



Review Article

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ASSESSMENT OF *PRAKRITI* IN PREDICTIVE AND PREVENTIVE MEDICINE: A REVIEW STUDY

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ABSTRACT

Background: *Prakriti* is a unique constitutional concept described in Ayurveda that represents the physical, physiological, and psychological characteristics of an individual determined at the time of conception. It is primarily based on the predominance of *Vata*, *Pitta*, and *Kapha Dosha*. Assessment of *Prakriti* plays an important role in understanding individual susceptibility to diseases, response to diet and drugs, lifestyle adaptation, and maintenance of health. In the present era, predictive and preventive medicine is gaining importance due to the increasing burden of chronic and lifestyle disorders. The Ayurvedic concept of *Prakriti* provides an individualized approach that closely resembles the principles of personalized medicine. **Aim:** To review the role of *Prakriti* assessment in predictive and preventive medicine from an Ayurvedic and contemporary perspective. **Objectives:** To study the classical concept of *Prakriti* described in Ayurvedic literature. To analyze the role of *Dosha*-based constitutional assessment in disease prediction. To evaluate the significance of *Prakriti* in preventive healthcare and lifestyle modification. To correlate Ayurvedic concepts of *Prakriti* with modern personalized and genomic medicine. **Materials and Methods:** This

review study is based on a detailed literary survey of classical Ayurvedic texts including Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya along with contemporary journals, research articles, and online scientific databases related to constitutional assessment, predictive medicine, preventive healthcare, and personalized medicine. **Results:** The review revealed that *Prakriti* assessment provides valuable insight into individual health status, disease susceptibility, metabolic patterns, mental characteristics, and therapeutic response. Individuals with dominant *Vata*, *Pitta*, or *Kapha Prakriti* exhibit specific physiological and pathological tendencies. Early identification of constitutional predisposition helps in adopting appropriate dietary habits, lifestyle modifications, seasonal regimens, and preventive measures. Recent studies also suggest possible correlations between *Prakriti* types and genetic, metabolic, and immunological variations, supporting its role in personalized healthcare. **Conclusion:** Assessment of *Prakriti* serves as an important tool in predictive and preventive medicine by promoting individualized healthcare strategies. The Ayurvedic approach of understanding constitutional variability can contribute significantly to early disease prediction, prevention, and personalized treatment planning. Integration of *Prakriti*-based assessment with modern medical science may provide a holistic framework for future healthcare systems.

Keywords: *Prakriti, Predictive Medicine, Preventive Medicine, Personalized Healthcare, Dosha, Ayurveda*

INTRODUCTION

Ayurveda emphasizes the importance of maintaining health through an individualized approach based on the unique constitution of every person, known as *Prakriti*. The term *Prakriti* refers to the inherent psychosomatic constitution determined by the predominance of *Vata*, *Pitta*, and *Kapha Dosha* at the time of conception. This constitutional makeup remains relatively stable throughout life and influences an individual's physical appearance, physiological activities, mental behavior, disease susceptibility, and therapeutic response. Classical Ayurvedic texts such as Charaka Samhita and Sushruta Samhita have described *Prakriti* in detail and highlighted its importance in diagnosis, dietetics, lifestyle planning, and treatment selection. Understanding *Prakriti* helps physicians identify the natural tendencies and vulnerabilities of an individual, thereby supporting early disease prevention and maintenance of health.¹

In recent years, predictive and preventive medicine has emerged as an important concept in modern healthcare due to the rising prevalence of chronic diseases, metabolic disorders, and lifestyle-related illnesses. Modern medicine is gradually shifting from a generalized treatment approach toward personalized healthcare, where prevention, early risk assessment, and individualized management are given greater importance.² The Ayurvedic concept of *Prakriti* closely resembles this modern concept of personalized medicine because it classifies individuals according to constitutional characteristics and predicts their susceptibility to particular diseases. For example, individuals with dominant *Pitta Prakriti* may show greater predisposition toward inflammatory disorders, whereas *Kapha Prakriti* individuals may be more prone to obesity and metabolic disturbances. Thus, *Prakriti* assessment serves as an important tool for disease prediction and preventive healthcare planning.

