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TO STUDY THE PHYSIOLOGICAL ASSESSMENT OF USHNA GUNA TOWARDS DEHA PRAKRUTI ON MEDA SHAKTHI- A REVIEW

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ABSTRACT

Ayurveda places significant importance on the notion of Prakruti, or body constitution, in the processes of diagnosis, prognosis, and treatment. The Panchamahabhoota, which refers to the five fundamental elements of the universe, combine in various ways to create the Tridosha, or the three humors of the body. The formation of Prakruti occurs based on the dominance of one, two, or all three Dosha at the time of conception. Prakruti can be categorized into two types: Dosha Prakruti, or Deha Prakruti, and Gunamayi Prakruti, or Manasa Prakruti. Deha Prakruti is further divided into seven categories: Vataja, Pittaja, Sleshmaja, and combinations of two Dosha, such as Vata-Pitta, Pitta-Sleshma, and Sleshma-Vata, as well as the combination of all three Dosha, known as Sannipataja (Vata-Pitta-Sleshma). Individuals with each type of Prakruti are believed to possess distinct characteristics, encompassing both physical and psychological traits, as well as varying abilities. Psychological factors such as Medha (intelligence) and Smruti (memory) serve to differentiate individuals in their capacity to perform tasks. Prakruti plays a crucial role in determining various psychological attributes, including Medha. This article seeks to explore the impact of Deha Prakruti.

Keywords: Deha prakurthi, ushnaguna ,meda

INTRODUCTION

The notion of Prakruti represents a distinctive contribution of Ayurveda. Significant attention has been devoted to the analysis of Prakruti, which refers to an individual's inherent state. This understanding is crucial, as it allows for the identification of potential disruptions in bodily functions by first comprehending the original state of those functions. A fundamental objective of Ayurveda is to preserve health in individuals who are already healthy, making the knowledge of Prakruti essential. Prakruti is further divided into two categories: Deha Prakruti and Manasa Prakruti. Deha Prakruti is classified into seven types: three Ekadoshaja, three Dwidoshaja/Samsargaja, and one Tridoshaja/Sannipataja. Individuals with different Deha Prakruti exhibit variations in both psychological and physical characteristics. Intelligence is defined as the overall capacity of an individual to act with purpose, think logically, and effectively interact with their environment (Wechsler, 1944, p.3). However, a universally accepted definition of intelligence has not yet been established among psychologists. The intelligence quotient (IQ) serves as a metric for intelligence, representing the ratio of an individual's mental age to their chronological age. An individual's IQ

reflects the pace of mental development or the level of cognitive ability.

The attributes of physique, personality, Agni, Bala, mental faculties, Koshta, progeny, and Swapna vary significantly among individuals. The structure and shape of the body, as well as a person's attitude, are influenced not only by Aahaara Prakara (type of diet) and Vihaara (lifestyle) but also by the individual's Prakruti. Prakruti is determined at the moment of fertilization, with the dominant Dosha at that time establishing a person's lifelong Prakruti. The Dosha present in the Shukra and Aartava at the onset of life plays a crucial role in defining this Prakruti. Prakruti can be categorized into two main types: Deha Prakruti and Manasa Prakruti. Deha Prakruti is further divided into seven types, each characterized by the presence of one, two, or three Doshas. - Vatala (Vata Pradhana Prakruti): Individuals with this Prakruti exhibit lower levels of strength, lifespan, reproductive capacity, and material wealth. - Pittala (Pitta Pradhana Prakruti): Those with this Prakruti possess moderate levels of strength, lifespan, and both spiritual and material knowledge, along with wealth and life accessories. - Sleshmala (Sleshma Pradhana Prakruti): Individuals characterized by this Prakruti are endowed with superior strength, wealth, knowledge, energy, tranquility, and longevity.

Individuals with Dwidoshaja/Samsargaja Prakruti display traits from two Prakrutis, while those with Tridoshaja/Sannipataja Prakruti exhibit characteristics from all three Prakrutis.

Factors that affect Prakruti include the dominant dosha present in the Shukra and Shonita at the time of conception, the dietary habits and activities of the expectant mother, the condition of the uterus, and the prevailing season. Additionally, inherited traits from the father (Pitruja), mother (Maatruja), the soul (Aatmaja), the mind (Sattvaja), dietary influences (Rasaja), and homologation (Satmyaja) also play a significant role in shaping Prakruti. Medha refers to a specific aspect of Buddhi (intellect or discriminative ability) that enables the retention of knowledge over an extended period. It allows an individual to acquire knowledge about existing entities, thereby enhancing their learning. In practical terms, 'Medha' signifies a higher level of intellect. The term 'Medhavi' describes a person well-versed in various Shastras (literature) and possessing Pratyutpanna Mati. Furthermore, 'Medha' can denote exceptional memory capabilities. Acharya Dalhana provides a clear definition of 'Medha' as the ability to retain knowledge from diverse texts. In summary, Medha is the aspect of Buddhi that enables the acquisition and recall of experiences or knowledge when required. Smruti refers to the remembrance of things

