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Correlation of *Prakriti* with Relative Length of Palm in Females- A Cross- Sectional Study

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ABSTRACT

Prakriti and *Pramana Sharira* are two important concepts of *Ayurveda* presenting physical and physiological characteristics of an individual. *Pramana* of various body parts of individuals and various *Prakriti* groups are associated with longevity of life as per *Ayurveda Samhitas*. Direct correlation of various *Prakriti* groups and *Pramana* of *Anga-Pratyanga* (regions and structures of human body) is not mentioned. This study aims to presents an association between *Prakriti* and relative length of palm in healthy female individuals as association of physical traits may be an important and easy tool for determination of *Prakriti* of an individual

Key Words *Prakriti, Sva- Anguli Praman, Pramana Sharira*

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INTRODUCTION

The characteristic distinguishing physical entities which possess biological processes, such as signalling etc from the ones that do not possess these functions (either because they never had them or they ceased to have) is called as life¹. It is a state characterised by features such as utilization and production of energy and maintenance of homeostasis². *Ayurveda* is a Traditional Medicine System emphasizing on personalised prevention of disease along with treatment of diseases³. *Prakriti* as described in *Ayurveda* is the basic constitution of a person. The three *dosha* at the time of *Shukra Shonit*

Samyoga turn up to create *Prakriti*. Seven types of *Prakriti* are mentioned as *Vata, Pitta, Kapha, Vata-Pittaj, Pitta-Kaphaj, Khapha-Vataj or Sarvadoshik*⁴. These are sets of phenotypically assessed physical, physiological, psychological and behavioural traits and each one of them exhibit group of characteristics. *Prakriti* has been associated with longevity and *Kapha Prakriti* people have *Deergha Ayu* (longer life span), *Vata Prakriti* people are considered to have *Hrisva Ayu* (shorter life span) and *Pitta prakriti* people have *Madhyam Ayu* (medium life span)⁵. *Pramana Sharir* is yet another important concept of *Ayurvedic* anatomy which refers to Anthropometric measurements of various parts of

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the body. *Pramana* refers to the physical traits in terms of shape, length, breadth and girth etc. Length and breadth of various body parts have been associated with *Prakriti* as well as longevity. Physical measurements are always more defined comparatively and are associated with minimal biases. They can be more significant in contribution towards the assessment of *Prakriti*. In present study we have attempted to find relation between *Prakriti* and relative length of palm. This may in a way open up a different domain of assessing *Prakriti* based on physical traits.

MATERIALS AND METHODS-

Inclusion Criteria: Females of age group 21-40 years were registered in the study.

Exclusion Criteria: The individual with any congenital deformity of hand, fracture, amputation of upper limb, pathologies pertaining to bones, endocrinal and other systemic disorders affecting normal growth of bones, ill-defined wrist creases and ill-defined crease at base of proximal phalanx were excluded.

Type of Study- Cross-Sectional Study.

Place of Study – Delhi-NCR

Study Methodology- 100 female individuals of age group 21-40 years were registered in the study. The length and breadth of both palms were determined as per SOP developed in the “Project on Ayurgenomics”, CBPACS. *Prakriti* of the individual was determined through *Prakriti* questionnaire developed by CCRAS. Study participants were enrolled after providing the “subject information sheet” and obtaining informed consent.

Statistical analysis- One-way ANOVA TEST

The Anthropometric Measurements that were

taken- Maximum width of all four fingers of both hands (*Chaturangula Pramana*), length and breadth of right and left palm and total height of individual.

Anthropometric points used in study for measurements-

1. *Metacarpale ulnare* -most medial point on the head of fifth metacarpal.
2. *Metacarpale radiale*-is described as the most lateral point on the head of first metacarpal.
3. *Distal wrist crease*- the crease on skin that is present distal to forearm around wrist.
4. *Proximal digital crease*- on base of 3rd proximal phalanx.

