

**STUDY OF MANAS PRAKRUTI WITH SPECIAL REFERENCE TO  
THEIR VULNERABILITY TO STRESS****Dr. Rashi Sharma\***

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**ABSTRACT**

A study of manas prakruti has been designed with special reference to their vulnerability to stress. A fundamental type of research was conducted on 80 healthy students from JLN Institute of Technology, Pune with age group 17-26 years. The percentage of Satva, Rajas and Tamas of these people was assessed with the help of Standard "Manas Prakruti Questionnaire" which is approved by C-DAC, Govt. Of India. The quantitative measurement of stress of these people was done by authentic, "Stress Management Scale" of Guidance Associates Of Pennsylvania, before ral examinations and at the same time to avoid any bias. Rajas pradhan Prakruti people were found to be prone to stress very easily followed by tamas pradhan prakruti people.

Satva pradhan prakruti people due to their stable nature were least vulnerable to stress.

**KEYWORDS:** Manas Prakruti, Stress, Fundamental Research.

**INTRODUCTION**

Ayurveda is that which deals with Ayu (life). Therefore every research done in the field of Ayurveda also gives- emphasis to health prophylaxis along with treatment. Ayurveda divides persons according to prakruti.<sup>[1]</sup> They are of two types: Sharir Prakruti and Manas Prakruti. Sharirprakruti belongs to vatta, pitta, kapha and manasprakruti belongs to Sattva, Rajas and Tamas.<sup>[2]</sup>

Worries have always been a constant companion of human life. Charak while explaining about sadatura (constantly ill person) says that worries are the main reason of a constantly ill person. Acharaya Charak further explains that one who indulges in activities which are above

ones performing capacity, puts too much strain on oneself in excess perishes like a lion trying to drag an elephant. i.e., putting too much of stress on a system leads to disastrous effects on the body.<sup>[3]</sup> Also, stress may be defined as the sum of physical and mental responses to an unacceptable disparity between real or imagined personal experience and personal expectations.<sup>[4]</sup> Thus in short any stimulus that causes any imbalance in the internal environment of an organism is called stress.<sup>[5]</sup> Here; it was an attempt to find a correlation between manas prakruti and their vulnerability to stress.

### **Aim**

Study of manas prakruti with special reference to their vulnerability to stress.

### **Objectives**

1. To compile all references in Ayurveda classics about the manas prakruti.
2. To study stress according to both Ayurveda and modern science.
3. To study manas prakruti and its relation with stress.
4. To suggest some methods to cope up with stress by compiling all the remedies for the same from all the available sources.

## **MATERIAL AND METHODS**

### **Study design and sample size**

- The study undertaken here was fundamental type of research.
- The sample size of the study was group of 80 healthy students from JLN Institute of Technology, Pune with age group 17-26 years.
- Quantitative reading of Satva, rajas and tamas was collected as mentioned by using “Ayu Soft” C-DAC which is standard, reliable, authentic and approved by CENTRE FOR DEVELOPMENT OF ADVANCED COMPUTING SCIENTIFIC SOCIETY OF THE MINISTRY OF COMMUNICATIONS AND INFORMATION TECHNOLOGY, GOVERNMENT OF INDIA and predominance of satva, raja and tama was calculated.
- The quantitative measurement of stress was done by standard, reliable and authentic stress management scale of Guidance associate of Pennsylvania.
- The co-relation between manas prakruti and stress was done.
- They were subjected to statistical analysis and conclusions were drawn.

**Inclusion Criteria**

- 1) The students included for the study were healthy individuals of JLN Institute of IT, age group 17-26 years and free from any major and mental illness.
- 2) Both male and female students were taken.

**Exclusion Criteria**

1. Any student suffering from any major ailment was excluded from the project.
2. Any student less than 17 and more than 26 years were excluded.

**Plan of Study**

**Literary research** For the purpose of literary research all the ancient ayurvedic as well as modern literature was referred. All the contemporary journals and publications too were referred for the literary research.

