



## The Critical Role and Interrelation of Atma, Manasa, and Indriya in the Stability of Health: An Ayurvedic Perspective.

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### ABSTRACT

Elucidating a holistic approach to health, the ancient discipline of Ayurveda highlights the vital function of Atma (soul), Manasa (mind), and Indriya (senses) in preserving physiological and psychological stability. This paper integrates ancient Ayurvedic knowledge with modern scientific findings to critically examine the relationships among these three elements and their overall impact on health. We seek to offer a multifaceted knowledge of the ways in which the harmonious functioning of Atma, Manasa, and Indriya leads to general well-being through an extensive analysis of classical writings and contemporary research. The manuscript underscores the relevance of this tripartite model in developing innovative therapeutic approaches that bridge Ayurveda and modern medicine..

**Keywords:** *Atma, Manasa, Indriya, Ayurveda, health stability, holistic health, integrative medicine*

### INTRODUCTION

Health is a condition of balance combining the body, mind, and spirit, according to the ancient Indian medical system known as Ayurveda.(1) This holistic viewpoint offers a more integrated understanding of health and illness in contrast to modern medicine's frequently compartmentalised methodology. The ideas of Atma (soul), Manasa (mind), and Indriya

(senses), which together constitute a trinity that regulates a person's physical, mental, and spiritual health, are fundamental to Ayurvedic philosophy.(2)

Atma is the eternal, indestructible essence that exists beyond bodily existence according to Ayurveda. The seat of consciousness, emotions, and cognition is Manasa, the mind; the sensory organs and their functions are represented by Indriya. For homeostasis and general wellbeing to be maintained, these entities must interact harmoniously. It is thought that imbalances in this equilibrium cause a number of health problems. Using both modern scientific research and ancient Ayurvedic literature, this document investigates the interrelationships and vital functions of Atma, Manasa, and Indriya in the stability of health. We hope to emphasise the possibilities of integrative techniques that include both traditional and modern medical concepts

## MATERIALS AND METHODOLOGY

This critical review utilizes a comprehensive approach, examining both classical Ayurvedic texts and modern scientific literature. Key Ayurvedic sources include the Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya, while modern references are drawn from indexed journals and databases such as Scopus, PubMed, and Web of Science.

The methodology involves:

1. A detailed review of the concepts of Atma, Manasa, and Indriya as described in Ayurvedic texts.
2. An exploration of the physiological and psychological roles of these entities using modern scientific perspectives.
3. Identification and analysis of studies that investigate the interplay between mind, body, and soul in health and disease.
4. Synthesis of findings to propose integrative therapeutic approaches.

## CRITICAL REVIEW

### 1. Atma: The Soul in Health

The concept of Atman, which is separate from the mind and body, is the perpetual, constant and fundamental form of a person according to Ayurveda. It is the essential living force that gives existence and consciousness.(3) A key source in Ayurveda, the Charaka Samhita, illustrates Atman as the fundamental substance of all existence, ubiquitous, and unchanging.

The ultimate life energy, atma gives the body consciousness and vitality. It is thought to exist beyond material characteristics and be the origin of life. The impact of spiritual well-being on health is acknowledged by modern science, even though it does not directly address the idea of Atma. Research has demonstrated that engaging in spiritual practices can improve both mental and physical health by lowering stress levels and fostering happy feelings.

### **Role in Health**

It is believed that Atman is the origin of consciousness, or Chetana, which gives life to the body and mind. Life-sustaining essential processes are under its control.(4) A state of balance between atman, Manas, and the physical body is considered health (Sharira). It is thought that illness results from a disturbance in this balance.

### **Scientific Correlations**

Contemporary science recognises the role that consciousness plays in health. Research on the relationship between the mind and body reveals that physiological systems including immunological response and hormone balance are greatly influenced by consciousness and subjective well-being. The notion of Atman aligns with modern understandings of the mind-body link and its effects on health.

## **2. Manasa: The Mind-Body Connection**

In Ayurveda, mental health, emotions, and cognitive processes are all included in the Manasa. It is intimately related to the body and, through psychosomatic pathways, can impact physical health. This perspective is supported by recent studies, which shows that mental states like stress and anxiety can have a significant impact on physiological functions including hormone balance and immunological response. (5)

In Ayurveda, manas—often translated as the mind—is regarded as the source of cognition, emotion, and sensory perception. As an intermediary between the physical body and Atman, it integrates sensory inputs and facilitates reactions. The dual nature of Manas—cognition (Jnana) and action (Karma)—is emphasised in the Sushruta Samhita.

