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### TO STUDY BLEEDING TIME AND CLOTTING TIME IN DIFFERENT DEHAPRAKRITI

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#### **ABSTRACT:**

Ayurveda is ancient science. According to Ayurveda human body governed by Tridosha i.e. Vata dosha, Pitta Dosha and Kapha Dosha. In Ayurveda temperament or constitution of individual termed as Prakriti. Depending upon pradhana Doshas in Prakriti, there are various types of Prakriti and they are known as Dehaprakriti or Doshaj Prakriti. Doshas at the time Sukra-shonit sanyoga take part in formation of Prakriti. These pradhana Doshas and Prakriti of person show dominant effect on characteristics of individual.

Bleeding time and Clotting time are part of complete hematological investigations. These investigations like mirror of haemopoetic system. So study Bleeding time and Clotting time in different Dehaprakriti will help in understanding relation between Prakriti and B.T. and C.T.

**Keywords :** Prakriti, Doshapradhanya in Prakriti, Bleeding time and Clotting time.

## INTRODUCTION :

### Prakriti:

The term 'Prakriti' means 'Swabhava' or the nature of the individual. Each and every individual in the universe born with some or other physical and mental peculiarities which remain with him throughout the life. Such peculiarities are acquired by birth are called Prakriti or temperament of an individual.

Prakriti which constitutes, distinguishes and characterizes a person apart from other in respect of his physical and psychological make-up and reactions to environment or surrounding.

प्रकृतिः नाम जन्ममरणान्तरकालभाविनी

गर्भावक्रान्तिसमये, गर्भावक्रान्तिसमये

स्वकारणोद्रेकजनिता निर्विकारिणी दोषस्थितीः।

रसवैजोषिक सू.१.६

In Development of fetus (गर्भावक्रान्तिसमये),

due to its own reasons Dosha become intensified (स्वकारणोद्रेकजनिता). This non-

pathogenic intensified status of Dosha remains (निर्विकारिणी दोषस्थितीः) constant

from birth till death and this is Prakriti.

### Bleeding Time:

Bleeding time is the time interval from oozing of blood after a cut or injury till arrest of bleeding (usually it is determined by Dukes method using blotting or filter paper.)

### Clotting Time:

Clotting time is the time interval from oozing of blood after a cut or injury till the formation of clot. (It is usually determined by Capillary tube method)

B.T. and C.T. are part of complete hematological investigations. Doshas at the time Sukra-shonit sanyoga take part in formation of Prakriti. These pradhana Doshas and Prakriti of person how affect persons B.T. and C.T.? To find out this relation this topic is selected.

### AIM AND OBJECTIVES:

#### Aim:

To study Bleeding time and Clotting time in different Dehaprakriti.

#### Objectives:

1. Detail study and examination of Dehaprakriti of volunteers.
2. Detail study and determination of Bleeding time and Clotting time of volunteers.
3. Experimental find out of effect of Dehaprakriti on Bleeding time and Clotting time.

### MATERIALS AND METHODS :

#### Materials:

Prakriti - Charak Samhita

Sushrut Samhita

Vagbhatt Samhita

Ashtanga Hridaya

Sharangadhara Samhita

B.T. and C.T. – Modern text books.

**Methods:**

1. Volunteers of age group 18-20 years old randomly selected from students of U.G. – B.A.M.S. Total 30 volunteers are selected for the study.
2. For Prakriti parikshana specific case performa prepared which is attached in Annexure A.
3. For Bleeding time examination – Dukes method with filter paper used.  
For Clotting time examination – Capillary tube method used.
4. Three groups are prepared:

Group A	Vatapradhana Prakriti	10 Volunteers
Group B	Pittapradhana Prakriti	10 Volunteers
Group C	Kaphapradhana Prakriti	10 Volunteers

**Inclusion:**

1. Normal healthy volunteers
2. Randomly selected
3. 18-20 years of age.

**Exclusion:**

1. Diseased person
2. Bleeding and Clotting time disorder.

**OBSERVATIONS AND RESULTS :**

1. Sex wise distribution of volunteers:

Out of 30 volunteers, 15 volunteers are male and 15 volunteers are female.

