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Relation between Prakriti and Mental Health: An Observational Study

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ABSTRACT

Introduction: Mental Health issues are the chief reason of many health diseases. The list of health problems ranges from anxiety, heart diseases, hypertension, diabetes. Ayurveda cleaves up the population on the basis of the *Prakriti*. There are seven types of *Prakriti*. All the *Prakriti* has a different psychosomatic combination. *Prakriti* of an individual can be evaluated with the help of the traits that are explained in ancient Ayurveda literatures. The evaluation of *Prakriti* can be helpful in knowing the Mental Health Status (MHS) of an individual and lastly helping them to maintain Mental Health Status and keep Mental Health issues away.

Aim and Objective: The aim of the study was to see the relationship between *Prakriti* and Mental Health Status.

Material and Methods: Questionnaire of Mental Health Inventory and *Prakriti* were distributed to 380 educated unemployed youth having age between 21 to 35. *Prakriti* and Mental Health Status was evaluated from the received responses from the respondents. The data was analyzed to see that if there is any relationship between them.

Conclusion: Study shows that in the psychosomatic combination of an individual *KaphaPrakriti* is said to be the most important factor and *Vata Prakriti* is more prone towards negative Mental Health Status. They face more mental issues. The frequency of negative Mental Health Status can be reduced with proper care and management.

Key Words: *Prakriti*, Mental Health, Mental Health Issues, Psychosomatic Combination, Unemployed Youth, Psychosomatic combination, *Panchmahabhuta*

INTRODUCTION

Ayurveda, the Indian traditional medicine system contemplates *Panchmahabhuta* (i.e., *Aakash, Vayu, Jal, Prithvi, Agni*) to be the basic charter of the physical universe comprising human body.¹ These *Mahabhuta* apparent in *Tridhosa* (i.e., *Vata, Pitta* and *Kapha*).² Thought all the three *Doshas* remain in each human being, but the dominancy of one decides the *Prakriti* of an individual. *Prakriti* is determined on the basis of physical, physiological, psychological and behavioral characteristics.³ *Prakriti* of a person decided by genetic and acquired factors. In the genetic factors it is based on *Shukra* (sperm) and *Shonita* (ovum), while acquired factors includes heredity, age, season, race, climate and region.⁴ *Prakriti* is an important notion of Ayurveda which explains individuality. There are seven types of various combination of *Doshas* and the dominancy of *Doshas* form the different type of *Prakriti*. The seven types of *Prakriti* are as follows *Vata, Pitta,*

Kapha, Vata- Kapha, Pitta- Kapha, Vata- Pitta and *Sama Doshas Prakriti*.^{5,6}

Physical and Mental traits of every single *Prakriti* are explained in Ayurveda. The traits of physical *Prakriti* comprise physical attributes as well as psychological attributes.⁷

The capacity to manage mental health status is different in every single person. Mental Health Status (MHS) can differ with the types of *Prakriti*.⁸ This particular study is commenced to see if there is any relation between *Prakriti* and Mental Health Status of a person.

OBJECTIVE OF THE STUDY

Mental Health Status is the main factors for many health issues. If we could be able to guess the Mental Health Status of an individual, we would be able to prevent Mental Health induced diseases. The objective of the study is to assess the *Prakriti* and the Mental Health Status of the volunteers.

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MATERIAL AND METHODS

Population

For the current study (Ethical No. Dean/2020/EC/2334) the Educated Unemployed Youth of Varanasi City were considered, aged between 21 to 35 with total number of 380 sample size.

Sampling Method- In the present study Cluster sampling technique were used.

Assessment of Prakriti- We have taken the *Prakriti* Questionnaire originally developed by Kishor Patwardhan and Rashmi Sharma which is later on modified by Piyush Kumar Tripathi, Kishor Patwardhan from the Dept. of Rachana Sharir, Faculty of Ayurveda and Girish Singh of Dept. of Biostatistics and Community Medicine, Institute of Medical Sciences, Banaras Hindu University, Varanasi. The questionnaire was used as it was available as it was already validated by the authors.