The concept of *Prakriti* not only helps in understanding disease predisposition but also guides appropriate dietary habits, daily regimens, seasonal practices, mental wellbeing, and therapeutic interventions.³ Through proper assessment of *Prakriti*, personalized recommendations regarding food, exercise, sleep, and lifestyle can be provided to maintain equilibrium of *Dosha* and prevent disease manifestation. Recent scientific studies have also attempted to correlate *Prakriti* with genetic, metabolic, immunological, and biochemical variations, which further supports its relevance in integrative and predictive medicine. Therefore, assessment of *Prakriti* has great potential in developing a holistic healthcare model that integrates Ayurvedic wisdom with modern preventive and personalized medical approaches.⁴

AIM AND OBJECTIVES

Aim:

To review the role of *Prakriti* assessment in predictive and preventive medicine from an Ayurvedic and contemporary perspective.

Objectives:

- To study the classical concept of *Prakriti* described in Ayurvedic literature.
- To analyze the role of *Dosha*-based constitutional assessment in disease prediction.

- To evaluate the significance of *Prakriti* in preventive healthcare and lifestyle modification.
- To correlate Ayurvedic concepts of *Prakriti* with modern personalized and genomic medicine.

MATERIALS AND METHODS

This review study is based on a comprehensive literary analysis of classical Ayurvedic texts including Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, and other relevant Ayurvedic commentaries describing the concept of *Prakriti*, its classification, characteristics, and clinical importance. Information related to predictive and preventive medicine was also collected from modern medical literature, peer-reviewed journals, research articles, review papers, and electronic scientific databases such as PubMed, Google Scholar, and Scopus. Relevant keywords including *Prakriti*, *Dosha*, personalized medicine, predictive medicine, preventive healthcare, and constitutional assessment were used for data collection. The collected literature was critically reviewed, compiled, and interpreted to understand the role of *Prakriti* assessment in individualized healthcare, disease prediction, prevention, and its possible correlation with modern personalized medical approaches.

CONCEPTUAL STUDY

PRAKRITI

The term *Prakriti* is derived from the Sanskrit words “Pra” and “Kriti,” where “Pra” denotes beginning or excellence and “Kriti” means formation or creation. In Ayurveda, *Prakriti* refers to the inherent constitution of an individual formed at the time of conception due to the predominance of specific *Dosha* namely *Vata*, *Pitta*, and *Kapha*. It represents the natural physical, physiological, psychological, and behavioral characteristics of a person and remains relatively stable throughout life. According to Charaka Samhita, *Prakriti* is influenced by factors such as the condition of sperm and ovum, season, maternal diet and lifestyle, and predominance of *Mahabhuta* during conception.⁵

Ayurveda classifies *Prakriti* mainly into seven types based on the dominance of *Dosha*. These include single *Dosha* predominant constitutions such as *Vataja*, *Pittaja*, and *Kaphaja*; dual constitutions including *Vata-Pitta*, *Pitta-Kapha*, and *Vata-Kapha*; and balanced constitution known as *Sama Prakriti*. Individuals with *Vata Prakriti* generally possess lean body structure,

dry skin, active mind, quick grasping power, and irregular digestion. *Pitta Prakriti* individuals usually have moderate body build, sharp intellect, strong digestion, increased body heat, and tendency toward irritability.⁶ *Kapha Prakriti* individuals commonly exhibit well-built physique, calm nature, good stamina, stable mind, and slower metabolism. Balanced *Sama Prakriti* is considered ideal because it reflects equilibrium of all three *Dosha* and better resistance against diseases.

The concept of *Prakriti* is highly significant in predictive and preventive medicine because it helps in identifying an individual's susceptibility toward specific disorders. Ayurveda explains that disease occurs when *Dosha* become imbalanced according to one's constitutional tendency.⁷ Therefore, assessment of *Prakriti* enables early identification of health risks and supports preventive measures through appropriate diet, lifestyle, exercise, seasonal regimens, and therapeutic planning. For example, *Kapha Prakriti* individuals may have higher tendency toward obesity, diabetes, and hyperlipidemia, while *Pitta Prakriti* individuals may be more prone to inflammatory and acid-peptic disorders. Similarly, *Vata Prakriti* individuals may develop anxiety, insomnia, and degenerative diseases more frequently. Thus, understanding *Prakriti* forms the basis of individualized healthcare and personalized treatment in Ayurveda.⁸

