

Charak Samhita Sharir Sthana
Adhyaya 3
MahatiGarbhaavakranti Part 3

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Types of Mana

- त्रिविधं खलु सत्त्वं- शुद्धं, राजसं, तामसमिति।
- The *Mana* is of three types – pure *sattvika*, *rajasika* and *tamasika*.
- Satva= Pure form of Mana
- Satva with Raja or Tama= Impure form of Mana

Features of Pure Mana

- तत्र शुद्धमदोषमाख्यातं कल्याणांशत्वात्.....
- The pure *sattvika* one is free from causing abnormalities as it is gifted with auspiciousness

Features of impure Mana

- राजसं सदोषमाख्यातं रोषांशत्वात्, तामसमपि सदोषमाख्यातं मोहांशत्वात्।

whereas the *rajasika* type is impure because it promotes furious temperament. In the same way, the *tamasika* one is similarly impure because of bewilderment.

Relation of Mana and Body

शरीरं ह्यपि सत्त्वमनविधीयते, सत्त्वं च शरीरम्। तस्मात्
कतिचित्सत्त्वभेदानूकाभिर्निर्देशेन निदर्शनार्थमनुव्याख्यास्यामः॥३६॥

- The body influences the mind and vice versa. Therefore, some of the varieties of mind have been described briefly depicting their resemblance with recognized symbols.

Seven types of Pure *Mana* constitution

1. शुचिं सत्याभिसन्धं जितात्मानं
सविभागिन
ज्ञानविज्ञानवचनप्रतिवचनसम्पन्नं
स्मृतिमन्तंकामक्रोधलोभमानमोहेर्ष्याहर्ष
मर्षापेतं समं सर्वभूतेषु ब्राह्मं विद्यात्...

Brahma (representing the qualities of Brahma): Clean, love for truth, having control over self, power of eliminating bias, capable of learning, perceptive, power of description, reply and memory. Freedom from overenthusiasm, anger, greediness, self-esteem, lack of knowledge, envy, misery and narrow-mindedness and favorable outlook equally for all the individuals. The individuals having such qualities should be known as *Brahma* in mind.



Aarsha Kaaya

2.इज्याध्ययनव्रतहोमब्रह्मचर्यपरमतिथिव्रतमुपशान्तमदमानरागद्वेषमोहलोभरोषंप्रतिभावचनविज्ञानोपधारणशक्तिसम्पन्नमार्षं विद्यात्।

