

ASSESSMENT OF ROLE OF PRAKRITI IN THE PREVALENCE OF COVID - 19: A CASE STUDY

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Article Received date: 14 September 2024

Article Revised date: 04 October 2024

Article Accepted date: 24 October 2024



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ABSTRACT

This case study focuses on a single patient who suffered with COVID-19 viral infection. With no definite treatment available, prevention remains the best strategy therefore assessment of disease prevalence become essential. The prevalence of such types of disease also depends upon the *Prakriti* of person. *Prakriti* merely determined by the *Ahara* and *Vihara* of the mother during pregnancy along with other factors. *Prakriti* determines individual's immunity, as well as the onset and progression of diseases. Therefore, understanding an individual's *Prakriti* can help in devising preventive and therapeutic strategies. In this case study, the patient was found to have a predominant *Kapha Dosha*. The patient's initial complaints were recorded, and a detailed *Prakriti* assessment was conducted to understand the relationship between their body constitution and the COVID-19 infection. *Kapha Dosha* predominance associated with phlegm and mucus accumulation, thus patient experienced severe infection. This observation suggested that individuals with *Kapha Dosha* imbalance and *Pitta* predominance are more susceptible to infection like COVID-19.

KEYWORDS: Ayurveda, Prakriti, Infection, Covid-19, Dosha.

INTRODUCTION

The COVID-19, also referred to as the corona-virus pandemic, caused by the severe respiratory syndrome corona-virus 2 (SARS-CoV-2). Coronaviruses caused respiratory and gastrointestinal illnesses and considered life-threatening diseases. It is primarily spread through respiratory droplets, direct and indirect contact with contaminated person or surfaces. Airborne transmission occurs in environments and poorly ventilated spaces. The virus is spread crowded places with close proximity, close contact and confined spaces. Due to the lack of a specific treatment for COVID-19, prevention remains the most effective strategy for avoiding infection. This necessitates collaboration across various medical disciplines to combat the pandemic conditions effectively.^[1-4]

Ayurveda defines good health status in terms of physical, social, spiritual and psychological well-being. Ayurveda gives principle of *Panchamahabhoota*, which describes importance of five basic elements: space, air, fire, water and earth. The interaction between *Trigunas* (*Satwa*,

Rajas, *Tamas*) and *Panchamahabhootas* gives distinct phenotypes of *Doshas* (*Vata*, *Pitta* and *Kapha*). These *Doshas* are responsible for the expression of particular characteristics of individual and *Dosha* predominant specific characteristics referred to as *Prakriti*. Each *Dosha* has specific roles; *Vata* regulates movement, *Pitta* governs energy and *Kapha* controls lubrication. The predominance of *Dosha* and their combinations determines *Prakriti* of individual as depicted in **Figure 1**.^[4-6]

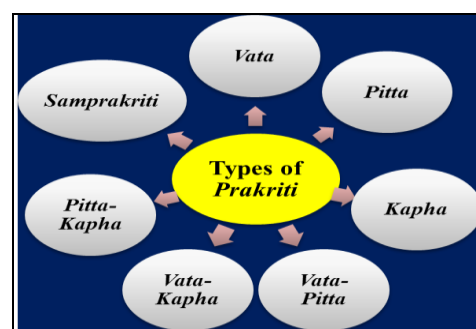


Figure 1: Various Types of *Prakriti*.

As mentioned above amongst the various types of *Prakriti*; *Samprakriti* possess equal proportions of all *Doshas*. *Prakriti* influences physiological and mental state of individual thus also affects susceptibility towards the particular diseases. Studies suggested that susceptibility to chronic diseases vary according to *Prakriti*.^[5]

Ayurveda concept of *Prakriti* and daily routine of disease prevention offers valuable insights in the fight against this pandemic. *Prakriti Pariksha* may help to assess possibility of disease provenance. In the context of COVID-19, understanding of *Deha Prakriti* is very essential. Different *Prakriti* types may influence the incidence of COVID-19 and other related diseases. Understanding of *Prakriti* and *Doshas* predominance helps to assess susceptibility towards the disease. In context of COVID-19, understanding the relationship between specific *Prakriti* types and the incidence of the disease could be extremely valuable for its prevention, management, and treatment. This knowledge could help to prevent the onset of the disease and guide the development of personalized lifestyle and treatment plans. Considering this fact present research was planned in a view to explore possible relationship between *Prakriti* and prevalence of Covid-19.^[5-8]

CASE REPORT

This study was conducted at Sri Sai Institute of Ayurvedic Research and Medicine, Kolar Road, Bhopal (M.P.) India. The patient’s data was collected through the classical and standard approach using a validated *Prakriti* questionnaire.

CASE PRESENTATION

The patient, a 48-year-old male, was earlier diagnosed with COVID-19. His diagnosis was confirmed through a

positive RTPCR test. This patient voluntarily participated in the study and met the inclusion criteria. The patient’s detailed case history and *Prakriti* were assessed through the questionnaire.

