

A COMPARATIVE STUDY OF SATVIKA PRADHAN PRAKRUTI AND EXTRAVERSION TYPE OF PERSONALITY TRAITS

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Abstract

A healthy individual not only need equilibrium state of Dosha, Dhatu etc but also normalcy of mind which can carry out its functions effectively. Manasika Prakruti is described as Kaya or Satva based on Triguna. It determines the psychological behavior of an individual and represents mental status. Satva is considered eternally pure whereas Rajas and Tamas are considered as Manasika Dosha in Ayurveda. Personality traits are habitual patterns of behavior, temperament and emotion. Those personality characteristics that are stable over time and across situation are called Traits. Eysenck's model of personality includes Extraversion dimension of Personality traits. Among three types of Personality Traits Extraversion is considered as more desirable one and among three types Manasika Prakruti, Satvika is considered as pure and good. Hence here an attempt is made to understand relationship between Satvika Pradhan Prakruti individual and Extraversion type of Personality traits. The health Status was assessed using a Standard Questionnaire HSQ-2.0, then the Questionnaire was used to assess the Manasika Prakruti among 50 Satvika, 50 Rajasika and 50 Tamasika Pradhan Prakruti were selected. Thereafter Personality Traits were assessed using REVISED EPQ-R Schedule Technique. There was a significant difference in the distribution of characteristics of Extraversion type Personality Traits among Satvika Pradhan Prakruti, which can be correlated according to the different characteristics of types of Satvika Pradhan Prakruti. Observations & results show that there is a significant association between Extraversion type of Personality Traits and Satvika Pradhan Prakruti.

Key words: Manasika Prakruti; Satvika Pradhan Prakruti; Extraversion.

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INTRODUCTION

Manasika Prakruti

Mind is of three kinds - shuddha, rajas and tamas. Out of these Shuddha is meant for blessings, rajas is meant for anger and tamas is meant for foolishness. Three qualities are endowed to “satva” or mind. Even though satvika or shuddha is guna and other two “Rajas” and “Tamas” are relatively called dosha together they are called “Triguna of Prakruti”. Therefore, when these characters are observed dominating individuals, they are known to possess Guna prakruti.^[1]

Manasika Prakruti are mainly of three types. They are Satvika Prakruti, Rajasika Prakruti and Tamasika Prakruti.^[2] Satvika Prakruti are of seven types, these are Brahma Satva, Arsha Satva, Aindra Satva, Yamy Satva, Varuna Satva, Kaubera Satva and Gandharva Satva.

Features of Satvika Prakruti individuals

1. Brahma Satva (Sharing the traits of Brahma)

Purity, love for truth, self-controlled, Power of discrimination, material and spiritual knowledge, Power of exposition, reply and memory, Favorable disposition equally for all creatures. Freedom from passion, anger, greed, ego, ignorance, dejection and intolerance etc.

2. Arsha Satva (sharing the traits of Rishis)

Hospitable disposition, Devotion to sacred rituals, study, sacred vows, Freedom from pride, ego, attachment, hatred, ignorance, greed. Intellectual excellence and eloquence. Power of understanding and retention etc.

3. Aindra Satva (sharing the traits of Indra)

Lordship and authoritative speech, Performance of sacred rituals, Bravery, strength, and splendorous, freedom from mean

acts, Far sightedness, Devotion to virtuous acts, earning of wealth and proper satisfaction of desirers.

4. Yamy Satva (sharing the traits of Yama)

Observance of the property of actions, Initiation of actions in time, Non-violability, Readiness for initiating action, Memory and lordship.

5. Varuna Satva (sharing the traits of Varuna)

Bravery, patience, purity and dislike for impurity, Observance of religious rites, Fondness for aquatic sports, Aversion for mean-acts.

6. Kaubera Satva (sharing the traits of Kubera)

Possession of station, honor, luxuries, attendants, Liking for virtuous acts, wealth and satisfaction of desires, Purity, Liking for pleasures of recreation.

7. Gandharva Satva (sharing the traits of Gandharva)

Fondness of dancing, singing, music, praise, Expertness in poetry, stories, historical, epics, Fondness for scents, garlands, association of women and passion, Love for wondering.^[3]

Personality

The term “Personality” is often used to identify the most obvious characteristic of a person or to refer to that person’s social skill. Psychologists are mainly interested in personality to (a) find out people belonging with similar heredity, experience and motivation why react differently in the same situation; and (b) find out why people with different heredity, past experiences and motivations may nevertheless react similarly in the same situation.^[4]

Personality trait

Personality traits are distinguishing qualities or characteristics that are the embodiment of an individual's. They are habitual patterns of behavior, temperament and emotion. Skills, on the other hand, are the learned capacity to carry out specific tasks. They are competences or the talents to do things. Personality traits reflect people's characteristic patterns of thoughts, feelings, and behaviors. Personality traits refer to consistent patterns in the way individuals behave, feel, and think. It implies that traits may serve three major functions: they may be used to summarize, to predict and to explain a person conduct. A trait is what we call a characteristic way in which an individual perceives, feels, believes, or acts. Personality traits are enduring patterns of perceiving, relating to, and thinking about the environment and oneself that are exhibited in a wide range of social and personal contexts.^[5]

Eysenck's view point

Eysenck was a theorist who focused on personality traits. Traits are broad behavioral elements that define who you are, like calm or easily excited. Eysenck described one's personality as hierarchy of traits.^[6]

Eysenck distinguishes between the concept of trait and type. A set refers to a set of related behaviors that occurs repeatedly together. People with a trait of sociability go to parties, talk with friends, likes to spend time people and so on.