RESULTS

Table 1 Intergroup Comparison of *CHATURANGULA PRAMAN* according to *Prakriti* among Females-

<i>Prakriti</i>	<i>CHATURANGULA PRAMAN (cm)</i>				F	p-value
	Mean	SD	LCL	UCL		
V	6.52	0.53	6.30	6.74	1.25	0.290
P	6.65	0.58	6.04	7.26		
K	6.27	0.42	6.05	6.49		
VP	6.69	0.53	6.40	6.97		
VK	6.42	0.34	6.21	6.63		
PK	6.45	0.48	6.05	6.85		
VPK	6.43	0.45	6.20	6.66		
Total	6.48	0.48	6.39	6.58		

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According to Table 1, on comparing the mean *CHATURANGULA PRAMAN* values with *Prakriti*, the ANOVA test showed insignificant difference in mean values of various types of *Prakriti* (p=0.290).

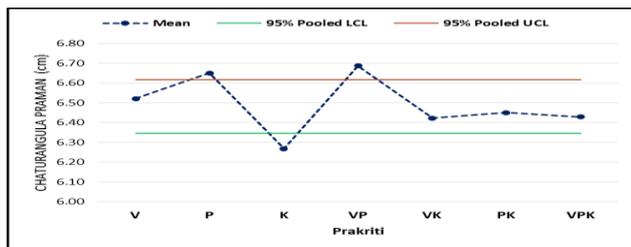


Figure 1 Intergroup Comparison of *CHATURANGULA PRAMAN* according to *Prakriti* among Females.

According to control chart analysis (Figure 1) the mean showed significantly higher values for *Pitta* (P) & *Vata Pittaj* (VP) types of *Prakriti* (These points are lying below the 95% pooled LCL) and lower value for *Kaphaj* (K) types of *Prakriti* (This point is lying below the 95% pooled LCL).

Table 2 Intergroup Comparison of ONE ANGULA PRAMAN according to *Prakriti* among Females

Prakriti	ONE ANGULA PRAMAN (BREADTH) (mm)				F	p-value
	Mean	SD	LCL	UCL		
V	16.28	1.33	15.72	16.84	1.08	0.378
P	16.58	1.45	15.06	18.10		
K	15.73	1.14	15.12	16.33		
VP	16.71	1.33	16.00	17.41		
VK	16.06	0.87	15.54	16.59		
PK	16.20	1.07	15.30	17.10		
VPK	16.05	1.11	15.48	16.62		
Total	16.21	1.20	15.97	16.44		

According to Table 2, on comparing the mean *ONE ANGULA PRAMAN* values with *Prakriti*, the ANOVA test showed insignificant difference in mean values of various types of *Prakriti* (p=0.378).

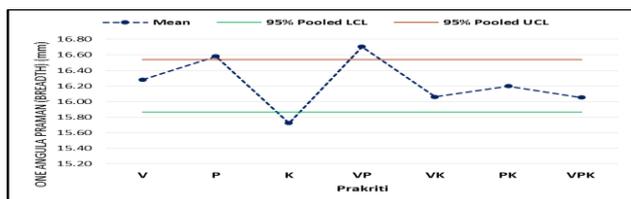


Figure 2: Intergroup Comparison of ONE ANGULA PRAMAN according to *Prakriti* among Females

According to control chart analysis (Figure 2) the mean showed significantly higher values for *Pitta* (P) & *Vata Pittaj* (VP) types of *Prakriti* (These points are lying above the 95% pooled UCL) and lower value for *Kaphaj* (K) types of *Prakriti* (This point is lying below the 95% pooled LCL).

Table 3 Intergroup Comparison of RIGHT PALM LENGTH according to *Prakriti* among Females-

Prakriti	RIGHT PALM LENGTH (mm)				F	p-value
	Mean	SD	LCL	UCL		
V	97.31	9.34	93.37	101.26	1.15	0.343
P	97.96	8.53	89.00	106.91		
K	94.52	6.54	91.04	98.00		
VP	98.02	5.77	94.95	101.10		
VK	92.92	5.10	89.84	96.00		
PK	98.09	3.28	95.34	100.83		
VPK	95.47	5.51	92.63	98.30		
Total	96.19	6.90	94.83	97.56		

According to Table 3, on comparing the mean *RIGHT PALM LENGTH* values with *Prakriti*, the ANOVA test showed insignificant difference

in mean values of various types of *Prakriti* (p=0.378).