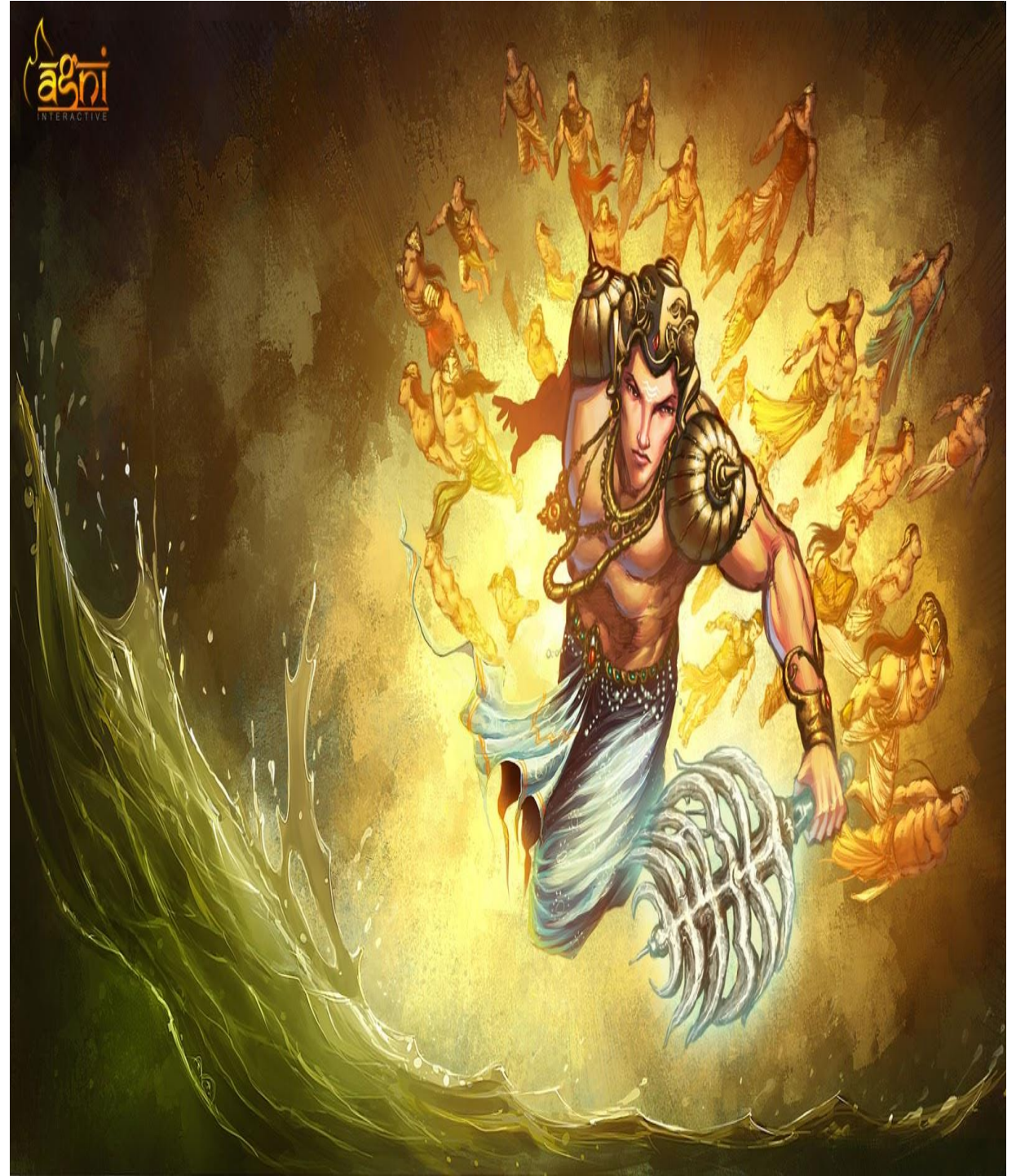
Aarsha (representing the qualities of *rishis*): Dedication to holy rituals, study, sacred vows, oblations and celibacy, welcoming nature to the guest. Has freedom from self-importance, self-esteem, affection, detestation, lack of knowledge, greed and annoyance. The person is capable of intellectual excellence and eloquence, power of understanding and retention. The individuals having such qualities should be known as *Arsha* in mind.



Aindra Kaaya

3. ऐश्वर्यवन्तमादेयवाक्यं यज्वानं शूरमोजस्विनं
तेजसोपेतमक्लिष्टकर्माणं दीर्घदर्शिनं धर्मार्थकामाभिरतमैन्द्रं
विद्यात्।

Aindra (representing the qualities of Indra):
Supremacy and trustworthy words, involved
in holy rituals, endowed with bravery,
strength and splendor, involved in good acts,
far sightedness, always engaged in
achievement of virtue, wealth, devotion to
virtuous acts, earning of wealth and
pleasure. The individuals having such
qualities should be known as *Indra* in mind.