Extraversion in Eysenck's view

Eysenck hypothesized that extraversion-introversion is a matter of the balance of "inhibition" and "excitation" in the brain itself. Someone who is extraverted, he hypothesized, has good, strong inhibition: when confronted by traumatic stimulation-such as car crash- the extravert's brain inhibits itself, which means that it becomes "numb".

The introvert, on the other hand, has poor or weak inhibition: when trauma, such as the car crash, hits them, their brains don't protect them fast enough, don't in any way shut down. Instead, they are highly alert and learn well, and so remember everything that happened.

The typical extravert is sociable, likes parties, has many friends, needs to have people to talk to, and does not like reading or studying by him. He craves excitement, takes chances, often sticks his neck out, acts on the spur of the moment, and is generally an impulsive individual.

He always has a ready answer and generally likes change; he is carefree, easygoing, and optimistic.

He prefers to keep moving and doing things.

MATERIALS AND METHODS

Source of Data

Apparently healthy individuals of either Gender were selected.

Methods of Collection of Data

Apparently healthy 150 Students having different Manasika Prakruti were selected and their Personality Traits were assessed using REVISED EPQ-R by Schedule Technique.

Inclusion Criteria

Apparently healthy 150 Volunteers of either Gender of age group 18 to 30 years irrespective of caste, religion etc.

Exclusion Criteria

Those Individuals who are Suffering from Chronic Diseases, Systemic Disorders, Congenital Anomalies and those below 18 years and above 30 years of age.

Plan for the Study

The health Status was assessed using a Standard Questionnaire HSQ-2.0 then the Questionnaire was used to assess the Manasika Prakruti among 50 Satvika, 50Rajasika and 50 Tamasika Pradhan Prakruti were selected. Thereafter Personality Traits were assessed using REVISED EPQ-R Schedule Technique.

Assessment Criteria

Validated Questionnaire by Dr. Ravi KV was used to assess the Manasika Prakruti.

REVISED EPQ-R Schedule Technique was used to assess Personality Traits.

Statistical analysis

Chi-Square Test

The Chi-square test for association is used to know/tests whether two categorical variables are Associated. Another way to phrase this test is that, it determines whether two variables are statistically independent. For this reason, this test is also often referred as the chi-square test of independence. More specifically, it tests for the association/independence between two nominal/dichotomous variables. One can test for ordinal variables, but will lose the extra information provided by knowing the order of categories. This test does not distinguish between dependent and independent variables.

Chi-square test for association is used in the following:

1. If two variables are nominal/dichotomous
2. If there are two or more groups in each variable.

Cramer's Value

It is used to measure the strength of the association between one nominal variable with

either another nominal variable, or with an ordinal variable. Both of the variables can have more than 2 categories. (It applies to either nominal X nominal crosstabs, or ordinal X crosstabs, with no restriction on the number of categories.)

Sampling technique: Stratified Sampling

RESULTS

Chi-Square test was performed to see the distribution of Extraversion type of Personality Traits in Satvika Pradhan Prakruti. It was found that there is a significant difference in the distribution of Extraversion type of Personality Traits in Satvika Pradhan Prakruti at p value 0.000. Out of 50 individuals of Satvika Pradhan Prakruti, 40 belonged to Extraversion type of Personality Traits. (Table 1 & 2)

Chi-Square test was performed to see the distribution of Enjoy Meeting New People in Satvika Pradhan Prakruti. It was found that there is a significant difference in the distribution of Enjoy Meeting New People in Satvika Pradhan Prakruti at p value 0.003. Out of 50 individuals of Satvika Pradhan Prakruti, 46 said yes they Enjoy Meeting New People. (Table 3 & 4)

Chi-Square test was performed to see the distribution of Talkative Nature in Satvika Pradhan Prakruti. It was found that there is a significant difference in the distribution of Talkative Nature at p value 0.003. Out of 50 individuals of Satvika Pradhan Prakruti 38 said yes they are Talkative in Nature. (Table 5 & 6)

Chi-Square test was performed to see the distribution of Liveliness in Satvika Pradhan Prakruti. It was found that there is a significant difference in the distribution of Liveliness at p value 0.000. Out of 50 individuals of Satvika Pradhan Prakruti 44 said yes they are lively. (Table 7 & 8)

Table 1: Distribution of Satvika Pradhan Prakruti and Extraversion type of Personality Traits

