EVALUATION OF BUDDHIMATTA ACCORDING TO DEHAPRAKRITI IN CONTEMPORARY INTELLIGENCE QUOTIENT (IQ)

Karande LA, Tawalare KA, Tawalare KK

1Asst. Professor, Department of Kriya Sharir, Shri Ayurved College, Nagpur. Maharashtra, India.
2Asst. Professor, Department of Kriya Sharir. Shri Ayurved College, Nagpur. Maharashtra, India.

ABSTRACT

Background: Prakriti (body constitution, temperament) is expression of healthy volunteers in perspective of body functions, behavior, morphology and physiology. Every individuals has different physic and psychological characters as per body constitution. In modern science Intelligence Quotient (IQ) is widely used in practice setting to measure the cognitive abilities because IQ is strongly correlated to educational, professional, economic and social success or failure. However, it may fail to act as an accurate measure of ‘intelligence’ in its broadest sense to account creativity or emotional intelligence. Prakriti assessment is unique feature of Ayurveda which can suggest proper diet, appropriate regime and job work according to body constitution and intelligence.

Objectives: To evaluate intellectual capacity of healthy individuals according to different body constitution.

Materials and Methods: Firstly assessment of prakriti of healthy volunteers was done by prakriti assessment proforma. 30 individuals were included in each group according to their prakriti. Then IQ of each person was drawn out by applying Culture Fair test Scale 2 form ‘A’. Score was analyzed and compare statistically by the test analysis of variance (ANOVA).

Results: The test result significantly showed that different body constitution having different intellectual capacity.

Conclusion: The study shows that Prakriti assessment is one of the guide lines in direction of career selection and gives new scope on future progress in this field.

Keywords: Prakriti, Buddhimatta, Intelligence Quotient.
Methods used to assess prakriti and IQ score:

1) Assessment of prakriti: The proforma was prepared for Prakriti assessment. In the proforma, criteria of Vataja, Pittaja and Kaphaja prakriti and dominant prakriti was selected from given literature in the compendia. Only those criteria were selected which could assessed the prakriti significantly to avoid the unnecessary expansion of topic. Proforma consist of total thirty points. Then prakriti was assessed by the score obtained more than ten. e.g. if 14 criteria was of Vata prakriti, 11 of Pitta prakriti and 4 of Kapha prakriti, which shows the Pritki of volunteer was Vatapradhana Pitta (predominance of Vata dosha). Such thirty volunteers of each Vata, Pitta and Kapha Prakriti were selected. These selected total ninety volunteers were divided in three groups, according to dominance of prakriti as follow. Group V - Vata or Vata dominant prakriti. Group P - Pitta or Pitta dominant prakriti. Group K - Kapha or Kapha dominant prakriti.

2) Measurement of IQ: IQ of each volunteer was drawn out by applying test of ‘g’: Culture Fair, Scale 2, form A, prepared by R. B. Cottell and A.K.S. Cottell16. It consists of four sub tests. a) In the first subtest, the individual was presented with an incomplete, progressive series. His task was to select, the answer which best continues the series from the choices provided. In this subtest there were thirteen items which had to be solved within 3 minutes. b) In classification subtest, volunteers should select one option which was disparate from the other four. In this subtest there were fourteen items, which had to be solved within 4 minutes. c) In the matrices subtest, the task was to complete the design or matrix which was arranged incomplete earlier. In this subtest, there were thirteen items which had to be solved within 3 minutes. d) In the final subtest (topology), volunteers asked to select one which duplicates the conditions given in the far left box from the five choices provided. In this subtest there were ten items which has to be solved within 2.30 minutes. Precaution was taken, that volunteers solved one test at a time, without copying others and task was completed in stipulated time period.

Before each subtest, examples was demonstrated how to complete the task. For each correct answer one mark was allotted and for each wrong answer zero mark was given. The score obtained from the answer sheet was a raw score and need to be transformed before it can be interpreted. Normalized standard score IQ’s table converted the total raw score into a normalized standard score IQ.

OBSERVATION AND RESULTS

Table 1: Showing I.Q. wise distribution of 90 subjects of 3 Prakriti.

