

## Proforma for Deciding Doshaja Prakriti In Children

### Review article

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### Abstract

*Prakriti* is sum total of morphological, physiological and psychological traits in human beings. *Prakriti* of human being has genetic and acquired aspects. The genetic aspects depends upon *shukra* and *shonita*. Due to this predominance of *dosha* proportion, people show psychosomatic expressions called as *Deha prakriti*. Preventive aspects of *prakriti* has been described by *charak*. Importance of *prakriti* is prescribing dietary regimen and life style management in healthy individuals and treatment point of view in diseased individuals. *Brihatrayi granthas* mentioned about criteria for deciding *doshaja prakriti* in view of adults. Out of all criteria, some are really related with growth and some with development of child. Most of criteria are *prashna* pariksha (history taking ) nature. In this study we have tried to highlight the difference of criteria for deciding *prakriti* in children and adults.

**Key Words:** *Prakriti*, children, proforma, *kashyapa*, genetic constitution

### Introduction:

The word *prakriti* means “nature” a natural form of build and constitution of human body. *Prakriti* is sumtotal of morphological, physiological and psychological traits in human beings. *Prakriti* of human being has genetic and acquired aspects. The genetic aspects depend upon *shukra* and *shonita*.

While acquired constitution develops in relation to environmental factors like climate, season, time factor, age, race, familial inheritance. *Dosha* (*vata*, *pitta*, *kapha*) is dominant during the union of *shukra*(sperm) and *shonita*(ovum), forms *prakriti*(1). *Charaka*

and *Vagbhata* has explained that *prakriti* is not only depend on *shukra shonita samyoga* but also on *kala*, diet and behavior of pregnant mother or woman, condition of *garbhashaya* and *mahabhuta*(2).

*Kashyapa* has described that the fetus is nourished by mother, so depending on embryonic nourishment, type of *prakriti* of human being is formed from embryonic life(3). These *prakriti* are of mainly three types having *vata*, *pitta* and *kapha* predominance(4). *Prakriti* is not output of those *dosha*, which undergo constant variations. *Dosha* which remains constant from birth till death are responsible for *prakriti*. Once formed *prakriti* is also influenced though not changed due to environmental factors. Change is so impossible that any real drastic change in original characters should be taken seriously by ayurvedic physician(5).

In *charak samhita sutrasthana*, *charak* has mentioned *prakriti* for first

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time in *swasthya chatushka* that people are born with various proportions of *dosha*, have body constitution according to them (*dosha*) (6). Those born with equal proportion of three *doshas* (*sama prakriti*) are generally healthy people and get little morbidity. Some show predominance of *kapha* are *shleshmala* and *pitta* are *pittala* and *vata* are *vatala* (7).

Due to this predominance of *dosha* proportion, people show psychosomatic expressions called as *Deha prakriti*. *Charakadi* eminent of *ayurveda* have divided the human constitution into seven types on the basis of relative prevalence of three basic humors viz. *vatala*, *pittala*, *sheshmala*, *vata-pittala*, *vata-shleshmala*, *pitta-shleshmala* and *sama doshika* (8).

Both *Vagbhata* says that individuals with *sama prakriti* are excellent while with mixed type *prakriti* are denounce. The persons with *vata*, *pitta*, *kapha* predominance are said to be inferior, mediocre, and good respectively. In single *doshaj* predominance, *vatala prakriti* person always remain ill (9).

The importance of *prakriti* of patient for physician has been greatly emphasized in *ayurveda*. *Shushruta* and *kashyapa* has described an opinion that patient should be treated according to *prakriti* of person (10). An improper administration of medication without proper determination of *prakriti*, may be injurious to life of patient.

*Charak* has enumerated points, which should be examined by physician through *pratyaksha*, *anuman*, *upadesh* *pramans* and *trividh* (*darshan*, *sparshan*, *prashna*) and *dashvidh pariksha* to ascertain *prakriti* (11). He has described the clinical, therapeutic utility of the knowledge of *prakriti*, whereas the detailed regimen that is to be followed by different *prakriti* individuals, has been dealt separately. Preventive aspects of *prakriti* has been described by *charak*. Importance of *prakriti* is prescribing dietary regimen and life style management

in healthy individuals and treatment point of view in diseased individuals.