Assessment of Mental Health Status-The questionnaire which was used for knowing the Mental Health status was developed by Dr. Jagdish, Department of Psychology, RB-SPG College, Agra and Dr. A.K. Srivastava, Department of Psychology, Banaras Hindu University, Varanasi. The Mental Health status was graded as Very Good, Good, Average, Poor and Very Poor.

Total 380 volunteers were taken and after that *Prakriti* and Mental Health were evaluated by using the collected data. Seven type of *Prakriti* was listed and separated. Mental Health Status of every individual was with their *Prakriti*.

STATISTICAL ANALYSIS

Data was collected in Excel Sheet and analysis was done by using SPSS (Statistical Package for Social Sciences) Version 23.0 Software.

RESULT

Total number of 380 were taken out in which 204 are Male respondents and 176 are Female respondents. The number of *Vata Prakriti* respondents are 220 and *Pitta Prakriti* respondents are 39 while the *Kapha Prakriti* have 46 respondents. Talking about the subject who have dual *Prakriti*, there are 32 respondents of *Pitta- Kapha*, *Vata-Kapha* had 09 number of respondents and *Vata- Pitta Prakriti* had 22 respondents. Talking about *Sama Prakriti* it had 12 respondents.

Table 1: Type of Prakriti and Number of Respondents

S. no.	Prakriti	Numbers	Percentage
1.	<i>Vata</i>	220	57.9%
2.	<i>Pitta</i>	39	10.3%
3.	<i>Kapha</i>	46	12.1%
4.	<i>Vata- Pitta</i>	22	5.8%
5.	<i>Pitta- Kapha</i>	32	8.4%
6.	<i>Vata- Kapha</i>	9	2.4%
7.	<i>Sama (VPK)</i>	12	3.2%

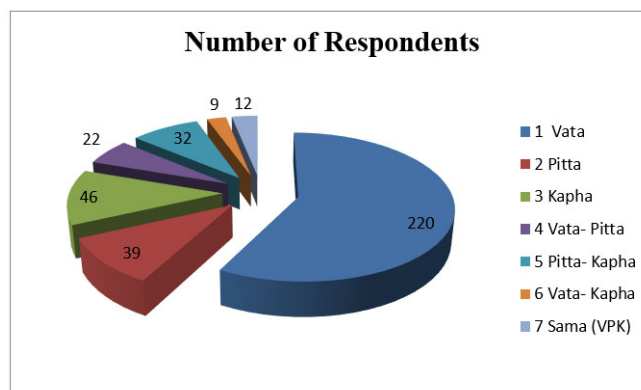


Figure 1A: Number of Respondents of Mental Health Status (MHS) in the Population.

Total 380 respondents taken participation in the study.(Table 1 and figure 1A). The total number of respondents in *Vata Prakriti* was 220, *PittaPrakriti* has 39 and *KaphaPrakriti* has 46. When we talk about Dual *Prakriti* people i.e., *Vata- Pitta*, *Pitta- Kapha* and *Vata- Kapha* were 22, 32, 09 respondents respectively. People with *SamaPrakriti*(*Vata, Pitta&Kapha*) were 12 number of respondents.

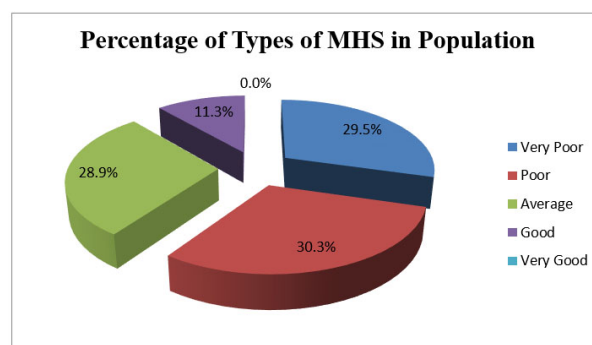


Figure 1B: Percentage of type of Mental Health Status (MHS) in the Population.

