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INTEGRATING DAIHIK PRAKRITI WITH PREVENTIVE MEDICINE: A CONCEPTUAL FRAMEWORK

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Abstract

Background: Daihik Prakriti (somatic constitution) is a fundamental concept in Ayurveda that determines an individual's physiological, psychological, and pathological tendencies. It is formed at the time of conception and remains constant throughout life. Understanding Prakriti plays a crucial role in preventive healthcare by predicting susceptibility to diseases.

Objective: To critically analyze the concept of Daihik Prakriti and its significance in disease prevention from classical and contemporary perspectives.

Materials and Methods: A comprehensive review of classical Ayurvedic texts including *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya*, along with modern scientific literature on personalized medicine and genomics, was conducted^{1–5}.

Results: Prakriti classification into Vata, Pitta, and Kapha provides a framework for individualized lifestyle, diet, and therapeutic interventions. It helps in early identification of disease susceptibility and implementation of preventive strategies^{6–9}.

Conclusion: Daihik Prakriti serves as the cornerstone of preventive medicine in Ayurveda and aligns with modern concepts of personalized and predictive healthcare.

Keywords: Prakriti, Tridosha, Preventive medicine, Personalized medicine, Ayurveda, Kriya Sharir

1. Introduction

Ayurveda emphasizes the preservation of health (*Swasthasya Swasthya Rakshanam*) as its primary objective¹⁰. Daihik Prakriti refers to the inherent physical constitution of an individual, determined by the predominance of Doshas—Vata, Pitta, and Kapha—at the time of conception¹¹.

Prakriti is influenced by factors such as **Shukra-Shonita quality, maternal diet and lifestyle, season, and intrauterine environment**¹². Once formed, it remains stable throughout life and governs physiological functions, metabolic activities, and disease susceptibility¹³.

Modern medicine is increasingly shifting towards personalized approaches; however, Ayurveda has long emphasised individualised treatment through Prakriti-based assessment¹⁴. Understanding Prakriti enables prediction and prevention of diseases before their manifestation.

2. Materials and Methods

2.1 Study Design

Narrative review study based on classical and contemporary sources.

2.2 Data Sources

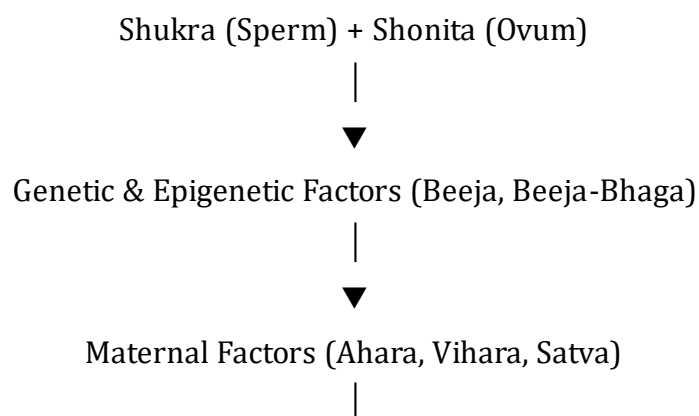
- Classical Ayurvedic texts^{10–13, 15–17}
- Commentaries and Kriya Sharir textbooks^{18, 19}
- Modern research articles on genomics and personalized medicine^{20–23}