Ayurvedic system of diagnosing *prakriti* offers a unique approach in understanding and assessing one's health. It is not merely a diagnostic tool but also a guide to action for good health. The psychosomatic constitution of a person is considered to determine the following-

- *Bala*- (natural strength of body and mind)- the *vata prakriti* persons are having less strength than *pittala* and *shleshmala prakriti*.
- Susceptibility to different diseases- the *shleshmala prakriti* persons are more prone to *kaphaja vikara* like *agnimandhya*, *pratishyaya* etc. similarly *pittala* and *vatala prakriti* persons are more prone to *pittaja* and *vataja vikara* respectively.
- *Prakriti* is also considered for deciding the line of treatment. e.g. in *amamj vyadhi* like *jwara*, for *shlaishmala* person, one can adopt complete *apatarpana chikitsa* whereas in case of *vatala* person that cannot be adopted completely.
- Drug dosage- drug dosage is decided according to *prakriti* e.g. *vatala*, *pittala*, *shlaishmala* persons, *matra* of *bheshaja* is adopted in *alpa*, *Madhya*, and *pravara* quantity respectively.

Preventive measures- on the basis of *prakriti*, person can adopt *dincharya* as per need of *deha prakriti* to keep *dosha* in equilibrium state and to maintain health, e.g. *shlaishmala prakriti* person need more exercise, *laghu ahar* to keep their body fit and they should avoid *diwaswap*, whereas *vatala prakriti* persons are advised to take nutritious and healthy food, less exercise and can enjoy *diwaswap*. *Brihatrayi granthas* mentioned about criteria for deciding *doshaja prakriti* in view of adults. But when deciding *prakriti* of an infant, child, adolescent and prepuberty age, some criteria may be similar to pathological conditions, which should be

differentiated with the help of associated features of pathological condition.

### AIM AND OBJECTIVES-

1. To suggest a proforma for evaluating *prakriti* in different stages of child.
2. To study and differentiate between physiological and pathological conditions while deciding *prakriti*.
3. To help *vaidyas* in deciding *prakriti* and management of childhood illness accordingly.

### Material:

Classical literature of ayurved as well as modern medical science on subject of *sharirkriya* (PHYSIOLOGY) and

*Kaumarbhritya* (PEDIATRICS) from the library of G. S. Gune ayurved college, Ahmednagar were explored for the study. The internet services of the G. S. Gune ayurved college library were also used. The data obtained were critically analysed and presented.

### Methods:

This was purely literary study wherein the explored literature was analysed and interpreted.

As per the ayurvedic concept of *prakriti* from various *samhita*, each physical and physiological features, specific for deciding different *doshaja prakriti* are tabulated in table 1&2.

**Table- 1 Physical Criteria applicable in age group 0-10 years**

Criteria	<i>Vatik</i> (12,13,14)	<i>Paittik</i> (15,16,17)	<i>Kaphaja</i> (18,19,20)
General examination	Height- tall	Medium	Short
	Weight- thin/ poorly built	Medium	Strong and stout
	Disproportionate body parts	Delicate, flabby and soft muscular	Proportionate and impressive body Pleasant look
Skin colour	Brown/ black/ blackish dark Blackish complexion	Pale yellow/ red/ yellow Reddish white	Fair, white, Pale complexion with good luster.
Feel	Dry, rough Cool and crack	Warm touch Slightly oily	Cool and oily touch. Soft, thick, wet
Body hairs	Dry , scanty, horny (hard consistency) Grayish black	Soft, pinkish, scanty, grayish, yellowish	Thick, soft, oily, blackish, wavy
Special characters	Prominent veins/ tendons	Moles- black/ pink spots(naevi) Eruptions(birth marks)	--
Scalp hairs	Dry, rough Brittle, Smoky/ dusty, Bifurcated, scanty, kinky, Slight black,	Soft, thin Sparse, Pinkish brown, Early graying and baldness,	Soft , Dark black, Thick, Shiny, silky, Abundant, Dense and oily
Forehead	Small(narrow) Less than 4 self-fingers	Medium 4 self-fingers	Large Greater than 4 self-fingers

