STUDY OF MANAS PRAKRITI WITH SPECIAL REFERENCE TO RAJAS AND TAMAS AND EFFECT OF MEDITATION ON IT

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ABSTRACT

Ayurveda is a science of life. Ayurveda says that the living being in a combination of Sharir, Indriya, Atma and Manas. Diseases are defined as those which on conjunction cause pain. They are located in Mind and body. Rajas and Tamas are as considered as the two Doshas of the Manas. Inspite of this different nature they help mutually in creation. Ayurveda divides persons according to Prakriti. Sharir Prakriti belongs to Vatta, Pitta, Kapha and Manas Prakriti belongs to Sattva, Rajas and Tamas. Meditation is the method by which the restless mind in peaceful and the energy directed into constructive channels. Increasing in Rajas and Tamas leads to contributory factors for ill health. Meditation effects are to be seen to decrease Rajas and Tamas. So, quantitative estimation of Rajas and Tamas is essential to study the effect of Meditation. In this research theoretical and experimental study proves that Meditation decreases the level of Manas Doshas.

KEYWORDS: Prakriti, Manas Prakriti, Meditation.

INTRODUCTION

Ayurveda¹ is a science of life. Ayurveda says that the living being in a combination of Sharir,² Indriya,³ Atma⁴ and Manas.⁵ Diseases are defined as those which on conjunction cause pain. They are located in Mind and body. Rajas⁶ and Tamas⁶ are as considered as the two Doshas⁷ of the Manas.⁸ In spite of this different nature they help mutually in creation. The quality of Sattva⁶ towards divine and Tamas towards the darkness while in between these two stands Rajas. Ayurveda treats man as a whole. Ayurveda divides persons according to Prakruti.⁹ Sharir Prakruti¹⁰ belongs to Vatta,¹¹ Pitta,¹² Kapha¹³ and Manas Prakruti¹⁴ belongs to Sattva, Rajas and Tamas.¹⁵ Meditation is the method by which the restless mind in peaceful and the energy directed into constructive channels.¹⁶ Increasing in Rajas and Tamas leads to contributory factors for ill health. Meditation has a very good role to decrease Rajas and Tamas. Meditation effects are to be seen to decrease Rajas and Tamas. So, quantitative estimation of Rajas and Tamas is essential to study the effect of Meditation. Hence Meditation may be a very effective tool which increases the Sattva Guna of Manas Prakruti so this topic was selected.

MATERIAL AND METHODS

The study undertaken here is experimental type of research.

Inclusion criteria
- Age limit 20-30 yrs.
- Male candidates.
- Only healthy individuals.

Exclusion criteria
- Those with age less than 20 yrs and more than 30 yrs.
- Females candidate were excluded.

Materials

The literary work was done with the help of ancient Ayurveda texts as well as Modern literature in connection with Manas Prakriti and Meditation. All the contemporary journals and publications too were also referred for the literary work. Manas Prakriti pareekshana of 50 male was done with the help of standard Manas prakriti pareekshana proforma.

Method

Experimental Research

The sample for study comprises 50 individual all males with ages ranging from 20 to 30 years. All were Indian
students knowing English. Standard Manas Prakriti questionnaire for assessment of level of Manas Guna and Doshas was assessed in the morning. This questionnaire was having 122 questions for the quantitative assessment of Manas Guna and Manas Doshas. The percentage of Manas Doshas and Guna of these individual was assessed in the morning with the help of standard ‘Manas Prakriti Questionnaire’ which is objective and which is approved by CDAC Goverment of india.

Experimental procedures
Experimental procedure was as per pre-post design. Dhyan is a deep process & here we have not taken Meditation as equivalent to Dhyan, here we have used a standard Meditation technique.

