

Manuscript No.: IJAR-57316

Title: 'Conceptual study of Mind and behaviour in Charak Samhita; An interpretive analysis'

Recommendation:

Accept as it is

Accept after minor revision.....

Accept after major revision

Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality		✓		
Techn. Quality		✓		
Clarity	✓			
Significance	✓			

Reviewer Name: Dr. Mithilesh kumar shukla

Reviewer's Comment for Publication:

The research highlights the scientific relevance of Ayurvedic psychology, contributing to expanding the psychological literature in Ayurveda. The classical Ayurvedic text, Charaka Samhita, particularly Shareera Sthana, provides a comprehensive description of the mind and its functions. Concepts such as the nature of mind, its components (Sattva, Rajas, and Tamas), karma (actions), types of Vishaya (objects of thought). Mental disorder is characterized by clinically significant disturbance in individual's cognition, emotional regulation or behaviour. Some of the mental disorders are Anxiety, Depression, Bipolar disorder, Schizophrenia, Neuro developmental disorder. According to Acharya Chakrapani Dhi (Intellect), Dhriti (Patience) and Smriti (Memory) are functional component or faculties of mind or Pragna. The role of Buddhi is to perceive the object in its real and actual form. The Ayurvedic concept of personality, often referred to as Manasika Prakriti, is a fundamental aspect of Ayurveda that explains the mental and behavioral characteristics of individuals. It is based on the balance and predominance of three mental qualities or Gunas: Sattva, Rajas, and Tamas. The environment shapes the stressors one encounters, while stress responses affect how individuals function physically and mentally. Healthy environments and adaptive coping mechanisms are essential to reduce stress and maintain well-being.

Recommendation: Accept after minor revision,

Detailed Reviewer's Report

STRENGTHS:

- 1- Use of Classical Texts and Commentaries.
- 2- The research highlights the scientific relevance of Ayurvedic psychology, contributing to expanding the psychological literature in Ayurveda.
- 3- Charak Samhita is one of the primary Ayurvedic text in which extensive knowledge related to disease is described.
- 4- It bridges Ayurveda, psychology, and philosophy (Darshanas), showing interdisciplinary scholarship and enriching the analysis.
- 5- The role of Dhriti is to restrain Mind from excessive and inappropriate action. Smriti is to memorize the objects or emotions. Dhi, Dhriti and Smriti work collectively to think.
- 6- The paper correlates Ayurvedic personality types with modern personality models like OCEAN, HEXACO, MBTI, and others, facilitating comparative understanding.
- 7- Ayurvedic personality types guide personalized approaches to mental health, lifestyle, diet, and treatment.
- 8- Chronic exposure to negative environmental conditions can lead to prolonged stress, affecting health adversely (e.g., anxiety, depression, cardiovascular issues).

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WEAKNESSES:

- 1- Lack of Clear Practical Applications.
- 2- It is focuses heavily on Ayurvedic perspectives, it may not fully align with or account for diverse cultural and psychological models.
- 3- The correlation between ancient Ayurvedic concepts and modern psychological, but in modern psychological issues correlated to experimental.

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