

**CONCEPT OF EMOTIONAL INTELLIGENCE AND ITS ROLE IN MENTAL HEALTH
WITH SPECIAL REFERENCE TO PRAKRITI*****¹Dr. Shilpa Kantilal Ingle and ²Dr. Sampada S. Sant**¹Asst. Prof. Kriya Sharir Dept, Government Ayurved College, Nanded. (M.S. India).²H.O.D. & Prof. Kriya Sharir Dept. Government Ayurved College, Nanded. (M.S. India).***Corresponding Author: Dr. Shilpa Kantilal Ingle**

Asst. Prof. Kriya Sharir Dept, Government Ayurved College, Nanded. (M.S. India).

Article Received on 28/10/2019

Article Revised on 18/11/2019

Article Accepted on 08/12/2019

ABSTRACT

The concept of *Prakriti* is one of the speciality in Ayurveda. Constitution or configuration is an individual's peculiar set up of body and mind. Every human being is unique in size, shape, physical, psychological, spiritual aspect and is borne with definite genetic constitution determined by *Vata*, *Pitta* and *Kapha Dosha*. *Satva*, *Raja*, *Tama gunas* and its balance is also essential for normal life. *Manas Prakriti* also has great significance as that of *Deha Prakriti*. It is a major tool of Physician for the diagnosis and treatment as well as to suggest proper lifestyle. It is also of importance in etiopathogenesis, prognosis and treatment procedures of various ailments. According to one of the pioneer of emotional intelligence –Daniel Goleman, “Emotional Intelligence is the ability to sense, understand, value and effectively apply the power of emotions as a source of human energy, information, trust, creativity and influence” For Personality Development *Manas Prakriti* is crucial. With the help of this knowledge one can achieve five components of Emotional intelligence - Self-awareness, Self-Regulation, Motivation, Empathy and Social skills. Higher emotional intelligence improves physical, mental, social and spiritual well-being. Emotional Intelligence improvement is necessary to gain health, success and to remain always calm and happy in many areas of life such as Physical Health, Mental Well-being, Relationships Conflict Resolution Success, for therapeutic purpose as well to become mental health Counsellor.

KEYWORDS: Manas Prakriti, Emotional Intelligence, Mental health, Tridosha.**INTRODUCTION**

Prakriti in *Ayurveda* deals with the whole individual with bodily and mental set up. It is referred as one's own body constitution which is an individual's peculiar set up of body and mind. It seems that to have healthy body one should have healthy mind. *Rajas* and *Tamas* are *Manas Doshas*, one should control them to avoid their bad effects. Our mind is significantly affected by *Satva*. Real nature of human mind is *Satva* but *Raja* and *Tama dosha* also affect on it. Natural *Deha Prakriti* can not be changed, it is fixed at the time of conception but the *Manas Prakriti* is not static and it can be changed. In *Ayurveda* basic components of body are *Panch-mahabhuta*, sixteen *Vikara* and *Atma*. *Dosha*, *Dhatu*, *Mala* are also made up of these above components.^[1] Although basic components are same in each and every person but they all are different from one another by their physical health, mental health, attitude, Intelligence Quotient and Emotional Quotient.^[2] Intelligence is the general mental ability to adapt with different situations in life and emotional intelligence is an integral part of our body-mind-soul. It is different from general of common intelligence. It's the ability of an individual to monitor their own as well as others emotions and to understand

the difference between them. It is the capacity to reason about emotions and emotional information which is also related with mental health, so it is not only a skill that influences day to day routine but also impacts our own happiness. People with high emotional intelligence can solve a variety of emotion-related problems accurately and quickly. In today's life, solving emotion-related problems is critical. *Ayurveda* states that *Prakriti* is an indicator of physical and mental status of a person. For Personality Development *Manas Prakriti* is crucial. With the help of this knowledge one can achieve five components of Emotional intelligence.

1. Self-awareness - It is an ability to recognize and understand our emotions and reactions.
2. Self-Regulation - It is a capability to manage, control, and adapt our emotions, mood, reactions, and responses.
3. Motivation - It is a potential to remain resilient and optimistic even after the situations like disappointment and regret. Emotionally intelligent people are self-motivated even in such conditions.
4. Empathy – It means to understand feelings of others, to understand their emotions, and utilize this

understanding to relate it with others more effectively.

5. Social skills – It is the potentiality to build rapport and trust quickly with others and on their teams. It is an ability to avoid power struggles and backstabbing.^[3]

Higher emotional intelligence improves physical, mental, social and spiritual well-being. Emotional Intelligence improvement is necessary to gain health, success and to remain always calm and happy in many areas of life such as -

1. Physical Health – The ability to take care of ourselves and specially to manage our stress. Stress has an incredible effect on our overall health, is heavily tied to our emotions also. Only by recognizing our emotional status and our reactions to stress, we can change our attitude towards life and can tackle stress finally which will be helpful for maintaining good physical health.
 2. Mental Well-Being – Manas Prakriti has great impact on our attitude and outlook on life. If we have knowledge of Manas Prakriti, we can lessen anxiety and nullify depression and mood swings. Finally it will be helpful to maintain our mental health.
 3. Relationships – If we have knowledge of our emotions and its status, we will better able to deal with our feelings in a more constructive way. We will more capable to understand the needs, the feelings, and the responses of those who are concern with us and will be able to maintain our relationships much better and stronger.
 4. Conflict Resolution – When we perceive people's emotions and commune with their perspective, it's very easy to resolve conflicts or possibly it can be avoided before they start.
 5. Success – Higher emotional intelligence helps us to become a prompt person, which can reduce our laziness, increase self-assurance, and improve our potential to focus on a target. It also allows us to overcome our obstacles and endure with a positive attitude.
1. For therapeutic purpose - For the physician knowledge of Manasa Prakrti is beneficial to treat psychosomatic diseases. It is also helpful in psychoanalysis as well as psychotherapy.
 2. To become mental health Counsellor –Physician can analyse personality along with personality drawbacks with the help of knowledge of *Manas Prakriti* and can guide the patients in right way.^[4]

AIM

To study the emotional intelligence and *Deha-Manas prakriti* and its importance in mental health.

