

## PRAKRITI PAREEKSHA BY MODERN TECHNOLOGY

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### INTRODUCTION

Ayurvedic Practice of Medicine is an old, time tested system, still is being practiced with all its values with vigour.

Physical and Psychological examination of a patient consumes valuable time of a busy Ayurvedic Practitioner. And still the doubt in the mind of the practitioner may persist, regarding the reliability of the oral answers given by the incoherent patient. Moreover, it will be an unnecessary strain to the practitioner to remember and correlate the incoherent answers of the patients. Due to this, examination, evaluation and treatment of large number of patients may not be possible, as demanded today, where more number of people have started inclining towards Ayurvedic Practice of Medicine, and also they cannot afford to spend more time for consultation with the physician. Under the present circumstances, many aspects of Ayurvedic Practice of Medicine need an exposure to the modern technological methodology, for high rate of production technology for the drug manufacture, modern methods of stabilization and packaging of drug formulations, etc. Hence, attempts are already made for the introduction of modern technological means in this system also.

Prakriti Pareeksha of patients consumes more time and energy of a busy practitioner. An attempt is made in the present work, to prepare a questionnaire related to Prakriti Pareeksha and to prepare a computer programme for the evaluation of such questionnaire for rapid and correct evaluation of this important aspect of Ayurvedic Practice of Medicine. In the present work, a sample of questionnaires of ten patients only were computer evaluated, however, looking to the speed of the computer data processing system available now, hundreds of such questionnaires can be fed to the computer for the quickest and most accurate evaluation. Thus

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present work is related to the introduction of yet another modern technological tool to this system, which can be used in teaching as well as can be put to actual practice.

## MATERIALS AND METHODS :

Prakriti Pareeksha data were collected from "Purusha Vichay" (Vd. V. J. Thakar), "Atur Pareeksha Vidhanam" (Shri Gulabkuverba Ayurvedic Society, Jamnagar), Journal of Research in Ayurveda and Siddha (CCRAS, New Delhi), Charaka Samhita, Susruta Samhita, Astanghriday, Prakriti Pareekshan Data forms of Gujarat Ayurved University (Jamnagar) and Banaras Hindu University (Varanasi).

From the Prakriti Pareeksha data collected, a questionnaire proforma was prepared relating :

- 1 Anthroscopic Prakriti :
- 2 Physiological Prakriti :
- 3 Psychological Prakriti :
- 4 Anthropometric Examination.

A copy of the questionnaire proforma is attached as Appendix "A". Computer programmes were prepared to feed the patients answers mentioned in the questionnaire proforma in Computer Basic Language. The programmes were fed to IBM - PC Computer for the on the spot screen readings, as well as for the printout. The questionnaire data were permanently recorded on floppy disks, from which the data can be retrieved after any number of years for screen display or printouts.

## RESULTS :

Data collected in the questionnaire forms for the ten patients, when subjected to computer analysis by a predetermined programme, gave accurate analysis of Prakriti of the patients in the matter of seconds. Many such trail runs are needed to prove the validity of questionnaire forms and computer programming. This modern method can also be applied to many other aspects of Ayurvedic Practice of Medicine, to put this science on a sound and accurate footing, needed in this present circumstances.



**CONCLUSION :**

The computer programming techniques which include patients responses and the results decided by the computer accurately predict "PRAKRITI" due to which exact accurate guidance can be provided relating to the disease conditions, types of diseases, type of diet, etc. This is a model approach for the teaching technology in the clinical field in the Ayurvedic practice of medicine.

**ACKNOWLEDGEMENTS :**

The authors take this opportunity to thank sincerely Hon. Shri V. R. Mehta, Vice-Chancellor, Gujarat Ayurved University, Jamnagar, for giving this opportunity for the presentation of this modest work.

Thanks are also due to Dr. Biharilal Kanaiyalal, the leading industrialist of Ahmedabad, for the constant encouragement during this work.

Thanks are due to Vd. Kiritbhai Pandya, a leading Ayurvedic consultant of Ahmedabad, for his constant help, encouragement and guidance.

Thanks are due to M/s, Concept Computer Pvt. Ltd., Ahmedabad, for teaching and permitting the basics in computer usage for this work.

Thanks are due to Dr. H. M. Chandola of Gujarat Ayurved University, Jamnagar, for the valuable guidance in the preparation for this paper and standardization of the computerized proforma.

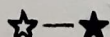
Thanks are due to Mr. & Mrs. Chauhan of L. M. College of Pharmacy, Ahmedabad for their constant guidance.