**Practical research**

1. Standard “Manas prakruti questionnaire” which is objective and the reference from “AYU SOFTWARE” which is approved by ministry of communication and information technology, Government of India.
2. Quantitative measurement of stress of these people was done by authentic *Stress management scale of Guidance associate of Pennsylvania*.
3. Statistical tests and formulas

The work to be done in this topic was divided into three phases

- \*1. Literary
- \*2. Practical
- \*3. Integration of the above said clinical and practical work to draw the conclusion.

**Literary**

- In the beginning all information in ayurvedic literature regarding Manas prakruti was compiled. Here the ayurvedic literature included the brahatrayee, laghutrayee and other available texts
- Modern information about stress, strain was studied and its effect on health was also added. Co-relation with ayurvedic literature was done later.
- Stress was studied according to both ayurveda and modern sciences.

- A study on inter-relation of body and mind according to ayurveda as well as modern science was done with quoting of necessary classical quotations.

### Practical

- Manas Prakṛuti of 80 subjects was taken with a prakṛuti questionnaire.
- They were grouped into three divisions according to prakṛuti.
- Quantitative measurement of stress of these people was done by
- Authentic *Stress management scale of Guidance associate of Pennsylvania*.
- The readings were taken before oral examinations of the subjects in order to avoid bias in the levels of stress.
- These readings were compared to the manasprakṛuti of the subject.
- They were subjected to statistical analysis and conclusions were drawn.

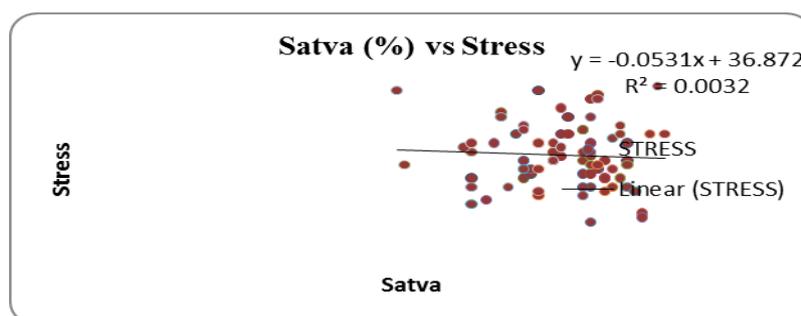
### Steps taken to avoid bias

- 1) The readings with the stress management scale were taken during the oral examination of the subjects. This was done to see that all the subjects were in similar sort of conditions.
- 2) All the readings were taken in the morning between 10.30-12.30A.M. This was done to see that the time factor was same for all the subjects
- 3) The same questionnaire were used in all subjects.

**Statistical analysis:** Statistics is the most important and effective tool of portraying findings in any research topic. Statistics helps to evaluate the research findings and its significance in a proper manner. The observations of the study were monitored and recorded carefully. Relevant statistical analysis was done using statistical tests. The findings from the survey are evaluated using, “tests for correlation” and depicted using scatter diagrams.

### Scatter plots

#### 1. Satva (%) vs Stress score



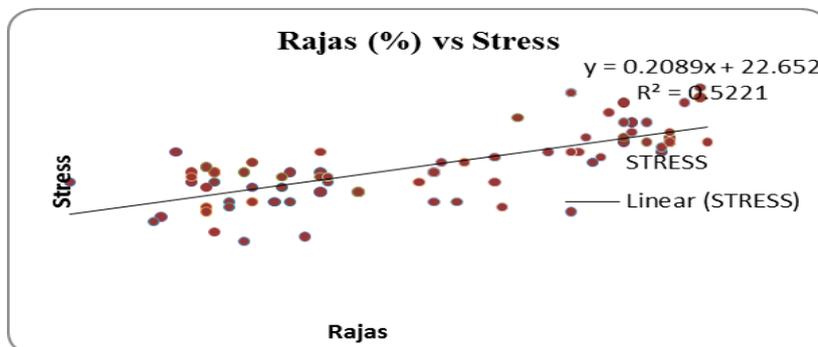
- Here , X-axis represents: Sattva %

Y-axis represents: Stress score

Correlation coefficient = -0.057 p-value is 0.616

Conclusion: - By using correlation test p-value > 0.05 therefore there is no correlation between sattva (%) and stress score.