<table>
<thead>
<tr>
<th>Data</th>
<th>Sattva</th>
<th>Rajas</th>
<th>Tamas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Difference Mean</td>
<td>10.38</td>
<td>-12.08</td>
<td>-21.62</td>
</tr>
<tr>
<td>Standard deviation</td>
<td>2.18</td>
<td>2.68</td>
<td>3.12</td>
</tr>
<tr>
<td>Proportional value</td>
<td>0.0016</td>
<td>0.0028</td>
<td>0.00031</td>
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</tbody>
</table>

Significant Increase

Significant Decrease

Since p value is less than 0.010 so we can conclude that significant result observed on pre and after Meditation. By Proportion test based on normal distribution results were calculated. It was observed that there is significant increase in Sattva guna after Meditation as compared to before Meditation. As well as there was significant decrease in Rajas and Tamas dosha after Meditation as compared to before Meditation. The experiment was conducted on 50 individual out of whom 46 individuals got their percentage of Manas Doshas reduced, only in 4 individuals there was no such significant difference. Statistical analysis was done & with the help of Proportion test it was proved that there is statistically significant increase in the percentage of Sattva Guna after Meditation and it was also proved statistically that there is significant decrease in Rajas & Tamas Dosha after Meditation.

In the above diagram x axis represents the number of individuals & Y axis represents the level of Manas Guna and Dosha before Meditation.

Chart Post Meditation

In the above diagram represented x axis represents the number of individuals & Y axis represents the level of Manas Guna and Dosha after Meditation.

Comparison Between Pre-Post Meditation Chart

In the above diagram the x axis represents the number of individual & Y axis represents the level of Manas guna & Dosha, whereas the white rod represents Sattva, red Rajas, black Tamas level before Meditation & the blue rod represents after Meditation level. The significant difference can be seen & it was proved statistically by Proportion test based on normal distribution.

DISCUSSION
Sattva, Rajas & Tamas are three essential properties of life. Sattva expresses understanding purity, Rajas implies movement, and Tamas manifests inertia and dullness. For creation, maintenance and destruction these three properties are essential in normal life. Every mental state shows these three properties in different proportion Rajas and Tamas are called as Dosha and when there is predominance of Rajas and Tamas it leads to Prajnayaparadha and ultimately to Vyadhi. For the achievement of Dharma, Artha, Kama and Moksha Sattva, Rajas and Tamas are very essential. As per ayurveda increase in Manas dosha causes ill health. So it
should be controlled and managed properly to avoid the ill health consequences. Since increase in Manas Dosha is said to because for many diseases as per Ayurveda and Modern science. So our Acharyas included it in as Dosha of Manas. Prakruti parikshan is a special type of parikshan in Ayurveda. Sharir Prakruti depends upon physical property and Manas Prakruti depends upon Manas property (Sattva, Rajas, Tamas). Literary study shows that increased Manas Dosha is responsible for various psychosomatic illnesses as per Ayurveda and Modern science. According to Ayurveda and yoga by Patanjali Meditation reduces the level of Manas Dosha & so it was tried to confirm it experimentally. Body & Mind correlation depends one & another. If Mind is healthy body is also healthy and same goes for ill effects. So control of increase in Manas Dosha is essential for all the above said reasons. Since Manas Dosha is also essential for Mind and Body. So it cannot be removed completely but control can be done with proper way of handling it. By knowing Manas Prakriti of individual the doctor can have proper diagnosis, severity and prognosis of the disease. By knowing Manas Prakriti of oneself one can chose his profession according to that for example if a person is Rajas Guna Pradhan, he is perfectly fit to join military force. Rajoguna shows all the characteristics which are very much essential there. Sattvika person should go to job like teaching where he can have more beneficial effects of his Prakriti. After doing Meditation one should have enhanced decision-making power, Breaking of attachment with thoughts and body, Increased sensitivity, Better control over feelings and emotions Improved concentration and memory, awareness, higher level of energy to work Complete relaxation and restoration of health of Body and Mind. Meditation is what we require for controlling increased Manas Dosha. Here Meditation was the tool used for managing increased Manas Dosha. With the help of the Performa in the present study one can have the predominance of Sattva, Rajas and Tamas in his Manas Prakriti. The diet which is explained in this present study can give a guideline to increase Sattva guna and so that one can have beneficial effects of that. The present study shows that the percentage of Manas guna increases as well as Rajas and Tamas decreased after Meditation. Meditation can be further studied on stress and other psychosomatic illness for its beneficial use. Statistical analysis was done with the help of Proportion test based on normal distribution. This proves statistically that Meditation is very useful to reduce the level of increased Manas Dosha.

CONCLUSION

After a careful theoretical and practical study following conclusions were drawn that there was decrease in the level of Manas Dosha after Meditation. So it is proved that Meditation is very helpful to reduce Manas Dosha.

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