



SURVEY STUDY ON COLLATION OF DEHA PRAKRUTI AND JANMA RASHI PRABHAV FROM BHRUGU SAMHITA WITH SPECIAL REFERENCE OF CHARAK SAMHITA

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ABSTRACT

Vedic period is called the 'Knowledge Era' as it is believed that all the knowledge one looks for in this World, is in the four Vedas: Rig Veda, Yajur Veda, Sama Veda and the Atharva Veda. In the Veda's (the holy scripts of the Hindu religion) we can find descriptions of the methods of Vedic astrology as well as Ayurvedic healing. Some basic principles of both sciences (astrology and Ayurveda) are same to correlate them. Prakruti means characters or nature. It is an important and unique concept of Ayurveda. Rashi is also denote human characters which is also a different view to zoom out characters of human being. Ayurveda guides us on how to live healthy and also helps us understand our body well. Vedic astrology, on the other hand, helps us to understand our destiny and the factors which affect our emotions and character. This study gives us ground to put extra step on grappling of diseases from its advance stage. This is also come under primordial prevention according to W.H.O.

KEYWORDS:- Deha Prakruti, Astrology, Rashi characters.

INTRODUCTION

Some scholars consider Ayurveda to be the fifth Veda. Ayurveda emphasizes on the understanding of your body type or Doshas (Whether Kapha, Vata or Pitta) and following a lifestyle conducive to that. It follows a simple principle of keeping diseases at bay with the help of natural herbs and corrects diet.

Rig Veda also introduced the world to Astrology (Jyotish Vidya). 'Jyotish', the science of light, tells about the planetary movements and its effect on the personality traits of a man. Each of the nine planets that affect the individual's health, correspond to certain organs or body parts. If the planets are placed in a benefic position on the birth chart, they will spell health and if in malefic position, they can cause diseases or injuries.

Thus, both Ayurveda and Astrology are interrelated and should be understood together to understand the problems arising in a body (Astrology) and how to follow the correct lifestyle so as to reduce a disease to the minimum (Ayurveda).

Well known statement, that Ayurveda is Upveda of Atharvaveda. Ayurveda treats with Daan (presenting), Svastyayan (blessed), Bali (to present), Mangal (worship), Homa, Niyam, Prayashchita (atonement), Upavaas (fasting) and Mantra (mantra chanting) etc. to cure Ayu of all. It is mentioned in Sutrasthana of Charak Samhita.^[1]

Prakruti means characters or nature. It is an important and unique concept of Ayurveda. According to this, every individual is different from other. Their size and shapes are different, even physiological and psychological characters are also different. The Deha Prakriti is essentially genetically determined and likely to be influenced by a variety of environmental factors to some extent. Prakriti is formed at the time of Shukra Shonita Samyoga.^[2]

Like-wise person's Kundali also fixed at the time of birth on the position of planets and stars in the galaxy. Kundali determines Rashi (zodiac sign). In astrological texts, Rashi shows everything about one's characters, physiological, psychological and future too.

In Astrological Samhita mentioned that 12 moon signs (Rashi) are Panchbhautika. Which results that Rashi and Ayurveda Prakruti related with each other-

Table no. 1: Relation between Prakruti, Rashi and Mahabhuta.

Prakruti	Rashi	Panchabhautic Component
Vata	Mithun, Tula, Kumbha	Vayu
Pitta	Mesh, Simha, Dhanu	Tej
Kapha	Karka, Vrishchik, Meen, Vrishabh, Kanya, Makar	Aap, Prithvi

Formation of Vyadhi in the body needs favourable condition of Dushya (Dosha), Prakriti (Vata, Pitta and Kapha), Desha (Bhumi and Shaeera) and kala (Samvatsara and Avasthik). These four are more nearly factors that are responsible to create the disease in the body according to Ayurveda. It is known as mentally and physically disturbance of the person.

Aim

To access the correlation of Deha Prakruti and Janma Rashi Prabhava with the help of Charaka Samhita and Bhrugu Samhita.

Objectives

- Compile all the references about Panchamahabhauta and Prakruti relations from Charaka Samhita and Bhrugu Samhita including many more astrological Samhita for literature work.
- Survey study done by comparing Deha Prakruti and Janma Rashi in 360 volunteers.