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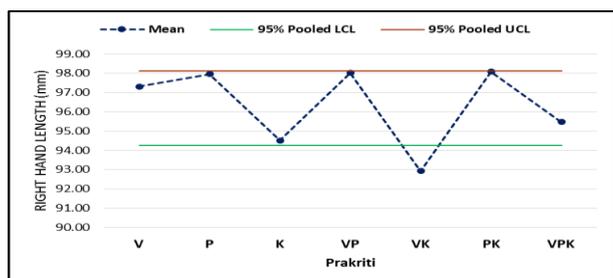
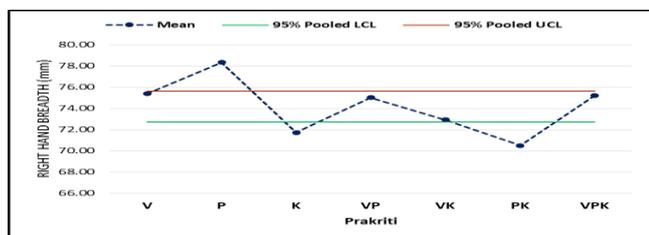


Figure 3 Intergroup Comparison of RIGHT PALM LENGTH according to *Prakriti* among Females.

Table 4 Intergroup Comparison of RIGHT PALM BREADTH according to *Prakriti* among Females-

Prakriti	RIGHT PALM BREADTH (mm)				F	p-value
	Mean	SD	LCL	UCL		
V	75.35	5.70	72.94	77.76	2.70	0.018
P	78.31	2.88	75.29	81.32		
K	71.70	4.66	69.21	74.18		
VP	75.00	5.00	72.34	77.67		
VK	72.91	3.83	70.60	75.23		
PK	70.48	4.35	66.84	74.11		
VPK	75.21	5.34	72.46	77.95		
Total	74.16	5.17	73.13	75.18		

Among females, on comparing the mean RIGHT PALM BREADTH values with *Prakriti*, the ANOVA test showed significant difference in mean values of various types of *Prakriti* (p=0.018) (Table 4).



According to control chart analysis (Figure 3), the mean showed significantly lower value for *Vata Kaphaj* (VK) types of *Prakriti* (This point is lying below the 95% pooled LCL).

Figure 4 Intergroup Comparison of RIGHT PALM BREADTH according to *Prakriti* among Females.

Further according to control chart analysis, the mean showed significantly higher values for *Pitta prakriti* (P) type of *Prakriti* (This point is lying above the 95% pooled UCL) and lower value for *Kapha* (K) & *Pitta Kaphaj* (PK) types of *Prakriti* (These points are lying below the 95% pooled LCL) (Figure 4).

Table 5 Intergroup Comparison of LEFT PALM LENGTH according to *Prakriti* among Females

Prakriti	LEFT PALM LENGTH (mm)				F	p-value
	Mean	SD	LCL	UCL		
V	97.09	9.30	93.16	101.02	0.80	0.571
P	98.21	8.80	88.97	107.44		
K	93.56	5.27	90.75	96.36		
VP	96.52	5.87	93.39	99.64		
VK	94.05	4.66	91.23	96.86		
PK	97.90	5.23	93.52	102.27		
VPK	95.93	7.07	92.29	99.56		
Total	95.97	6.96	94.59	97.35		

Among females, on comparing the mean LEFT PALM LENGTH values with *Prakriti*, the ANOVA test showed insignificant difference in mean values of various types of *Prakriti* (p=0.571) (Table 5).

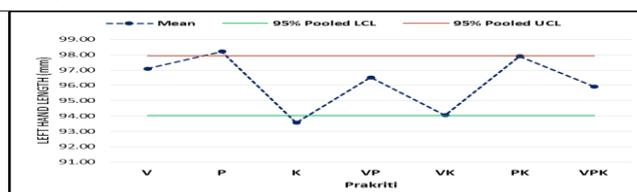


Figure 5: Intergroup Comparison of LEFT PALM LENGTH according to *Prakriti* among Females

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According to control chart analysis, the mean showed significantly higher values for *Pitta* (P) type of *Prakriti* (This point is lying above the 95% pooled UCL) and lower value for *Kapha*

(K) type of *Prakriti* (This point is lying below the 95% pooled LCL) (figure 5).

