

**“A STUDY TO ANALYSE THE INTELLIGENCE QUOTIENT IN
DIFFERENT DEHA PRAKRITI”****Dr. Parul^{*1}, Dr. Devendra Khurana² and Vd. P. C. Mangal³**

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ABSTRACT

Intelligence is multifaceted dynamic quality defining intellectual capabilities viewed holistically. It is an indicator reflecting individual's mental & physical health. Hence, individual's abilities to understand complex ideas, to adapt effectively to the environment, to learn from experience, to engage in various forms of reasoning, to overcome obstacles by careful thought can be taken as intelligence.^[1] Ayurveda, the traditional Indian system of medicine approaches Intelligence (including concept of I.Q mentioned in Western Psychology) from a holistic perspective that combines physical, mental, emotional and spiritual aspects of health. Ayurveda categorizes individuals into different body- mind types based on their inherent Prakriti which is believed to be associated with specific mental attributes,^[2,3] The study aims to understand the association between Prakriti and I.Q of a person which would help in

prophylaxis, prognosis, measure cognitive abilities, career counseling, personal development and self-awareness etc. Hence, the present observational study thus focus on interpreting Ayurvedic perception on the basis of modern concept of measuring intelligence through I.Q Testing.

KEYWORDS: Prakriti, Intelligence, Smriti.

INTRODUCTION

Ayurveda categorizes individuals into different body- mind types or doshas (Vata, Pitta, Kapha) based on their inherent Prakriti. Each dosha is believed to be associated with specific physical and psychological attributes.^[4,5,6,7]

Like personalized medicine, Ayurveda believes that every individual is unique and requires individualized approaches to maintain and enhance their cognitive abilities like intelligence.

Whereas modern concept of intelligence defines it as an ability to adjust, learn, abstract thinking and solving problems which can be observed through I.Q.^[8]

Hence, I.Q Testing^[9] is a very important concept for several reasons.

- ❖ Understanding Cognitive Abilities (Identify Intellectual strengths & weaknesses).
- ❖ Educational and Career Guidance for Educational Placement & Support.
- ❖ Tailoring Treatment for Cognitive Disorders
- ❖ Predict Future Performance
- ❖ Identifying Giftedness and Special Needs
- ▶ Psychological Insights and research understanding
- ▶ Personal Development and Self – Awareness

METHODOLOGY

Prakriti and Intelligence Quotient (I.Q) of subjects was assessed using validated CCRAS prakriti performa and Wechsler Adult Performance Intelligence Scale (WAPIS) respectively. Generated data was subjected to appropriate statistical test and conclusions were drawn.

CRITERIA FOR ASSESSMENT

Table: WAPIS TEST Parameter for assessment of Intelligence Quotient (I.Q).

S. NO	TEST	RAW SCORE	SCALED SCORE
1	PICTURE COMPLETION	X_a	X_A
2	DIGIT SYMBOL	X_b	X_B
3	BLOCK DESIGN	X_c	X_C
4	PICTURE ARRANGEMENT	X_d	X_D
5	OBJECT ASSEMBLY	X_e	X_E
	TOTAL SCORE		X_F
	I.Q		$X_{I.Q}$

NOTES

- ❖ Raw Score (X_a, X_b, X_c, X_d, X_e) – Score obtained while performing tests.
- ❖ Scaled Score (X_A, X_B, X_C, X_D, X_E) – Score obtained according to the associated raw score (as per table provided).
- ❖ Total Score (X_F) – Sum of scaled score ($X_A + X_B + X_C + X_D + X_E$).
- ❖ I.Q ($X_{I.Q}$) = X_F .

CLASSIFICATION OF INTELLIGENCE QUOTIENT

I.Q RANGE	I.Q CLASSIFICATION
130 and above	Very Superior
120 -129	Superior
110 – 119	High Average
90 – 109	Average
80 – 89	Low Average
70 – 79	Borderline
69 and below	Extremely Low

OBSERVATION AND RESULT

The following observations were observed.