Sex	No. of volunteers
Male	15
Female	15

2. Prakriti wise distribution of volunteers:

Prakriti	No. of volunteers
Votapradhana	10
Pittapradhana	10
Kaphapradhana	10

**RESULTS :**

**RESULT- I**

Sr. No.	Prakriti	Sex	B.T.	C.T.
1	Vatapradhana	F	3.30	5
2	Vatapradhana	F	4.30	6
3	Vatapradhana	M	3	5
4	Vatapradhana	M	3	6
5	Vatapradhana	F	4.30	6
6	Vatapradhana	M	3.30	6
7	Vatapradhana	F	4	6
8	Vatapradhana	M	3.30	5
9	Vatapradhana	M	4	6.30
10	Vatapradhana	F	4	5.30

Median B.T. – 3, 3, 3.30, 3.30, 3.30, 4, 4, 4, 4.30, 4.30 =  $(3.30 + 4) / 2 = 3.75$  min

Median C.T. – 5, 5, 5, 5.30, 6, 6, 6, 6, 6, 6.30 =  $(6 + 6) / 2 = 6$  min

**RESULT-II**

Sr. No.	Prakriti	Sex	B.T.	C.T.
1	Pittapradhana	F	4	6
2	Pittapradhana	F	3	4
3	Pittapradhana	F	4.30	6
4	Pittapradhana	F	3	5
5	Pittapradhana	F	4	6
6	Pittapradhana	F	4.30	6
7	Pittapradhana	M	4	6.30
8	Pittapradhana	M	4.30	5.30
9	Pittapradhana	M	3	5
10	Pittapradhana	M	4	6

Median B.T. – 3, 3, 3, 4, 4, 4, 4, 4.30, 4.30, 4.30 =  $(4 + 4) / 2 = 4$  min

Median C.T. – 4, 5, 5, 5.30, 6, 6, 6, 6, 6, 6.30 =  $(6 + 6) / 2 = 6$  min

### RESULT-III

Sr. No.	Prakriti	Sex	B.T.	C.T.
1	Kaphapradhana	F	4	6
2	Kaphapradhana	F	4.30	6
3	Kaphapradhana	F	4.30	6
4	Kaphapradhana	F	3.30	5
5	Kaphapradhana	M	4	4
6	Kaphapradhana	M	3.30	4.30
7	Kaphapradhana	M	3	4.30
8	Kaphapradhana	M	3	4
9	Kaphapradhana	M	3.30	5
10	Kaphapradhana	M	4	4.30

Median B.T. – 3, 3, 3.30, 3.30, 3.30, 4, 4, 4, 4.30, 4.30 =  $(3.30 + 4) / 2 = 3.75$  min

Median C.T. – 4, 4, 4.30, 4.30, 4.30, 5, 5, 6, 6, 6 =  $(4.30 + 5) / 2 = 4.75$  min

As per above results Pittapradhana Prakriti volunteers shows slight high B.T and Kaphapradhana Prakriti volunteers shows slight low C.T.

#### **DISCUSSION :**

Following points are discussed with guide-

#### **Ashraya – ashrayi sambandha:**

Vata – Asthi

Pitta – Rakta, Sweda

Kapha – Other Dhatus

#### **Gunas of Doshas:**

Vata- laghu, ruksha, chala, sukshma etc.

Pitta- ushna, tikshna, laghu, visra, drava

etc.

Kapha- snigdha, picchila, manda, shita

etc.

Pradhana Doshas in Prakriti because of their gunas may affect B.T., C.T. of person. Because of ushna, tikshna, drava gunas of pitta, there may be high

B.T in volunteers of Pittapradhana Prakriti. Because of snigdha, picchila, bandhan gunas of kapha , there may be low C.T in volunteers of Kaphapradhana Prakriti .

#### **SUMMARY :**

The project worked out as below :

#### **Introduction:**

Need of study, importance of topic, selection of topic, limitations and scope of topic etc. is written.

**Aims and Objectives:** In this aims or finally which achieved after research project and objects or path to reach target of aim is written.

**Literary review:** Compilation of Modern as well as Ayurvedic Literature is done. In addition to literature previous research work done regarding this topic is taken into account.

**Material and Method:** Selection of volunteers, inclusion and exclusion criteria, plan of research work and the method of survey and experimental method written.

**Observation:** Data is displayed in tabular form, graph and statistical tests. Discussion about these and statistical tool along with calculations of statistics along with data analysis is done.

**Result:** Final result of the study mentioned.

**Discussion:** Discussion about Ashraya ashrayi sambandha of dosha and dhatus,

effect of pradhana dosha in Dehaprakriti and about bleeding time and clotting time.

**Conclusion:** The conclusions are drawn on the basis of the observation and data analysis.

### **CONCLUSIONS :**

This subject is very vast to study and work. Hence, to form conclusion large sample and mass survey must be required.

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