

## Prakriti in Siddha Medical System – A Review

Prasad\* Vidhya Milano, ThileepanThayalini  
Unit of Siddha Medicine, University of Jaffna

Prakriti is mentioned in different Siddha text books under different terms such as **dehakooru**, **sareerakooru**, **Udambukaliniyatkaikunam**, **Yakkayinillakkanam**, **dehalakshanam**, and **dehakuri**. In Ayurveda it is mentioned as **Prakriti**. It is recorded that as “due to food habits, the dosha which increases during the fertilization of sperm and ovum, is the main reason for the formation of **Yakkai**, and the body is called accordingly. The body which forms with more **vali**, **alal** and **iyam** called as **valiudal/vathadeham**, **alaludal/alaldeham** and **iyaudal/ kaphadeham** respectively. Types of prakriti are mentioned as **vathadeham**, **pithadeham** and **kaphadeham** and **vathadehilakshanam**, **pithadehilakshanam** and **sileshmadehilakshanam**. These three doshas are very important in the treatment of disease in Siddha system of medicine. Diagnosis in Siddha system of medicine cannot be completed without defining the constitution of an individual. Because treatment differs according to **Prakriti (Dehakooru)** of an individual. Siddha believes that medicine is for an individual person but not for an individual organ or system. In order to get a clear picture of **dehakooru**, referring nine different books prepared the review. Most of the Siddha text books mention prakriti in same manner but there are some variations in the book **sihitcharathnatheepam**.

Keywords: **Alaldeham**, **Iyadeham**, **Valideham**, **Yakkai**

\*Corresponding author : vidhyac0413@gmail.com

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