

Comparison Of Sarva,Rja,and Tamo Guna In Human Behavior: Sanskrit To Psychology

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Sankhya Darshana one of the six darshanas in Indian philosophy it takes about the creation of universe and has postulated triguna concept. It has been believe that these trigunas -satva, Rajesh and Thomas are manifested in everything that exist on this earth similarly individuals personality is also a combination of these trigonals with predominance of any of them Indian approach to philosophy-studying human behaviour dual on this triguna theory and look for possibilities for better perspective towards understanding personality and dynamics of human behaviour. This papers are an effort to put forth and analysis of how this triguna's are related to psychological aspect of one's being.

Keywords:

Samkhaya, Indian psychology, Triguna theory.

Psychology originated and developed in western countries is known as theoretical as well as applied science of behaviour this field of knowledge has enthusiast further with basic objective to understand -assess-predict human behaviour since centuries till now it has due widely to explore and put forth various complimentary as well as challenging theories principles believes concepts explanations and many more pieces of information and experience is about human behaviour it has significantly contributed to human race and life being instrumental in assessing the factors involved in once oral development since birth and finding out the ways to restore once psychological health if found deviated. Secondly more than 10 digits of psychopathological interventions at micro and macro levels has surely lesson gravity of psychological and mental problems but still fail to build once life same as like before psychological intervention as we could not in state the originally of a glass if broken once like wise mental and psychological issues lives some imprints on one's personality dwelled on successfully. On this line of thought positive psychology recent school of thought as directed all the researchers professionals and practitioners to new Avenue which emphasized on building human strength to such a stature eliminate the probability of any of the psychological /behavioural deviation in once personality since 2000 psychology as a science has move towards finding out the ways to enhance individual virtues and traits positive psychology has its origin in humanistic Psychology which inherently influenced by ancient Indian wisdom great psychologist call Rogers and Abraham maslow has found to be very much client to ask Indian scriptures and knowledge moreover principals of humanistic psychology such as self self esteem self actualization full functioning individual unconditional behaviour are pre disposed to Indian concepts of human beings or else one may say being human Many researchers are not taking place to adjoined Western concept of human behaviour and related constructs and various streams of Indian knowledge Indian wisdom and knowledge is mainly based on Indian philosophy and non-dless Bhartiya Darshana definitely offers strong foundation to understand not only human behaviour but universe at large many concepts and extracts of darshanas are intriguing for researchers since few decades and every attempt in this direction is not only vital but also call of the hour..

Does this research paper is an attempt to study the concept of triguna satatva rajas tamas from psychological perspective and its dimension too.

Triguna in Sankhya

The concept of triguna is first mention in atharvida it is also describe in some khaya which is dualistic philosophy which has illusion of purusha and parakriti purusha is said to be consciousness where is prakriti is nature.Both are independent but exist simultaneously it was also been explained that everything in the universe is come out of prakriti and consisted of 3 gunas namely satva Rajesh and Thomas.

Mahakavi ban batta has stated that importance of trigonals in above sloka in this famous work Kadambari universe is formed with rajas in client of Brahma naturing by Vishnu with satyavik creation and the masik inclination of Mahesh at the time of pralaya does all the three gunas are covered in the formation of universe.

According to some khaya one of the six schools of Vedic philosophy the three gunas are balanced in the UN manifest form of prakriti will move to the benefits form it happens with the imbalance of the triguna it is this triguna with the spectrum of qualities which permits throughout the creation hence it is considered the basic fabric of creation.

Trigunas and personality:

Indian perspective of personality refers to both the biological and sociological system the sociological system dealing with the three Guna is the focus of the study this system incorporates the physical, mental and spiritual aspects of personality the inherent richness of the traded language of the gonnas offers avoid a scope of to understand human nature as contracted with bipolar description of the western pychology. According to the Indian philosophy trikonas are present in everyone but it is the relative predominance of one of the three bonus that determines the personality of an individual satatva kunna is reflected in equanimity serenity and poise rajas is expressed in high action orientation ambition last and so on Thomas is the trade that is manifested in slot and laziness.

Sattvik individuals have a steady and pure mind they have a spiritual inclination and follow the path of truth and Righteousness(Dharma).They stand out by their good manners and good character the possess a great deal of self control and do not get easily upset or angry even a considerable amount of mental activity does not result in mental fatig they need hardly 4 hours to sleep the respect the teachers and always try to improve their knowledge proficiency and skill they are capable of taking correct decisions after careful and matual thinking which is derived from a clear intellect religious by Nature they have an insatiable thirst for knowledge and take a detached view of problems.

Just is the principle of activity in things. It always moves and makes other things move. It is of the nature of pain and his mobile and stimulating it helps elements of satatva and Thomas which are inactive and motionless in themselves to perform their functions rajas attaches to action and its fruits rajas give rise to greed.

Rajasik individuals are egoistic proud ambitious and have a tendency to Boss over others.They are loquacious and do hard working there endeavours lag proper planning and direction. Thir mental makeup is not strong as that of satvik individuals emotions such as anger Joy attachment jealousy etc dominate the personality they are prone to emotional out burst and hence their mental energy is wasted the required 8 hours of sleep they are come and patient only so long as their interest are not affected they are good friendly and faithful only to those who are helpful to them.

Tamas is the principle of passivity and negativity in things it is opposed to satatva in being heavy Guru and an obstructing the manifestation of objects. By obstructing the principle of availability in suit induces sleep drowsiness and laziness it also produces the state of apathy or indifference. Tamas attaches one of lack of care and recklessness. Negligence, delusion and ignorance arise from Tamas,Rajasic and Tamasic individuals are skills and rights oriented Tamasik visuals who come and under this category or less intelligent in a depressed frame of mind and generally prone to laziness the slightest mental exertion Christ them easily a common feature is at tendency to feel sleepy even during the day they take the part of least resistance and it drink sleep and indulge in sex to greater extent. They are extremely greedy irritable and do not have consideration for others. Go to the extent of even harming others to safeguard there vested interests.

Triguna hairy provides platform for understanding personality as a dimension of human behavioral attempt.

Triguna and Other Human Behaviour

Number of ways trigonals are studied in the light of human behaviour falling are the extract of research studies indicating multivariant relationship between trigunas and various psychological factors.

In the study conducted to examine the relationship between satvik Guna rajas Guna Tamas Guna and risk taking behaviour in undergraduate studies investigator found that Thomas Guna been related to risk taking behaviour of female students (Yadav SKS and k 2016).

Investigating the effect of trigonals on transformational leadership it has been concluded that dominance of satatva facilities transformational leadership when compared to dominance of Rajasekhar dominance similar observations were noted by dulla 2014 as he was mention the further scope in the this direction triguna theory and Karma yoga is also situated with the reference to helping behaviour in human behaviour which emphasis the situation of satadhar and Karma to extend that behaviour is good.

In another study Verma and Tiwari 2017 concluded that the satatva and tamil's guna's have major roles in shaping the self compassion and human fluorescent significant relationship between sodatva and Rajesh Thomas Guna state to the dance have been started by Keval ramnani.

With reference to diabetic and non diabetic adults and found that significantly higher pressure presence of satyata and Tamas Guna and significantly lower presence of rajas Guna is observed in non diabetic people then in diabetic people trigunas.