

**“AN OBSERVATIONAL STUDY OF MEDHA IN RAKTA SARA
PURUSHA WITH SPECIAL REFERENCE TO INTELLIGENCE
QUOTIENT”**



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ABSTRACT

TITLE: AN OBSERVATIONAL STUDY OF MEDHA IN RAKTA SARA PURUSHA WITH SPECIAL REFERENCE TO INTELLIGENCE QUOTIENT

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INTRODUCTION:

Dosha, Dhatu and Mala are root factors of living body. There are 7 Dhatus. Such as Rasa, Rakta, Mamsa, Meda, Asthi, Majja, Shukra. Sara-: Meanings of words are essential, most excellent, best real, genuine, true and strong. We can define Sara is the supreme quality of Dhatu and of superb functional aspect of Dhatu. Dhatu sarata is special at the time conception. It depends on Dosha- Ahara, Vihara of the person. Sarata have been classified into various categories like-Uttam Sarata, Madhyam Sarata and Hina Sarata. According to Charaka Vimana sthana- characteristics of Rakta Sara Purusha as follow: Rakta Sara person are having with lustrous and red colored external ears, eyes, face, lips, tongue, palms and soles, nails, forehead and genitalia. Such individuals are very attractive, handsome and happy with their life. They have good intelligence. They are delicate and moderate in body strength. They cannot sustain strenuous job and hot climate. Rakta Sara person are determined- acts according to own decision. Ayurvedic classics explain Medha as overall intelligence. Medha represents “mental vigor or power, intelligence, prudence, wisdom and intelligence personality. Jivana is important function of Rakta Dhatu. It will be easy to recruit good IQ level people for opportunity where intelligence work is needed. Medha is the one of the quality of Raktasara Purusha present study deals with IQ level in

Raktasara Purusha. So I have selected 'Observational study of Medha in Rakta Sara Purusha with special reference to Intelligence Quotient.

AIM AND OBJECTIVES:

Aim: 1- To study Medha in Rakta Sara Purusha with special reference to I.Q.

Objectives: - 1- To Assessment of Rakta Sara Purusha.

2- To Evaluate IQ of Rakta Sara Purusha.

METHODOLOGY:

The total 90 interested subject either gender, with age group 20 to 40 years old, besides ayurveda fraternity, were screened for rakta sarata assessment in Uttam, Madhyam and Hina Sarata, Bhatia Intelligent quotient on the validated Performa. Rakta sarata Performa is assessed by putting yes or no in particular questionnaire and decided its rakta sarata on the score obtain 3 or 1. For IQ test koch's block test and long pass test with grading performed at Parul University, Vadodara.

OBSERVATIONS:

Age range 20 to 25, 26 to 30 and 31 to 40 were 49, 26 and 15 in three category in which 24 were maximum in uttam rakta sarata within age group 20 to 25; female were 47 and male were 43, uttam rakta sarata were 35 among female; exercise practices irregular 69 and 21 were regular out of which 35 and 9 had uttam rakta sarata; 73 people samyaka nidra with 36 uttam rakta sarata. 29 and 15 were uttam rakta sarata in vegetarian and mix type diet respectively; Madhura and tikta were maximum 32 and 44 as test choice uttam rakta sarata were 14 and 22 respectively; no addiction were observed in 55 and tea were 35 subjects; IQ score were 109, 124 and 152 in heen (23), madhyam (23) and uttam (44) rakta sarata.

RESULTS:

The relation coefficient such as Pearson's, Kendall's and spearman's were 0.891, 0,675 and 0.854; the p value is 0.00 is less than 0.05 and has significant. The medha (Intelligent Quotient) has association with Rakta sarata.

CONCLUSION:

We got $p - \text{value} = 0.00 < 0.05 = \alpha - \text{value}$, the null hypothesis rejected and alternate hypothesis accepted and there is association between Rakta sarata purusha and Medha (I.Q.) levels of volunteers. This study will be helpful for better understanding of Rakta dhatu sara purusha and Medha with special reference to Intelligence Quotient.