

## RELATION BETWEEN DEHA PRAKRITI AND BLOOD GROUP

<sup>1</sup>Dr. VikramVir Bhushan

<sup>2</sup>Dr. Prakash Jondhale

<sup>1</sup>Associate Professor, Department of Kriya Shareer, <sup>2</sup>Assistant Professor, Department of Rasashastra & Bhaishajya Kalpana, A.A.C.H, Sirsa, Haryana-India

### ABSTRACT

'Prakriti' is the unique nature of every individual and this fact can easily be observed in a group of individuals having same race, sex, age, height and weight. After analysing blood serum or urine, there may not any substantial difference, yet the difference clearly exists in the individuals. This difference is due to 'Prakriti'. As a result, *Ayurveda* advocates different programme for each individual based on his constitution and the nature of imbalance within him. *Ayurveda* advocates separate approach for maintenance of health, disease prevention and therapeutics. The healing science of *Ayurveda* is based upon the knowledge of 'Prakriti'. As *Deha Prakriti* is formed at the time of conception so there must be a strong relationship between *Deha Prakriti* and Blood Group, as blood group is also derived from paternal and maternal part. In the present study tried to develop a relationship between *Deha Prakriti* and Blood Group. Also tried to develop a relationship between *Deha Prakriti* and Blood Group according to the diseases. To some extent good and fruitful conclusions have been developed.

**Keywords:** *Deha Prakriti, Vataja, Pittaja, Kaphaja, Blood Group*

### INTRODUCTION

With the advancement in the Science and Technology one has to work more to adjust in the new pattern of life style at the cost of his health. Moreover the chemical substances are used to get more yields, which leads to cropping up new diseases every now and then like AIDS, Chicken Guinea, Dengue, Swine Flu and many more such diseases. In spite of the availability of best possible medication persons are:

- i) Getting more and more prone to diseases.
- ii) Unable to tolerate even slightest medication. It is just due to decreased immunity and intolerance towards the drugs.

To live a healthy and long life, there are various methods advised in *Ayurveda* like Dincharya, Ratricharya, Ritucharya, Ahar-Vidhi Visheshayatan. Due to busy schedule and unhealthy competition in every field of life, the person doesn't follow these golden rules of *Ayurveda*, which leads to deterioration of immunity<sup>1</sup>.

According to Acharya Sushruta at the time of fertilization, Vata, Pita and Kapha determine the constitution of an individual by their permutations and combinations, which is called 'Prakriti'. Predominant Doshas determine the constitution of an individual<sup>2</sup>. In *Ayurveda* excellence of quality of spermatozoa and ovum is one of

the Balavridhikara Bhava and bala is directly related to immunity. Immunity is acquired by the offspring from the parents. Morphological conditions of Shukra – Shonita, Status of uterus, diet and activities of mother are the factors which determine the Prakriti<sup>3</sup>. According to Acharya Charaka, some other factors are also responsible for the development of Prakriti. These are Jati, Kula, Desha, Kala, Vaya and Pratyatmaniyata<sup>4</sup>.

According to Acharya Charaka<sup>5</sup>, there are seven types of DehaPrakriti:

1. Vataja Prakriti
2. Pittaja Prakriti
3. Sleshmaja Prakriti
4. Vatapitaja Prakriti
5. Pitakaphaja Prakriti
6. Vatakaphaja Prakriti
7. Sama Prakriti

The properties of VataDosha such as Ruksha, Laghu, Chala, Bahu, Sheeghra, Sheeta, Parush and Vishada produce different characteristics symptoms of Vataja Prakriti. In the same way properties of Pita Dosha such as Ushna, Tikshna, Drava, Visra, Katu and Amla and the properties of

Kapha dosha such as Snigdha, Slakshana, Mridu, Madhura, Sara, Sandra, Manda, Staimitya, Guru, Sheeta, Pichila respectively produce different characteristic symptoms of Pittaja and Kaphaja Prakriti. These Prakriti are helpful in deciding the line of treatment. Charaka has instructed the examination and assessment of Prakriti in order to know the strength and vitality of the patient and has placed Prakriti at the foremost position while describing the Dashvidha Pareeksha of the patients.<sup>6</sup>

### Blood Groups

Blood Groups are determined by protein molecules present on the surface of RBCs. When blood from two individual is mixed, sometimes clumping that is agglutination occurs. This clumping is because of the immunological reactions which is antigen-antibody reaction. But, why clumping occurs in some cases and not in other cases remained a mystery until the discovery of blood groups by the Austrian Scientist Karl Landsteiner in 1901.