Manasika Prakruti	Personality Traits	
	Extraversion	Total
Satvika	40	50

Table 2: Chi- Square test between Satvika Pradhan Prakruti and Extraversion type of Personality Traits

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	106.426 ^a	4	0.000
Likelihood Ratio	102.164	4	0.000

Table 3: Distribution of Satvika Pradhan Prakruti and Enjoy Meeting New People

Manasika Prakruti	Enjoy meeting new people		Total
	Yes	No	
Satvika	46	4	50

Table 4: Chi- Square test between Satvika Pradhan Prakruti and Enjoy Meeting New People

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	11.371 ^a	2	0.003
Likelihood Ratio	11.359	2	0.003

Table 5: Distribution of Satvika Pradhan Prakruti and Talkative Nature

Manasika Prakruti	Talkative		Total
	Yes	No	
Satvika	38	12	50

Table 6: Chi- Square test between Satvika Pradhan Prakruti and Talkative Nature

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	11.854 ^a	2	0.003
Likelihood Ratio	11.824	2	0.003

Table 7: Distribution of Satvika Pradhan Prakruti and Liveliness

Manasika Prakruti	Rather Lively		Total
	Yes	No	
Satvika	44	6	50

Table 8: Chi- Square test between Satvika Pradhan Prakruti and Liveliness

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	19.860 ^a	2	0.000
Likelihood Ratio	21.164	2	0.000

Table 9: Distribution of Satvika Pradhan Prakruti and Many Friends

Manasika Prakruti	Many Friends		Total
	Yes	No	
Satvika	42	8	50

Table 10: Chi- Square test between Satvika Pradhan Prakruti and Many Friends

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	20.856 ^a	2	0.000
Likelihood Ratio	21.019	2	0.000

Table 11: Cramer’s Results between Extraversion type of Personality Traits and Satvika Pradhan Prakruti

Characteristics	V value	Level of Association
Personality Traits and Satvika Pradhan Prakruti	0.596	Redundant
Enjoy Meeting New People and Satvika Pradhan Prakruti	0.275	Moderately Strong
Talkative Person and Satvika Pradhan Prakruti	0.281	Moderately Strong
Liveliness and Satvika Pradhan Prakruti	0.364	Very Strong
Many Friends and Satvika Pradhan Prakruti	0.373	Very Strong

Chi-Square test was performed to see the distribution of many friends in Satvika Pradhan Prakruti. It was found that there is a significant difference in the distribution of many friends at p value 0.000. Out of 50 individuals of Satvika Pradhan Prakruti 42 said yes they do have many friends. (Table 9 & 10)

Cramer’s Results between Extraversion type of Personality Traits and Satvika Pradhan Prakruti. (Table 11)

DISCUSSION

Apparently 150 healthy volunteers of age group of 18-30 years irrespective of gender, caste, religion. Since the study was designed to be conducted on the students because of easy availability of the volunteers so age group of 18-30 years was selected. Educated population size was taken for the study keeping in mind the elaborateness of Eyesenck’s Questionnaire. The age group of 18-30 was selected for the study in order to avoid bias arising due to any age related psychological features.

In the study it revealed that among 150 individuals 50 were Satvika Pradhan Prakruti and among them 40 were Extraversion types of personality traits. Chi-Square test between Satvika Pradhan Prakruti and Personality traits was found significant at p value 0.000. In Satvika Pradhan Prakruti, sociable extraversion is related with vachan prativachan trait of Brahma Satva, pratibhavachan trait of Arsha Satva, and upabhoga trait of Kubera Satva..

In the study it was found that Chi-square test between Satvika Pradhan Prakruti and enjoy meeting new people was found to be positively significant, 46 belonged from Satvika Pradhan Prakruti.

Among 50 individuals of Satvika Pradhan Prakruti, majority (38) of them said they are talkative person. In Satvika Pradhan Prakruti, this may because of vachan prativachan trait of Brahma Satva and pratibhavachan trait of Arsha Satva, which means they are fond of speaking, leading to talkative person. So it was found more in Satvika Pradhan Prakruti.

In the study it revealed that among 50 individuals of Satvika Pradhan Prakruti, majority (44) of them said they are lively. In Satvika Pradhan Prakruti, This may be because of upabhoga trait of Kubera Satva, means they like enjoyment, leading to liveliness. So it was found more in Satvika Pradhan Prakruti.

In the study it revealed that among 50 individuals of SatvikaPradhanPrakruti, majority (42) said they have many friends.

In Satvika Pradhan Prakruti, This may be because of parivara sampanna trait of Kuberasatva, which means they are they are endowed with people around them, leading to have many friends. So it was found more in Satvika Pradhan Prakruti.

CONCLUSION

Based on the observations in the sample selected for the study and based on the analysis and discussion of the results the following conclusions can be drawn: Satvika

Pradhan Prakruti individuals are more related with Extraversion (Sociable, Impulsive, Expressive, Active) type of Personality Traits.

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