- i. I.Q (120 – 129) i.e Superior I.Q was observed in 02 subjects with Pitta Pradhan Prakriti.
- ii. I.Q (110 – 119) i.e High Average I.Q was observed in 01 subject with Vata Pradhan Prakriti, 12 subjects with Pitta Pradhan Prakriti and 13 subjects with Kapha Pradhan Prakriti.
- iii. I.Q (90 -109) i.e Average I.Q was observed in 18 subjects with Vata Pradhan Prakriti, 06 subjects with Pitta Pradhan Prakriti and 07 subjects with Kapha Pradhan Prakriti.
- iv. I.Q (80-89) i.e Low Average I.Q was observed in 01 subject with Vata Pradhan Prakriti.
- v. I.Q- (69 & below) i.e Extremely Low I.Q, I.Q (70 – 79) i.e Boderline I.Q, I.Q (130 & above) i.e Very Superior I.Q was not observed during this research work.

DISCUSSION

The importance of Discussion is explained in Siddhi Sthana Chapter 2/28 by Acharya Charak.^[10] He defines that a researcher or scientist should use his or her capacity of logical thoughts to the facts regardless of the guidelines provided, because without it success is believed to be just solely a matter of luck. The first step for reaching any conclusion is therefore a discussion.

तस्मात् सत्यपि निर्देशे कुर्याच्च स्वयं धिया ।

विना सिद्धिर्य इच्छा सिद्धरेव सा ॥

Hence, the aim of any discussion is analyzation, exploration and then explanation of relevant results in the light of optimum scientific knowledge. The discussion is a crucial but significant component of the research project that enables the researcher to present the significance and findings of the study.

The present title “A Study to Analyze The Intelligence Quotient In Different Deha Prakriti” is aimed to throw light on the concept of Ayurvedic literature in which there is description of “Mati^[11,12,13], Medha^[14,15] or Buddhi^[16,17]” of the healthy individuals in different Deha Prakriti.

DESCRIPTION

Physiology planted the seeds of scientific methods in the field of psychology.

Psychology or more precisely called as Experimental Psychology originated from the science of Philosophy (दर्शन शास्त्र) and Physiology (शारीर क्रिया विज्ञान)^[18]

Hence, understanding of psychological concepts requires understanding of physiological concepts also. The worldly nature of Indian Psychology, which is related to the concept of consciousness regarding self- growth rather than religious traditions.

Indian Psychology can be viewed as universal as it deals with important concept of human existence which cannot be restricted to any geographical area or period of time. It can also be taken as both ancient and contemporary as many Indian sages and thinkers were dated centuries back.

- The efforts of UGC, NCERT and ICSSR have tried to contribute to the scenario in the past four decades. Many popular Western tests were adapted, interpreted and redefined into different Indian Languages. One of the famous tests observed is WAPIS TEST. WAPIS.
- The Wechsler Adult Performance Intelligence Scale (WAPIS) is used for evaluating the Intelligence through I.Q.
- ▶ It has been developed after numerous trials and is suitable for Indian population residing in Indian Subcontinent.
- ▶ The Wechsler Adult Performance Intelligence Scale includes assessment of intelligence through following performance tasks namely :

- Picture Completion.
- Digit Symbol.
- Block Design.
- Picture Arrangement.
- Object Assembly.
- Parameters (Wechsler Adult Performance Intelligence Scale (WAPIS)).
- ▶ Block Design: It evaluates abilities like spatial perception, problem visual abstract processing, and visual motor skills, analyze geometric patterns, part -whole recognition skills and problem solving.
- ▶ Picture Completion: It evaluates ability to quickly perceive visual details.
- ▶ Digit Symbol: It evaluates abilities like visual motor coordination, scanning speed, visual perception or analysis.
- ▶ Object Assembly: It evaluates abilities like memory, attention, encoding, concentration, visual perception or analysis and scanning speed.
- ▶ Picture Arrangement: It evaluates abilities like spatial reasoning, ability to quickly perceive visual details, mental control, visual analysis and scanning speed.

CONCLUSION

- ❖ From this gathered data, it can be concluded that subjects having Vata pradhan Prakriti have lower I.Q, Kapha pradhan Prakriti have higher I.Q while Pitta pradhan Prakriti have highest I.Q.
- ❖ Result of current study shows that there is significant association between Deha Prakriti and Intelligence Quotient with a p-value of 0.001.
- ❖ This shows that there is significant association between Deha prakriti and Intelligence Quotient.

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