Dr. G. K. Dave, Principal, Akhandanand Ayurved College, Ahmedabad, had been the source of constant guidance and encouragement for this work. Thanks are due to respectable teachers Dr. Khamar and Dr. (Smt.) Ilaben Deshpande and others without whom this type of work would not have

become possible. Thanks are due to Mr. Lavanya D. Shah (M. S.) U. S. A. for the constant help in the usage of computer. Thanks are due to Dr. Bhavin C. Vashi and Dr. Akshay R. Shah for their constant co-operation in this work. Large number of friends and colleagues and well wishers, whose names may fill more number of pages, are worth mentioning for their help, guidance and good wishes.

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**APPENDIX - "A"**  
**CONSTITUTIONAL EXAMINATION**  
**QUESTIONNAIRE**

Date : \_\_\_\_\_

S. No. \_\_\_\_\_

Name :

Add. :

Phone No. : O. \_\_\_\_\_

R. \_\_\_\_\_

Age :

Sex : Male ? \_\_\_\_\_ Female ? \_\_\_\_\_

Marital Status : Married ? \_\_\_\_\_ Unmarried ? \_\_\_\_\_

Widowed ? \_\_\_\_\_ Divorced ? \_\_\_\_\_

Education :

Occupation :

Blood Group : \_\_\_\_\_

**PRAKRITI TYPING : \***

(1) Anthroscopic	_____ %	_____ %	_____ %
(2) Physiological	_____ %	_____ %	_____ %
(3) Psychological	_____ %	_____ %	_____ %
Average	_____ %	_____ %	_____ %

Dominant Prakriti : ( V P K )

\* ( To be filled by the doctors only )

PREPARED BY : KETAN AMIN, PRERAK SHAH

(C) ALL RIGHTS RESERVED.

- \* PLEASE CHOOSE THE ANSWER, WHICH IS MOST SUITABLE TO YOU.
- \* IF YOU DON'T UNDERSTAND A QUESTION, OR WOULD ESPECIALLY LIKE TO DISCUSS IT WITH THE DOCTOR, CIRCLE ITS NUMBER.
- \* ANSWER THE QUESTIONS FRANKLY.

### 1 Anthroscopic Prakriti :

(1) The colour of your body is—

- (1) dark blackish/blackish (2) tawny yellow/white  
(3) white/clear white

| 1 | 2 | 3 |

(2) The colour of your eyes is—

- (1) dusky/blackish gray (2) copper coloured/yellow  
(3) white/blue

| 1 | 2 | 3 |

(3) Do you think your palpebration (the movements of eyelashes) is—?

- (1) excessive/rapid (2) normal (3) slow

| 1 | 2 | 3 |

(4) Does your eyes remain open during the sleep ?

- (1) yes (2) (3) no/don't know

| 1 | 2 | 3 |

(5) Does your eyes go red quickly or get expose to the sun ?

- (1) (3) no (2) yes

| 1 | 2 | 3 |

(6) The colour of your hair is—

- (1) dusky/blackish grey (2) brownish (3) black

| 1 | 2 | 3 |



(7) How much you have the growth of your nails and hair ?

(1) slow (2) normal (3) abundant

| 1 | 2 | 3 |

for nails (1) more than 6 days (2) 4 to 6 days (3) less than 4 days

for beard (1) twice a week/weekly (2) alternate (3) daily

nails : | 1 | 2 | 3 |

beard : | 1 | 2 | 3 |

(8) Do you have curly hair ?

(1) (3) no (2) yes

| 1 | 2 | 3 |

(9) Do you think you have your hair falling of in much quantity ?

(1) (3) no (2) yes

| 1 | 2 | 3 |

(10) Does your hair getting 'grey' or 'white' prematurely ?

(1) (3) no (2) yes

| 1 | 2 | 3 |

(11) Do you have bald ?

(1) (3) no (2) yes

| 1 | 2 | 3 |

(C) ALL RIGHTS RESERVED.

