



CORRELATION OF PRAKRITI IN PREVALENCE OF CANCER (ARBUDA)

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ABSTRACT

Nowadays much is talked about the Cancer (*Arbuda*) at all the levels of society. It includes both benign and malignant tumors. These are really the diseases having a limited line of treatment and its prognosis, the fate is also unpredictable as well as in spite of tremendous advances biomedical sciences the exact cause of cancer is unknown. Our body is made up of *Tridosha*, which is the three fundamental energies or principles which govern the function of our bodies on the physical and emotional level. The three energies are known as *Vata*, *Pitta*, and *Kapha*. Each individual has different constitution from one another. This constitution is known as *Prakriti*. Constitution of *Prakriti* is formed at the time of union of sperm and ovum inside the uterus. This *Prakriti* is also decides the diseases tendency of a person. Each individual has a unique balance of all three of these energies. Some people will be predominant in one while others are a mixture of two or three. Equilibrium of *Vata*, *Pitta*, and *Kapha* ensure healthy state of our body. Changed in dietary habits, life style, pollution and stress, which affect the person's constitution at any time and causes development of so many fatal diseases like Cancer (*Arbuda*).

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INTRODUCTION

One of the ancient manuscripts of India is *Ayurveda*, which is the oldest known form of health care in the world. It originated in India more than 3000 years ago and remains one of the country's traditional health care sciences. Recently *Ayurveda* has been having a profound impact upon the world of health care. *Ayurveda* promises to improve the health and longevity of an individual. *Ayurveda* is a science of self-understanding, by understanding your own unique nature or constitution, this constitution is known as *Prakriti*. Constitution of *Prakriti* is formed at the time of union of sperm and ovum inside the uterus (Shastri, 2014).

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This *Prakriti* is also decides the diseases tendency of a person (Shastri, 2008). You can begin to understand how you interact with your life style and thus make choices that will lead you toward greater health. Our constitution is the inherent balance of energies within our bodies and our minds. It describes who you are on the most fundamental level. This unique balance of energy determines everything from our bone structure to our predisposition toward certain health challenges. *Prakriti* and diseases are closely related to each other, thus prevention have significant role in *Prakriti* related diseases. *Ayurveda* has provided detail guideline in the form of *Dinacharya* and *Rutucharya* to maintain normal functioning of *Dosha* related with specific *Prakriti* and prevent diseases. Dietary habits with the opposite properties of their nature are health enhancers. *Ayurvedic* preventive medicine is called *Svasthrit*. Its main principle is that one must reject excess in everything. Harmony

and health are possible only when everything in life is enjoyed at proper moment in the proper amount (Gaur, 2018). Hence, in present work an attempt has been made to elaborate the concept of *Prakriti* in *Ayurveda* and its significance in prevalence of Cancer. It is clear from literary study and recent research works that *Prakriti* and Cancer is closely correlated with each other.

Concept of Prakriti

Prakriti is a characteristic set of features of an individual formed during the embryological stage with influence of physiologically normal *Doshas*, which further sustains and emerges as behavior throughout the life of that individual. The main factors, which determine the *Prakriti*, are *Sukra-Shonit Prakriti* (sperm & ovum factors), *Kala Garbhasaya Prakriti* (seasonal & uterin factors), *Matuh-Ahar-Vihar Prakriti* (food regimen adopted by mother during pregnancy) and *Mahabhuta-Vikara Prakriti* (metaphysical and elemental factors) (Shastri, 2008).

Sukra-Shonit Prakriti: *Prakriti* is formed according to the dominant *Doshas* in the sperm and the ovum at the time of conception in the form of *Beeja* (*Shukra* and *Shoneet*) and *Beeja Bhag* (hereditary factor or genes). If there is no defect (mutation) in these factors then it transfer some similar properties to their offspring such as dwarf or tallness, obesity or slenderness, colour of skin and some diseases are also inherited.

Kala Garbhashaya Prakriti: Characters formed during the intra-uterine life. This may be due to *Kala Dosha* (time) predominance during time of conception and *Garbhashaya* that is condition of the uterus during the pregnancy.

Matuh Ahara Vihara Prakriti: During pregnancy, the *Ahara* and *Vihara* of the mother will affect the nature of the fetus, which she is going to deliver. If the desires of pregnant women are not fulfilled, the child develops untoward characters.

