



To study the relationship between Doshprakruti and Satmya –Asatmya with special reference to Chanak

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ABSTRACT

Ancient Ayurvedic texts already mentioned this correlation up to certain extent, but considering the different habits, changed lifestyle this must be verified. At the same time some dietary factors regards to changed lifestyle need the study work before establishing the relation.

By observing the previous work done, it seems that most of the previous workers give their weight age to the co-relation of Prakruti with various diseases. Very few of them really have done the work for improvement in healthy status considering the Prakruti. Hardly anyone focused on the correlation of Satmya-Asatmya. Hence, this topic was chosen for the research work.

This research work has done by retrospective method. It includes the survey of 300 cases. With the help of case paper Prakruti assessment was done. Limited Aharaj factors (Chanak, Samita-Maida etc.) has consider for the research work after pilot survey study. Various symptoms of Asatmyata has been noted, with the help of questionnaire.

Analysis of the data has done with Ayurvedic point of view as well as statistical methods wherever possible. Discussion and Conclusion has been made accordingly.

KEYWORDS : Chanak (Split Bengal gram), Asatmyata (Intolerance), Dosh Prakriti (Body Constitution)

Introduction-

Ayurveda aims at the healthy status of the body. For that one should follow the principles of hygiene, mentioned in Ayurvedic texts. Negligence towards that may lead to diseased condition. These principles includes Dinacharya (daily regimen) & Ritucharya (seasonal regimen) and one must follow the same as far as possible.

The 'Prakuti' term is used for the balanced stage of doshas & the imbalance stage is known by 'Vikruti'. Ancient Ayurvedic texts explain the wider aspect of the term 'Prakruti'. It is the unique and most fundamental concept of Ayurveda. It is taken to be the permanent constitution of the body.

According to Ayurveda Prakruti is decided at the time of conception owing to predominance of doshas present in inter-mixture of shukra (male sperm) & shonita (female sperm). This basic constitution of body can't get changed till death. But certain factors like Ahara, Vihara, Desh, Kal, can impact on the symptoms of the doshas. This can lead to the diseased condition due to imbalanced doshas. Hence, Ahara, Vihaha has an important role in the formation of healthy status of the body as well as in the development of body structure.

'Satmya' means certain factors which can easily assimilate in the human body without causing any harm or difficulty. It offers pleasure to the body and helps the development process. Some of them are made habitual to the body by constant use; they are known to be 'Oak-satmya'.

The factors which are causing damage and disturbing doshas, which gives displeasure or un easiness to the body known as 'Asatmya'.

Hence, one must have adequate knowledge about the Hitkar (beneficiary) as well as Satmyakar (assimilatory) Ahara for him, considering his Prakruti.

Considering need of the hour this topic was chosen for reaserch.

Material & Method-

Material- Bhrihatrayi (Three basic texts of Ayurveda) & other texts was referred as per necessity. The recent work regarding this topic was taken under consideration.

For the survey study healthy volunteers was chosen for research.

Method-

- 1) Literary study of Prakruti & Satmya- Asatmya with respect to Ahara has done.
- 2) The format for Prakruti assessment has done considering the symptoms given in Samhitas.
- 3) The questionnaire for the assessment of Satmya-Asatmya also made regards with Ahara factors and present day life style.
- 4) The case paper has finalized after pilot study.
- 5) After general questions regarding diet Aharaj factor Chanak was finalized with use of pilot study.
- 6) Total 300 cases have been taken according to the text format by using survey study.
- 7) The observations regarding Prakruti assessment & Asatmyakar symptoms have recorded.
- 8) Discussion & conclusion has made accordingly.

Observations-

A) General-

While assessment of Prakruti single doshaj or sam prakruti volunteers was not found. Hence the classification has made on basis of different types of Sansrushta dosh prakruti only.

(Sansrushta- Configuration of two doshas with predominance)

Sansrushta dosh prakruti	No of volunteers observed
VP	82
PV	51
PK	45
KP	36
KV	38
VK	48
Total	300

(Table- A)

(VP- Vat-pitta pradhan, PV- Pitta-vat pradhan, PK-Pitta-kapha pradhan, KP-Kapha-pitta pradhan, KV-Kapha-vat pradhan, VK-Vat-kapha pradhan)

B) Specific- The Asatmya laxanas found in the survey regarding the study factors are as follows-

- a) Chanak- Udargaurav, Vatanuloman, Adhman.

The percentage of the Asatmya Laxanas are shown as follows-

CHANAKASATYATA

Sansrusta doshprakruti	Out of	Udargaurav	Vatanuloman	Adhman
VP	76	46%	55.26%	55.2%

PV	51	41%	47%	43.1%
PK	45	40%	44.4%	44.4%
KP	34	52.7%	41%	50%
KV	37	54%	48.6%	51.3%
VK	42	47.6%	57%	57%

(Table - B)

C) Statistical- Test for proportion

Large sample test-

$$P = P_o \text{ Vs } P > P_o \text{ (} P_o = 50\% \text{)}$$

The formula used for this –

$$T_{cal} = \frac{P - P_o}{\sqrt{\frac{P_o Q_o}{n}}}$$

$\left. \begin{array}{l} P_o = 0.5 \\ Q_o = 1 - 0.5 = 0.5 \end{array} \right\}$
 $n = \text{Total sample size}$

The calculated value & 'p' value for the percentage of Asatmya laxanas in Chanak are as follows-

Aharaj Factor	Asatmya Laxana	Type of Sansru. Doshprakruti	% of Asatmyata	Cal value	'p' value
Chanak	Udargaurav	KP	52.7%	0.93	0.177
		KV	54%	1.37	0.086
	Vatanuloman	VP	55.2%	1.81	0.036*
		VK	57%	2.41	0.008**
	Adhman	VP	55.2%	1.81	0.036*
		VK	57.1%	2.46	0.007**

Discussion-

According to the observations the asatmyakar laxanas are discussed as-

1) Udargaurav- The most common preparation of Chanak is Chanak roti. Even in Bhavprakash they mentioned it is Guru. As kaphapradhan sansrushta are already having Mand-Agni they obviously takes more time to digest it. Hence this symptom often in those.

2) Vatanuloman- Bhav prakash mentioned the properties of Chanak as Ruksha, Laghu, Kashaya & Sheeta .

As these gunas belongs to vat dosha, obviously Vat pradhan Sansrusta show this symptom dominantly.

3) Adhman- Raj Nighantu shows this property of Chanak. It is found in majority in Vat Pradhan Sansrusta.

As Adhman & Atop are the symptoms of Vat vridhi the natural tendency of Vat pradhan Sansrushta towards the vridhi, hence found the higher percentage.

Conclusion -

1) This Aharaj factor shows the Asatmyakar laxanas according to its impact on Sharir doshas.

2) Certain Sansrusta doshaprakruti is showing more affection with regards to the particular dosha vridhi or prakop, whichever is dominant in that Doshprakruti.

3) This Asatmyakar laxanas indicates different vyadhi hetus and with constant use of Chanak they may lead to the diseased stage. Hence, those Sansrushta prakruti shows the higher percentage of Asatmyata should immediately stop eating it.

4) More over according to textual references it has been proved that it is hard to cure the diseases which show similarity in dosha prakop & Sansrushta doshaprakruti.

Result –

The co relation between dosha prakruti and Satmya Asatmya has been proved with special reference to Chanak.

As this research work highlights survey study with retrospective method it can be proved as a base line work for prospective study in

this direction.

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