

A LITERATURE REVIEW FOR KRIYA SHARIR CONCEPT – MANA

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Article Received on
08 May 2025,

Revised on 28 May 2025,
Accepted on 17 June 2025,

DOI: 10.20959/wjpr202513-37349



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ABSTRACT

Kriya sharir is the fundamental subject of Ayurveda. Mana has special importance in kriya sharir fundamental concept as it connects between mind and sensory, motor organs. Mana normal functioning is important for normal sensory and motor functioning in body. Mana location, applied field, nature, characteristics, objectives and functions has been elaborated in this article.

KEYWORDS: kriya Sharir, Mana, Atma, Karmendriya.

INTRODUCTION

Ayurveda has mainly two goal. One is to maintain healthy individual and second is to cure diseases. Maintaining healthy individual depends on proper functioning of sensory and motor organs of body. The proper functioning of sensory and motor organ depends on proper functioning

of mana. As mana is the mediator between soul, mind and body. In ayurveda mana, sharir and atma combination is a tripod to proper working of karmendriya. Mana can acts as sensory as well as motor sense, So it is called as Ubhayendriya.

Definition of mana

Manna word derive from dhatu Gyan means knowledge.

Synonyms words of MANA

Chittam, Hrit, Manasam, Hridyam, Chetah, Ubhayendriya.

Location of mana

According to charak samhita HRIDAYA (HRART) is the main location of Mana.

Applied field

Mind, soul, Hridaya and sensory, motor sense organs.

Nature of mana

The Mana is considered as midpoint between mind and sensory, motor organ. The position of knowledge and ignorance off knowledge by Organs is based on mana activity.

Characteristics of mana

Mana has mainly two characters

1. Anukatwa (Subtleness)
2. Ekatvam (Oneness)

Due to the anukatwa it is invisible. While due to ekatvam it can perform one work at a time.

Objectives of mana

There are 5 objectives of mana

1. Chintyam (Thinking)

The thinking regarding happiness, memoryising, concluding, desiring etc has been done by manna.

2. Vicharya (Planing)

Thinking of a subject about whether it is good or bad, accept or reject is one of special function of mana. Mana done planning about what to do.

3. Uhhyam (Imagination)

The logical argument about any subject which can be validated by pramana.

4. Dheyam (Concentration)

Dheyam Means to observe or examine the one subject at one time uninterruptedly.

5. Sankalp (Determination)

Sankalp means to decide about what to do or what not to do. Mana helps to determine the good and bad things and decide to do it or not.

Function of mana

The main function of mana is to act as mediator between the soul, mind and indriya to get Knowledge

- 1) Indriyabhigrah

Mana controls the sensory as well as motor organ in body. For example touch temperature sensation by skin. Mana also controls the sensory organ by controlling which subject to accept and which not. It also helps motor organs to ac.

2) Manasyanigraha (Self restraint)

Mana controls himself like when and how much time knowledge of subject can obtained by sense organ. It help to strengthen the mind.

3) Uhhya (Hypothesis)

The logical conclusion of many subject knowledge made by mana to put hypothesis.

4) Vicharya (Constructing thinking)

Mana can help to separate good and bad things, and what to accept and what to reject.

CONCLUSION

Mana is the ubhayendriya which can act as sensory as well as motor Sense organs. It is the mediator part between sensory, motor organ and mind.

If mana is in good condition and some deformity in the sense organ through the knowledge of subjects can be obtained. Just as body hardness during Hypnosis.

The abnormal function of mana leads to disturb functions of many sensory and motor organs. Does this article is important as it studies location character function of mana.

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