## 2. Rajas (%) vs. Stress score



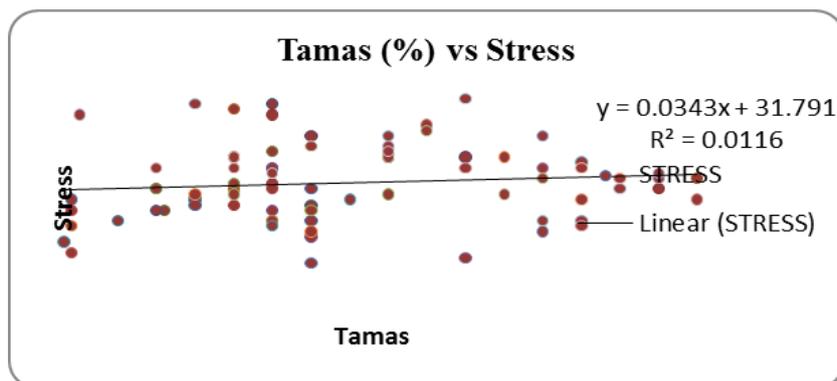
• Here , X-axis represents : Rajas %

• Y-axis represents : Stress score

Correlation coefficient = 0.723 p-value is < 0.001

Conclusion: - By using correlation test p-value < 0.05 therefore there is good positive correlation between rajas (%) and stress score.

## 3. Tamas (%) vs Stress

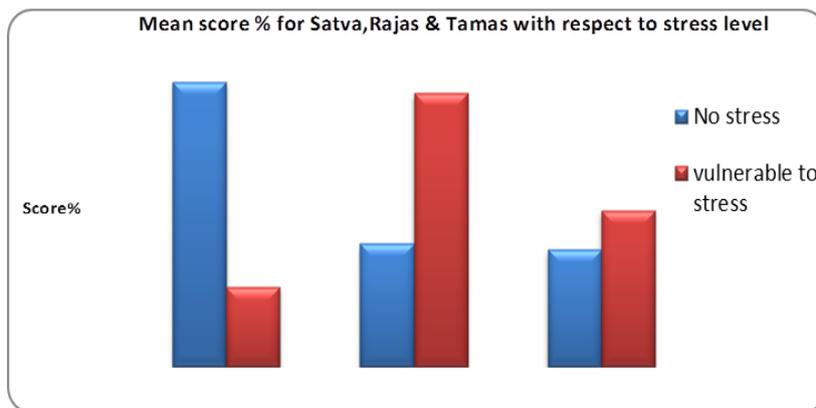


• Here , X-axis represents : Tamas %

Y-axis represents: Stress score.

Correlation coefficient = 0.108 p-value is 0.341

Conclusion: - By using correlation test p-value < 0.05 therefore there is correlation between tamas and stress score.



