

Dehabala In Ayurveda: A Conceptual Review of Its Association with Prakriti and Desha

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Abstract—Background: Ayurveda emphasizes the preservation of health through the maintenance of equilibrium among Dosha, Dhatu, Mala, and Agni. Among the various determinants of health, Bala (strength) is regarded as an essential indicator of an individual's capacity to maintain physiological functions and resist diseases. Dehabala represents the physical strength and structural integrity of the body and is influenced by congenital, nutritional, environmental, and constitutional factors. Classical Ayurvedic literature identifies Prakriti (body constitution) and Desha (habitat or geographical region) as two important determinants of Dehabala. Prakriti governs an individual's structural, metabolic, and psychological characteristics, whereas Desha influences health through climatic conditions, soil characteristics, dietary habits, and environmental factors. Understanding the interrelationship among Dehabala, Prakriti, and Desha is fundamental for personalized healthcare and preventive medicine.

Objective: To review the Ayurvedic concept of Dehabala and critically analyze its association with Prakriti and Desha based on classical Ayurvedic principles. **Materials and Methods:** This conceptual review was prepared through an extensive literature survey of classical Ayurvedic texts including *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, *Ashtanga Sangraha*, *Bhavaprakasha*, and relevant peer-reviewed research articles indexed in PubMed, Google Scholar, Scopus, and AYUSH Research Portal. The collected literature was

critically analyzed to establish conceptual relationships between Dehabala, Prakriti, and Desha. **Conclusion:** Classical Ayurvedic literature suggests that Dehabala is not solely determined by inherited constitution but is also influenced by geographical environment and lifestyle. Integrating these concepts into contemporary healthcare may strengthen personalized medicine and preventive healthcare strategies.

Index Terms—Dehabala, Bala, Prakriti, Desha, Ayurveda, Personalized Medicine, Constitution, Preventive Healthcare.

I. INTRODUCTION

Ayurveda, the ancient science of life, primarily aims at preserving the health of healthy individuals and curing diseases in affected persons. The concept of Bala occupies a central position in Ayurvedic physiology because it reflects the body's ability to perform normal physiological functions, resist diseases, and recover from illness. The strength of an individual is determined not only by muscle mass or physical endurance but also by the functional integrity of tissues, efficient digestion, balanced Doshas, and proper nourishment of Dhatus.

Among the different forms of Bala described in Ayurveda, Dehabala denotes

II. CONCEPT OF BALA

The Sanskrit word Bala literally means strength, power, vitality, or the ability to perform physical and mental activities. In Ayurveda, Bala is not confined merely to muscular strength but encompasses the body's overall resistance to disease (Vyadhikshamatva), endurance, immunity, vitality, and physiological efficiency. A person possessing good Bala is capable of tolerating physical exertion, environmental changes, psychological stress, and disease-causing factors without significant deterioration of health.

Acharya Charaka has described Bala as an important indicator for assessing the prognosis of diseases, planning treatment, and determining the dosage of medicines. Bala reflects the excellence of Dhātu, Agni, Ojas, and Satva, thereby representing the overall health status of an individual.

Types of Bala

According to Charaka Samhita, Bala is classified into three types:

1. Sahaja Bala (Natural Strength)

Sahaja Bala is the congenital strength acquired at birth. It is determined by the quality of Shukra and Artava, the health of the parents, and the predominance of Doshas during conception. Since it is genetically determined, it remains relatively constant throughout life. Individuals with Kapha-dominant constitution generally possess superior Sahaja Bala.

2. Kalaja Bala (Time-dependent Strength)

Kalaja Bala varies according to age, seasonal changes, and environmental conditions.

- Maximum during youth (Yuva Avastha)
- Reduced during childhood
- Declines in old age

Similarly, Bala also changes with seasonal variations. According to Ayurveda, strength is maximum during Hemanta and Shishira Ritu, moderate during Vasanta and Sharad, and minimum during Grishma Ritu because excessive heat causes depletion of body tissues.