OBJECTIVES

1. To study *Deha - Manas Prakriti* from *Ayurvedic* texts and emotional intelligence in detail.

2. To find out its association with emotional intelligence and its role in mental health.

MATERIAL AND METHODS

For the study of the concept of *Prakriti*, *Ayurvedic* classical texts are referred with their commentators and for emotional intelligence, Modern texts and websites are referred. The articles published in different journals in relation with title are also referred.

REVIEW OF LITERATURE

In *Ayurveda Dosha, Dhatu, Mala, Agni, Atma, Indriya*, all these body components are in balanced state. They work together in smooth way to give containment and happiness to the person.⁵ Predominance of *Dosha* at the time of union of *Shukra* and *Shonit*, produces and determines the *Prakriti* which is an expression of one's own constitution.^[6] *Deha prakriti* enumerates the external and internal body features.^[7] *Manas Prakriti* is described as *kaya* or *Satva*, based on three *Gunas*. *Sharirika Dosha* contribute for the formation of *Deha Prakriti* where as three *Gunas* give rise to *Manas prakriti*.^[8] *Manas prakriti* determines the psychological behavior of an individual and it represents the mental state. In *Ayurveda* it has been explained that mental health depends upon *Manas prakriti*. There are three basic types of *Manas prakriti*.^[9,10] *Manas Prakriti* is determined with the predominance of three *Gunas* – *Satva, Raja* and *Tama* and said as 1) *Satvaja prakrti* 2) *Rajasa prakrti* 3) *Tamasa prakrti* respectively.

Satva characterized by lightness, consciousness, pleasure and clarity. It is pure, free from diseases and cannot be disturbed in any way. It activates the senses and is responsible for the perception of knowledge. *Rajas*, the most active of three *Gunas*, have motion and stimulation as its characteristics. All desires, wishes, ambitions and fickle-mindedness are a result of this *Raja Guna*. While *Tamas* is characterized by heaviness and resistance. It produces disturbance in the process of perception and activities of the mind. Delusion, false knowledge, laziness, apathy, sleep and drowsiness are due to it. All these characteristics form the mental state of a person who has its own intelligence quotient as well as emotional intelligence.

According to one of the pioneer of emotional intelligence -DANIEL GOLEMAN, "Emotional Intelligence is the ability to sense, understand, value and effectively apply the power of emotions as a source of human energy, information, trust, creativity and influence" Emotional Intelligence must somehow combine two of the three states of mind cognition and affect, or intelligence and emotion. Emotional intelligence refers to the ability to perceive, control, and evaluate emotions. Some researchers suggest that emotional intelligence can be learned and strengthened, while other claim it is an in born characteristic.^[11]

Emotional Intelligence allows us to think more creatively and to use our emotions to solve problems. Emotional Intelligence probably overlaps to some extent with general intelligence. The emotionally intelligent person is skilled in four areas: Identifying emotions, using emotions, understanding emotions, and regulating emotions. The term Emotional Intelligence is only a few years old. It originally developed during the 1970s and 80s by Peter Salovey and John Mayer. Emotional Intelligence (EI) must somehow combine two of the three states of mind cognition and affect, or intelligence and emotion. Emotional intelligence refers to the ability to perceive, control, and evaluate emotions. Some researchers suggest that emotional intelligence can be learned and strengthened, while other claim it is an inborn characteristic. A number of testing instruments have been developed to measure emotional intelligence, although the content and approach of each test varies. If a worker has high emotional intelligence, he or she is more likely to be able to express his or her emotions in a healthy way, and understand the emotions of those he or she works with, thus enhancing work relationships and performance. Emotional Intelligence is not about being soft! It is a different way of being smart - having the skill to use his or her emotions to help them make choices in the moment and have more effective control over themselves and their impact on others.

DISCUSSION

Emotional intelligence plays an important role in any kind of field right from school to organization. This paper has made a better understanding about the various reasons for emotion and better control over the emotion. Handling emotions is an important requirement for all the levels and sectors and self as well. This will help to increase commitment, improve productivity, efficiency, retain best talent and motivate the students, people to give their best and maintain as well improve their mental health. Emotional intelligence will bring in better adaptability, empathy towards people in family and society, group rapport, decision making, and understanding between each other. Even most of the organizations are nowadays recruit those employees who are emotionally intelligent, so that they can face the workplace problems easily and they can become more productive for the organization. Emotionally intelligent person can become successful through strategy planning, leadership skills, development programmes, self awareness and self management tools. Characteristics of *Manas Prakriti* resembles with the five components of emotional intelligence.

CONCLUSION

From this study the following conclusions can be drawn-

1. Emotional intelligence is linked at every point of life performance.
2. It is of utmost importance nowadays as everybody is daily dealing with stress like conditions.

3. To be successful in life Emotional intelligence plays a vital role.
4. In schools if it is applied, it will be helpful to give rise to a better generation with better physical, mental, social and spiritual health.

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