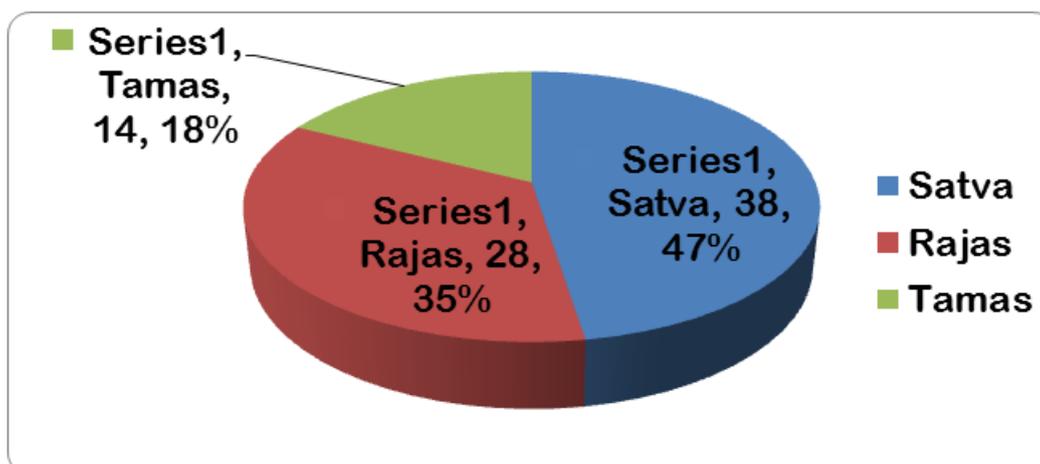
	Stress group Median		p-value
	No stress	vulnerable to stress	
Sattva	73	20.5	0.698
Rajas	31.5	70	< 0.001*
Tamas	30	40	0.066

**Conclusion:** - By using Mann Whitney U test p-value < 0.05 therefore there is significant difference between stress levels with respect to Rajas (%).

**Observation**

Manas Prakṛiti of hundred subjects was evaluated using the standard manas prakṛiti questionnaire.

- Eighty subjects were selected for the experiment.
- 38 were found to be of Satwa pradhan prakṛiti.
- 28 of them belonged to Rajas pradhan prakṛiti.
- 14 belonged to Tamas pradhan prakṛiti.



## DISCUSSION

- The readings were taken from the stress management scale based on the questionnaire.
- The arithmetic mean of stress in Rajas pradhan prakṛuti individuals was higher.
- Rajas pradhan prakṛuti people were slightly more sympathetically aroused than people of other prakṛuti. i.e Rajas pradhan prakṛuti people were under more stress.
- Since the experiment conditions were similar for all the 80 subjects. (During the time of oral examinations) sattva pradhan prakṛuti people were found to be having less stress-taking tendency.

## RESULT

Manas prakṛuti and stress correlation value was significant. Statistically, it was proved that rajas pradhan prakṛuti people were most vulnerable to stress, tamas pradhan prakṛuti people were more vulnerable to stress and sattva pradhan prakṛuti people were least vulnerable to stress.

## CONCLUSION

After a careful practical and literary research following conclusions were drawn in the research. The conclusions were drawn under two headings literary and practical for the purpose of evaluation.

### Conclusions from the Literary Research

Conclusions were derived through a careful study of classical as well as contemporary literature:

- Rajas pradhan prakṛuti people were found to be prone to stress very easily.
- Tamas pradhan prakṛuti people too were found to be prone to stress easily.
- Sattva pradhan prakṛuti people due to their stable nature are less likely to fall into a state of stress.
- The stress response of a person depends on his prakṛuti and it varies in accordance with the prakṛuti.
- In the literary study of samhithas Atiyoga, heena yoga and mithya yoga of asatmendriya samyoga, pradnyaparadha, parinama, dhāraṇa of adharaneeya vegas and adharana of dharaneeya vegas were found to be the main etiological causes of stress
- Stress pathology affects all the systems of the body was found to be a main etiology of most of the diseases in the body.<sup>[6]</sup>

- Yoga and pranayama was found to be the best remedial measure for stress.

### Conclusions from the Practical Study

- \*The stress-taking tendency varies considerably in people along with manas prakṛuti
- \*Rajas pradhan prakṛuti people were seen to be having highest score indicating that rajas types showed higher tendency towards stress.
- \*The stress score was least in satva types indicating that sattva pradhan prakṛuti people had a lesser tendency of sympathetic arousal indicating that satva types were less likely to be prone to stress
- \*The stress score was intermediate in tamas pradhan prakṛuti people.
- \*Stress management scale proved to be an easy and efficient tool in measuring stress and psychosomatic arousal in a person.
- \*Also, effective in measuring any homeostatic imbalance in a person.

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