Mahabhuta Vikara Prakriti: The *Mahabhuta*, which dominate during pregnancy, will rise to their respective *Prakriti*. If *Prithvi* and *Jala Mahabhuta* are predominant in the parents, at the time of conception or during pregnancy in the mother then *Kapha Prakriti* child will be born. If *Vayu* and *Aakash Mahabhuta* are predominant in the parents, a *Vata Prakriti* child will be born. If *Agni* and *Prithvi Mahabhuta* are predominant in the parents a *Pitta-Prakriti* child will be born. In this way, *Mahabhutas* play an important role in formation of *Prakriti* of an individual.

Based on the three *Doshas* & their physical and physiological qualities, the *Sareerika Prakriti* has been classified into seven types; *Vata*, *Pitta*, *Kapha*, *Vata-Pitta*, *Vata-Kapha*, *Pitta-Kapha* and *Tridoshaja* and *Samadoshaja* (Shastri, 2014). Most people are a combination of two *Doshas* i.e. *Dwandvaja Prakriti*, they possess characteristics of both *Doshas* (Shastri, 2008). In *Doshaja Prakriti*, *Sama Prakriti* or *Tridoshaja Prakriti* is the best. *Dwandvaja Prakriti* is *Nindya* or bad. *Vataja Prakriti* is bad (*Hina*), *Pittaja Prakriti* is medium (*Madhyam*, not bad or not good), *Kaphaja Prakriti* is good (Tripathi, 2009).

Once formed, *Prakriti* remains constant for every individual for his or her lifetime. A balanced constitution is ideal and

extremely rare in which the balanced state of all the three *Doshas* neutralizes the bad or unwanted qualities, support and bring out good qualities of the other. A healthy life is symbolized by a balanced state of *Doshas*, *Agni*, *Dhatu*, normal functioning of *Mala*, cheerful state of *Atma* and mind are the symptoms of healthy life (Shastri, 2014). Healthy and unhealthy state of a human being depends on normal or abnormal condition of *Tridosha* (Tripathi, 2009). *Tridosha* are responsible for the creation of human body (Shastri, 2008). Amongst *Dosha-Dhatu-Mala*, importance of *Dosha* is noteworthy, as they are the main cause for the formation of *Prakriti* as well as for formation of diseases (when imbalanced). If any person consumes diet or follows irregular lifestyle, which is similar to the properties of *Doshas*, they get vitiated by *Doshas*. Hence, to maintain health, by keeping balanced condition of *Tridoshas* (Gupta, 2011).

Understanding of cancer (arbuda) in Ayurveda

Cancer (*Arbuda*) are gradually increasing mass of big size, globular in shape, fixed with deeper structure, usually do not suppurate, giving occasional pain and can occur in any part of the body (Murthy, 2012). There are six types of *Arbuda* described by *Acharya Sushruta*. They are *Vataja*, *Pittaja*, *Kaphaja*, *Raktaja*, *Mamsaja*, and *Medaja* (Murthy, 2012). Cancer (*Arbuda*) forms as a result of vitiation of *Tridosha*. Because of changed in dietary habits, life style, pollution and stress, causes vitiation of *Doshas* and *Dhatu*. Aggravating factors of *Tridosha* are –

Vata aggravating factors: excessive intake of bitter pungent and astringent *Rasas* (Sharma Priyavrat, 2011).

Pitta aggravating factors: excessive intake of pungent sour and saline *Rasas* (Sharma Priyavrat, 2011).

Kapha aggravating factors: excessive intake of sweet, sour and saline *Rasas* (Sharma Priyavrat, 2011).

Other factors causes aggravation of Cancer: cigarette smoking, alcohol, chewing tobacco and pesticide contains many chemical initiators and promoters.

The vitiated *Dosha* vitiates the *Mamsa Dhatu* at any part of the body and resulting metabolic and nutritional derangement occurs in the *Mamsa Dhatu*. The vitiated *Dosha* decrease the level of *Agni* (manifestation of *Mandagni*) and ultimately *Mandagni* leads to the formation of *Ama*. The *Agni*, which is present in each cell and is the main source responsible for all types of digestion and metabolic process in the body. The main active factors in the development of a disease are *Ama* and the mobility of the *Doshas*. *Ayurveda* does not consider Cancer as a distinct disease or set of diseases. Rather, *Ayurveda* states that all diseases result from gross, systemic imbalances and malfunctions of the three *Doshas*. *Arbuda* (Cancer) originate due to interactions between abnormal bio-factors and weakened body tissues. As described in *Sushruta Samhita*, the *Kaphakara* (Aggravating causative factors), such as *Guru* (Heavy) and *Snigdha* (Oily) foods, worsen the *Kapha* and affect the *Agni* of the body, which results in *Mandagni*. This leads to improper digestion of food and formation of *Ama*, which mix with biological factors and affect the body tissues, altering their qualities (Sabharwal Pooja, 2018). This resulting excessive tissue growth and thus forming Cancer (*Arbuda*).