Table 6 Intergroup Comparison of LEFT PALM BREADTH according to *Prakriti* among Females

<i>Prakriti</i>	LEFT PALM BREADTH (mm)				F	p-value
	Mean	SD	LCL	UCL		
V	74.93	6.08	72.36	77.49	1.70	0.129
P	77.07	3.47	73.43	80.71		
K	71.26	4.45	68.89	73.63		
VP	73.80	5.21	71.02	76.57		
VK	72.15	4.16	69.64	74.67		
PK	72.41	1.99	70.75	74.08		
VPK	73.65	4.63	71.27	76.02		
Total	73.51	4.96	72.52	74.49		

Among females, on comparing the mean LEFT PALM BREADTH values with *Prakriti*, the ANOVA test showed insignificant difference in mean values of various types of *Prakriti* (p=0.129) (Table 6).

Figure 6: Intergroup Comparison of LEFT PALM BREADTH according to *Prakriti* among Females.

According to control chart analysis (Figure 6), the mean showed significantly higher values for *Pitta* (P) type of *Prakriti* (This point is lying above the 95% pooled UCL) and lower value for *Kapha* (K) type of *Prakriti* (This point is lying below the 95% pooled LCL).

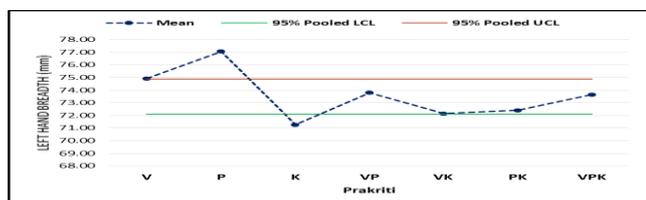


Table 7 Intergroup Comparison of AVERAGE LENGTH OF PALM according to *Prakriti* among Females-

<i>Prakriti</i>	AVERAGE LENGTH OF PALM				F	p-value
	Mean	SD	LCL	UCL		
V	97.20	9.18	93.32	101.08	0.96	0.455
P	98.08	8.60	89.06	107.11		
K	94.04	5.83	90.93	97.14		
VP	97.27	5.59	94.29	100.25		
VK	93.48	4.66	90.67	96.30		
PK	97.99	3.73	94.88	101.11		
VPK	95.70	6.06	92.58	98.81		
Total	96.08	6.74	94.75	97.42		

Among females, on comparing the mean AVERAGE LENGTH OF PALM values with *Prakriti*, the ANOVA test showed insignificant difference in mean values of various types of *Prakriti* (p=0.455) (Table 7).

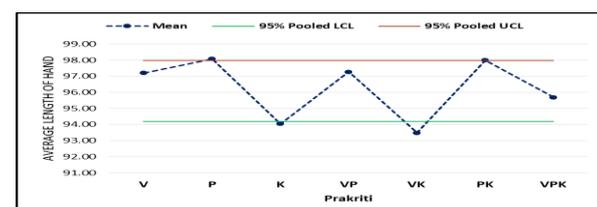


Figure 7 Intergroup Comparison of AVERAGE LENGTH OF PALM according to *Prakriti* among Females

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According to control chart analysis (Figure 7), the mean showed significantly lower value for

Vata Kaphaj (VK) type of *Prakriti* (This point is lying below the 95% pooled LCL).

Table 8 Intergroup Comparison of AVERAGE BREADTH OF PALM according to *Prakriti* among Female:

Prakriti	AVERAGE BREADTH OF PALM				F	p-value
	Mean	SD	LCL	UCL		
V	75.14	5.70	72.73	77.55	2.23	0.047
P	77.69	2.95	74.59	80.78		
K	71.48	4.47	69.09	73.86		
VP	74.40	5.04	71.71	77.08		
VK	72.53	3.79	70.24	74.82		
PK	71.44	2.35	69.48	73.41		
VPK	74.43	4.89	71.92	76.94		
Total	73.83	4.89	72.86	74.80		

Among females, on comparing the mean AVERAGE BREADTH OF PALM values with *Prakriti*, the ANOVA test showed significant difference in mean values of various types of *Prakriti* (p=0.047) (Table 8).