3. Yuktikrita Bala (Acquired Strength)

Yuktikrita Bala is acquired through appropriate diet, exercise, Rasayana therapy, healthy lifestyle, and proper mental discipline. Unlike Sahaja Bala, this type of strength can be enhanced throughout life by adopting suitable preventive measures.

Factors improving Yuktikrita Bala include:

- Balanced diet
- Regular exercise
- Adequate sleep
- Rasayana therapy
- Yoga
- Meditation
- Proper seasonal regimen (Ritucharya)
- Daily regimen (Dinacharya)

III. CONCEPT OF DEHABALA

Dehabala refers specifically to the physical strength and structural integrity of the body. It represents the body's capacity to perform normal physiological functions and withstand internal and external stressors. Classical Ayurvedic scholars considered Dehabala as an outcome of properly nourished Dhatus, balanced Doshas, efficient Agni, and healthy Ojas.

A person with good Dehabala generally possesses:

- Well-developed musculature
- Strong bones and joints
- Proper body weight
- Good endurance
- Efficient metabolism
- Stable immunity
- Quick recovery from illness

Conversely, poor Dehabala is characterized by:

- Weak musculature
- Fatigue
- Reduced exercise tolerance
- Frequent illness
- Delayed wound healing
- Poor immunity
- General debility

Thus, Dehabala serves as an important clinical parameter in evaluating both health and disease.

Factors Influencing Dehabala

Ayurveda describes multiple determinants of Dehabala.

1. Prakriti –

Prakriti is the most important constitutional determinant of physical strength.

2. Desha –

The geographical habitat influences diet, climate, water quality, and environmental adaptation.

3. Agni –

Efficient digestion ensures proper nourishment of all Dhatus.

4. Ahara –

A balanced and wholesome diet promotes tissue development and vitality.

5. Vihara-

Healthy lifestyle practices such as exercise, sleep, and stress management improve physical strength.

6. Satmya –

Habitual adaptation to specific foods and environmental conditions enhances tolerance and resilience.

7. Vaya (Age) –

Strength reaches its maximum during adulthood and gradually declines with advancing age.

8. Ojas –

Ojas represents the essence of all Dhatus and forms the basis of immunity and vitality. Adequate Ojas is essential for maintaining Dehabala.

IV. CONCEPT OF PRAKRITI

Prakriti is the inherent constitutional makeup established at conception due to the predominance of one or more Doshas. It remains stable throughout life and determines the structural, physiological, psychological, and metabolic characteristics of an individual.

Ayurveda classifies Prakriti into seven types:

- Vataja
- Pittaja

- Kaphaja
- Vata-Pittaja
- Pitta-Kaphaja
- Vata-Kaphaja
- Sama Prakriti

Prakriti influences:

- Body build
- Digestive capacity
- Disease susceptibility
- Immunity
- Mental traits
- Longevity
- Physical endurance

Therefore, Prakriti plays a crucial role in determining Dehabala.

V. RELATIONSHIP BETWEEN PRAKRITI AND DEHABALA

Vata Prakriti

Vata individuals generally possess:

- Lean body frame
- Less muscle mass
- Dry skin
- Variable appetite
- Low endurance
- Quick fatigue

Due to predominance of Laghu, Ruksha, and Chala qualities, Dehabala is comparatively lower in Vata individuals.

Pitta Prakriti

Characteristics include:

- Moderate body build
- Good metabolism
- Moderate muscle strength
- Warm body
- Good digestive capacity

These individuals usually possess moderate Dehabala.

Kapha Prakriti

Kapha individuals exhibit:

- Well-built physique
- Strong muscles
- Stable joints
- Excellent endurance
- Strong immunity

- Calm temperament

Because of Guru, Snigdha, and Sthira qualities, Kapha constitution is considered to possess the highest Dehabala among the three constitutional types.

