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## **Role of Manas Prakriti in Clinical Diagnosis**

*Dr. Ajmal Hussain<sup>1</sup>, Dr. Balaji Thakur<sup>2</sup>, Dr. Sarika Yadav<sup>3</sup>, Dr. Mahendra Prasad<sup>4</sup>*

1. M.D Scholar, Dept. of Kriya Sharir, National Institute of Ayurveda, Jaipur
2. M.D Scholar, Dept. of Kriya Sharir, National Institute of Ayurveda, Jaipur
3. Assistant Professor, Dept. of Kriya Sharir, National Institute of Ayurveda, Jaipur
4. Associate Professor, Dept. of Kriya Sharir, National Institute of Ayurveda, Jaipur

**Email Id: [serviceheb@gmail.com](mailto:serviceheb@gmail.com) \***

### **ABSTRACT**

Ayurveda treats man as a whole. Ayurveda divides persons according to Prakriti, Sharir Prakriti belongs to Vatta, Pitta, Kapha and Manas Prakriti belongs to Sattva, Rajas and Tamas. Rajas and Tamas are as considered as the two Doshas of the Manas. The quality of Sattva towards divine and Tamas towards the darkness while in between these two stands Rajas. Genetically determined, these psychological characteristics are dependent on the relative dominance of the three Gunas. Manasa Prakriti features pertain to the mind and mental activities of the person. Due to their resemblance in qualities to that of almighty god, names were designated accordingly. To diagnose the disease and prescribe medicines, knowledge of this is essential.

**KEY WORDS:** Sharira Prakriti, Manasika Prakriti, Satva, Raja, Tamas

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