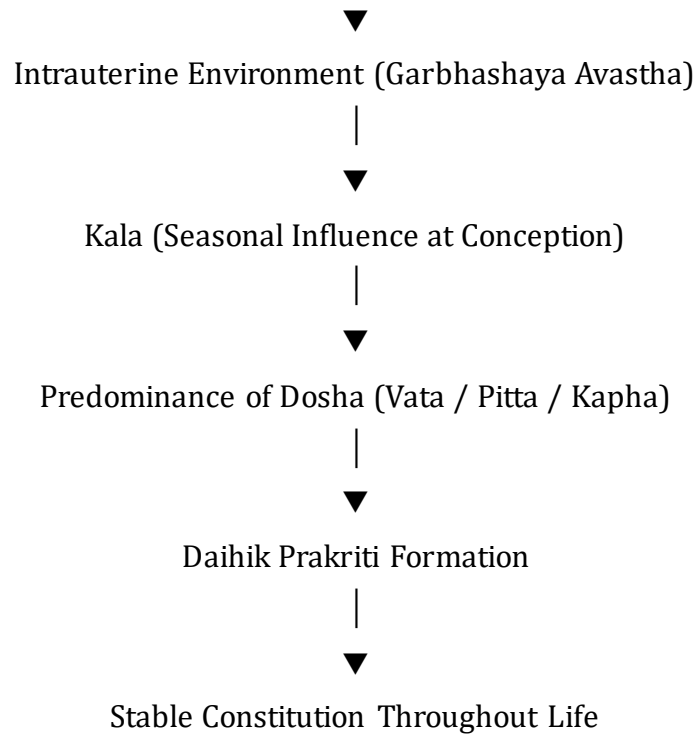
2.3 Methodology

- Compilation of references related to Prakriti
- Conceptual analysis of Tridosha and Prakriti
- Correlation with modern biomedical concepts
- Evaluation of preventive significance

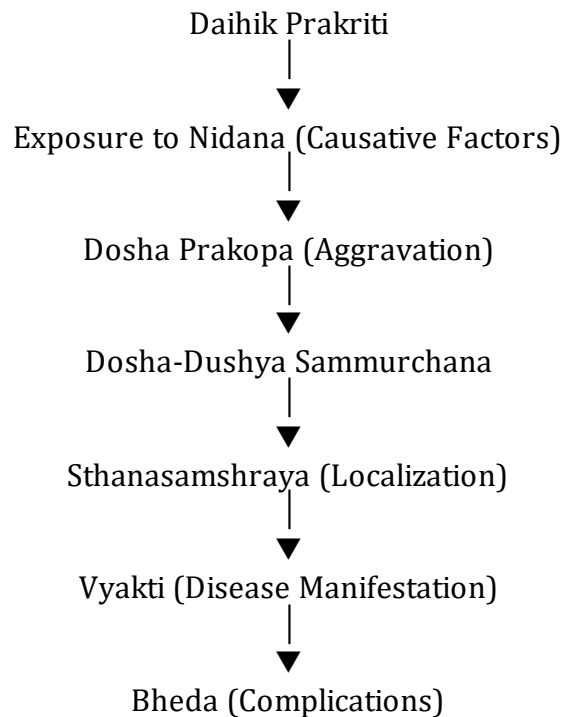
3. Results

Flowchart 1: Formation of Daihik Prakriti





Flowchart 2: Disease Pathway (Ayurvedic Perspective)



3.1 Concept of Daihik Prakriti

Prakriti is defined as the **unique constitution determined by Dosha predominance at conception**¹¹. It is broadly classified into:

- **Vataja Prakriti**
- **Pittaja Prakriti**
- **Kaphaja Prakriti**
- Dual and Sama Prakriti types¹⁵

3.2 Characteristics of Prakriti Types

Vata Prakriti

- Dry, lean body
- Irregular appetite
- Quick actions but low endurance
- Prone to anxiety and neurological disorders¹⁶

Pitta Prakriti

- Moderate build
- Strong digestion
- Irritable temperament
- Prone to inflammatory and metabolic disorders¹⁷

Kapha Prakriti

- Well-built body
- Slow metabolism
- Calm and stable
- Prone to obesity and respiratory disorders¹⁸

3.3 Determinants of Prakriti

- Genetic factors (Beeja)¹²
- Maternal diet and lifestyle (Ahara-Vihara)¹²
- Season (Kala)¹²
- Intrauterine environment¹³

3.4 Prakriti and Disease Susceptibility

Each Prakriti has inherent vulnerability:

- **Vata** → Neurological disorders, arthritis
- **Pitta** → Ulcers, skin diseases
- **Kapha** → Diabetes, obesity²⁰

This susceptibility allows early preventive measures.

3.5 Role in Prevention of Disease

3.5.1 Ahara (Dietary Regulation)

- Tailored diet according to Prakriti
- Avoidance of Dosha-aggravating foods²¹

3.5.2 Vihara (Lifestyle Modification)

- Exercise, sleep, and daily routine based on constitution²²

3.5.3 Ritucharya and Dinacharya

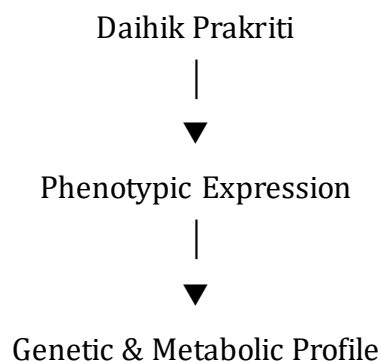
- Seasonal and daily regimens aligned with Prakriti²³

