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RESEARCH ARTICLE

**CONCEPTUAL STUDY OF PERSONALITIES BASED ON TRIGUNAS  
(Trividh Manas Prakriti)**

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**ABSTRACT**

*Aim & object of this literary paper is to study the personalities on the basis of trigunas & its role in Rogi Pareksha & treatment. Ist literary study was performed and similar kind of description was found in spiritual and philosophical references [ Ramcharit Manas & Gyaneshwari Sudha ]The attempt was done for the comparative study in Trividh Personalities taking 30 characteristics in consideration. Study of these personalities on this basis can be used in Trividh Rogi Pariksha in brief. This study was found closed to the truth in relation to the characters mentioned in spiritual references.From this conceptual study we have concluded that -Trigunas are the ultimate factors of Primodial matter. (Prakriti) Just as three Dosha determine body type three gunas of mind regulate a person's character, conviction & perception. Sharir and Mann are interrelated and affect each other.Pravarsatva persons are - Sattva Guna Pradhan Sattva Saara Purush Madhya Sattva Persons are - Rajas Guna Pradhan, Heena Sattva Persons are - Tamas Guna Pradhan. Tamas and Rajas Guna Pradhan personality can grow and develop to the level of Sattva Guna Pradhanta i.e. sattviki by adopting Ayurvedic life style and maintaining mental health.*

**Key Words:** Trigunas, Tamas, Rajs Guna, Trividh Rogi.

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## 1. INTRODUCTION

Man has 3 aspects of Personality Sharirik (Physical) ,Manasik (Mental) & Adhayatmik (Spiritual), The period of time during which all these aspects exists & functions together is Ayu (life). Ayurved is the science of life. Principles of Ayurved ,are based on Shad Darshanas. According to Sankhya darshan ,Trigunas (Sattva,Raja,Tama)are the real ultimate factors of Primordial matter .In Ayurvedic discipline the predominance of these Triguans and their evolutes( like Panch MahaBhutta and Tridoshas - VATT,PITT,KAPHA) at the time of conception and during Gestation decides the natural constitution of an individual known as PRAKRUTI (Dahik & Mansik)

Our ancient Ayurvedic Acharyas ,after centuries of observation, concluded and declared that Mind is a micro cosm of entire universe .on the basis of this they have described three types of PERSNALITES OR Manasik Prakruti (Satvic,Rajas,Tamas) regulated by three guanas Satva,Rajase ,Tamas. all these three regulate persons character conviction & perception .

Sattva is finest of all gunas of mind ,where as raja and tama gunas are the root cause of disease like Pragyana apradha and asatmendriya artha sanyog .Mind & Body are interrelated and effect each other. as very clearly seen in psychosomatic disorders.

This Paper is a small effort to review and understand the ancient scientific trividha division of mental personalities baseds on trigunas and also that, sattvik prakruti is best of all for good physical and mental health.The study of subdivisions of these

three main types- Sattvic,Rajas,Tamas Personalities surly be an useful & interesting subject for review & research in future.

## 2. MATERIAL AND METHODS

The Indian philosophy and its philosophers mainly believe in Advait Brahma as also recited by Adi Guru Shankaracharya:

ब्रह्मसत्यम सर्वमिथ्या ब्रह्मैवा न पराः

Later on Bramha Satyam aur Ekam Satyam further divided in the two i.e. Dicentral philosophy (**Srokn**) The activities of dicentral are combined together with trigunas (Sattva, Rajas & Tamas). The physical live entities mainly functions on Dwaitwad i.e. Prakriti and Purush. Trigunas are the real ultimate factors of prakriti. Their predominance or different ratio proportion with time creates their physical and non-physical action and reactions. Ayurved deals not only with their physical effect (Sharirik) but also study the effect of trigunas on their non-physical existence (Mann) i.e. trividha manas prikriti - Sattvik, Rajasic and Tamasic.

In Ayurvedic discipline, the predominance of trigunas and their evolutes (Panch Mahabhuta and Tridoshas) at the time of conception and during gestation decides the natural constitution of that individual i.e. known as Dehik and Mansik Prakriti. Now man has three aspects of personalities :

1. Sharirik - Physical(Functional)
2. Mansik - Psychological / Mental - (Trigunatmaka) (Functional)
3. Adhyatmic - Spiritual (Non-functional, Chaitnya & Drishta)

All these three aspects of man exists and function together throughout life (Ayu) in perfect co-ordination & harmony. Such conditions are known as Arogya and Health (Sign of balance) but any imbalance in this harmony is known as Roga which may be of two types :

1. Sharirik Roga - Vitiation of Sharirik Dosha. (Vatt, Pitta and Kapha)
2. Mansik Roga - Vitiation of Manas Dosha (Rajas & Tamas)

Today in present scenario modern medical science have grouped major health problems separately in psycho somatic illness. Ayurved has recognized this fact very long back that manas and sharir are closely interrelated and affect each other.