VI. CONCEPT OF DESHA

The term Desha in Ayurveda refers to the geographical habitat or region where an individual resides. It encompasses climatic conditions, soil composition, water quality, vegetation, altitude, seasonal variations, and environmental characteristics. Ayurveda considers Desha an important determinant of health because environmental factors directly influence Dosha balance, dietary habits, disease susceptibility, and physical strength.

Acharya Charaka has described Desha as one of the essential factors to be considered before initiating treatment. Knowledge of Desha enables physicians to understand the body's adaptation to the environment and to prescribe suitable dietary and therapeutic measures.

Types of Desha

Ayurvedic classics classify Desha into three categories:

1. Jangala Desha

Jangala Desha represents dry and arid regions with scanty rainfall, sandy soil, sparse vegetation, and hot climatic conditions. Such regions are dominated by Vata and Pitta Dosha.

Characteristics include:

- Dry climate
- Less humidity
- Sparse forests
- Light soil
- Scarcity of water

Individuals residing in Jangala Desha generally develop a lean body frame and comparatively lower Dehabala due to increased Vata predominance. Diseases related to Vata and Pitta are more prevalent in these regions.

2. Anupa Desha

Anupa Desha refers to marshy and water-rich regions characterized by abundant rainfall, fertile land, dense vegetation, and high humidity.

Characteristics include:

- Heavy rainfall
- Rich vegetation
- Moist climate
- Numerous water bodies
- Fertile soil

Kapha predominates in this environment. Individuals living in Anupa Desha generally possess better nourishment, greater muscle mass, and superior Dehabala. However, Kapha disorders such as obesity, respiratory diseases, and metabolic disorders are more common.

3. Sadharana Desha

Sadharana Desha represents regions with moderate climatic conditions where none of the Doshas predominates excessively.

Characteristics include:

- Moderate rainfall
- Balanced climate
- Fertile soil
- Adequate vegetation
- Pleasant environment

Individuals residing in Sadharana Desha usually maintain balanced Doshas and moderate to good Dehabala.

Influence of Desha on Dehabala

The environment profoundly influences nutrition, metabolism, immunity, and physical development. Ayurveda explains that climatic conditions modify Dosha predominance, which in turn affects tissue nourishment and Bala.

Individuals residing in favorable climatic conditions with adequate nutrition generally develop stronger muscles, healthier bones, and better endurance. Conversely, harsh climatic conditions, nutritional deficiencies, and unfavorable environments reduce Dehabala.

Factors through which Desha influences Dehabala include:

- Climate
- Water quality
- Soil fertility
- Food availability
- Seasonal variations

- Physical activity
- Environmental adaptation

Correlation Between Dehabala, Prakriti and Desha

The combined influence of constitutional makeup and geographical environment determines the overall physical strength of an individual.

For example:

A Kapha Prakriti individual residing in Anupa Desha usually develops excellent Dehabala because both constitution and environment promote tissue nourishment.

Conversely, a Vata Prakriti individual living in Jangala Desha may exhibit comparatively lower Dehabala because both factors increase dryness and tissue depletion.

Thus, Dehabala is the cumulative outcome of constitutional inheritance and environmental adaptation.

VII. COMPARATIVE RELATIONSHIP

Prakriti	Predominant Dosha	Dehabala	Suitable Desha
Vata	Vata	Low	Anupa or Moderate Climate
Pitta	Pitta	Moderate	Sadharana Desha
Kapha	Kapha	High	Anupa and Sadharana Desha

Factors Enhancing Dehabala According to Ayurveda

Ayurveda recommends various measures for maintaining optimal physical strength.

Dietary Measures

- Milk
- Ghee
- Fresh fruits
- Whole grains
- Black gram
- Sesame seeds
- Almonds
- Green vegetables
- Seasonal foods

Lifestyle Measures

- Daily exercise (Vyayama)
- Yoga
- Adequate sleep
- Abhyanga (oil massage)
- Meditation
- Stress management
- Dinacharya
- Ritucharya

Rasayana Therapy

Rasayana drugs improve tissue nutrition and immunity.