Yaamyā Kaaya

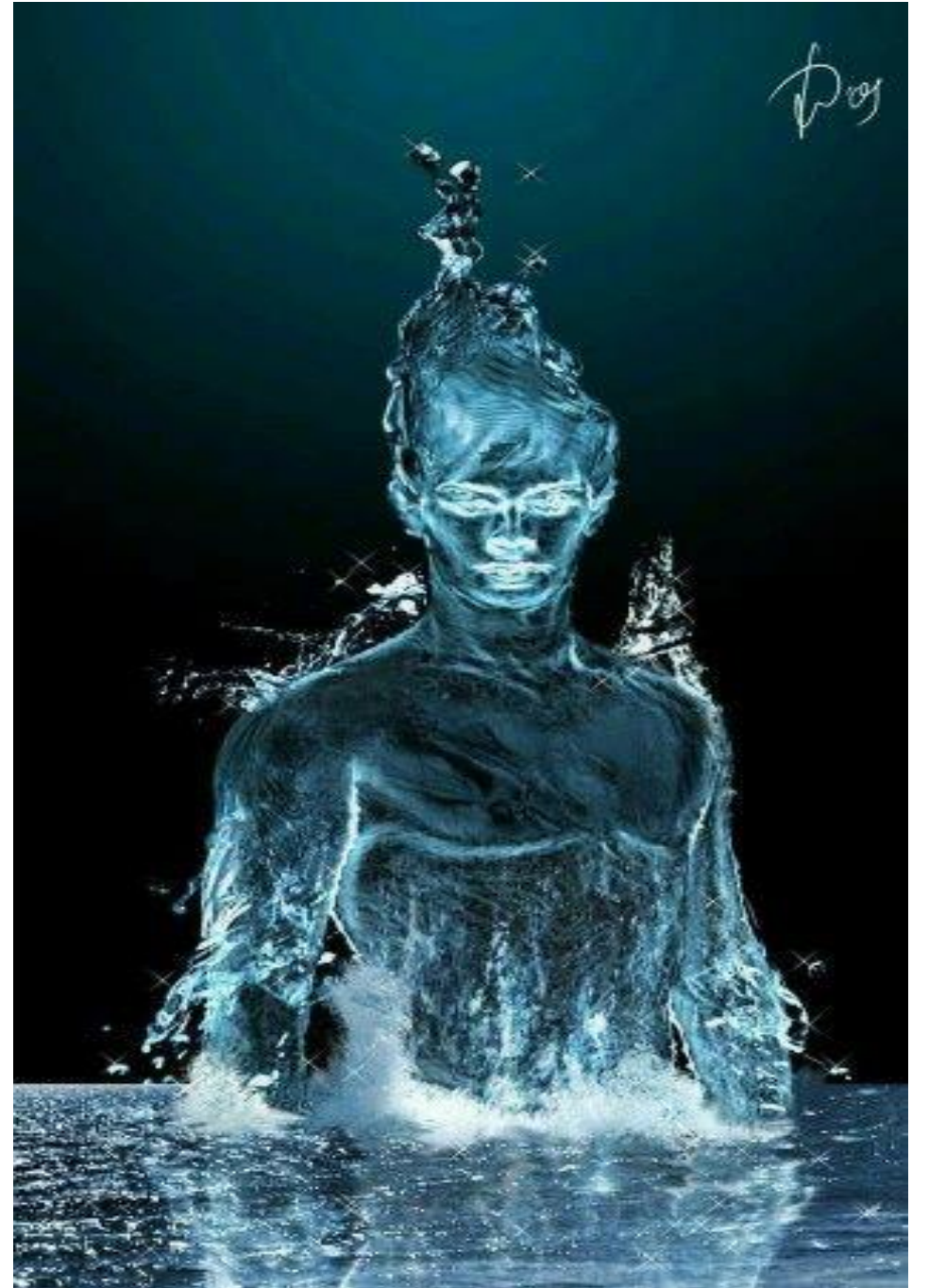
- लेखास्थवृत्तं प्राप्तकारिणमसम्प्रहार्यमुत्थानवन्तं
स्मृतिमन्तमैश्वर्यलम्भिनं
व्यपगतरागेर्ष्याद्वेषमोहं याम्यं विद्यात् ।
- **Yamya** (representing the qualities of Yama): Observance of the humility of actions, timely instigation of dealings, non-aggressive, accomplished with promptness and memory, attaining supremacy, free from affection, jealousy, detestation and ignorance. The individuals having such qualities should be known as *Yama* in mind.



Vaaruna Kaaya

5. शरं धीरं शुचिमशुचिद्वेषिणं
यज्वानमम्भोविहाररतिमकिल्ष्टकर्माणं
स्थानकोपप्रसादं वारुणं विद्यात् ।

Varuna (representing the qualities of Varuna): Bravery, patience, clean and disliking for uncleanness, engaged in holy rituals, affection for enjoyment in water, hatred for mean-actions, expression of anger and happiness in proper time and place. The individuals having such qualities should be known as *Varuna* in mind.



Kouber Kaaya

6. स्थानमानोपभोगपरिवारसम्पन्नं धर्मार्थकामनित्यं
शुचिं सुखविहारं व्यक्तकोपप्रसादं कौबेरं विद्यात् ।

Kaubera (representing the qualities of Kubera): Capable of position, honor, luxuries and having family members (attendants), constantly involved in virtuous acts, wealth and satisfaction of desires, clean, comfortable movement, obvious annoyance and happiness. The individuals having such qualities should be known as *Kaubera* in mind.



To be continued....

THANKS!

Gandharva Kaaya

7. प्रियन्त्यगीतवादित्रोल्लापकश्लोकाख्यायिकेतिहासपुरा
णेष कशल
गन्धमाल्यानलेपनवसनस्त्रीविहारकामनित्यमनसूयकं
गान्धर्वं विद्यात् ।

Gandharva (representing the qualities of Gandharva): Fond of dancing, singing, music and praise, expert in poetry, stories, historical narrations and epics, constantly use scents, garlands, pastes, clothing, engaged with women and passion. The individuals having such qualities should be known as *Gandharva* in mind.

