

**STUDY OF MANAS PRAKRITI WITH SPECIAL REFERENCE TO RAJAS AND TAMAS
AND EFFECT OF MEDITATION ON IT****Dr. Simant Sourav¹ and Dr. K. V. Indapurkar²**¹Associate Professor, Department of Kriya Sharir, Gangasheel Ayurved College and Hospital, Bareilly, Uttarpradesh, India.²Professor and H. O. D, Department of Kriya Sharir, College of Ayurveda, Bharti vidyapeeth University Pune, Maharashtra, India.***Corresponding Author: Dr. Simant Sourav**

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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*. In spite 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**

Ayurveda^[1] is a science of life. Ayurveda says that the living being in a combination of Sharir,^[2] Indriya,^[3] Atma^[4] and Mana.^[5] Diseases are defined as those which on conjunction cause pain. They are located in Mind and body. Rajas^[6] and Tamas^[6] are as considered as the two Doshas^[7] of the Manas.^[8] In spite of this different nature they help mutually in creation. The quality of Sattva^[6] 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 Prakriti,^[9] Sharir Prakriti^[10] belongs to Vatta,^[11] Pitta,^[12] Kapha^[13] and Manas Prakriti^[14] 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 Prakriti so this topic was selected.

MATERIAL AND METHODS

The study undertaken here is experimental type of research.

Inclusion criteria

- Age limit-20-30yrs.
- 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**

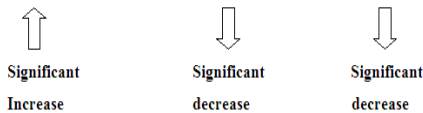
The sample for study comprises 50 individual all males with ages ranging from 20 to 30 years. All were Indian

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 Government of india.

Experimental procedures

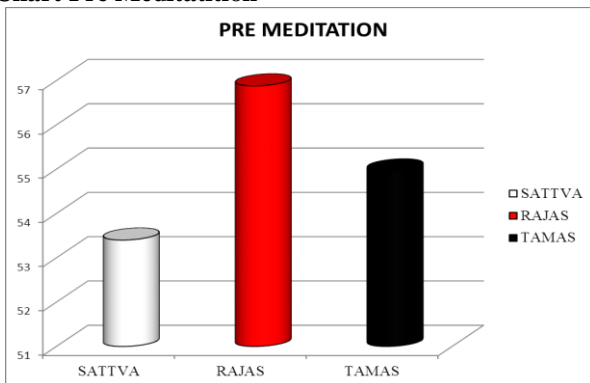
Experimental procedure was as per pre-post design. *Dhyan* is a deep process & here we have not taken *Meditation* as equivalent to *Dhyan*, here we have used a standard *Meditation* technique.

Data	Sattva	Rajas	Tamas
Difference Mean	10.38	-12.08	-21.62
Standard deviation	2.18	2.68	3.12
Proportional value	0.0016	0.0028	0.00031



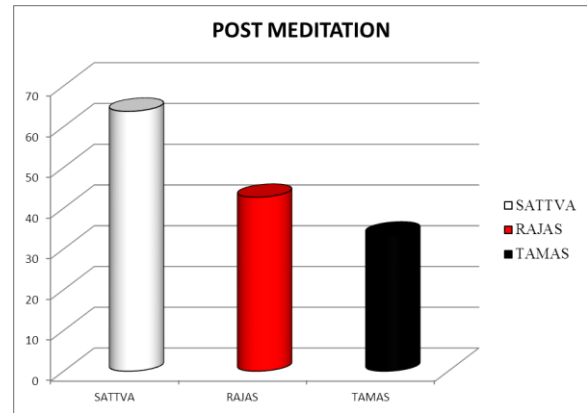
Since p value is less than 0.010 so we can conclude that significant result observed on pre and after *Meditation*. By Proportion test based on normal distribution results were calculated. It was observed that there is significant increase in *Sattva guna* after *Meditation* as compared to before *Meditation*. 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*.

Chart Pre Meditation



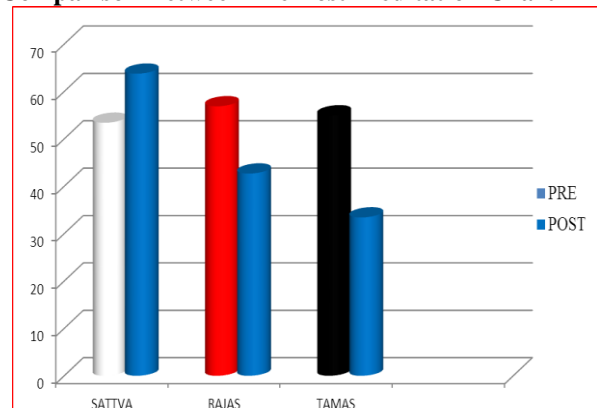
In the above diagram x axis represents the number of individuals & Y axis represents the level of *Manas Guna* and *Dosha* before *Meditation*.

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 *Prajnyaparadha* 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 be 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 choose 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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