



## UNDERSTANDING OF PRAJNA- A REVIEW ARTICLE

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### ABSTRACT

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The main reasons for the production of Vyadhi include Asathmiandriyarthasamyoga [Improper combination of sense organs with their objects], Prajnaparadha and Parinama [Kaala or Season]. Among these Prajnaparadha plays an important role in disease production. The Prajna in its normal state will help to acquire the proper knowledge thereby leading to proper action and finally to Swasthya Avastha. When Prajna gets impaired it will lead to the production of improper knowledge thereby leading to improper action and finally to the production of diseases. So acquiring proper knowledge is the best way for the prevention of diseases as Ayurveda gives importance to Preventive aspects rather than Curative aspect. For

that the different components of Prajna should work properly. In this review article we are emphasising on the definition, different components of Prajna, its normal, abnormal state, its role in the production and prevention of diseases.

**KEYWORDS:** Vyadhi, Prajna, Prajnaparadha, Preventive aspects.