

STUDY OF SEASONAL VARIATIONS IN DIFFERENT PRAKRITI PERSONS WITH SPECIAL REFERENCE TO SERUM UREA

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ABSTRACT

In the universe everything is changing at every moment. Planets are also changing their position with time at a regular interval of time. Movement of earth is the main reason behind the seasonal variation on the earth. These seasonal variations affect our body functions up to some extent. Awareness about these seasonal variations can help the maintenance of health in healthy individuals, whereas unawareness & carelessness about these variations results into different types of seasonal illness. Different types of *prakriti* (personality) described in Ayurveda have different level of immunity in their body. Keeping these facts in mind we planned to study about effect of seasonal variation in different *prakriti* persons by taking different types of the physiological parameters. Serum urea is also one of them. During study of 70 young healthy volunteers it was observed that, there was a statistically highly significant change in the serum urea concentration in three different *ritu* (*seasons*) in different *prakriti* individuals. In *Shishir ritu* (Jan-Feb) maximum/higher level (mean) of serum urea and in *Greeshma ritu* (May-Jun) minimum/lower level (mean) of serum was observed.

KEYWORDS: Prakriti, Seasonal Variation, Serum Urea