Inclusion Criteria

- Previously confirmed COVID-19 diagnosis via RTPCR.

Exclusion Criteria

- Patients unwilling to participate were excluded from the study.
- Patients with other chronic illness that may affect current diagnosis.

Data Collection and Management

The patient was fully briefed about the study, data collection involved a detailed personal interview where the patient’s *Prakriti* was assessed using a structured questionnaire developed for this purpose.

Prakriti Assessment

The patient’s *Prakriti* was evaluated based on the responses provided during the interview. These responses were marked on the *Prakriti* questionnaire case sheet and subsequently analyzed using statistical methods. The assessment aimed to explore the relationship between the patient’s *Prakriti* and the COVID-19 infection.^[5-7]

OBSERVATIONS

Table 1: depicted physical and mental characteristics of patient being investigated for *Prakriti Pariksha*. This assessment was made on the basis of outcome of specific questionnaire and physical observations.

Table 1: Outcome of *Prakriti Pariksha*.

Physical Aspects	Observed Characteristics	Mental Aspects	Observed Characteristics
<i>Body Frame</i>	Heavy, large, solid, well-built	<i>Mind</i>	Calm, steady, slow to react but not easily disturbed
<i>Skin</i>	Thick, oily, cool to touch, smooth	<i>Memory</i>	Excellent long-term memory, slow to learn but retains information well
<i>Hair</i>	Thick, oily, lustrous, often dark	<i>Emotions</i>	Stable, compassionate, patient, forgiving, loving
<i>Eyes</i>	Large, attractive, calm, often light-colored, moist	<i>Behavior</i>	Nurturing, grounded, reliable, can become overly attached or possessive
<i>Teeth</i>	Strong, white, large	<i>Response to Stress</i>	Calm under pressure, but may withdraw or emotionally eat in extreme situations
<i>Voice</i>	Deep, slow, and pleasant	<i>Mental Strength</i>	Strong determination and perseverance, though slow to start new tasks
<i>Appetite</i>	Moderate to low, can go without food easily	<i>Social Traits</i>	Enjoys, prefers deep and lasting relationships.
<i>Digestion</i>	Slow, but efficient; prone to weight gain	<i>Motivation</i>	Needs stimulation to get moving; can become lethargic if not challenged

This table combines both the physical and mental characteristics of person being investigated and concluded predominance of *Kapha Prakriti* and vitiation of *Pitta* symptoms during the infection period.

Outcome

Patient's *Prakriti* was identified as *Kaphaja Prakriti*, suggesting higher susceptibility to COVID-19, consistent with findings that indicate an increased prevalence of the disease in individuals with *Kapha* dominance. The symptoms also aligned with the *Pitta*-related characteristics of heat and metabolic imbalances, indicated disturbance of *Pitta* balance.

DISCUSSION

In this case study a 48-year-old male COVID-19 patient investigated for identifying predominance of *Prakriti*. *Kapha*-dominant *Prakriti* was ruled out, which played a significant role in clinical manifestation of the disease. Ancient Ayurvedic texts describe *Janopadhwamsa* as a pandemics condition that cause widespread destruction of communities can be correlated with disease like COVID-19. For individuals with strong immune systems, COVID-19 is often mild or non-fatal. Person's *Prakriti* can indicate his/her vulnerability to specific illnesses. The individual's *Prakriti* directly influences the body's resistance to infection. The patient's case aligns with Ayurvedic theory, where *Kapha Dosha* is associated with metabolism, thermoregulation and immune response. People with *Kapha & Pitta* dominance often experience inflammatory responses and have a heightened sensitivity to heat and infection. Understanding the *Prakriti* helped in providing personalized advice on diet and lifestyle modifications to improve immunity. *Prakriti* assessment offers insights into how adaptive immunity functions, which is particularly important in fighting viral infections like COVID-19.^[5,6 8-10]

CONCLUSION

The case study highlighted that prevalence of COVID-19 may possible in individuals with *Kapha Prakriti* along with disturbance of *Pitta* balance. Based on these findings, it is advisable for such individuals to avoid *Kapha-Pitta* aggravating diets and activities, adopting preventive measures such as maintaining hygiene and following a balanced lifestyle. Dietary and behavioral recommendations based on *Prakriti* can play a vital role in enhancing immunity and preventing the onset of diseases like COVID-19. However further research to establish link between *Prakriti* and disease outcomes is recommended.

Limitations and Future Directions

This case contributes to a growing body of evidence indicating that *Kapha Prakriti* individuals are particularly vulnerable to the virus, despite the *Kapha-Pitta* related symptoms it produces. This case study involved a single patient and cannot be generalized to the broader population. Further cohort studies with a larger

sample size are needed to explore the relationship between specific *Prakriti* types, respiratory disorders, and susceptibility to COVID-19.

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