MATERIALS AND METHODS

Survey study done with 360 volunteers age of 20 years till 70 years having both gender. 30 volunteers of each 12 rashi included. This study play role in two parts- one to determine prakriti characters and second to evaluate Rashi characters. Volunteers should be able to determine their own prakriti. They should be fit in healthy human definition. For second portion of survey they should know their exact date of birth, time of birth and place of birth to examine their Janma Rashi with the help of Astrosage mobile application.

Statistical methods: Percentile method is followed in present survey study.

RESULTS

1. Age wise distribution

Age Group	No of Volunteers
20-30	96
31-40	94
41-50	80
51-60	78
61-70	12
Total	360

2. Gender wise distribution

Gender	No. of Volunteers
Male	136
Female	224
Total	360

3. Prakruti wise distribution

Prakruti	No of Volunteers
Vata- Pittaj	55
Pitta- Vataj	53
Vata- Kaphaj	49
Kapha- vataj	76
Pitta- Kaphaj	56
Kapha- Pittaj	71
Total	360

4. Rashi wise distribution

Rashi/Prakriti	Vata-Pitta	Pitta-Vata	Vata-Kapha	Kapha-Vata	Pitta-Kapha	Kapha-Pitta
Mesha	5	12	0	1	10	2
Vrishabh	1	1	3	10	6	9
Mithun	14	2	10	3	1	0
Karka	1	0	1	12	3	13
Singha	2	12	1	1	11	3
Kanya	2	2	5	9	5	7
Tula	12	2	11	3	1	1
Vrishchika	0	1	2	14	3	10
Dhanu	3	13	0	1	11	2
Makar	1	2	3	11	2	11
Kumbha	13	6	8	2	1	0
Meen	1	0	3	9	2	15

Presenting survey study is having following findings

- Mithuna, Tula and Kumbha Rashi, which is Vayu Mahabhuta dominant, resembles Vata Prakruti dominant characters according to Ayurveda.
- Mesha, Singha and Dhanu Rashi, which is Agni Mahabhuta dominant, showing Pitta Prakruti dominant characters according to Ayurveda.
- Vrishabha, Kanya and Makara Rashi, which is Pruthvi Mahabhuta dominant, resembles Kapha Prakruti dominant characters explained in Ayurveda.
- *Karka, Vrishchika and Meen Rashi*, which is *Jala Mahabhuta Rashi*, resemble *Kapha* dominant *Prakruti* characters in *Ayurveda*.

Characters correlation between Prakruti & Rashi from bhrugu samhita^[2]

Prakruti	Rashi	Charak samhita	Bhrugu samhita	English meaning
Vataj	Mithun	चल जर्जरस्वरा	चललोचनः छिन्नवाक	Movable eyes Slurred speech
	Tula	चल अपचित शरीर	चलशरीर कृशशरीर	Movable body Lean body
	Kumbh	गमीनश्च भावन्ति अल्पसाधन	अध्वसहो अल्पवित्त	Can bear long walking Financially less
Pittaj	Mesh	तीक्ष्ण पराक्रमाः तैक्ष्ण्य	शूरः पावकी	Brave Sharp
	Singh	तैक्ष्ण्य क्लेशासहिष्णवो	क्रोधी कुपित अति कार्ये	Angry Irritated on more physical work
	Dhanu	अवदातगात्राः तीक्ष्ण पराक्रमाः	तेजवान साहसी	Lustered skin Brave
Kaphaj	Vrushabh	स्थिरशरीराः श्लक्ष्णत्वाचलक्षणङ्गाः	दीर्घ शरीर पृथुउरुवक्त्र	Stout body Broad chest and face
	Kark	गुरुत्वात् वसुमंतो	स्थौल्य समित्रो	Fatty Friendly natured
	Kanya	साराधिष्ठितावस्थितगतयः श्लक्ष्णत्वाचलक्षणङ्गाः	चारुवीक्षण गति श्लक्ष्ण	Gentle walk Smooth body
	Vrushchik	स्निग्धस्वर विद्यावंतो	सौम्यस्थो ब्राह्मणो	Polite Intelligent
	Makar	उपचितपरिपूर्णसर्वाङ्गाः विद्यावंतो	सुभग ग्रहीत वाक्यो	Well-built body Good memory
	Meeen	आयुष्मन्त ओजस्विनः	धनी सत्त्वगुणाढ्य	Rich Lustered

