

MIND / MANS IN AYURVEDA II

POWER OF MANAS

One can be able to win entire world but can't manas even for a few seconds. Manas is compared to fire. Fire is blown and raised by 5 'hotas' . Panchajnanendriyas blown by the innumerable varnanas(desires)and nourished by objects acting like aajyadharas(ghee and fuel) .Thus this fire burns entire world.

MANO GUNAS

Samkhya ,pariamana, pr'dhakthuam, samyogam, vibhagam, parathuam, aparathuam and samskaram are the 8 gunas of manas.

MANO VISHAYAS

- 1)Chintyam- Thinking
- 2)Vicharam - Prolongation and expansion of thoughts
- 3)Ooham - Imagination of past, present and future
- 4)Dhyeyam- Deep thinking and concentration on a thought of object
- 5)Sankalpam- Planning
- 6)yatkinchit- All the other things which man can perceive

MANO DOSAS

Rajas and tamas are the dosas of manas which have relation with tridosas. In vata rajo guna predominates; in pitta satwa guna and in kapha tamo guna.

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