There are 112(29.5%) candidates having Very Poor Mental Health Status (MHS) ,115 (30.3%) candidates have Poor Mental Health Status and 110 (28.9%) respondents have Average MHS and there are no respondents having Very Good Mental Health Status. (Figure 1B)

Table 2: Prakriti wise Distribution of Respondents with Good Mental Health Status(MHS)

Prakriti	Total Number of Respondents with Good MHS	Total Percentage of Respondents with Good MHS
Vata	0	0
Pitta	0	0
Kapha	37	80.4
Vata- Pitta	0	0
Pitta- Kapha	3	9.4
Vata-Kapha	1	11.1
Sama(VPK)	2	16.7
Total	43	100

The above table shows the *Prakriti* wise distribution of respondents with Good Mental Health Status(MHS).

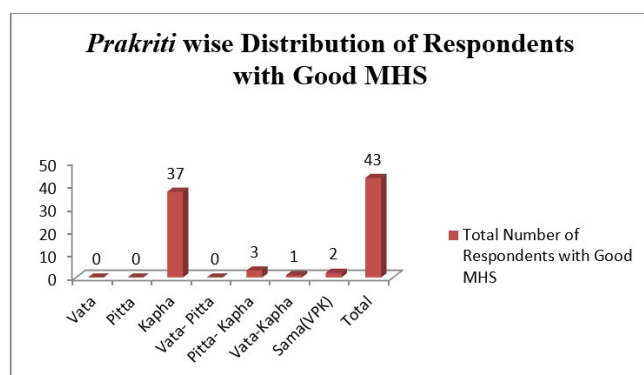


Figure 2A: *Prakriti* wise distribution of respondents with Good Mental Health Status (MHS).

Table no. 2 and fig. no. 2(A) portrays that out of 380 only 43 participants had good Mental Health Status. There is only one participant with *Vata- Kapha Prakriti* had Good Mental Health Status. There are no single respondents with *Vata, Pitta* and *Vata- Pitta Prakriti* had good Mental Health Status. The highest number of respondents was from *Kapha Prakriti*. The number of *Pitta- Kapha* and *Vata- Kapha Prakriti* was 3 and 1 respectively. 2 respondents with *Sama Prakriti (VPK)* had Good Mental Health Status.

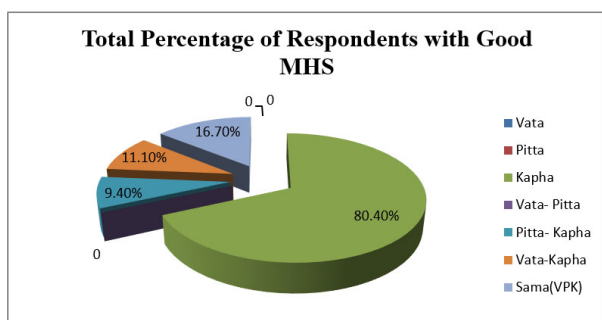


Figure 2B: Percentage of Respondents with Good MHS.

Figure number 2B shows that *Kapha Prakriti* individual comprises 80.40% of the group, *Sama Prakriti* people have 16.70%, *Vata- Kapha Prakriti* people have 11.10% and *Pitta- Kapha Prakriti* have 9.40% of people having Good MHS.

Table 3: Prakriti wise Distribution of Respondents with Average Mental Health Status(MHS)

Prakriti	Total Number of Respondents with Average MHS	Total Percentage of Respondents with Average MHS
Vata	14	6.4
Pitta	38	97.4
Kapha	7	15.2
Vata- Pitta	8	36.4
Pitta- Kapha	29	90.6
Vata-Kapha	6	66.7
Sama(VPK)	8	66.7
Total	110	100%

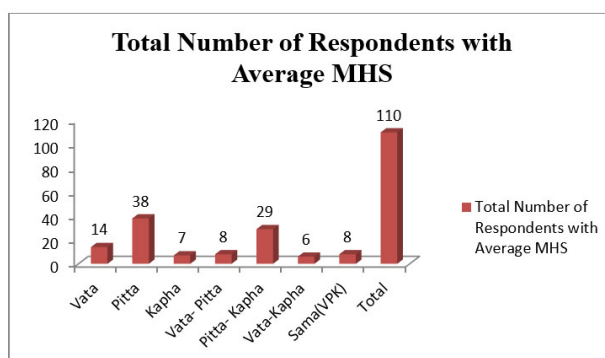


Figure 3A: Total Number of Respondents with Average MHS.