Figure 8 Intergroup Comparison of AVERAGE BREADTH OF PALM according to *Prakriti* among Female.

According to control chart analysis (Figure 8), the mean showed significantly higher values for Pitta (P) type of *Prakriti* (This point is lying above the 95% pooled UCL) and lower value for Kapha (K) & Pitta Kaphaj (PK) types of *Prakriti* (These points are lying below the 95% pooled LCL).

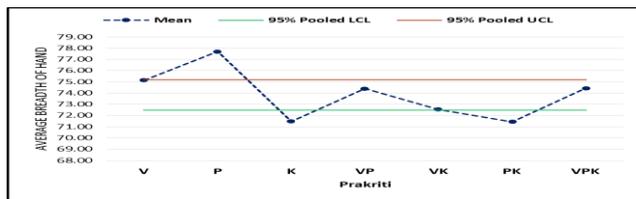


Table 9 Intergroup Comparison of MEAN RELATIVE LENGTH OF PALM WITH RESPECT TO BREADTH OF PALM according to *Prakriti* among Females

Prakriti	MEAN RELATIVE LENGTH OF PALM WRT BREADTH				F	p-value
	Mean	SD	LCL	UCL		
V	1.29	0.08	1.26	1.33	1.72	0.126
P	1.26	0.07	1.18	1.34		
K	1.32	0.08	1.28	1.36		
VP	1.31	0.08	1.27	1.35		
VK	1.29	0.10	1.23	1.35		
PK	1.37	0.06	1.32	1.42		
VPK	1.29	0.05	1.26	1.31		
Total	1.30	0.08	1.29	1.32		

Among females, on comparing the MEAN RELATIVE LENGTH OF PALM WITH RESPECT TO BREADTH OF PALM values with *Prakriti*, the ANOVA test showed insignificant difference in mean values of various types of *Prakriti* (p=0.126) (Table 9).

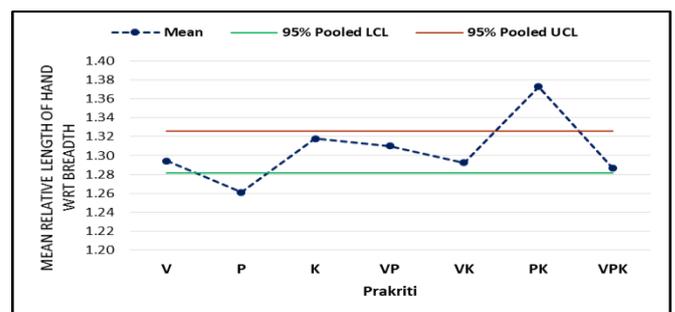


Figure 9 Intergroup Comparison of MEAN RELATIVE LENGTH OF PALM WITH RESPECT TO BREADTH OF PALM according to *Prakriti* among Females

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According to control chart analysis (Figure 9), the mean showed significantly higher values for *Pitta Kaphaj* (PK) type of *Prakriti* (This point is

lying above the 95% pooled UCL) and lower value for *Pitta* (P) type of *Prakriti* (This point is lying below the 95% pooled LCL).

Table 10 Intergroup Comparison of MEAN RELATIVE LENGTH OF PALM WITH RESPECT TO TOTAL HEIGHT OF INDIVIDUAL according to *Prakriti* among Females

<i>Prakriti</i>	MEAN RELATIVE LENGTH OF PALM WRT HEIGHT				F	p-value
	Mean	SD	LCL	UCL		
V	0.062	0.006	0.059	0.064	1.56	0.167
P	0.062	0.004	0.058	0.065		
K	0.060	0.005	0.057	0.062		
VP	0.062	0.004	0.060	0.064		
VK	0.059	0.002	0.057	0.060		
PK	0.063	0.002	0.061	0.065		
VPK	0.061	0.004	0.059	0.063		
Total	0.061	0.004	0.060	0.062		

Among females, on comparing the MEAN RELATIVE LENGTH OF PALM WITH RESPECT TO TOTAL HEIGHT OF INDIVIDUAL values with *Prakriti*, the ANOVA test showed insignificant difference in mean values of various types of *Prakriti* (p=0.167) (Table 10).