**2 Physiological Prakriti :-**

- (1) How is your appetite ?  
 (1) irregular (2) <sup>Normal</sup> HIGH (3) less | 1 | 2 | 3 |
- (2) How many times do you eat in a day ?  
 (1) less than 2 (2) 2 to 3 (3) more than 3 times | 1 | 2 | 3 |
- (3) Do you think the quantity of your food is-?  
 (1) variable (2) <sup>Regular</sup> much (3) less | 1 | 2 | 3 |
- (4) Which taste you prefer most ?  
 (1) sour/salty (2) sweet (3) pungent (2) & (3) bitter/  
 astringent | 1 | 2 | 3 |
- (5) Do you drink much water ?  
 (1) (3) no (2) yes | 1 | 2 | 3 |
- (6) Is your bowel habit ?  
 (1) highly irregular (2) irregular (3) regular | 1 | 2 | 3 |
- (7) What about your bowel consistancy ? is it-  
 (1) hard (2) not formed (3) formed | 1 | 2 | 3 |
- (8) How many times do you go to pass your feces ?  
 (1) 1 (2) more than 4 time (3) 2 to 4 time | 1 | 2 | 3 |
- (9) Do you think that you have much perspiration ?  
 (1) (3) no (2) yes | 1 | 2 | 3 |
- (10) Is the odour of your body, mouth, armpit & sweat-?  
 (1) disagreeable (2) foul & sour (3) less disagreeable  
 smelling | 1 | 2 | 3 |
- (11) Do you like cold objects or things ?  
 (1) (3) no (2) yes | 1 | 2 | 3 |



(12) How many hours do you sleep every night ?

(1) less than 4 or 4 (2) more than 4 but less than 8

(3) 8 and more than 8 hours

| 1 | 2 | 3 |

(13) Can you take sound sleep every night ?

(1) no (2) (3) yes

| 1 | 2 | 3 |

(14) How is your memory ?

(1) short (2) medium (3) long

| 1 | 2 | 3 |

(15) Do you like - ?

(1) music / laughters / adventure/sudation (2) garlands/  
adorning (3) music / reading / science / sleep

| 1 | 2 | 3 |

- \* THIS IS NOT A TEST OF YOUR ABILITY BUT ONLY THE WAY YOU BEHAVE.
- \* ANSWER THE QUESTION FRANKLY & INSTANTLY.
- \* GIVE THE FIRST NATURAL ANSWER AS IT COMES TO YOU.

### 3. Psychological Prakrity : (Manasika)

- (1) When you are given a difficult work to do, do you like to start-in and keep working on until it is completed ?

(1) yes (2) no

| 1 | 2 |

- (2) Most people inwardly resent when they are asked to return a favour someone has done to them. Do you agree ?

(1) yes (2) no

| 1 | 2 |

- (3) Do you doubt the value of prayer and worship ?

(1) yes (2) no

| 1 | 2 |

- (4) Do you often find that people can easily change you even though you thought that your mind was already made up on a subject ?

(1) yes (2) no

| 1 | 2 |

- (5) Sometimes, when people are not doing well, physically, (e.g. headache, stomachache, etc.) they are irritable. Do you agree ?

(1) yes (2) no

| 1 | 2 |



- (6) Sex can be enjoyed with anybody and not restricted to the married partner. Do you agree ?  
(1) yes (2) no | 1 | 2 |
- (7) Do you tell lies sometimes ?  
(1) yes (2) no | 1 | 2 |
- (8) Do you like to stay-up late working, in order to get a job done ?  
(1) yes (2) no | 1 | 2 |
- (9) If given a chance, would you prefer to lead ?  
(1) a more sheltered life with fewer difficulties to face ?  
(2) the same kind of life, you now lead ? | 1 | 2 |
- (10) A teacher need not be remembered & respected by the pupil for teaching him for afterall he is getting paid for it. Do you agree ?  
(1) yes (2) no | 1 | 2 |
- (11) Would you prefer your wife / husband / children to be basically religious ?  
(1) yes (2) no | 1 | 2 |
- (12) Have you quite often missed two buses of your destination, coming at the same time, because you could not decide in which to get in ?  
(1) yes (2) no | 1 | 2 |

(13) In a crowded bus, if someone strikes you, unintentionally with an umbrella, or steps on your barren foot. Do you -

(1) loose your temper ?      (2) take it easy ?      | 1 | 2 |

(14) People sometimes uses or listen to foul language involving sex, because they get a 'kick out it'. Do you agree ?

(1) generally 'yes'      (2) not at all      | 1 | 2 |

(15) Do you get angry sometimes ?

(1) yes      (2) no      | 1 | 2 |

(16) Most people inwardly resent when they are asked to return a favour someone has done to them, Do you agree ?

(1) yes      (2) no      | 1 | 2 |

(17) When you overwork at home or office, do you ?

(1) stand the strain well ?  
(2) suffer from indigestion, diarrhoea etc. ?      | 1 | 2 |

(18) Children do not owe anything to their parents for bringing them up since it is part of their duty. Do you agree ?