Table no. 3 and fig no. 3A Depicts that out of 380respondents total 110 respondents had Average Mental Health Status (MHS). 14, 7, 8 respondents with *Vata, Kapha* and *Vata- Pitta Prakriti* had Average MHS. The highest number of respondents with Average MHS was from *Pitta Prakriti* with 38 in number. The count of *Pitta- Kapha Prakriti, Vata- Kapha* and *Sama Prakriti* was 29, 6 and 8 respectively who had Average MHS.

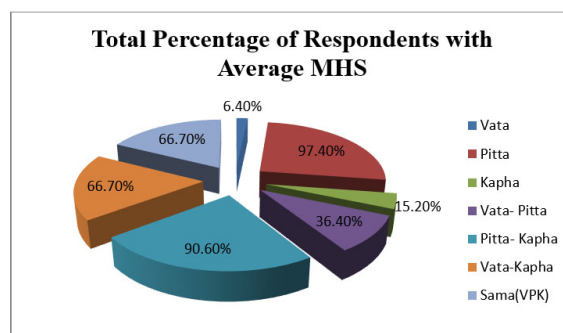


Figure 3B: Percentage of Respondents with Average MHS.

Fig. no. 3B shows that *Vata*, *Kapha* and *Vata- Pitta Prakriti* individual comprises 6.40%, 15.20% and 36.40% respectively of the group, *Pitta Prakriti* had highest people 97.40% in the group, *Pitta- Kapha Prakriti* people are 90.6% and *Vata- Kapha Prakriti* people are 66.70% in the group. 66.70% people with Average MHS had *Sama Prakriti*.

Table 4: Prakriti wise Distribution of Respondents with Poor Mental Health Status(MHS)

Prakriti	Total Number of Respondents with Poor MHS	Total Percentage of Respondents with Poor MHS
Vata	101	45.9
Pitta	1	2.6
Kapha	1	2.2
Vata- Pitta	9	40.9
Pitta- Kapha	0	0
Vata-Kapha	10	11.1
Sama (VPK)	2	16.7
Total	115	100%

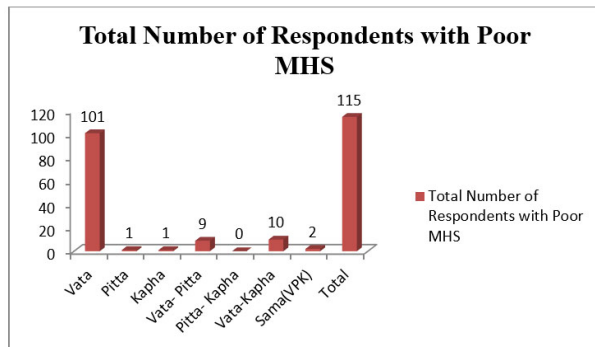


Figure 4A: Total Number of Respondents with Poor MHS.

Table no. 4 and figure no. 4A shows that out of 380 respondents 115 respondents had Poor MHS. 101 respondents with *Vata Prakriti* had poor MHS. *Pitta*, *Kapha* and *Vata –Pitta* had 1,1 and 9 respondents respectively. 10 respondents with *Vata- Kapha* and 2 respondents with *Sama Prakriti* had Poor Mental Health Status(MHS).

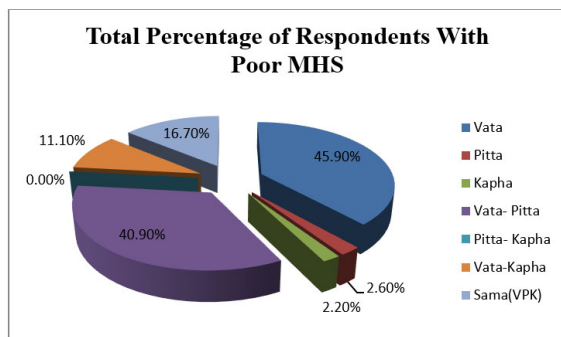


Figure 4B: Percentage of Respondents with Poor MHS.