Eye brows	Dry, scanty, irregular	Thin, soft Regular, Bow shaped	Dark black with thick hairs, Regular,
Eyes shape	Round / irregular Unequal	Small	Big, fish shaped
Lashes	Dry, rough Scanty, irregular	Soft, thin, Scanty	Long, Black and thick
Sclera	Smoky, dry	Yellowish, Marked capillaries, Red conjunctiva	White, clear Watery with luster, Reddish at limbus
Iris	Smoky, lusterless	Yellowish brown,	Dark black with luster
Look	Dead look, Sunken,	Sharp and luster	Soft oily look
Nature	Unsteady	Normal movement, Easily become red due to sunlight/ anger. Prefer cold touch to eyes.	Steady, soft
Eyelids	Remains partially Open during sleep		Slow movement
Teeth	Dry, rough Blackish, short/ big Crooked	Yellowish white Moderate size	White lusterful Strong, Proportionate, Well arranged.
Nails	Dry, small, rough Fragile, cracked blackish	Soft, smooth Pink, Luster`	Big, smooth, oily Shiny, convex Whitish pink.
Tongue	Dry, Cracked, rough Short	Red , Thin, long	Pinkish white, Slimy and thick
Mouth	Dry and open	Increased oral temperature, Foul smelling	Excess salivation
Lips	Dry, cracked, Blackish Irregular shaped	Thin, soft Delicate, Reddish, medium	Soft, oily Properly shaped
Gums	Blackish, Emaciated	Spongy, Soft	Pink
Nose	Blunt, short	Medium, delicate Sharp	Big and straight
Chin	Uneven, Bifurcated	Thin, pointed	Broad, thick
Chest	Small, narrow	Medium	Broad, expansible Well nourished.

Arms-Legs	Short, Ill nourished Unsteady	Medium Flabby	Long, strong Stout and steady
Palms-Soles	Dry, cracked Rough, hard	Soft, delicate Reddish, Perspired	Soft, smooth Thick, pinkish Well developed.
Joints	Prominent, Irregularly placed, Noisy on movement, Unsteady, Bony markings well seen	Loose and soft	Strong, Well developed. Well covered, Bony markings not easily seen.

**Table 2:**

Physiological Criteria applicable in age group 10 to 16 years.

Activites	Fast, unsteady Tremors, Cramps	Fast, Definite	Slow, and Steady
Voice/ cry	Rough, dry Weak Stammering Unclear, split Vibrating, shrill	High pitched Clear Average	Deep, resonating Pleasant, Sweet/ commanding
Speech	Talkative and fast, Incoherent, Exciting	Fast, smooth, Debating, Impressive speech Insulting attitude Sharp and cutting	Slow and steady Monotonous, Pleasant, Continuous impressive talk
Apetite ( <i>Agni</i> )	Frequent eating, Irregular, Variable quantity, scanty	Good, Excessive, Unbearable hunger	Slow but steady
Thirst	Variable	Excessive	Scanty
Acceptance of taste ( <i>Rasa</i> )	Sweet, sour Salty, Hot, oily	Sweet, bitter, Astringent, cold	Astringent, bitter Hot Spicy, dry
Bowel movement ( <i>Koshtha</i> )	<i>Krura</i>	<i>Mrudu</i>	<i>Madhyama</i>
Urine / sweating	Small quantity Frequent	Profuse, Foul smelling	Normal
Stool	Dry, hard Small quantity, Constipated	Loose(not of diarrhea) Yellow, Large quantity, Oily, foul smell	Thick oily Heavy Whitish yellow
Sleep	Disturbed (interrupted) scanty, Awakefulness	Moderate sleep, Little and sound	Deep sleep, Heavy, prolonged Day time too

Dreams	Flying in the sky, Mountain lumping, Running fearful, (Maximally related with motion/ velocity)	Lights, stars, Fire, electricity, Violence, Battle	Cold, pleasant Water, lake Swimming, ocean, clouds, Swan.
Strength	Weak	Moderate	Strong
Memory	Weak, Grasps easily, and Forget easily also. Recent memory- good Remote memory- poor	Good, Sharp	Good, Grasps slow, and Steady and prolonged
Concentration	Unsteady	Steady	Steady
Nature	Nonreligious, Undevoted, Devoid of truth and kindness, Uncultured, Quarrelsome on helping.	Nonreligious, Fanatic, undevoted Kindly to friends only, Good conduct, Quarrelsome, Helping to those who seek for help.	Religious, Devoted, Loves truth and kindness, Calm and quiet, Helping and steady in relations.
Anger	Quickly angry, Quickly relaxed.	Quickly angry	No quick anger, But if it is, long lasting.
Friendship	Unsteady, So no real friends	No friends due to Hot temper nature	Many friends, Long lasting

### Discussion:

Out of all criteria, some are really related with growth and some with development of child. Most of criteria are *prashna pariksha* (history taking) nature. In history taking, one has to form one's own opinion about a mother's memory (21). One has to form one's own conclusion as to whether she is fabricating a reply, as to whether she is trying to make one believe that the child was 'normal' when he was not.

