energy, life span, knowledge, wealth, and accessories of life. So *prakruti* gives a clear picture about economic stability of different types of *prakruti* persons. Number of attempts have been made to find the direct association between personality traits and financial well-being. Overall analysis indicates that certain personality traits are associated with a number of aspects of individuals' economic and financial decision making. Thus, it is observed that one who is physically mentally academically competent enough to face the challenges of day-to-day life and further flourish the economic status is economically stable. This enlightens impact of *prakruti* individuals' profession, growth, and economic stability. (17)

DISCUSSION

Prakruti has impact on every aspect of life. There are four main aspects i.e., Physical health, mental health, intelligence, and choice of profession that influence economic stability. On the basis on these four aspects, the effect of different *prakruti* types on economic stability is discussed as follows:

Different type of prakruti's physical and mental strength and economic stability:

Vatadosha, is accountable for every movement of the body. Also, highly variable in behaviour and in response to the environment, would be associated with a greater range of functioning of the brain and

nervous system. *Pitta dosha*, being characterized by dynamism, is associated with fast, passionate responses of the brain and nervous system to challenges in the environment. *Kaphadosha*, which being characterized by steadiness, would be associated with stable activity patterns of the brain and nervous system. These three different types of brain functioning can be seen as different patterns of functioning of six major division of the nervous system. Nervous system influences various genetic and metabolic factors that have an impact on every other system function in the body. Further, it controls all our mental, emotional, and behavioural systems including attention, learning, memory, and intelligence. [18] As discussed earlier, out of all *prakriti* types, *kapha* and *samaprakrutilakshna* shows better physical and mental strength, immunity and health as compare to *vata* and *pitta prakruti*. *Charak* illustrates health is the supreme foundation of *Dharma, Artha, Kama, and Moksha*. (19)

Different type of *prakruti*'s Intelligence and economic stability:

Intelligence (*Buddhi*) is affected by *prakruti* which depends on the predominance of *Tridosha* and *Triguna* (20). In the characteristics of *Vataprakruti* individuals, because of predominance of *VataDosha, VatajGunaAnshaansha* influence is seen. According to *Charaka*, due to the *SheeghraGuna* they seem quick in understanding (grasping) but weak in recalling things which means they have good short-term memory but poor long-term memory. (21) While *Sushruta* has said that they have lack of patience and less discriminative power. According to *Vagbhata*, they are unsteady in respect of *Dhriti, Smruti, Buddhi* and *Cheshta*. *Pitta prakruti* persons are gifted with moderate spiritual and materialistic knowledge. As per *Sushruta* and *Vagbhata*, *Pitta prakruti* person is highly intelligent, clever and loves to monopolise the conversation. (22) According to *Charaka, Kaphaprakruti* persons are enriched with excellent knowledge with self-control and having strong faith in *Shastra*. They are intelligent, takes more time to grasp any subject but possessed with long term memory. Thus, *Pitta prakruti* persons are blessed with more intelligence, *Kaphaprakruti* persons with moderate and *Vataprakruti* persons with least intelligence. "Intelligence is the capacity to acquire capacity." (Woodrow, 1921). Wechsler (1944) states that the "intelligence is an aggregate or global capacity of an individual to act purposefully to think rationally and to deal effectively with his environment. Intelligence is decisive for the survival of all living creatures to deal with day-to-day challenges. (23-27)

Different type of *prakruti*'s choice of profession and economic stability:

It also observed that, vocational guidance is closely related with *prakruti*. One can advise or opt for a particular job profile according to one's *prakriti*. e.g *Vataprakruti* people are usually very talkative and can speak on any subject to any audience. They can work as medical representatives, telephone operators, lawyers, call centres, news reader, school teacher, shopkeepers, and salesman. *Pitta prakruti* people are acutely intelligent. They can be top executive, computer engineers, scientists, school teachers, research workers, politicians, chess players. They are brave, courageous; enjoy challenges so they can be police inspectors, military officers, soldiers, detectives, stuntmen, action heroes, pilots, criminal lawyer. *Kaphaprakruti* people having steady mind, good stamina are great administrators. These people are stable, balanced and perform well as top executives in government and public sectors. So, they can be legal advisors, IAS officers, navy officers, editors, top executives in government. They can become professor, good judge, commissioner, or research officer. These people have great stamina so they can be good in wrestling, weight lifting and other sports. Thus, it is helpful in various vocational guidance centres and work places in assigning a particular designation to an employee based on his ability. It can even help in predicting job performance of an employee, determining suitability of profession according to *prakruti* and expecting earning abilities. (28)

So, Individual's economic stability depends upon physical, mental health, strength, intelligence, education, career choice and ability to facilitate and enhance economic process along with manage risks and absorb shocks. [29] Economic stability is more of individual's attitude than being wealthy. The concept of *Prakruti* is helpful in maintain health, understanding the course of diseases and its management, quality of life, social, educational, and economic life. (30)

Thus, *Prakruti* helps in understanding the health, wealth, and disease state of an individual. Based on above documented opinions, it specifies that *prakruti* plays important role on economic stability.

CONCLUSION

It is concluded that, *Kaphadoshajprakruti* and *samdoshajPrakruti* seems to be more economically stable as compared to rest of *prakritis*. *Prakruti* has an important role in dealing with the health and economic crisis in the present era. Individual's *prakruti* can be considered as one of the basic criteria for Economic planning. With known constitution one can come across his /her weak or strong qualities and overcome the fluctuations, absorb risk. Hence, further economic stability can be achieved in life ahead.

FURTHER SCOPE OF THE STUDY-

This study may give us an opportunity to see what kinds of people are prone to economic instability and how it could be avoided or controlled. This would also give various professionals an opportunity to improve choice of profession, academic growth and financial growth. The study can further be extended to analyse the influence of the mental accounting system in various financial decisions. Financial education programs and counselling can be designed accordingly *prakruti* types. It will also contribute to various progressive health related socioeconomically studies.

AUTHOR CONTRIBUTION STATEMENT-

Dr Swati HemkantDeshmukh and Dr.HemanginiWaghulade contributed to design and implementation of research and writing of the manuscript.

CONFLICT OF INTEREST-Conflict of interest declared none**REFERENCES**

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