

MIND / MANS IN AYURVEDA

INTRODUCTION

The concept of mind is a vast subject in Indian philosophy. Mind as 'manas' has a very important position in Indian system of medicine. In Ayurveda diseases are classified into physical and mental categories.

Concept of manas is usually correlated with that of 'Mind' in modern psychology. Indian philosophical concept about manas is slightly different from modern concept. The term 'MANAS' means 'to think' derived from the root 'Man'.

DEVELOPMENT OF CONCEPT

The concept has a gradual development in Indian philosophy. RK veda, Yagur veda, Upanishad, and later Nyaya, Vaishesika, Samkya, Yoga, Purva mimamsa, Uttara mimamsa all tried to describe about manas in all aspects. We can classify them in to 3 groups.

A) Materialistic view: Nyaya, Vaishesika and mimamsa are included in group.

According to them manas has atomic size and it is just a connecting link between soul and sense organs.

B) Psychic view : Samkya, Patanjala and Vedanta darsana says that Manas can get changed into appropriate forms which are perceived by the sense organs. Satwa, rajas, and tamas have contribution with manas. They cause proper comprehension and activity.

C) Spiritualistic view: Since the soul is conscious manas is naturally so but It's consciousness has limitations. Most Indian Philosopher admit the existence of both soul and manas.

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