(1) yes      (2) no      | 1 | 2 |

(19) Religious books like Gita, Quroan should not be regarded as holy & sacred. Do you agree ?

(1) yes      (2) no      | 1 | 2 |



- (20) On a free evening, while going to friend's place/  
cinema/beach etc, do you often change your mind &  
come home back ?  
(1) yes      (2) no
- (21) Do you feel irritated if a person of your sex tries to  
push ahead of you in a ration/bus/cinema house queue ?  
(1) yes      (2) no
- (22) When a man is with a woman he is usually thinking  
about things related to her sex. Do you agree ?  
(1) yes      (2) no
- (23) Do you postpone anything what you ought to do today ?  
(1) yes      (2) no
- (24) Do you think that prayer & worship are of no use ?  
(1) yes      (2) no
- (25) When you have some difficult work to do, do you ?  
(1) stick to it ?      (2) play 'sick' to get out of it ?
- (26) When a person whom you hate very much helps  
you out of a crises, do you feel thankful to him ?  
(1) yes      (2) no
- (27) Do you think that this world has evolved out of natural  
principles so that there is no necessity to assume a  
God ~~behind~~ behind it ?  
(1) yes      (2) no
- (28) Having liked & bought something ( dresses/shoes etc. )  
do you ?  
(1) often feel like going to the shop again & changing it ?  
(2) stick to your original choice ?

(29) When your higher authority scolds you, do you usually show your annoyance on your wife/husband/children/subordinate ?

(1) yes (2) no

| 1 | 2 |

(30) If there is more sexual permissiveness in the society, most people would enjoy sex without any guilt feeling. do you agree ?

(1) yes (2) no

| 1 | 2 |

(31) Do you gossip sometimes ?

(1) yes (2) no

| 1 | 2 |

(32) Do you often find that people can easily change you even though you thought that your mind was already made up on a subject ?

(1) yes (2) no

| 1 | 2 |

(33) With a mild body discomfort or slight rise in temper. do you ?

(1) remain calm (2) become tense & complain to others ?

| 1 | 2 |

(34) When once you are in a high position, do you think it is necessary to remember those people who have helped you to attain that position ?

(1) yes (2) no

| 1 | 2 |

(35) Do you believe that the series of failures, you have had in your life, have made you doubt the existence of God ?

(1) yes (2) no

| 1 | 2 |

(36) Do you often find that you have lost out anythings <sup>because</sup> ~~cos~~ you could not make up your mind soon enough ?

(1) yes (2) no

| 1 | 2 |



- (37) When you are waiting in the bus stand for along time, a poorly crowded bus passes by without stopping, does it irritative you ? | 1 | 2 |  
(1) yes (2) no
- (38) Do you like to listen to or tell jokes in which sex plays a major part ? | 1 | 2 |  
(1) yes (2) no
- (39) Do you laugh at a dirty joke sometimes ? | 1 | 2 |  
(1) yes (2) no
- (40) Sometimes when people are not doing well physically they are irritable. Do you agree ? | 1 | 2 |  
(1) generally yes (2) not at all
- (41) When difficulties are pilling up in a work, people have a general tendency to give it up or pass it on to others. do you agree ? | 1 | 2 |  
(1) yes (2) no
- (42) Do you deny help to your school teacher who comes to you for some small favour, because you feel you are no longer bound to him ? | 1 | 2 |  
(1) yes (2) no
- (43) Do you think that faith in religion is a superstition & outdated in this age of science ? | 1 | 2 |  
(1) yes (2) no
- (44) When you make a decision on your job, chidren's education, buying a house etc., do you ? | 1 | 2 |  
(1) act on the impulse of the moment ?  
(2) weigh up all the pros and cons ?

- (45) When you are seriously absorbed in an urgent work if someone disturbs you, do you get annoyed ?

(1) yes (2) no

| 1 | 2 |

- (46) Most people would like to see usually those pictures wherein there is much of sex, Do you agree ?

(1) generally 'yes'

(2) not at all

| 1 | 2 |

- (47) Do you read every page of the newspaper everyday ?

(1) yes (2) no

| 1 | 2 |



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**4. Anthropometric Examination :**

- (1) Height
- (2) Weight
- (3) Hight-weight ratio
- (4) Body surface area
- (5) Tibial standing height index
- (6) Biachromical standing height index

If you would like to inform the doctor anything, pl. write here :

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Signature

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THANK YOU

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