

**“ASSESSMENT OF ASTHI GHANATHA IN DIFFERENT  
PRAKRUTI W.S.R TO BONE MINERAL DENSITY”**



Dissertation submitted as partial fulfillment for the degree of

**AYURVEDA VACHASPATI**

[Doctor of Medicine – Ayurveda]

Specialty – Kriya Sharira

Scholar

**Dr. ANTONY STEPHEN RAJ J**

Under the supervision of

Guide

**Dr. Aparna Sumant Karnad**

M.D. (Ayu.)

Professor,

Department of Kriya Sharira

**DEPARTMENT OF KRIYA SHARIRA  
PARUL INSTITUTE OF AYURVED  
PARUL UNIVERSITY, LIMDA, VADODARA,  
GUJARAT-391760 (INDIA).**

March- 2018

Enrollment No: 150202203002

## **ABSTRACT**

The *Dosha*, *Dhatu* and *Malas* are the fundamental aspect of body, they have close relationship with each other, increase or decrease state of one will causes the increase or decrease state of others. *Dhatu* signifies the function of *Dharana*, *Asthi dhatu* is *Parthiva pradhana mahabhouta*, which has more firm and provides supports to other tissues. The Peoples are born with various proportions of *dosha*, their body constitution is referred accordingly. *Prakruti* plays a vital role in determining the structural and functional quality of *dhatu*. There are so many variations in both the physical and mental characters of an individual based on the *Prakruti*, the variations are seen in relation with height, weight, body built, intelligence etc. which is identified by the description of specific characteristic feature of an individual person explained by all Acharyas. “*Sara samhata sthira shareer*” “*Sukumara avadada gatra mrdu anga*” “*Rooksha apachita alpa shareer*” This are the different quotation indicates, the persons possess different nature both physically and mentally as per the predominance of *Prakruti*. This research work is aimed to evaluate, if there any relationship between *Asthi Ghanatha* and different *Prakruti*.

**Keywords:** *Asthi Ghanatha*, *Prakruti*, BMD.

### **AIMS AND OBJECTIVE:**

To assess the different *Deha pradhana Prakruti*.

To assess the *Asthi Ghanatha* (bone density) in different *Prakruti*.

To assess the bone density in different *Prakruti* with the help of, Bone mineral density machine.

To assess the relationship between *Asthi Ghanatha* in different *Prakruti*.

### **STATISTICAL DESIGN:**

**Study type:** Observational study

**Study design:** Cross sectional study

**Method of sampling:** selective sampling

- ❑ Apparently 90 subjects were selected based on the predominance of *Deha prakruti*, without any bar of race, religion and sex, from Parul university campus, limda Vadodara, subjects age groups between 22 to 32 years, who have not undergone any systemic disorder have selected for the trial.

- ❑ Based on the predominance of *Dosha*, *Deha prakruti*, subjects are divided into three main groups i.e. *Vata* predominant group, *pitta* predominant group and *kapha* predominant groups, each individual group containing 30 subjects, and again three main groups subdivided into 2 sub-groups in each named as *vata pradhana pitta*, *vata pradhana kapha*, *pitta pradhana vata*, *pitta pradhana kapha*, *kapha pradhana vata*, and *kapha pradhana pitta*. 30 subjects from the main group are divided into 15 subjects in each sub-group.

All the 90 subjects were screened *Asthi Ghanatha* and BMD test for the further completion of trial.

This study will be helpful for better understanding of *Asthi Dhatu* and their *Ghanatha* (density) as per the different *Prakruti*. It also will help for treatment aspect.