

BUDDHI: OUT OF SIGHT POWER IN TWAKASARA PURUSHA

**Dr. Gaurav Gairola¹, Dr. Sunil P. Nikhate², Dr. Vaidehi V. Raole³, Dr. Sujit Kumar⁴, Dr. Pooja Pandya⁵, Dr. Deepika Mehra⁶*

ABSTRACT

Dosha, Dhātu, Mala are the basics of every living body. Dhātu provides the body strength and nourishment for its proper functioning. The word Sara means Vishuddhatar Dhātut that can be understood as the essence of Dhātu and is also called as Dhātu Sara. Functional as well as qualitative assessment of Dhātus is performed with Dhātu Sarata. Acharya Charak has said that the Twak-Sara Purusha will have natural glow, unctuous, smooth, soft, fresh, thin, lustrous & fresh skin with very fine body hairs, deeply rooted hairs. The Purusha has luck, prosperity, enjoyment, intelligence, knows knowledge of the text, health and happiness on the face. Buddhi is said as a psychological aspect in Twak Sara Purusha. Buddhi is a valid confirmation and proper knowledge of text. It can be described as the discriminative process or logical thinking ability as it provides valid knowledge. Manisha, Dhisana, Dhee, Pragya, Shemushi, Matti are synonyms of Buddhi. Intelligence can be defined as the total or global capacity of an individual to act rationally and purposefully to deal effectively with his/her environment. Intelligence can be correlated to Buddhi in order to assess Buddhi with modern parameters. Intelligence is a general mental adaptability to new problems and new situations of life. Intelligence is the ability to carry on abstract thinking.

KEYWORD- *Sarata, Twak Sarata, Buddhi, Intelligence.* [For Full Article Click Here](#)