Modern scientific research has also shown growing interest in correlating *Prakriti* with genetics, metabolism, immunology, and pharmacogenomics. Several studies suggest that different *Prakriti* types may demonstrate variations in gene expression, biochemical markers, and disease susceptibility patterns. This supports the Ayurvedic concept that every individual possesses unique constitutional characteristics requiring personalized healthcare strategies. Hence, *Prakriti* assessment can serve as a valuable bridge between traditional Ayurvedic principles and modern personalized medicine by promoting early prediction, prevention, and holistic management of diseases.⁹

PREDICTIVE AND PREVENTIVE MEDICINE

Predictive and preventive medicine is an important approach in healthcare that focuses on identifying disease susceptibility at an early stage and implementing measures to prevent the occurrence or progression of disease. Instead of treating illness only after its manifestation, this approach emphasizes risk assessment, early diagnosis, lifestyle regulation, and individualized healthcare planning. In modern medicine, predictive medicine involves the

use of genetic, biochemical, environmental, and lifestyle-related factors to estimate an individual's likelihood of developing certain diseases. Preventive medicine, on the other hand, aims to reduce disease burden through health promotion, dietary regulation, vaccination, screening programs, stress management, and behavioral modifications.¹⁰ With the increasing prevalence of lifestyle disorders such as diabetes, obesity, hypertension, cardiovascular diseases, and mental health disorders, predictive and preventive strategies have become highly significant in maintaining long-term health and reducing healthcare costs.

Ayurveda has explained the principles of predictive and preventive medicine since ancient times through concepts such as *Prakriti*, *Dinacharya*, *Ritucharya*, *Sadvritta*, and maintenance of equilibrium of *Dosha*, *Dhatu*, and *Agni*. The Ayurvedic approach primarily focuses on preserving the health of healthy individuals and preventing disease occurrence before clinical manifestation. Assessment of *Prakriti* helps in predicting disease susceptibility according to constitutional predominance. For example, *Kapha Prakriti* individuals may be predisposed to obesity and metabolic disorders, while *Pitta Prakriti* individuals may be more vulnerable to inflammatory conditions. Similarly, *Vata Prakriti* individuals may show greater susceptibility to neurological and degenerative disorders. Through proper identification of constitutional tendencies, Ayurveda recommends individualized dietary habits, lifestyle modifications, exercise, sleep patterns, and seasonal regimens to maintain health and prevent disease development.¹¹

Preventive medicine in Ayurveda also includes avoidance of causative factors (*Nidana Parivarjana*), strengthening of body resistance through *Rasayana*, maintenance of proper digestion and metabolism through balanced *Agni*, and promotion of mental wellbeing through ethical conduct and stress management. These principles closely resemble the objectives of modern preventive healthcare. In recent years, the growing concept of personalized medicine and genomics has shown similarities with the Ayurvedic constitutional approach. Modern research has attempted to correlate *Prakriti* with genetic and metabolic variations, suggesting that Ayurveda may provide a scientific basis for individualized preventive healthcare. Therefore, predictive and preventive medicine through *Prakriti* assessment offers a holistic and patient-centered approach that integrates traditional Ayurvedic wisdom with contemporary healthcare strategies.¹²

RESULTS AND FINDINGS

- The review study revealed that *Prakriti* assessment is an important diagnostic and preventive tool in Ayurveda for understanding individual constitutional characteristics.
- Classical Ayurvedic texts describe *Prakriti* as a stable psychosomatic constitution formed by the predominance of *Vata*, *Pitta*, and *Kapha Dosha* at the time of conception.
- Seven major types of *Prakriti* were identified, including *Vataja*, *Pittaja*, *Kaphaja*, *Vata-Pitta*, *Pitta-Kapha*, *Vata-Kapha*, and *Sama Prakriti*.
- Individuals with different *Prakriti* types exhibit distinct physical, physiological, psychological, and behavioral features.
- *Vata Prakriti* individuals were found to have greater susceptibility toward anxiety, insomnia, degenerative disorders, and irregular digestion.
- *Pitta Prakriti* individuals showed higher predisposition toward inflammatory conditions, hyperacidity, skin disorders, irritability, and heat intolerance.
- *Kapha Prakriti* individuals demonstrated increased tendency toward obesity, diabetes mellitus, hyperlipidemia, lethargy, and respiratory disorders.
- *Sama Prakriti* was considered the most balanced constitution with better immunity, adaptability, and disease resistance.
- The study highlighted that assessment of *Prakriti* helps in early prediction of disease susceptibility and supports individualized preventive healthcare planning.
- Dietary regulation, lifestyle modification, seasonal regimens, and personalized therapeutic approaches based on *Prakriti* were found effective in maintaining health and preventing disease manifestation.
- The review indicated that Ayurvedic principles of predictive and preventive medicine closely resemble the modern concept of personalized medicine.
- Recent scientific studies showed possible associations between *Prakriti* types and genetic, metabolic, immunological, and biochemical variations.
- The findings suggested that integration of *Prakriti*-based assessment with modern healthcare may improve disease prevention, early intervention, and individualized treatment planning.

