



Review Article

Prakriti is Doshaj phenotype not genotype

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ABSTRACT:

As explained in the text of Ayurveda, Prakriti is not inherited from parents to the offspring according to the definition of Prakriti, during gamete formation, Prakriti will become like the dosha which is aggravated. It is simply explained that “Prakriti is not inherited from parents to the children, whereas the genetic information is carried out from the parents to the next generation and is Identical.”

KEY WORDS: Prakriti, Genome, Phenotype, BIJ.

INTRODUCTION:

CCRAS has recently developed an Ayurvedic Prakriti Portal and later many Ayurvedic Scholars have accepted Prakriti as Genome explained in terms of Ayurveda. But it is found that there is no relationship between Prakriti and Genetics. It is clearly mentioned in the text that at the time of copulation, whichever dosha will be predominantly present in the place of gamete formation the prakriti will be dominated by that particular dosha and the factors influencing are predominantly *Aharaj* and *Viharaj*.¹

MATERIAL AND METHODS:

All the references of Arshagrantha which explains the definition of Prakriti will be studied and applied as basic Principles as confirmation of these terms.

DISCUSSION:

Prakriti

“*Pra Karoti iti Prakriti*” which is: The initiator is Prakriti.

“*Prakriti Arambh Kartutve Sati Drushti*

Kartutvam Doshatvam” Ma.Ni.Mad.Ti, Pg.67²

The factors which initiate human Prakriti and morbus state are called Dosha, i.e., Vat Pitta and Kapha.

“*Shukra Shonitam Gorbha Shayastham Yo Bhavet Dosha Uttkatta Prakriti Jayte Ten*” Sushrut Sharir 4/63³

In this verse of Sushrut Sharir 4/63, it is mentioned that at the time of copulation: the Dosha, i.e., Vat, Pitta, Kapha alone or in combination; whichever is dominant; the Prakriti of the person will be molded according to the dominant Dosha. i.e., Ekal-Vataj, Pittaj, or Kaphaj, Dwandaj i.e., Vat Pittaj, Vat Kaphaj, Pitta Vataj, Pitta Kaphaj, Kaf Vataj or Kaf Pittaj.

Sama Prakriti, i.e., all Doshaj will be equally present.

Prakriti is pre-dominantly described, by the Gunna of Dosha. Whichever will be the dominant Gunna, it will affect the bodily part accordingly.

Like Vatastu Ruksha Laghus Chal Bahu Shighra Sheet Parush Vishad⁴, according to Gunna: 'The constituent of the bodily parts will get affected alike' i.e., due to Ruksh Gunna of Vat. Some of the effects will be dry skin, hoarseness of voice, etc.

Yellow colour of eye (Icterus) is due to Ushna Gunn of Pitta. Hyperthermia, cold temperature of skin is due to the Sheet Gunna of Kapha.

So, these sorts of symptoms will be associated with the Doshaj Prakriti.

'*Shukra Artava Sthairya Janmadav Vishe Neva Vish Krume*' Asht.Hri.Su.1/9,10⁵

As per the definition of Prakriti, '*Shukra Artava Sthairya Janmadav Vishe Neva Vish Krume*': Asht.Hri.Su.1/9,10 it clearly states that the Prakriti is similar to the poison which remains unharmed to the poisonous creatures or insects. If you elaborate this, the poison inside the poisonous snake is similar to the prakriti but the inheritance of poison from a poisonous snake to its generation is because of the genes which are carried forward from the precursors of the poisonous snake.

Even in Khuddak Chatuspadiya Adhyaya, Aacharya has clearly mentioned that Bij-Bhag and Bij-Bhag Avyaya are responsible to carry genetical disorders.

Now it is clear that the *Dosha Utakata* is the responsible factor for the Prakriti formation. So, what if these Doshas will become Upatapta⁶ i.e., *Shukra Shonitam Garbhashayastham Yo Bhavet Dosh Upatapta* in place of Utakata i.e., Dominance of Dosha will become abnormal then what will be the consequences? So, it is going to cause deformities. *Bij, Bij Bhag Uptapta Bhavati Tasya Angavyavyasya Vikrutirupajayate*⁷, Ch.Sharir 3/14. 15. Further, it is mentioned that at the time of sex differentiation, the Vayu plays the main role by taking part in cell division i.e., *Shukra Bahulyat*, male child, and *Artav Bahulyat*, a female child will develop. To understand this phenomenon in cell division, let us consider X chromosomes as *Artav Bahulyat* and Y chromosome as *Shukra Bahulyat*, so, during cell division, Vayu will bring XX chromosome together then the female child will develop and when Vayu will bring Y

chromosome i.e., *Shukra Bahulyat* then XY chromosome, i.e., a male child will develop. So, Vayu is the factor that brings cell division.

So, it is clear that Dosha in Prakrit Avastha will bring Prakriti i.e., the normal division of cells, and will have a normal foetus with a dominant Doshaj Phenotype. And if the Dosha will become Upatapta then the character of Dosha will get aggravated by forming the deformed chromosome which will lead to genetic disorders. And to overcome such disorders Acharyas have already explained about *Garbhini Paricharya* and *Pusamvahan Vidhi* for *Suprajajanan* i.e., Healthy individuals. Even Acharyas have mentioned the factors like *Atulya Gotra* in *Atulya Gotriya Adhyaya* which explains that the marriage should not happen within the kingships or relatives.

In genetics, a genotype is an individual collection of genes. The term can also be referred to as the two alleles inherited for a particular gene. The genotype is expressed when the information encoded in the genes 'DNA' is used to make protein RNA molecules. In simple terms, 'genotype' refers to the genetic makeup of an organism.⁸

In Genotypes, Haploid or Diploid genes are responsible for the organism to develop the specific type of body type. The gene will decide the cell division and the type of individual which will develop.

Therefore, the same type of genes will carry forward from generation to generation.

Phenotype is what you see. The visible or observable expression of the result of genes combined with the environmental influence on an organism is appearance or behavior.⁹

Phenotype means the concrete result of the genotype of an organism. Phenotype, therefore, is observable by nature. Every trait determined by a gene, even partially, is a part of its phenotype. Just a few of countless examples of the phenotype of living things follow:

Eye Colour, Hair Colour, Height, Sound of your Voice, Certain type of Disease, and Individual Shoe Size.

CONCLUSION:

So, if we say Phenotype without the influence of genes, then the environmental factors which affect the Dosha and the effect of Dosha reflecting on the human body parts is called Prakriti. So, we will have to separately define Phenotype without genetical effect or let's accept that the **Prakriti is Phenotype of Dosha.**

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- [9] <https://www.genome.gov>Genotype>
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