Figure no.4B shows that *Vata Prakriti* had highest respondents having Poor MHS. *Pitta Prakriti* people are 2.60% and *Kapha Prakriti* have 2.20% people in the group. *Vata- Pitta Prakriti* people are 40.90% in the group. No respondents with *Pitta – Kapha Prakriti* is said to have Poor MHS. 11.10% and 16.70 % people with poor MHS had *Vata- Kapha* and *Sama Prakriti* respectively.

Table 5: Prakriti wise Distribution of Respondents with Very Poor Mental Health Status(MHS)

Prakriti	Total Number of Respondents with Very Poor MHS	Total Percentage of Respondents with Very Poor MHS
Vata	105	47.7
Pitta	0	0
Kapha	1	2.2
Vata- Pitta	5	22.7
Pitta- Kapha	0	0
Vata-Kapha	1	11.1
Sama(VPK)	0	0
Total	112	100%

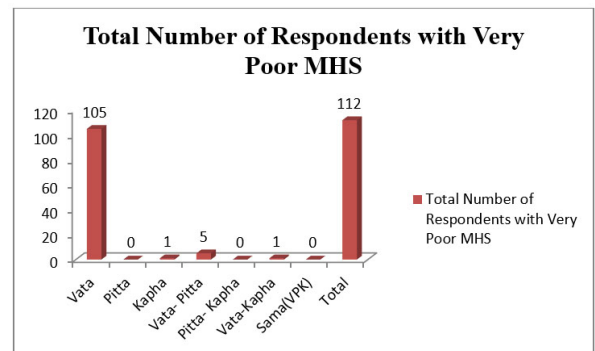


Figure 5A: Total Number of Respondents with Very Poor MHS.

Table no. 5 and figure no. 5A shows that out of 380 respondents 112 respondents had Very Poor MHS. 105 respondents with *Vata Prakriti* had Very Poor MHS. 5 respondents with Very Poor MHS had *Vata- Pitta Prakriti*. While *Kapha* and *Vata- Kapha Prakriti* had 1,1 respondents in the group. *Pitta* and *Sama Prakriti* had zero respondents in the group.

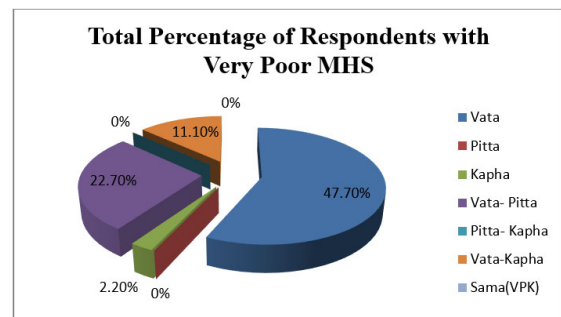


Figure 5B: Percentage of Respondents with Very Poor MHS.

The above diagram (figure 5B) shows that there are no respondents with *Pitta* and *Sama Prakriti* said to have Very Poor MHS. *Vata Prakriti* people are 47.70% and *Kapha Prakriti* people are 2.20% in the group. 22.70% people with Very Poor MHS had *Vata- Pitta Prakriti* and 11.10% people had *Vata- Kapha Prakriti*.

DISCUSSION

Mental Health issues are inescapable factor of life. One must be knowing the management of it. When the mental status is disrupted homeostasis of hormones as well as important components of (*Doshas*) the body also disrupted. Health issues like Heart diseases, Migraine, Hypertension, Anxiety, Diabetes are ill mental health induced problems. The Psychosomatic combination of an individual explains his/her psychological and physical traits.⁹⁻¹²

The psychological traits of *Vata Prakriti* person are unstable, impatient, violent. The person of *Vata Prakriti* have talkative in nature and experiences anger, irritability, intolerance for cold things, lesser strength. Their sleeping pattern is not good enough and there mind is never steady.¹³⁻¹⁶

Pitta Prakriti people are radiant, brave and sharp physical strength. They are intolerance for hot things, it is not easy to defeat them easily. They are unsparing to negative people while they behave softly to good people. These individuals have highly intellectual and middling strength. They are mighty and short-tempered.¹⁷⁻¹⁹