Ex : Charak say's Vayu is provoked by Kam, Soka, Bhaya.....

Pitta is provoked by anger.

Kapha is provoked by greed and mohha.

Blood is vitiated by anger.

Some element related to manas roga and psycho somatic interrelationship are also present in spiritual text like Ramcharit Manas.

काम वात कफ लोभ अपारा, क्रोध पित्त नित छाती जारा  
Diagnosis to in ayurvedic physician means knowing and understanding the individual at physical, physiological, psychological and spiritual levels (Samagra Observation). Dashh vidhi Rogi Pariksha mentioned by Charaka in viman sthan is a remarkable and truly scientific example with same aim i.e. obtain knowledge regarding the physical and mental strength of individual ( Prakriti, Sattva, Saar, Pariksha etc.) and intensity of morbidity as these factors plays major role in medicine administration as well as selecting appropriate mode and kind of

therapy. So proper diagnosis forms the basis for proper treatment.

Sattva / Manna / Psychological constitution of mind of human being is dependent upon the a comparative dominance of trigunas.

Sattva - finest of all the gunas of mind.

- Responsible for creation in universe.

- Characterized by awareness, delight, lightness and lucidity.

- persons with dominance of sattva guna in their mental constitution are noble, spiritual, pure and free from trouble.

Sattva guna pradhan persons are sattva saarvan and with pravara sattva mentioned by Charaka.

Rajas - most active gunas of the mind

- associated with motion and stimulation

- concerned with maintenance and nurturing of everything that has been created.

- with restless mind, anxious, ambitions, aggressive mental discrepancies are the result of the effect of the rajas.

- Madhya sattva is due to rajoguna.

- keen on improving themselves through spiritual and holistic measures.

Tamas - ability of mind to finish or complete what sattva and rajas has created.

- stands for destruction.

-characterizes heaviness produces disturbances in the thought process and other activities of mind.

- sleepiness, laziness and drowsiness stimulated by this guna.

- Heen sattva is due to rajoguna.

So we see just as the combination of three dosha exist for the body, our mind exhibits combinations of sattva, rajas and tamas and so our mental personality is determined. Our physical dosha and mental nature may not be the same which explains that personality

is decided by both these aspects. Mental nature is more subtle than our physical nature and thus more variable.

### 3. RESULT

The attempt was done for the comparative study in Trividh Personalities taking 30 characteristics in consideration. Study of these personalities on this basis can be used in Trividh Rogi Pariksha in brief. This study was found closed to the truth in relation to the characters mentioned in spiritual references.

### 4. CONCLUSION

From this conceptual study we have concluded that -

- ❖ Trigunas are the ultimate factors of Primordial matter. (Prakriti)
- ❖ Mental disposition or Manas Prakriti mainly relies on three gunas - Sattva, Rajas & Tamas. Hence are mainly divided into three types –  
Sattvic - 7 types      Rajasic - 6 types  
Tamasic - 3 types
- ❖ Mind is, infact, a microcosm of the entire universe.
- ❖ Just as three Dosha determine body type three gunas of mind regulate a person's character, conviction & perception.
- ❖ Ancient Ayurvedic Trigunatmaka Classification of individuals is very scientific, as it helps physician to diagnose the strength of the individual (both mental and physical) and its disease (Rog and Rogi Pariksha)
- ❖ This classification helps in administration of medicine and deciding the mode and kind of effective therapy to be applied.
- ❖ This knowledge of trividh personalities

can be used for compassionate awareness. These attributes if negative can also be temporary out of shells caused by stress.

- ❖ Sharir and Mann are interrelated and affect each other.
- ❖ Pravarsatva persons are - Sattva Guna Pradhan Sattva Saara Purush

Madhya Sattva Persons are - Rajas Guna Pradhan

Heena Sattva Persons are - Tamas Guna Pradhan

Tamas and Rajas Guna Pradhan personality can grow and develop to the level of Sattva Guna Pradhanta i.e. sattviki by adopting Ayurvedic life style and maintaining mental health.

For good mental health :

- (1) Nidanam Parivarjanam (2) Good Code of conduct or Sadvritta Palan (3) Dharniya Vegas (4) Gyan Vigyan Smrity (Swadhyaya) (5) Sattvajay Chikitsa (Self Control) (6) Samadhi (7) Mental Relaxation through Yogic Practices.

Note-The preventive measures for Mental health affect certain features of Phenotype without changing Genotype. This is the subject of research under the branch of Genetics called as Epigenetic Last but not least purity of life, right association, knowledge and meditation along with samyaka aahar and vihar are the main basis and zest for good health.

समदोषा समाअग्निश्च समधातु मलःक्रियः

प्रसन्नात्मन्द्रियमनः

Which is the aim of life and Ayurveda?

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