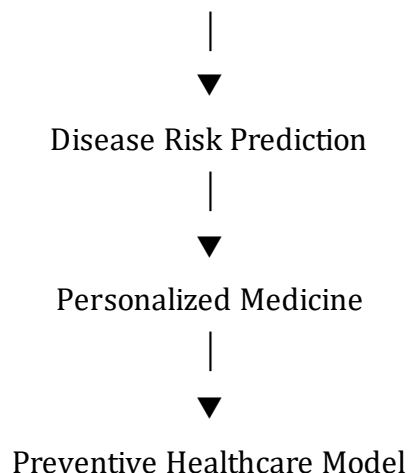
3.5.4 Early Diagnosis

- Identification of Dosha imbalance before disease manifestation¹⁰

3.6 Correlation with Modern Science

- Prakriti correlates with **genetic expression and phenotypic variation**²⁰
- Similar to **personalized medicine and predictive diagnostics**²¹
- Studies show association of Prakriti types with **metabolic profiles and disease risk**²²





4. Discussion

Daihik Prakriti represents a comprehensive understanding of human individuality. Unlike modern medicine, which often adopts a generalized approach, Ayurveda emphasizes **individual-specific healthcare**¹⁴.

The concept integrates:

- **Structural attributes (Sharira)**
- **Functional tendencies (Kriya)**
- **Psychological traits (Manas)**

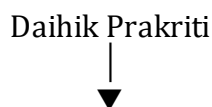
Prakriti-based prevention focuses on maintaining Dosha equilibrium through appropriate Ahara and Vihara¹⁰. For instance:

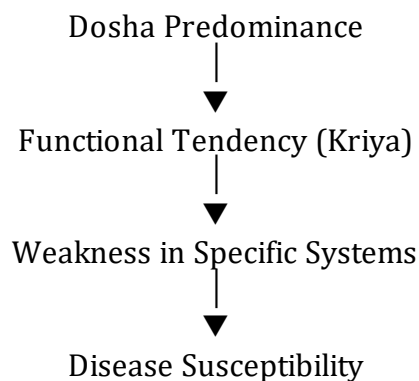
- Vata individuals require nourishing and stabilizing regimens
- Pitta individuals benefit from cooling and calming measures
- Kapha individuals need stimulating and lightening interventions

Modern research supports these observations by linking genetic polymorphisms with Prakriti types²⁰. This demonstrates that Ayurveda's ancient concept aligns with current advances in genomics and systems biology.

Thus, Prakriti serves as a predictive tool for disease prevention and health promotion.

Flowchart 3: Prakriti and Disease Susceptibility





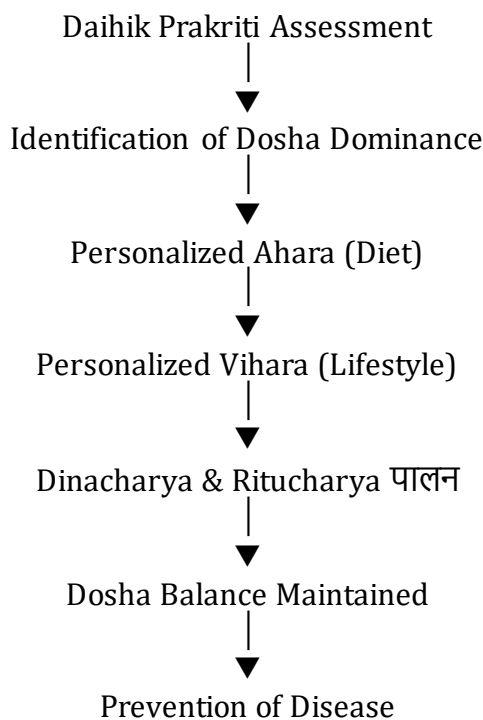
Examples:

Vata → Nervous system disorders, Arthritis

Pitta → Inflammatory disorders, Ulcers

Kapha → Metabolic disorders, Obesity

Flowchart 4: Prakriti-Based Preventive Approach



5. Conclusion

Daihik Prakriti is a fundamental concept in Ayurveda that provides a scientific basis for personalized and preventive healthcare. By understanding an individual's constitution, it is possible to design customized diet, lifestyle, and therapeutic strategies to prevent disease.

The integration of Prakriti with modern biomedical research can pave the way for a holistic and predictive healthcare model.

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