Chapter 1  INTRODUCTION

Buddhi is the base of day to day life activities. It is the foundational base of knowledge. It gives mode of learning which is applicable to all knowledge systems. The different aspects of mind can be assessed only through the buddhi performance. Hence there is a need of assessment of buddhi performance for understanding judgement of human mind.

Ayurveda mentions imbalanced buddhi performance as the origin of all diseases. The ultimate health solution is the balanced and optimum buddhi performance. As a student of Ayurveda, this subject attracted me for doctorate studies.

The globalisation in 21\textsuperscript{th} century has dissolved the geographical borders and provided huge scope to prove one’s buddhi strength in the field of knowledge. ‘Intelligence related to knowledge’ was the only password at the end of 20\textsuperscript{th} century. Information and communication technology has facilitated or focused on this intelligence by providing the huge data of worldwide knowledge.

On the other side, globalization made the world competitive and materialistic. It has pulled the world towards mental stress, insecurity, and deprivation in buddhi performance. The materialistic approach has frozen emotions due to lack of time. The intelligent people are not getting trained in handling and caring the emotions hence are getting trapped into the emotional crisis. Many new theories, therapies, and trainings are proposed day by day for management of emotional stress and also to utilise the buddhi at its maximum level. This picture is evident from corporate level to primary school students.

In the field of conventional psychology a huge amount of work has been done. The research is ongoing from philosophers like Francis Galton, Alfrud Binet (1905), Gardner (1985) to Guilford (20\textsuperscript{th} century). They have accepted gradually the theory of multiple intelligences and the role of right way than the rightness in intelligence and many other things. The keyeword ‘knowledge based intelligence’ is now moved to ‘emotional intelligence’ and still in a mode to progress towards ‘spiritual intelligence’. Many theories are getting insufficient or outdated thus the field is still in search of real, stable, and wholesome theory about buddhi.

At the same time due to lack in treating current health problems; the time tested existence of Ayurveda has attracted the world towards it. The world is hoping to bring stable and
holistically founded theories into the practice. *Ayurveda* is known as the oldest health science; which has accepted and discussed the buddhi performance from the conception up to old age. It has not only discussed the concept but has utilised the same.

There is a need to highlight *Ayurvedic* point of view in following dimensions:

**Concept:** There is no single chapter or specific conceptual work done; which can provide the *Ayurvedic* perspectives about buddhi. There is need of this type of work in *Ayurveda* to present it in detail and concepts like origin, types, mode of action, assessment etc. need to be discussed in data.

There are different Indigenous texts discussing buddhi and its performance, especially *Patanjali Yoga, Upanishad, Bhagavad Gita, Dasabodha, Gautama sootra* etc. Most of the texts have mentioned buddhi at the level of mind alone. Being as the health science *Ayurvedic* concept is holistic and practical it considers mind within the body so has an importance in this field.

**Clearing misconcepts:** The grey areas, confusions, or misunderstandings about buddhi existe between concept and practice these need clarity. The questions like whether buddhi derives from their parents? Can it be promoted by specific food? should be answered.

**Assessment tools /mapping:** Assessment and analysis of buddhi owns a big fraction of its study. Assessment is concerned with preschool, school, and promotional levels of career and profession. Type of assessment directs the method of education and dimensions of buddhi development.

There are differences of opinion about need and methods of assessment, also about their relevance. There is a lot of research and changing views in this field.

The questions naturally emerge: Were models designed for assessment during *Charaka’s* time? Are they mentioned in the classical text of *Charaka*? Or are there some directives to model the concept for assessment? Hence it is necessary that researchers in *Ayurveda* should put forth views on this subject.

**Culture:** Spirituality, religious traditions, *Dharma, Yoga*, fine arts, music, astrology etc. philosophies and cultures have a great role in development of life and maintenance of health. These fields affect development and state of buddhi.
**Business:** There is a need to clear Ayurvedic views about Buddhi promoting diet and herbs as there is a big commercial market of selling buddhi promoting medicines with attractive claims. Garbhasamskara i.e. intrauterine buddhi training is also a big word in market. It is very important to put the science and its approach to standardize the methodology. It will help to avoid personal bias, its misuse and will help assessing efficacy of these interventions to promote buddhi.

The study on this topic reveals the importance especially in the following contexts and professions:

**Educational strategists** – especially in the field of educational research, in the field of child education for development of buddhi or career etc; or to design the structure of examination, to assess the subject through different dimensions.

**Psychologist and counsellors** - for buddhi assessment, level of decisiveness, area of performance, to overcome the limitations in counselling and to take advantage of scopes for maximum utilisation of natural range of buddhi or in solving the situation.

**Health counsellors:** Designing the ratio of personal, social, and spiritual part in life for wholesome progress of mind, buddhi, and health and also for correcting the axis of buddhi performance.

**Human resource and development:** selecting different individuals as faculty/teachers for different posts i.e. for different styles of works delivery in corporate or organisational field for varied jobs.

**Marketing strategists:** it helps to understand the mode of buddhi performance in general, in focused way or to advertise any product to masses or to target population.

Considering the above importance, application and the usefulness of the subject it has been chosen for this study. We are aware about complexity involved in the subject and the differences of opinions, terminologies and many variables which make this subject challenging.

*Charaka* was the great physician and had a contribution in foundation of *Ayurveda* conceptually and practically. His holistic approach for body mind medicine deserves his authority in the field of buddhi. Hence we have preferred or limited the research to follow the guidelines of *Charaka* with his commentators for this study.
We hope these efforts to elaborate the subject by interpreting the references will be definitely a step to serve Ayurvedic science. This will bring it in practice for common people. This will also highlight conceptual clarity and practical approach of Aacharya in the field of buddhi, which is mentioned thousands of years ago.