



“Assessment Of Prakriti In Sandhigata Vata W.S.R. To Preventive Concept – A Review Article.”

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ABSTRACT:

“Every person is unique and should be treated as such; the universe has as many variants as there are variances in human beings.” Ayurveda places a strong emphasis on giving up material belongings in order to prioritize safeguarding one's physical health. Customized and preventive care was first introduced by The Sanskrit word *prakriti* means "knowledge." Ayurveda offers a Personalized strategy for *vyadhi* treatment and health maintenance. *Pitta*, *Kapha*, and *Vata* are the three main *doshas*. Three fundamental *prakriti* types exist, each named after a dominant *dosha*, determined by the other *doshas*' relative significance. These are the *vata*, *Pitta* and *Kapha*. According to some, the *prakriti* is decided upon during conception by the mother's dietary habits, way of life, and the conditions in the womb. The Etiology of these two types of OA differ, although they both have similar symptoms. Bones rubbing against each other is a result of cartilage degradation in joints, which occurs in both primary and secondary OA. Osteoarthritis, with a frequency of 22%–39% in India. According to *acharya charaka sandhigata vata* is known as *sandhigata anila* which is a *shotha* of the joint and feels like a air filled bag which can be called as *vatapurna druti sparsha* and *veadana* during movement of the joint on *prasarana* and *akunchana*.

INTRODUCTION:

This portion of the study Introduces knowledge of *Prakriti* and *sandhigata vata* and outline of the study for current research work. The fluctuation of *doshas* is also influenced by posture during cohabitation. The *doshas* will be in their right positions and aid in fertilization to produce healthy offspring if cohabitation is carried out in the posture indicated. The two seasons in which *doshas* experience *vridhi* and *kshaya* due to the influence of these seasons are *adana* and *visarga*.

Therefore, the season has a significant impact on the *doshas* at the moment of fertilization. The organic fluctuation of *doshas* in the body, which affects *sukra* and *shonita*, is also caused by the parents' ages. Routines of the mother before and after cohabitation, as well as during the menstrual cycle. In *Ayurveda*, *prakriti* is the one factor that decides the diagnosis and prognosis of an illness. *Acharya Charak* talked about a number of elements that affect the intensity of a sickness (*sadhya-asadhyata*), and one of those factors is *prakriti*. *Vyadhi*

is challenging to treat if the nature of the illness and the affected person's *prakriti* are the same (*kruchsadhya*). For example, treating *kaphaja vyadhis* in *kapha prakriti* individuals can be challenging. In a similar way treating *rajasika* and *tamasika prakriti* patients with *manasa vikaras* might be challenging.

METHODOLOGY:

Ayurvedic medicine is a well-respected discipline with timeless tangible principles that have been accepted by ancient scientists following thorough testing and re-examination. Therefore, it is imperative that the principles of *ayurveda* be validated using comprehensive scientific research technique in the modern day. We carried out an observational, cross-sectional study in order to carry out this research. This study aims to investigate the link between *sandhigata vata* and *Prakriti*. The ayurvedic classics, including the *Laghutrayees* (*Madhav Nidan*, *Sharangdhar Samhita*, and *Bhavprakash*) and the *Brihatrayees* (*Sushrut Samhita*, *Charaka Samhita*, and *vagbhata*), in addition to other classics and commentaries, were consulted for this study.

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