### **Role of health**

The preservation of mental and emotional equilibrium is critical for general health, and manas plays a major role in this regard. A healthy mind is linked to good physical health,

according to Ayurveda, and mental disorders can cause physical symptoms. It is very recommended to maintain mental stability using techniques like mindfulness and meditation.

### **Scientific Correlations**

In contemporary medicine, the association between physical and mental well-being is widely established. Negative emotions and chronic stress are associated with a number of health problems, such as impaired immunological function and cardiovascular illnesses.<sup>(6)</sup> Ayurvedic practices aiming at balancing Manas resonate with the idea that mental training can affect brain function and promote mental health, as supported by research on neuroplasticity.

### **3. Indriya: Sensory Integration and Health**

The term "indriya" describes the sensory organs and how they work, which are necessary for communicating with the outside world. Ayurveda places a strong emphasis on the need of appropriate sensory engagement to preserve health. Studies conducted recently have shown how sensory input affects neuroplasticity and general cognitive function, indicating that sensory experiences have a major influence on health outcomes. The term "indriya" describes the sense organs and the related faculties. eleven Indriyas are recognised in Ayurveda: five are motor (Jnana Indriyas) and five are sensory (Karma Indriyas) and one is mind. Sight, hearing, smell, taste, and touch are among the sensory Indriyas; speech, grasping, movement, excretion, and reproduction are among the motor Indriyas.

### **Role in Health**

The ability to perceive and interact with the world depends on the Indriyas. Accurate perception is ensured by the sense organs operating properly, and this is necessary for appropriate reactions and general health. In order to prevent overstimulation and preserve mental peace, Ayurveda places a strong emphasis on sensory modulation and hygiene (Indriya Swasthya).<sup>(7)</sup>

### **Scientific correlation**

An essential component of neurological health is sensory processing. A number of illnesses, such as anxiety-related ailments and sensory processing disorder (SPD), can arise from malfunctions in sensory perception. The emphasis on sensory balance in Ayurveda is

supported by research in neurobiology, which emphasises the relevance of sensory inputs in determining brain growth and function. (8)

### **Relationships and Stability of Health**

Manas, Itman, and Indriya: A Convergent System According to āyurveda, atman, manas, and indriya are interconnected and each influences the others to maintain health. An individual may experience disruptions to their sensory functioning (Indriya) and a disconnection from their spiritual essence (Atma) due to a troubled mind (Manasa). Similar relationships are acknowledged by contemporary integrative medicine, where studies demonstrate how indulgence exercises that involve the mind and senses can improve general health as well as spiritual well-being.

Manas interprets sensory information and guides action, Atman supplies the basis for consciousness, and Indriya facilitates communication with the outside world. The body's ability to adjust to both internal and external changes is ensured by this integrated system.(9)

### **Mechanisms of Interaction**

#### **Psychosomatic Interactions**

An illustration of the psychosomatic principle in Ayurveda is the relationship between Manas and Indriya. Bodily functioning and sensory perceptions are influenced by mental emotions.(10) Anxiety, for example, can increase sensitivity to stimuli, which can cause discomfort and health problems. On the other hand, as demonstrated by the relaxing effects of aromatherapy or relaxing music, sensory stimuli can have an impact on mental states.

#### **Neuroendocrine Pathways**

The existence of neuroendocrine pathways that connect mental and sensory processes to physical health is supported by current research. For instance, the hypothalamic-pituitary-adrenal (HPA) axis regulates immune system and metabolic functions in addition to mediating the body's reaction to stress.(11) These pathways echo the Ayurvedic understanding of the interconnectedness of mind, senses, and body. Integrative methods can improve health outcomes by fusing contemporary biomedical procedures with Ayurvedic ones. Techniques such as mindfulness meditation, sensory regulation, and lifestyle modifications can be used to balance Manas and Indriya, supporting overall health.

The review shows that the stability of health is closely linked to the harmonious functioning of Atma, Manasa, and Indriya. Meditation, yoga, and balanced sensory engagement are some of the traditional Ayurvedic activities that help to foster this equilibrium. Current research supports similar results, demonstrating how these activities can promote spiritual well-being, boost sensory integration, and improve mental health.

## DISCUSSION

A holistic approach to health that takes into account the mind, body, and spirit is provided by fusing current medical procedures with Ayurvedic principles. More all-encompassing treatment plans that manage illnesses and enhance general wellbeing may result from this integrative approach.

Future research should focus on further elucidating the mechanisms underlying these interactions and developing standardized integrative protocols.

## CONCLUSION:

The Ayurvedic perspective of health revolves around the vital roles and interconnections of Atma, Manasa, and Indriya. By combining traditional principles with modern scientific findings, we may create novel approaches to health that target the full individual. This manuscript emphasizes the significance of these integrative efforts in promoting holistic healthcare.

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