Figure 10: Intergroup Comparison of MEAN RELATIVE LENGTH OF PALM WITH RESPECT TO TOTAL HEIGHT OF INDIVIDUAL according to *Prakriti* among Females.

According to control chart analysis (Figure 10), the mean showed significantly higher values for *Pitta Kapha* (PK) type of *Prakriti* (This point is lying above the 95% pooled UCL) and lower value for *Vata Kaphaj* VK types of *Prakriti* (This point is lying below the 95% pooled LCL).

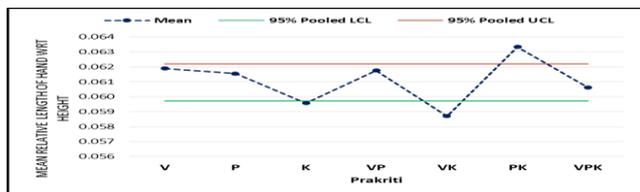


Table 11- Intergroup Comparison of MEAN RELATIVE LENGTH OF PALM WITH RESPECT TO BREADTH OF PALM AND TOTAL HEIGHT OF INDIVIDUALS according to *Prakriti* among Females

<i>Prakriti</i>	MEAN RELATIVE LENGTH OF PALM WRT BREADTH AND LENGTH (x .001)				F	p-value
	Mean	SD	LCL	UCL		
V	0.824	0.055	0.801	0.847	2.44	0.031
P	0.792	0.029	0.761	0.823		
K	0.835	0.059	0.803	0.866		
VP	0.833	0.071	0.795	0.871		
VK	0.812	0.059	0.776	0.847		
PK	0.887	0.036	0.857	0.917		
VPK	0.815	0.037	0.796	0.834		
Total	0.827	0.057	0.816	0.838		

Among females, on comparing the MEAN RELATIVE LENGTH OF PALM WITH RESPECT TO BREADTH OF PALM AND

TOTAL HEIGHT OF INDIVIDUALS values with *Prakriti*, the ANOVA test showed

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significant difference in mean values of various types of *Prakriti* ($p=0.031$) (Table 11).

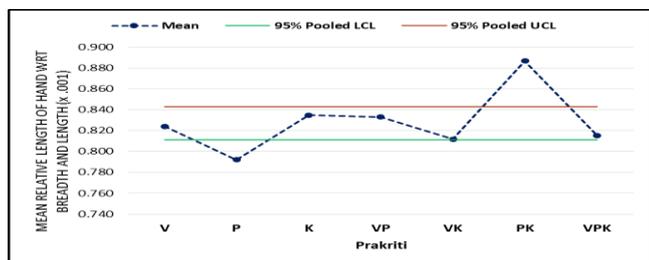


Figure 11- Intergroup Comparison of MEAN RELATIVE LENGTH OF PALM WITH RESPECT TO BREADTH OF

Table 12- Intergroup Comparison of MEAN RELATIVE BREADTH OF PALM WITH RESPECT TO LENGTH OF PALM according to *Prakriti* among Females

<i>Prakriti</i>	MEAN RELATIVE BREADTH OF PALM WRT LENGTH				F	p-value
	Mean	SD	LCL	UCL		
V	0.78	0.05	0.75	0.80	1.65	0.143
P	0.80	0.05	0.75	0.84		
K	0.76	0.05	0.74	0.79		
VP	0.77	0.05	0.74	0.79		
VK	0.78	0.06	0.74	0.81		
PK	0.73	0.03	0.70	0.76		
VPK	0.78	0.03	0.76	0.79		
Total	0.77	0.05	0.76	0.78		

Among females, on comparing the MEAN RELATIVE BREADTH OF PALM WITH RESPECT TO LENGTH OF PALM values with *Prakriti*, the ANOVA test showed insignificant difference in mean values of various types of *Prakriti* ($p=0.143$) (Table 12).