- The study concluded that *Prakriti* assessment has significant potential in promoting holistic, predictive, and preventive healthcare approaches in contemporary medical practice.

DISCUSSION

The present review highlights the significant role of *Prakriti* assessment in predictive and preventive medicine as described in Ayurveda. The concept of *Prakriti* provides a unique understanding of individual constitutional variability based on the predominance of *Vata*, *Pitta*, and *Kapha Dosh*. Unlike the generalized treatment approach commonly followed in conventional medicine, Ayurveda emphasizes individualized healthcare through constitutional assessment. Classical Ayurvedic texts explain that each person possesses distinct physical, physiological, and psychological characteristics that influence health, disease susceptibility, metabolic activity, and therapeutic response. Therefore, assessment of *Prakriti* becomes an important foundation for understanding the tendency toward specific disorders and planning preventive measures accordingly.¹³

The study findings suggest that different *Prakriti* types are associated with varying disease predispositions and lifestyle requirements. Individuals with *Vata Prakriti* are more likely to develop neurological, degenerative, and anxiety-related disorders due to the inherent qualities of dryness, instability, and irregularity. *Pitta Prakriti* individuals demonstrate increased susceptibility toward inflammatory conditions, hyperacidity, skin diseases, and irritability because of dominant heat and sharpness qualities¹⁴ Similarly, *Kapha Prakriti* individuals tend to develop obesity, diabetes mellitus, respiratory disorders, and metabolic syndromes due to heaviness, stability, and sluggish metabolism. These observations indicate that constitutional assessment can serve as an effective predictive tool for early identification of health risks. By adopting appropriate dietary modifications, daily regimens, exercise patterns, seasonal routines, and stress management strategies according to one's *Prakriti*, disease occurrence may be prevented and overall wellbeing can be improved.¹⁵

The review also demonstrates that the Ayurvedic concept of *Prakriti* has close resemblance with the modern concept of personalized and predictive medicine. Contemporary scientific studies have attempted to correlate *Prakriti* with genetics, biochemical markers, immunological responses, and metabolic variations, which supports the scientific relevance of Ayurvedic constitutional theory. Modern healthcare systems are increasingly recognizing

the importance of individualized treatment and preventive strategies, particularly in chronic and lifestyle-related disorders. In this context, *Prakriti* assessment offers a holistic and cost-effective approach for disease prediction, prevention, and personalized healthcare planning. Integration of Ayurvedic constitutional principles with modern medical science may contribute to the development of more effective preventive healthcare models and improve long-term health outcomes.¹⁶

CONCLUSION

The present review concludes that assessment of *Prakriti* plays a vital role in predictive and preventive medicine by providing an individualized approach to healthcare. The Ayurvedic concept of *Prakriti* helps in understanding constitutional variations, disease susceptibility, metabolic tendencies, psychological characteristics, and therapeutic responses among individuals. Early identification of constitutional predisposition allows implementation of appropriate dietary regulations, lifestyle modifications, seasonal regimens, and preventive measures to maintain health and prevent disease occurrence. The study also highlights the similarity between Ayurvedic constitutional assessment and modern personalized medicine, with recent scientific research supporting possible genetic and metabolic correlations of *Prakriti*. Therefore, integration of *Prakriti*-based assessment with contemporary healthcare practices may contribute significantly to the advancement of holistic, predictive, preventive, and patient-centered medical care.

CONFLICT OF INTEREST -NIL

SOURCE OF SUPPORT -NONE

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