DISCUSSION

- *Prakruti* is formed at the time of *Shukra* and *Shonita* union in accordance to attributes of predominant *Dosha*. These *Dosha* predominance is in normal state and not an aggravated.^[3]
- *Prakruti* is initially of two types:
 - *Doshaja* (due to predominance of *Dosha*)
 - *Gunaja* (due to reflection of Psychological effects)

- *Doshaja Prakruti* is of 7 types^[4]
 1. *Vataja*
 2. *Pittaja*
 3. *Kaphaja*
 4. *Vata- Pittaja*
 5. *Vata- Kaphaja*
 6. *Pitta- Kaphaja*
 7. *Vata- Pitta- Kaphaja*

- *Jyotish* is which originate from word ‘*Jyoti* (light)’. The things which originate *Jyoti* is called *Jyotishka*. Sun, moon, and infinite stars are *Jyotishka*. In the Indian scriptures, *Jyotish Shastra* is one of the six disciplines required for the proper understanding of the *Vedas*, which are known as the *Vedangas*. *Shiksha* (Study of Phonetics), *Kala* (Study of the Rituals), *Vyakarana* (Study of Grammar), *Nirukti* (Study of Etymology), *Chhanda* (Study of Meter) and *Jyotisha* (study of sun and another planet).
- In *Prashnaratnateeka 5 Skandha* mentioned but only 3 named are seen there. *Hora*, *Samhita*, *Prashna*, *Siddhanta* and *Shakuna*.
- In *Bhrugu Samhita Rashi* characters are explained. Some *Sanskrita* words of *Prakriti* characters same as *Ayurveda* and some *Sanskrita* word’s meaning are resemble with *Ayurveda prakriti* characters.
- The main function of medical astrology is to provide an indication as to whether the cosmic influences extant at the time of an illness are likely to be advantageous or disadvantageous to the sufferer, and thus the:
 - Likely severity of the particular disease
 - Likely duration of the disease
 - Probable eventual outcome of the disease, and
 - Additional means that might be employed by a Physician to counteract the disease and thus facilitate the restoration of the patient's health.

CONCLUSION

- This study reveals characters of *Deha Prakruti* form *Charka Samhita* is very related and resembled with *Rashi* characters from *Bhrugu Samita*. In *Astrology* and *Ayurveda* basics are resembled with each other, as *Panchamahabhauta*, prognosis of disease, type of

treatments etc. Ayurveda and Astrology walk together holding hand in hand on this basis for the better grappling of disease before it symptomizes in body.

- In some Rashi characters mentioned by same words have been used to denote specific characters in Ayurvedic Samhita. As- Eyes shapes, joints visibility and strength, desirous and undesirous, diseases prone, Manasika Guna, complexions, temperament, mental characters etc.
- After this study we will have ground to put extra step on grappling of diseases from its advance stage. This is also come under primordial prevention according to W.H.O.
- **Diagnostic approach-** After this study diagnosis of disease can found by declaring Rashi of individual in which Doshadhikiya also mentioned. As- in Mesha Rashi Vatadhikya, Vrishabha Rashi Shleshmadhikya, Mithun Rashi Anili etc. are seen. Rashi declares at the time of birth like-wise Prakruti is also declared at the same time. By knowing this we can say diseases going to be affect in future. For the precautionary purpose we will able to take person devoid from causes of diseases mentioned in Kundali before it is symptomized and can grapple from advanced stage.
- **Treatment approach-** By knowing about future diseases of individual treatment parts make easy for Vaidya. Dinacharya, Rutucharya and Ratricharya are best part explained in Ayurveda to make our life style better and treatment of futured diseases going to be affect. Like-wise Astrology treatments Nakshtra Vrukhsa, Graha Vruksha, Ratna related with Graha, Rashi and Nakshatra are play important role by using in the form of Bhasma for intake, garlands or Darshana of Vruksha and Panchanga use for intake, Ratna or God related with Rashi, Graha and Nakshtra.
- To fulfill all the angles of Ayurveda this study will help in advance stage.

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