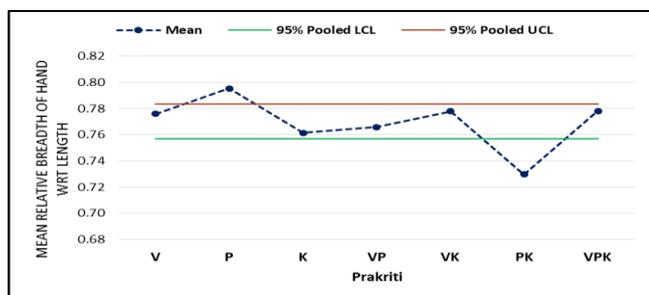


Table 13 Intergroup Comparison of MEAN RELATIVE BEADTH OF PALM WITH RESPECT TO TOTAL HEIGHT OF INDIVIDUALS according to *Prakriti* among Females

<i>Prakriti</i>	MEAN RELATIVE BEADTH OF PALM WRT HEIGHT				F	p-value
	Mean	SD	LCL	UCL		
V	0.048	0.004	0.046	0.050	1.85	0.098
P	0.049	0.001	0.047	0.050		
K	0.045	0.003	0.043	0.047		
VP	0.047	0.003	0.046	0.049		

PALM AND TOTAL HEIGHT OF INDIVIDUALS according to *Prakriti* among Females

According to control chart analysis (Figure 11), the mean showed significantly higher values for *Pitta Kaphaj* (PK) type of *Prakriti* (This point is lying above the 95% pooled UCL) and lower value for *Pitta* (P) type of *Prakriti* (This point is lying below the 95% pooled LCL).

Figure 12- Intergroup Comparison of MEAN RELATIVE BREADTH OF PALM WITH RESPECT TO LENGTH OF PALM according to *Prakriti* among Females

According to control chart analysis (Figure 12), the mean showed significantly higher values for *Pitta* (P) type of *Prakriti* (This point is lying above the 95% pooled UCL) and lower value for *Pitta Kaphaj* (PK) types of *Prakriti* (This point is lying below the 95% pooled LCL).

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VK	0.046	0.003	0.044	0.047
PK	0.046	0.002	0.044	0.048
VPK	0.047	0.003	0.045	0.049
Total	0.047	0.003	0.046	0.048

Among females, on comparing the MEAN RELATIVE BEADTH OF PALM WITH RESPECT TO TOTAL HEIGHT OF INDIVIDUAL values with *Prakriti*, the ANOVA test showed insignificant difference in mean values of various types of *Prakriti* (p=0.098) (Table 13).

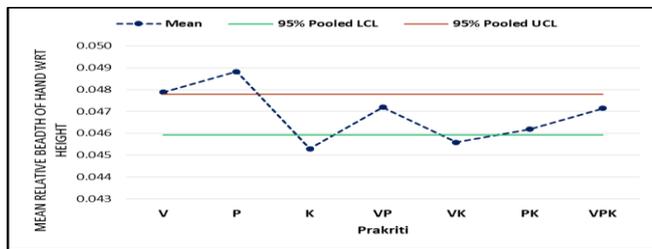


Figure 13: Intergroup Comparison of MEAN RELATIVE BEADTH OF PALM WITH RESPECT TO TOTAL HEIGHT OF INDIVIDUALS according to *Prakriti* among Females

According to control chart analysis (Figure 13), the mean showed significantly higher values for *Pitta* (P) type of *Prakriti* (This point is lying above the 95% pooled UCL) and lower value for *Kapha* (K) & *Vata Kaphaj* (VK) types of *Prakriti* (These points are lying below the 95% pooled LCL).