And a detailed history is an essential part of developmental assessment, also in *prakriti* determination. Most of the children less than 10 year age may / may not express prompt or actual history/ feeling. e.g. dreams. These children are having less understanding about criteria interrogated for deciding

*prakriti* explained in table no.2. In order to avoid variability and biasness in deciding *prakriti*, it is pertinent to consider anatomical criteria in 0 to 10 years age group rather than physiological criteria. Most of the children came at our O.P.D. with complaints, that time we need to decide his/ her *prakriti* on the basis of history produced by relatives, regarding the period when he /she was absolutely free from complaints.

Following associated pathological conditions needs to be clarified while deciding *prakriti* in children. Because these pathological condition may mimic *Prakriti*.

1) Kinky hairs are described under *vata prakriti lakshana*, but a child presents with kinky hairs need to be differentiate from pathological condition i.e. Menkes



Kinky Hair Syndrome (Trichopoliodystrophy). In this syndrome, Male child with this sex-linked recessive trait are born to an unaffected mother after a normal pregnancy. Neonatal problems include hypothermia, hypotonia, poor feeding, seizures, and failure to thrive. Hair is normal to sparse at birth but is replaced by short, fine, brittle, light-colored hair(22).

2) Thin, dry, brittle and lustreless hairs are described under *vata prakriti lakshana*, but a child presents with these type of hairs need to be differentiate from the hair changes seen in protein energy malnutrition in children specially kwashiorkor. The hair changes are variable. Hair may be thin, dry, brittle and lustreless. These become straight and hypopigmented – become grayish white or reddish brown(23).

3) Body hairs are scanty in *vata prakriti* and also in *pitta prakriti*, but Lanugo hairs are thin and abundant in premature babies. One has to assess gestational age while deciding this *lakshana* as *vata prakriti lakshana*.(24)

4) In *pitta prakriti*, sweating is profuse and foul smelling which we have to differentiate from bacterial decomposition of apocrine sweat gland which accounts for the unpleasant odor associated with perspiration.(25) Hyperhidrosis may be associated with numerous disorders may be neural mechanisms or non-neurally mediated e.g. emotional (volar hyperhidrosis), dysautonomia, antipyretics, exercise, infection defervescence, hyperpituitarism, hyperthyroidism, hypoglycemia, cardiovascular etc.

Scanty sweating in *vata prakriti* should also been clarified from Anhidrosis / hypohidrosis in children may be due to disturbance in neural pathway from the control centre in the brain to the peripheral efferent nerve fibers that activates sweating. Peripheral segmental neuropathies may be associated with

anhidrosis of innervated skin. Eccrine glands are largely absent throughout the skin or are present in a localized area among patients with Anhidrotic ectodermal aplasia or localized congenital absence of sweat glands, dehydration or anticholinergic drugs may suppress sweating.(26)

5) In *pitta prakriti*, early graying of scalp hairs and early baldness are seen. But due to hereditary factors, vitamin B12 deficiency, anemia, vitiligo, leukemia or excessive intake of carbohydrates and sugary foods like cakes, candies, chocolates may lead to early graying of hairs in children(27). And acquired localized hair loss seen in childhood, may be due to Three conditions- traumatic alopecia, alopecia areata, inflammatory conditions such as pyoderma or tinea capitis.(28)

6) In *vata* and *pitta prakriti*, there is discoloration of teeth. This *lakshana* must be confirmed that these are not a result of incorporation of foreign substances into developing enamel. Neonatal hyperbilirubinemia may produce blue to black discoloration of the primary teeth. Porphyria produces a red-brown discoloration. Tetracyclines are extensively incorporated into bones and teeth and, if administered during the period of formation of enamel, may result in brown-yellow discoloration and hypoplasia of the enamel. Iron therapy temporarily causes blackish discoloration of teeth.(29)

### **Conclusion:**

At this particular juncture, the fruitful conclusions, which have automatically emerged through the discussion of the available concept, are being presented as follows:-

*Prakriti* is genetic constitution of human being. Health of a child is dependent on *prakriti*. Prompt prevention and management of disease can be done on accurate determination of *prakriti*. Some

points regarding determination of *prakriti* is to be distinguished from pathological states. Because these pathological *lakshanas* may interfere while deciding the *prakriti* of child, may mislead physician. In order to avoid variability and biasness in deciding *prakriti* specially in children of age group 0-10 year, it is pertinent to consider anatomical criteria rather than physiological criteria whereas both types of criteria ( anatomical and physiological) should be used for deciding *prakriti* in children of age group 10-16 years.

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