The psychological manifestation of *Kapha Prakriti* individuals are that they are slow in action, they never get very much depressed. These types of people are patients, hardworking and never get angry. They easily forgive and soft in nature and voice. Generally characterized with pleasing appearance, happiness in the face, stability of the body and decent. They also have good sleeping pattern.²⁰⁻²²

The individual having dual *Doshas Prakriti* have psychosomatic manifestation of both the *Doshas*. The dominant *Dosha* in dual *Dosha Prakriti* has more influence on their psychological and physical attributes of an individual. While people having *Sama Prakriti* had characteristics of all the three *Doshas*. Because of their manifestation *Kapha* and *Sama Prakriti* are said to be the good *Prakriti* in all types of *Prakriti* as they are capable in coping all the psychological distress easily in comparison to others.²³⁻²⁵

The individual who has dominance of *Kapha* are psychologically strong. Their soft, patient and tolerance nature make them strong enough to face difficult situation. When an individual has dominance of *Kapha Dosha* in their combination, they can handle mental health issues very well. Their quality of having good sleep also assist them to maintain hormone levels so they abide calm, less mental health issues, stress.²⁶⁻²⁸

The people having dominance of *Pitta Dosha* are brave enough and intellectual. This quality in this individual makes them confident enough for facing the challenges. While *Vata Dosha* dominant individual are psychologically impatient and unstable and intolerance.²⁹ Due to these factors, an individual with *Vata* dominant *Prakriti* is bad in facing the mental stress and having poor mental health status. But if an individual has *Kapha* dominant *Vata- Kapha Prakriti*, the individual gets the benefits of *Kapha* in Mental Health Status(MHS).

The respondents for the present study are educated unemployed youth of Varanasi City. Being educated and having no job hits the mental level of youth very badly. Hence, nobody came under the category of Very Good Mental Health Status(MHS). People having *Vata Prakriti* are more in this sample.

Total 59.80% people had Poor Mental Health status had either *Vata* or *Vata- PittaPrakriti*. An individual with *Kapha* dominated *Prakriti* had Good MHS.

28.90%people had Average MHS had *Pitta* or *Pitta- Kapha Prakriti* dominated *Prakriti*. *Pitta* and *Kapha* dominated individual were highest number in Average MHS. The group of *Pitta- Kapha Prakriti* people was on second number in the group. An individual having *Vata* dominated *Prakriti* is least in the *Dwandaj* (Duel) *Prakriti* group with Average MHS. The *Pitta- Kapha Prakriti* person assessed themselves as Average in MHS.

Total 11.30% individual had Good MHS had *Kapha* dominated *Prakriti*. *Kapha Prakriti* had highest number of people having Good MHS. The group of *Sama Prakriti* have second number in the group. There is no single individual with *Vata* dominated *Prakriti* had Good MHS.

Interestingly, The Good MHS group had a dominance of *Kapha*, the Average MHS had dominance of *Pitta* and the Poor MHS had dominance of *Vata Prakriti*.

The psychosomatic manifestation of *Vata Dosha* characterized with bad MHS. Precised systematic conditions need heedful meticulous like Anxiety, Hypertension, Renal and Respiratory diseases, heart diseases.³⁰⁻³² Many studies related to this are available.³³⁻³⁸

CONCLUSION

Anxiety Test, IQ Test and many psychological test are customary assessment tool in our society which are used since many years. If the individual's *Prakriti* is assessed at early age, we can able to get a hint regarding their Mental Health status (MHS). Maintaining their MHS is very important in this modern developing world. The youth is under massive mental health problems due to their job,

education and carrier. By conducting the *Prakriti* assessment, we can able to steer clear of Mental Health related issues.

Scope for further study:

For more accurate results one can give a try with bigger sample size.

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Conflict of Interest: None

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Authors' Contribution:

Jyoti Yadav, the corresponding author has done the review of the literature with collection and analysis of the data. She has also prepared the result and reported the findings.

Dr. K.N. Singh has designed and supervised the study.

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