that have been directly perceived, heard, or experienced, while Dhruiti signifies the patience that helps restrain the mind from harmful distractions. Medha is evaluated through Dharana Shakti, which is the power of grasping. Intelligence encompasses the abilities of logic, understanding, self-awareness, learning, emotional insight, reasoning, planning, creativity, critical thinking, and problem-solving. It is generally regarded as the capacity to perceive or infer information and retain it as knowledge. The Intelligence Quotient (IQ) serves as a measure of intelligence.

Medha in Relation to Intelligence and IQ
 Medha refers to the capacity to comprehend information and retain it as knowledge, which is closely linked to intelligence, defined as the ability to perceive and store information. The intelligence quotient (IQ), a standard measure of intelligence, can also serve as an indicator of Medha.

Connection Between Deha Prakruti and Intelligence

- **Vata and Intelligence:** Individuals with a predominance of Vata Prakruti exhibit characteristics influenced by Vata Dosha and Vata Guna. According to Acharya Charaka, these individuals demonstrate a quick understanding due to their Sheeghra Guna, yet they struggle with recalling information, indicating strong short-term memory but weak long-term memory. Acharya Sushruta notes that they often

lack patience and possess limited discriminative abilities. Acharya Vagbhata further describes them as inconsistent in their Dhruti, Smruti, Buddhi, and Cheshta (activities).

- **Pittala and Intelligence:** Acharya Charaka states that individuals with Pitta Prakruti possess a balanced understanding of both spiritual and material knowledge. Acharya Sushruta and Acharya Vagbhata describe Pitta Prakruti individuals as highly intelligent, clever, and inclined to dominate discussions.
- **Sleshmala and Intelligence:** According to Acharya Charaka, individuals with Kapha Prakruti are characterized by exceptional knowledge. They exhibit self-control and a strong belief in Shastra. While they may take longer to grasp new concepts, they possess a robust long-term memory.

WMI, which evaluates the ability to retain information briefly while engaging in cognitive tasks, is expected to be higher in individuals with Sleshmala characteristics due to the Sthira Guna and Snigdha Guna associated with Kapha Dosha. Conversely, it is anticipated to be lower in Vatala individuals, attributed to the Chala Guna and Ruksha Guna of Vata Dosha. PSI, which measures the speed at which one absorbs, comprehends, and responds to information, is likely to be elevated in Pittala individuals due to the Teekshna Guna, Utsaaha Karma, and Laghu Guna of Pitta Dosha, while it is expected to be

diminished in Sleshmala individuals because of the Manda Guna and Guru Guna of Kapha Dosha. Pittala individuals are believed to possess greater Medha, suggesting that their FSIQ should be higher, influenced by the Teekshna Guna and Laghu Guna of Pitta Dosha. In contrast, Vatala individuals are thought to have lower Medha, resulting in a reduced FSIQ due to the Chala Guna and Ruksha Guna of Vata Dosha. The interplay of genetic and environmental factors significantly influences IQ, a topic that has garnered extensive research and discussion. The application of Ayurvedic principles, particularly the concept of "Ayurgenomics," holds promise in this field. The Prakruti concept can provide valuable insights for guiding research in a productive direction. The physiology of intelligence is linked to specific neurological parameters that establish an optimal level of "arousability" within the cerebral cortex and associated structures. This optimal arousability is believed to positively impact various neuro-physiological processes that facilitate the acquisition, retention, and application of information. Differences in abilities such as discrimination, comprehension, retention, and recall can be inferentially associated with these neuro-physiological processes, which account for variations in intelligence based on Prakruti.

Applicability of the Concept Prakruti-based intelligence can be applied within the realm of Cognitive Epidemiology, a research domain that investigates the relationships between intelligence test scores and health outcomes. Assessing intelligence through the lens of Prakruti may serve as a significant predictor of health disparities and mortality rates from an early age. Furthermore, it can assist in evaluating a student's academic performance, forecasting an employee's job effectiveness, tailoring medical treatments, identifying career suitability based on Prakruti, and anticipating earning potential, among other applications.

Conclusion

Understanding Prakruti allows for insights into various physical and psychological characteristics, as well as behavioral modifications. Intelligence can be assessed inferentially based on an individual's Prakruti. Individuals with Pitta Prakruti tend to exhibit higher intelligence, those with Kapha Prakruti demonstrate moderate intelligence, while individuals with Vata Prakruti show the least intelligence. Knowledge of intelligence in relation to Prakruti can significantly enhance research in key areas such as Personalized Medicine and Ayurgenomics.

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