

ROLE OF MANA IN THE SENSE OF HEALTH-A REVIEW

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ABSTRACT

Background: There is great importance of Mana in human life. It is one of the connections of the source of knowledge because the knowledge cannot achieve without the connection of Mana with their sense organ and sense organ with their objects. In the description of Tridand, (Satva, Atma & Sharir) Mana is one of the triangles as described in Ayurvedic literature. The person cannot gain the perfect knowledge unless his mind is not healthy. There is nothing any confusion among Ayurvedic Acharyas about the location of Mana. All the Ayurvedic Acharyas have directly or indirectly accepted that the location of Mana is Hridya (heart) and it is one of the essential elements for the intelligence. A person will always be in the dark if his mind is not fully developed, for example- a person suffering from Unmad (mental illness) cannot develop his life perfectly, similarly a person whose mind is sharp can concentrate on every minute objects.

Aims & Objective: The aim of this study the role of Mana in sense of normal health. The objectives of this study to evaluate role of Mana in sense of normal health. **Material and Method:** Materials used are Ayurvedic text like Charaka Samhita, Sushruta Samhita, Ashtang Sangraha and Ashtang Hridya. **Discussion:** All through the location of Mana is cranial cavity which situated in the brain and it is clearly mentioned when Mana is vitiated due to Mithya Ahara Vihara it can also affect on mind as well as body. On the same pattern the Vata pita Kapha is vitiated it also produces the disease in the body and ultimately when body is vitiated it is also effect on the mind. When the mind is affected by vitiated Doshas it

affects on the normal body there for there is great relationship between Mana and body and body with Mana both works and share them to each other. So that the body and Mana can work with the normal way. **Conclusion:** Mana is an Amurta Dravya which has nothing any structure but its activities can be determined in the day today routine life. Heart is the permanent location of Mana. Mana rests in the Hridaya after doing all the entire works of the body. Brain (Mastiska) is the main controlling centre of Mana from where it instructs and controls all the sense organs to perform their natural and routine works. The work's area of Mana is the entire body. It circulates in the entire body with all the sense organs and also motivates the sense organs to perform their works.

KEYWORDS: Tridand, Mana, Hridaya, Mastiska.

1. INTRODUCTION

Mana is very essential for the normal health. Perfect health of a man depends when his mind is free from mental tension and anxiety. In the definition of health, It is also clearly mentioned that only the body, soul and equal quantity of Dosha, Dhatu and mala is not the symbol of perfect health but it also depends upon the healthy mind when the mind becomes healthy with normal quantity of Dosha Dhatu and Mala, the person becomes normal. In Ayurveda there is a detailed description about Mana in different Samhita although modern science do not believe the theory In spite of this fact in their daily routine if the mind is not stable the person do not feel comfortable. It is basically the importance and symbol of the man for perfect health. Achievements of knowledge is possible only when the connection of Atma (soul) with Mana and Mana with Sense organ with their objects. When a man becomes tired due to excess work in such condition we cannot achieve any knowledge if the mind is not connected with Sense organ with their object.

2. AIMS AND OBJECTIVES

This study has been carried out to fulfill the following aims and objectives:

- a) The aim of this study the role of Mana in sense of normal health.
- b) The objectives of this study to evaluate role of Mana in sense of normal health. The anatomical location and action of Manas in sense of normal and perfect health.

3. MATERIAL AND METHODS

Materials used are Ayurvedic text like Charaka Samhita, Sushruta Samhita, Ashtang Sangraha and Ashtang Hridaya.

3. REVIEW OF TOPIC

1). Mana

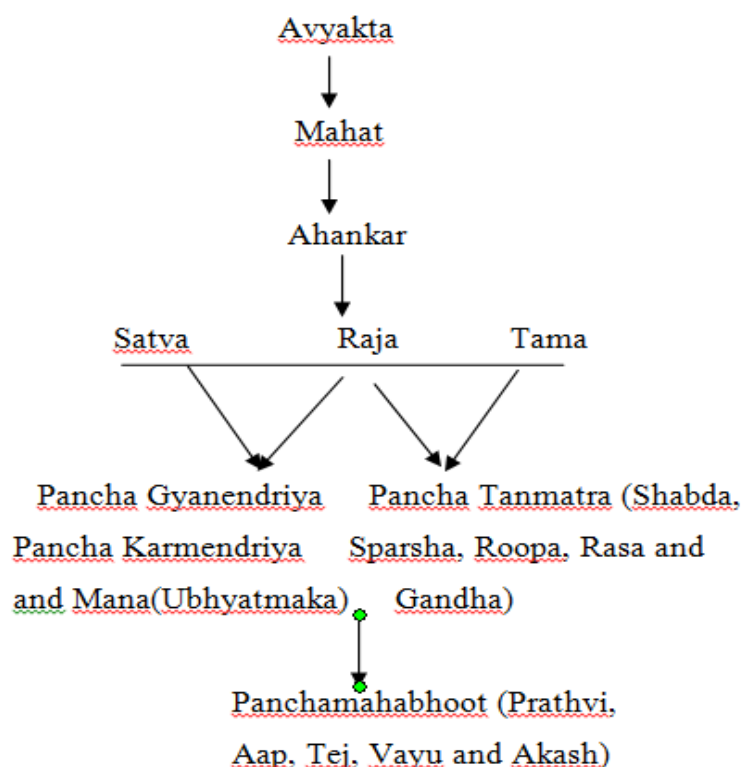
Mana has been described in Ayurvedic literature as one of the tripod (Tridand) on which life depends.^[1] According to Sanskrit Grammar- The word Mana is defined from 'gyane' Dhatu. It means which provides knowledge is called as Mana. It means which helps in the achievement of knowledge is called as Mana.

