

ASSESSMENT OF ŚĀRĪRIKA PRAKṚTI AND MĀNASIKA PRAKṚTI DURING CHOICE OF DRUGS IN AYURVEDA.

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ABSTRACT

The knowledge of *āyurveda* is descended through a scientific way of transmission from time immemorial. The knowledge has been testified through a series of experiments by various scholars for thousands of years. Eradication of diseases by means of preventions and treatments was the main focus of the science. Medicine (*bheṣajam*) has been considered as the means of getting healthy. *Bheṣajam* (medicine) is chosen on the basis of physical, mental and *sāra* constituents, strength of the body and disease, etc. But, in the due course of time, the first three basics are ignored and nowadays, in the majority of the condition, the consideration of physical, mental and *sāra* constituents are not done at the time of prescribing medicine. The necessity of considering these constituents is described in brief in the Ayurveda

classics. According to the principles of *āyurveda*, the drugs should be chosen in accordance with *śārīrika prakṛti*, *mānasika prakṛti* and *sāra*. And only the diagnosis of the disease, as per *vikalpa samprapti* and *vidhi samprapti* is not sufficient. The paper will detail the classical reasoning behind the assessment of choice of drugs according to these constitutions with proper clinical examples from the texts.

KEYWORDS: Immemorial, *Bheṣajam*, Physical and mental constituents.

INTRODUCTION

Āyurveda is the science of life.^[1] Its knowledge is descended through a scientific way of transmission from time immemorial.^[2] The knowledge has been testified through a series of experiments by various scholars for thousands of years.^[3] Eradication of diseases by means of

preventions and treatments was the main focus of the science.^[4] Medicine (*bheṣajam*) has been considered as the means of getting healthy.^[5] According to the principles of *āyurveda*, the drugs should be chosen in accordance with *śārīrika prakṛti*, *mānasika prakṛti* and *sāra*. But, in the due course of time, these basics are ignored and nowadays, in the majority of the condition, the consideration of physical, mental and *sāra* constituents are not done at the time of prescribing medicine. And only the diagnosis of the disease, as per *vikalpa samprapti* and *vidhi samprapti* is not sufficient. The necessity of considering these constituents is described in brief in the *ayurvedic* classics.^[6]

METHODS

It is decided to prescribe a drug to a patient on the basis of his strength and on the strength of the disease.^[7] It is necessary to examine the *śārīrika prakṛti*, *mānasika prakṛti*, *sāra* and others to know the strength of the patient.^[8] To bring the equilibrium state of *dhātu*, the physician should have the knowledge of human constitution.^[9] In this sequence, the study was conducted to find out the need of *śārīrika prakṛti* and *mānasika prakṛti* during choice of drugs. So, the importance of *prakṛti*, *sattva* and *sāra* was discussed here. The materials related to the *prakṛti* have been collected from the *ayurveda* classics.

DISCUSSION

Medicines are of three types on the basis of their degrees – strong, moderate and mild.^[10] The strength of the patient is also of three types – superior, medium and inferior.^[11] The medicines are administered to the patient on the basis of their strength respectively.^[12] So before prescribing a medicine, the strength of the patient should be determined first.^[13] To determine the strength of a patient, ten entities should be examined and they are constituent of the body (*prakṛti*), morbidity (*vikṛti*), constitution of the dhatus (*sāra*), compactness (*samhanana*), measurement (*pramāṇa*), suitability (*sātmya*), psyche (*sattva*), power of intake and digestion of food (*āhāraśakti*), power of exercise (*vyāyāmaśakti*) and age (*vaya*).^[14] Out of these ten entities, morbidity (*vikṛti*) is examined in diseased body or in pathological condition but rest nine are to examine the healthy one. To know the pathological condition, first healthy conditions should be known. So, these nine entities help to know the diseased or pathological condition of a patient by providing the knowledge of healthy condition of him.

The necessity of considering these constituents for prescribing medicines are described in different places of the *ayurveda* classics. Those descriptions are as follows.

- (1) After taking into consideration of the constitution and all, appropriate *rasāyana* (drugs) should be administered in a cleansed boweled (*śodhita*) person.^[15]
- (2) In constitutionally predominant *kaphaja* patients, if low grade fever comes with abundant *kapha*, it does not mature even in a week due to mild *agni*. Hence he should be managed with the said lightening, light diet, etc. till ten days and thereafter with medicinal extracts.^[16]
- (3) The relapsing fever kills the persons with *hīnacetasa*. So mental condition should be kept in mind in such types of conditions.^[17]
- (4) Fever associated with *āma*, caused by *kapha* or *kapha-pitta* should be subjected to lightening measures on the basis of *sāra* constituents of a person.^[18] A person with a big body and superior strength should be subjected to lightening measures by *śodhana* method.^[19] A superior strengthen person with medium strengthen disease should be subjected lightening measures by exercise, sunlight and air.^[20]
- (5) If the patient with fever has unimpaired strength, musculature and *agni*, purgation should be given to pacify it.^[21]
- (6) In *raktapitta*, if a person is not emaciated and weak, then hemorrhage having much impurity and excited *doṣa* should not be checked in the very beginning^[22] and *śodhana* therapy can be given in *raktapitta* arisen due to over-saturation in a strong patient who is not emaciated and weak.^[23]
- (7) In *raktapitta*, pacificatory (*samśamana*) treatment should be given to the debilitated and emaciated patient.^[24]

If intensely potent medicine is administered suddenly without proper examination of patient, it may kill the weak patient. The weak patients are not able to bear intensely potent drugs which are predominant in *agni* and *vāyu* or cauterization, application of alkali and surgical operation. They may cause instantaneous death due to unbearable and over-intense impulse of the drug. Keeping this in mind, the physician should treat the weak patients with the drugs which are unarmful, mild, delicate, without complication, and not creating any emergent condition, particularly patients having unstable, soft bare and timid heart, are mostly delicate, weak and subordinate to others. On the other hand, the drug having low potency is administered to strong patients having severe disorder becomes ineffective.

A patient may not be strong because of corpulent & possessing a big body. In the same way, he may not be weak because of leanness and possessing a small body.

Some patients are unmoved even in severe affliction due to predominance of *sattva* quality, some sustain themselves at the instance of others or entirely by others and some sustain neither by themselves nor by others because of inferior mind.

CONCLUSION

Medicine is chosen on the basis of physical, mental and *sara* constituents, strength of the body and diseases etc. Hence, the patient should be examined in respect of *śārīrika prakṛti*, *mānasika prakṛti*, *sāra*, etc. during choice of drugs.

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