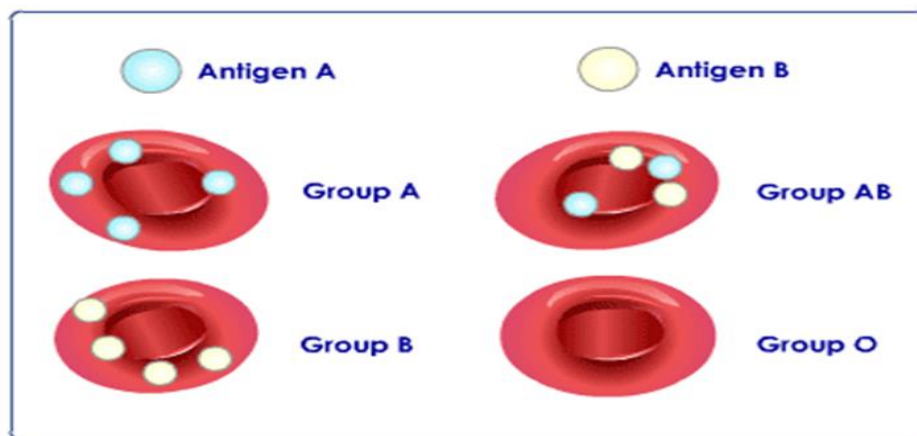


Plate No.1: Showing Different blood groups with their antigens

Rh factor is an antigen present in RBC. This antigen was discovered by Landsteiner and Wiener. It was first discovered in rhesus monkey, so it was named as Rh factor. There are many Rh antigens but only the D

is more antigenic. The person having D antigen are called Rh positive and those without D antigen are called Rh negative<sup>7</sup>.

## MATERIAL AND METHOD

The cases for the present study were selected from the students of various institutes, professionals, housewives and businessmen of Jammu City. Total numbers of the cases were two hundred, which includes hundred males and hundred females. First of all a proforma was prepared for the determination of *Deha Prakriti*. This proforma was based upon the different symptoms of *Vataja*, *Pittaja* and *Kaphaja Prakriti* which are described in the different texts of *Ayurveda*. These features were categorized into five different sub-divisions. These include:

- Physical Symptoms
- Physiological Symptoms by Observation
- Physiological Symptoms by Interrogation

1. Psychological Symptoms
2. Socio-Economic Symptoms

The criteria for the determination of the *Deha Prakriti* were set on the basis of presence or absence of the above features in an individual. After the determination of *Deha Prakriti* of all the individuals, Blood Grouping of all these individuals was also done by using slide method.

## OBSERVATIONS

After examine the *Prakriti parikshan* and Blood Grouping of all the two hundred individuals, a chart was prepared in which different *Deha Prakriti* were shown according to number of different blood groups in different *Prakriti*. A detail of the study shown as follows -

Sl. No.	Blood Group	VatajaPrakriti	%Age	PittajaPrakriti	%Age	KaphajaPrakriti	%Age	Total
1.	O+ve	10	25%	44	39.2%	11	22.9%	65
2.	A+ve	11	27.5%	16	14.28%	08	16.6%	35
3.	B+ve	15	37.5%	36	32.14%	12	25%	63
4.	AB+ve	03	7.5%	11	9.8%	12	25%	26
5.	O-ve	01	2.5%	02	1.78%	01	2%	04
6.	A-ve	-	-	02	1.78%	01	2%	03
7.	B-ve	-	-	01	0.9%	02	4.1%	03
8.	AB-ve	-	-	-	-	01	2%	01
9.	Total	40	20%	112	56%	48	24%	200

Table No. 1: Showing distribution of *Deha Prakriti* in relation with Blood Groups

From the above data, it was found that maximum number of individuals of *Vataja Prakriti* has Blood group B+ve which is 37.5%. Maximum numbers of *Pitaja Prakriti* individuals have blood group O+ve which is 39.2% and maximum numbers of *Kaphaja Prakriti* individuals are distributed

equally among blood groups B+ve and AB+ve about 25% each.