Table 14 Intergroup Comparison of MEAN RELATIVE BREADTH OF PALM WITH RESPECT TO LENGTH OF PALM AND TOTAL HEIGHT OF INDIVIDUAL according to *Prakriti* among Females

<i>Prakriti</i>	MEAN RELATIVE BREADTH OF PALM W.R.T. F LENGTH AND HEIGHT (x .001)				F	p-value
	Mean	SD	LCL	UCL		
V	0.495	0.042	0.477	0.513	0.66	0.686
P	0.501	0.044	0.455	0.547		
K	0.482	0.036	0.463	0.502		
VP	0.486	0.028	0.471	0.501		
VK	0.489	0.046	0.462	0.517		
PK	0.472	0.027	0.450	0.494		
VPK	0.493	0.023	0.481	0.505		
Total	0.489	0.036	0.482	0.496		

Among females, on comparing the MEAN RELATIVE BREADTH OF PALM WITH RESPECT TO LENGTH OF THE PALM AND TOTAL HEIGHT OF INDIVIDUAL values with *Prakriti*, the ANOVA test showed insignificant difference in mean values of various types of *Prakriti* (p=0.686) (Table 14).

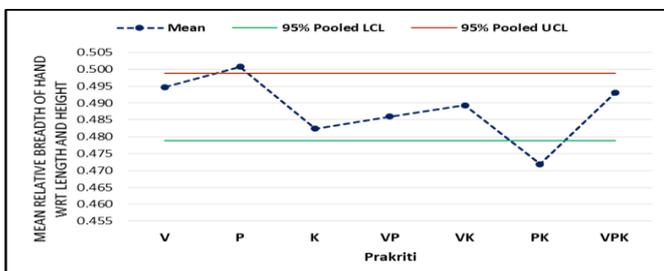


Figure 14: Intergroup Comparison of MEAN RELATIVE BREADTH OF PALM WITH RESPECT TO LENGTH OF PALM AND TOTAL HEIGHT OF INDIVIDUAL according to *Prakriti* among Females

According to control chart analysis (Figure 14), the mean showed significantly higher values for *Pitta* (P) type of *Prakriti* (This point is lying above the 95% pooled UCL) and lower value for *Pitta Kaphaj* (PK) types of *Prakriti* (This point is lying below the 95% pooled LCL).

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DISCUSSION

Table 15 Interpretation of anthropometric measurements comparison in female group

ANTHROPOMETRIC MEASUREMENTS	UPPER LIMIT PRAKRITI GROUP	LOWER LIMIT PRAKRITI GROUP
Average Length of Palm	P, PK	VK
Mean Relative Length of Palm with Respect to Breadth	PK	P
Mean Relative Length of Palm with Respect to Height	PK	VK, K
Mean Relative Length of Palm with Respect to Breadth and Height	PK	P
Average Breadth of Palm	P	PK, K
Mean Relative Breadth of Palm with Respect to Length	P	PK
Mean Relative Breadth of Palm with Respect to Height	P	K, VK
Mean Relative Breadth of Palm with Respect to Length and Height	P	PK

From the table 15 following inferences can be made out-

- In females the higher value for average length of palm is found to be in *Pittaj* and *Pitta Kaphaj Prakriti*. Higher value for average breadth is found in *Pittaj Prakriti* groups. Although single *Prakriti* group is not found still *Pitta Dosha* is involved in bigger palms criteria.
- In female subjects, length indices of palm are found to be higher in *Pitta Kaphaj Prakriti* group. And lower breadth indices are found to be in *Pitta Kaphaj*, *Kaphaj* and *Vata Khaphaj Prakriti* groups. Although *Kapha Prakriti* doesn't show clear cut correlation to higher length and length indices of palm but *Kapha Dosha* is associated in one way or the other in higher length indices and lower breadth indices.

2. Relative lengths of palm and length indices are found to be higher in *Pitta Kaphaj Prakriti* groups in females.
3. Relative breadth of palm and breadth indices are found to be lower in *Pitta Kaphaj Prakriti* groups in females.
4. Higher length indices of palm and lower breadth indices of palm are possible parameters of *Mahapani*.

CONCLUSION

After discussing every domain of study and on the basis of statistical analysis of data in present study it can be concluded that-

1. There is relation between relative length of palm and *Prakriti*.

RESEARCH ARTICLE

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