<table>
<thead>
<tr>
<th>Sr.n o.</th>
<th>I.Q.</th>
<th>Group V</th>
<th>Group P</th>
<th>Group K</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Freq.</td>
<td>%</td>
<td>Freq.</td>
<td>%</td>
</tr>
<tr>
<td>1</td>
<td>17</td>
<td>56.66</td>
<td>8</td>
<td>26.66</td>
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<td>26.66</td>
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<tr>
<td>3</td>
<td>4</td>
<td>13.34</td>
<td>7</td>
<td>23.34</td>
</tr>
<tr>
<td>4</td>
<td>3</td>
<td>3.34</td>
<td>3</td>
<td>10</td>
</tr>
<tr>
<td>Total</td>
<td>30</td>
<td>100</td>
<td>30</td>
<td>100</td>
</tr>
</tbody>
</table>

Group V - Vata or Vata dominant prakriti. Group P - Pitta or Pitta dominant prakriti. Group K - Kapha or Kapha dominant prakriti.
**DISCUSSION**

Group V was a *Vata* or *Vata* dominant *prakriti* shows 56.66% volunteers belongs to 81-100 I.Q., 26.66% volunteers were found in 101-120 I.Q., 13.34% volunteers were found in 121-140 I.Q. and 3.34% volunteers were found in 141-160 I.Q. *Vata prakriti* volunteers sometimes grasps quickly sometimes grasps late, his memorizing capacity was less and unstable, he quickly solved questions in IQ test in hurry but not with good understanding. Therefore he solved more questions in the given time but not correctly. So, IQ score was also less. Hence there were more persons in low IQ range and less person in high IQ range. Group P was *Pitta* or *Pitta* dominant *prakriti* shows 26.66% volunteers belongs to 81-100 I.Q., 40% volunteers were found in 101-120 I.Q., 23.34% volunteers were found in 121-140 I.Q. and 10% volunteers were found in 141-160 I.Q. As *Pitta prakriti* volunteers always grasps quickly and neatly, their memorizing capacity was moderate and could remember thing for medium spans, good at decision making, could not tolerate mental exertion and fast in working, he solved the questions in IQ test fast but with good understanding, as compared to *Vata prakriti*. Group K is *Kapha* or *Kapha* dominant *prakriti* showed 10% volunteers belongs to minimum range of IQ, 10% volunteers belongs to 81-100 I.Q., 50% volunteers were found in 101-120 I.Q., 33.34% volunteers were found in 121-140 I.Q. and 6.66% volunteers were found in 141-160 I.Q. *Kapha prakriti* volunteers always grasps late but stands best for long time, thoughtful, stable, they solved the questions in the IQ test carefully and correctly. They solved few more questions as compare to other body constitution. Hence IQ score was more in *Kapha prakriti* volunteers as compared to others. [Table 1 and Graph 1] Since the computed F-ratio is 4.34 that were greater than the table F-ratio (3.07), the *Buddhimagga* according to *Dehaprakriti* differs significantly. Means IQ of *Vata*, *Pitta* and *Kapha prakriti* increases gradually. [Table 2]

As we already know volunteers of *Vata* temperaments are quick in acquisition but with poor memory, advice them to choose career where quick advice and decision are required. Volunteers of *Pitta* temperament are clever can easily defeats others in talk but cannot tolerate heat, hunger and physical exertion so they can choose their career where needs innovation and provided freedom for work. *Kapha* temperament is always with steady mind, calm, thoughtful, grateful withstands with physical and mental exertion having for long time, so they can choose multitasking jobs which may be more stressful. As stress is well tolerated by them compare to *Vata* and *Pitta prakriti*. In this concern a researcher at the University of Delaware search that higher IQ is required for complex jobs that require reasoning and decision-making. Thus success at work depends largely on fitness and health, not merely on one’s intelligence which can assess by *prakriti* assessment. So we think that during the selection of volunteers for particular job advice of Ayurvedic physician who is expertise in *prakriti* assessment should be taken in to consideration. This will results in wide spread...
application for the assessment of health of general public. We describe the human intelligence according to prakriti and summarize the evidence for its existence. The concept of body constitution is so vast, it is not possible to fathom the depth of such big concept in single study, so more research are needed in this direction to evaluate the each and every criteria of particular body constitution with respect to their attribute. EQ (emotional quotient) can also access as per body constitution

CONCLUSION

IQ of Vata prakriti is less as compare to Pitta prakriti. IQ of Pitta prakriti is less as compare to Kapha prakriti. Prakriti assessment is one of the guide lines in direction of career selection.

REFERENCES


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