After developing the relationship between *Deha Prakriti* and Blood Groups, further study designed to find out the relationship of *Deha Prakriti* and Blood Groups with different diseases. The results of which is mentioned in below tables –

Diseases	VatajaPrakriti (40)	PittajaPrakriti (112)	KaphajaPrakriti (48)	Total (200)
Psychological Disorders	08	21	06	35
ENT Disorders	04	10	02	16
Skin Disorders	06	28	02	36
Cardio-vascular Disorders	05	12	09	26
Respiratory Disorders	08	30	20	58
Gastro-intestinal Disorders	11	58	16	85
Urinary Disorders	02	05	-	07
Sexual Disorders	02	03	02	07
Muscle, Bone, Joints Disorders	14	08	03	25

Table No.2 Showing the relationship of DehaPrakriti with Diseases

Diseases	O+	O-	A+	A-	B+	B-	AB+	AB-	Total
Psychological Disorders	10	-	03	-	14	01	07	-	35
ENT Disorders	05	-	05	-	06	-	-	-	16
Skin Disorders	11	01	07	-	10	01	06	-	36
Cardio-vascular Disorders	06	01	05	-	07	01	06	-	26
Respiratory Disorders	11	02	13	02	24	-	06	-	58
Gastro-intestinal Disorders	45	01	12	01	16	-	10	-	85
Urinary Disorders	02	-	01	-	04	-	-	-	07
Sexual Disorders	03	-	01	-	03	-	-	-	07
Muscle, Bone, Joints Disorders	04	-	11	-	06	-	04	-	25

Table No.3 Showing the relationship of Blood group with Diseases

### CONCLUSION

The maximum numbers of Vataj Prakriti People were seen prone to disorders of muscle, bone and joints which were fourteen out of total forty individuals, maximum number of Pittaj Prakriti People were seen prone to gastrointestinal disorders which were fifty eight out of total one hundred and twelve individuals and maximum number of Kaphaj Prakriti People were seen prone to respiratory disorders which were twenty out of total forty eight individuals.

Maximum Individuals of Blood Group O+ve were seen prone to gastrointestinal disorders which were forty five out of total

sixty five cases. Maximum individuals of Blood Group A+ve were seen prone to respiratory disorders which were thirteen out of total thirty five cases. Maximum individuals of Blood Group B+ve were also seen prone to respiratory disorders which were twenty four out of total sixty three cases and maximum individuals of Blood Group AB+ve were seen prone to gastrointestinal disorders which were ten out of total twenty six cases.

According to above mentioned results obtained, it is found that there is definite positive relationship between Deha Prakriti and Blood groups.

Another result must be drawn that *Pita Prakriti* individuals and O+ve blood group individuals are found more prone to the gastrointestinal disorders and also *Kapha Prakriti* individuals and B+ve blood group individuals are more prone to respiratory disorders. And this present study also showed that maximum numbers of individuals of *Pita Prakriti* have O+ve Blood Group and maximum numbers of individuals of *Kapha Prakriti* have B+ve Blood Group.

A good health can be achieved by following different proper *Ahar* and *Vihar* for different *Deha Prakriti* and different Blood Groups described in the present study.

It is too early to give definite conclusions regarding the relationship between *Deha Prakriti* and Blood Group as it was a very primary work and the numbers of cases of this study were also very limited. In-spite of these limitations, this research work gave a ground to lay out a well-organized team work project so that one may find out further relationship of *Deha Prakriti* and Blood group.

#### REFERENCE

1. B. Mishra, Bhava Prakasha, Purvakhanda, 11<sup>th</sup> Edition, 5/13, pp 108.
2. Ambikadatta Shastri, Sushruta Samhita, 2015, Sharira Sthana, 4/62, pp 49
3. Tripathi B, Charaka Samhita, 2010, Vimana Sthana, 8/95, pp 758
4. Tripathi B, Charaka Samhita, 2010, Indriya Sthana 1/5, pp 987
5. Tripathi B, Charaka Samhita, 2010, Vimana Sthana 8/95, pp 758
6. Tripathi B, Charaka Samhita, 2010, VimanaSthana, 8/96-99, pp759-761

7. K. Sembulingam, Medical physiology, 6<sup>th</sup> edition, chapter 2<sup>n</sup>, pp140-142

#### CORRESPONDING AUTHOR

Dr VikramVir Bhushan  
Associate Professor, Department of Kriya Shareer, A.A.C.H, Sirsa (Haryana)  
Email: vikram\_127@yahoo.com

Source of support: Nil,

Conflict of interest: None Declared

#### Cite this article as

Vikram Vir Bhushan: Relation Between Deha Prakriti and Blood Group  
ayurpub 2016;I(4):203-207