- Ashwagandha
- Amalaki
- Guduchi
- Shatavari
- Bala
- Yashtimadhu

These medicines enhance Dehabala by improving Agni, Dhatu nourishment, and Ojas.

Clinical Importance

Assessment of Dehabala helps physicians in:

- Determining disease prognosis
- Selecting treatment intensity
- Planning Panchakarma
- Assessing exercise tolerance
- Evaluating nutritional status
- Monitoring recovery

Understanding the relationship between Prakriti and Desha allows truly personalized treatment planning.

Modern Interpretation

Modern medicine recognizes that genetic factors and environmental influences collectively determine physical fitness, immunity, body composition, and disease susceptibility.

Prakriti may be conceptually correlated with:

- Genetic predisposition
- Body constitution
- Metabolic phenotype

Desha may correspond to:

- Climate
- Ecology

- Environmental exposure
- Lifestyle
- Socioeconomic conditions

Dehabala may be compared with:

- Physical fitness
- Functional capacity
- Immune competence
- Musculoskeletal strength
- Nutritional status

Although the terminologies differ, both Ayurveda and modern medicine acknowledge that health is determined by interactions between inherited characteristics and environmental influences.

VIII. DISCUSSION

The present review highlights the multidimensional nature of Dehabala in Ayurveda. Unlike the modern concept of physical strength, Dehabala encompasses structural integrity, physiological efficiency, disease resistance, and adaptability. Classical Ayurvedic texts consistently emphasize that Dehabala is influenced by both intrinsic factors, such as Prakriti, and extrinsic factors, such as Desha.

Kapha Prakriti individuals generally possess superior Dehabala due to their stable metabolism, greater muscle mass, and enhanced tissue nourishment. Vata individuals exhibit comparatively reduced physical strength because of tissue dryness, lower muscle mass, and greater metabolic variability. Pitta individuals demonstrate moderate Dehabala owing to balanced tissue development and efficient metabolism.

Environmental adaptation further modifies constitutional characteristics. Favorable climatic conditions, wholesome nutrition, and healthy lifestyles improve Dehabala, whereas adverse environments, nutritional inadequacies, and chronic stress diminish physical strength. These concepts closely parallel modern understanding of gene–environment interactions, which recognizes that genetic predisposition and environmental exposure jointly influence health outcomes.

The Ayurvedic principles of Dehabala, Prakriti, and Desha therefore provide a comprehensive framework for personalized healthcare. Integrating these principles with modern clinical assessment may

enhance preventive medicine, optimize therapeutic interventions, and improve overall quality of life.

IX. CONCLUSION

Dehabala is a fundamental concept in Ayurveda representing the body's physical strength, vitality, disease resistance, and functional efficiency. It is influenced by constitutional factors (Prakriti), environmental conditions (Desha), nutrition, lifestyle, age, Agni, and Ojas. Among the constitutional types, Kapha Prakriti generally exhibits the highest Dehabala, while Vata Prakriti demonstrates comparatively lower physical strength. Similarly, favorable geographical environments such as Anupa and Sadharana Desha promote better tissue nourishment and enhance Dehabala, whereas harsh climatic conditions may predispose individuals to reduced strength.

The combined assessment of Prakriti and Desha provides an individualized understanding of health and disease susceptibility. These classical Ayurvedic concepts remain relevant in the era of personalized and preventive medicine. Future interdisciplinary research integrating Ayurvedic constitutional assessment with modern genetics, environmental health, nutrition, and physiology may further validate these concepts and contribute to evidence-based integrative healthcare.

X. FUTURE SCOPE

- Clinical studies correlating Prakriti with physical fitness indices.
- Research on the influence of geographical regions on constitutional characteristics.
- Integration of Ayurvedic constitutional assessment into preventive medicine.
- Molecular and genetic studies exploring the biological basis of Prakriti.
- Development of standardized Dehabala assessment tools.
- Evidence-based validation of Rasayana therapies for improving Dehabala.

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