Correlation between Prakriti and cancer: Epigenetics is the study of how we can change the expression of our genes without changing the sequence of the actual DNA or the genetic code. Epigenetics (Lifestyle) is a new field of biology that is exploring the Effect of the environment on cellular behavior. The "environment" includes one's physical, social, and electromagnetic environment as well as beliefs, perceptions, lifestyle, habits, behaviors, and mind-body practice. There are two primary and interconnected epigenetic mechanisms - DNA methylation and covalent modification of histones. Many of these process are occurs in Cancer (Pooja Sabharwal, 2018).

Ayurveda believes that the origin of disease is rooted in one key phrase, "Forgetting our true nature as spirit." This can be further explained by understanding a little bit of *Samkhya* philosophy. *Purusha* desires to know its own nature and merges with *Prakriti*. It is believed that disease unfolds when a person forgets their true nature as spirit. We are born into this world with a predetermined set of tendencies. Our *Prakriti* in *Ayurveda* roughly resembles our DNA, or our genes, in western medicine. Each person is born with a unique constitutional balance. This is known as our *Prakriti*. In *Ayurveda* the individual constitution, or *Prakriti*, is based on physical and psychological characteristics. "*Prakriti* is a corollary of the comparative proportion of three entities, i.e., *Tridoshas*, namely, *Vata*, *Pitta*, and *Kapha*. So, if our *Prakriti* is roughly related to our genes then our *Vikruti* is roughly related to our phenotype in Epigenetics. Our *Vikruti* is defined as the nature of the imbalance. It is our current state. *Prakriti* is determined at the moment of conception and our *Vikruti* is the present state of the person (Pooja Sabharwal, 2018). These susceptibility of *Vikruti* as well as selection of a preventive & curative regime is primarily based on phenotypic assessment of a person, which includes one's body constitution termed as "*Prakriti*". This *Prakriti* also decides the diseases tendency of an individual. If an individual is subjected to a constant interaction with his or her diet and life style, then which will affect the person's constitution at any time. A disease is not produced when etiological factors & constitutional factors are antagonistic to each other. When only in few respect these factors are synergistic only, complete manifestation doesn't occur & mild or latent type of disease is produced. But when these factors are synergistic to each other in all respect, the disease is manifested fully with all clinical features.

Vata constitution will having predominance of *Vata* aggravating factors then *Vata* will be aggravated. This aggravating *Vata Dosha* causes vitiation of *Mamsa Dhatu* and producing Cancer (*Arbuda*) in any part of body. Like that, *Pitta* and *Kapha* constitution will having aggravating factors lead to formation of Cancer (*Arbuda*). Vitiated *Tridosh* causes Cancer due to dietary changes and life style. Hence, Cancer causes by all the three vitiated *Dosha* but more aggravating *Dosha* is *Kapha Dosha*. Because of excess of *Kapha*, Cancer (*Arbuda*) does not suppurate (Shastri, 2012). This is considered the common and important factor for any growth in the body. Thus, it seems justified to postulate that excess of vitiated *Kapha* in the body might be responsible for the precipitation of Cancer.

Conclusion

The incidences of Cancer (*Arbuda*) has been emerged as major health concern and continue to be the major cause of mortality

worldwide. Few concept of *Ayurveda* can be applied successfully for prevention and treatment of Cancer (*Arbuda*). *Prakriti* is one of such concept. *Prakriti* means manifestation of special characteristics due to predominance of *Doshas* (*Vata*, *Pitta*, and *Kapha* the functional component of body). All the physiological process are directly controlled by *Vata*, *Pitta*, and *Kapha* (three body humors) *Manasika Doshas* (functional psychic factors) thus health status can be maintained by maintaining normality of *Prakriti*. By knowing the *Prakriti* one will know about the strength of a person to combat with the Cancer (*Arbuda*) as person having equilibrium in *Prakriti* is said to be having best immunity and strength. Disequilibrium in *Prakriti* greatly increases the risk of cancer (*Arbuda*). Hence, in present work an attempt has been made to elaborate the concept of *Prakriti* in *Ayurveda* and its significance in evading Cancer. It is clear from literary study that *Prakriti* and Cancer (*Arbuda*) closely correlated with each other.

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