2). Paryaya of Mana (Synonyms of Mana)

Chitta, Chet, Hridya Manas, Mana, Atindriya, Satva and Chet.^[2]

3). Utpatti (Origin) of Mana

Avyakta is the root cause of the origin of the entire living organism having properties/qualities (Satva, Raja and Tama) with Ashtavidha Avyakta (Avyakta, Mahat, Ahankar + 5 Tanmatra). In this way Shrishti (Universe) is evolved (generated) and in Shrishti (universe), Mana is produced from Satvika Guna of Ahankar with the predominance of rajas Guna.^[3]



5). Location of Mana (Mind)

Location of Mana has been described by Charaka, Sushruta & Vagbhata.

a) According to Charaka

Location of Mana is Hridya (Heart).^[4]

1) Acharya Charaka has clearly indicated that- When aggravated Doshas reached Hridya (Heart) and vitiates Manovahistotasa & produces the disease Unmad.

2. When predominant Dosha Raja & Tama located in heart and produces Apasmar.

b) According to Sushruta

Sushruta has also considered the location of Chetna that is in heart.^[5]

There is a mutual relationship between Mana & Atma. Hence the location of Mana Atma is same.

c) According to Vagbhata

Vagbhata has also described the location of Mana inside the Heart which is located in between Ura (Thorax) and Kostha (abdomen).^[6]

In this way in Brihat Trayi, Location of Mana is Hridya.

Shir (Head) is the best organ of the body which is the prime location of life and is also the location of all the sense organs.^[7] Mana is one of the sense organ amongst eleven sense organs. So brain (Head) is the location of Mana.

6). All though location of Mana is Hridya but according to the work its location can be divided in to three parts**a). Permanent location of Mana**

Heart is the permanent location of Mana. Mana rests in the Hridya after doing all the entire works of the body.

b). Main office (Controlling centre)

Brain (Mastiska) is the main controlling centre of Mana from where it instructs and controls all the sense organs to perform their natural and routine works.

c). Entire body

The work's area of Mana is the entire body. It circulates in the entire body with all the sense organs and also motivates the sense organs to perform their works.

7). Lakshana (Characteristic features) of Mana (Mind)

To perceive the knowledge or not to perceive the knowledge indicates presence or absence of mind respectively. This is the characteristic feature of mind. It means it connects at a time with one sense organ and achieves the knowledge.^[8]

When soul is connected with mind and mind is connected with sense organs and sense organs is connected with their objects then perception of knowledge is achieved. The perception of knowledge cannot be achieved without the connection with each others.

8). Guna (Properties) of Mana (Mind)

Anutva (Being minute) and Ekatva (Being single) are the qualities of Mind.^[9]

It means mind is so Sukshma (Minute) that it cannot be seen from the naked eye. Due to its minute size, Mana (mind) can circulate in the body very fast and also conjugate (Connects) with different sense organs to perceive the knowledge rapidly.

Due to this quality Mind conjugates with sense organs so rapidly by which all processes of sense organs (Visualization, hearing and perceiving the smell etc.) occurs at one time.

Mind is only single entity and due to this feature, correct knowledge is achieved with the connection of soul and mind.

9). Vishay (Objects) of Mind

Acharya Charka has described the objects of Mana that is given below^[10]

- 1) Chintya: - To think about the perceiving of knowledge.
- 2) Vicharya: - To establish logical sequence of the knowledge.
- 3) Uhya: - Capacity of mind to argue on any topic with documentary proofs.
- 4) Dhyeya: - Concentration of mind on specific topic of argument.
- 5) Sankalpa: - Determination of mind to perceive the correct knowledge.

10). Special description of Mana

Sharir (Body), Indriya (Sense organs), Mana (Mind) and Atma (Soul) all are connected in the living human body. This is called as Ayu (Life).^[11] So for keeping existence of the body Mana is one of the essential elements.

11). Acharya charka has described the nine Dravya (elements), in which Mana is one of the essential elements amongst nine Dravya (elements)

Five sense organs are the source for perceiving the knowledge to the soul. Mana plays an important role to establish a relationship between soul and sense organs.

The work of sense organs is only to perceive the knowledge. Then this perceived knowledge goes to the intelligence (Buddhi) by Mind and Buddhi (Intelligence) takes decision. After that perceived knowledge is stored in the soul with the connection of Atma (soul) and mind.^[12] All the sense organs perform their works on the similar pattern with the connection of Mana. This above mentioned work is performed in the twinkling of an eye.

4). DISCUSSION

All through the location of Mana is cranial cavity which situated in the brain and it is clearly mentioned when Mana is vitiated due to Mithya Ahar Vihar it can also affect on mind as well as body. On the same pattern the Vata pita Kapha is vitiated it also produces the disease in the body and ultimately when body is vitiated it is also effect on the mind. When the mind is affected by vitiated Doshas it affects on the normal body there for there is great relationship between Mana and body and body with Mana both works and share them to each other. So that the body and Mana can work with the normal way.

5). CONCLUSION

Mana is an Amurta Dravya which has nothing any structure but its activities can be determined in the day today routine life. Heart is the permanent location of Mana. Mana rests in the Hridaya after doing all the entire works of the body. Brain (Mastiska) is the main controlling centre of Mana from where it instructs and controls all the sense organs to perform their natural and routine works. The work's area of Mana is the entire body. It circulates in the entire body with all the sense organs and also motivates the sense organs to perform their works. The knowledge and action is perceived only after the connection of soul with Mana and Mana in their sense organ and sense organ with their objects. The action of Mana is so much fast that it can work with in a twinkling of an eye and in every cell of the body and directs them to work according to necessity of the body. When it is vitiated by raja and Tamo Guna it produces so many mental diseases like Unmad, Apasmar and other Mental disease.

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