A Case Study of Juvenile Offender with special reference to Mānasa Prakṛti

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Pranali. U.Mangrule 3  Ashlesha.A.Nagrale 4

Abstract

In Ayurveda mental status of a person is described in terms of Mānasa Prakṛti. Mental health is depending upon which also defined personality of persons. Mental health can also be defined as an absence of mental disorder. Mentally healthy persons overcome and tackle their problems smoothly. Their behavior is not antisocial. They are creative and concern with social problems. But some people’s behaviors are antisocial which leads in to crime. To know what type of personalities is more prone to do crime we must study the criminal’s mental status. Today’s Burning issue is juvenile delinquency which is major obstacle of national progress, so focus on the mental health and personality of juvenile offender is necessary.

Keywords: Juvenile offender, Mānasa prakṛti, juvenile delinquency, mental health, Trīguṇa, Mānasa satva, personality.

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INTRODUCTION

Ayurveda being the science of life mainly deals with swasthṛakṣaṇa and sadvyttā pālana that is health maintenance and along with it emphasizes the importance quality of life. According to Ayurveda definition of health includes physical and mental wellbeing. In Ayurveda health is state in which Dōsa, Dhātu, Mala, Agni, Ātma, Indriya all these body components are in balancing state. They work smoothly and corporately to give containment and happiness to the person. In Ayurveda mental health is depend upon its Mānasa prákṛti which also defined personality of persons. There are three basic Mānasa prákṛti(personality)

1) Satvajā prákṛti
2) Rājasā prákṛti
3) Tāmasā prákṛti

In Ayurveda detail description of characteristic of each Mānasa prákṛti mentioned.

1) Persons having Satvajā prákṛti (personality) posse’s rich Satva guna. They are Nobel, knowledgeable, dutiful, rich, commanding, smart, supportive, experienced, obedience, loyal, humble and are interested in music, study, travelling.

2) Persons of Rājasā personality are brave, timid, unstable, envious, uncharitable, shameless, greedy, lazy, and lascivious. Rajo guna is predominant in Rājasā.

3) Persons having Tāmasā prákṛti (personality) are lazy, foolish, gluttonous, envious, coward, and noncreative.

For analysis meticulously subdivision of these three Prakṛti leads into thirteen categories. These are thirteen traits of Mānasa prákṛti (personality) which are responsible for behavior of person and mental attitude. By achieving knowledge of Mānasa prákṛti one can able to improve personality.

Mental health can also be defined as an absence of mental disorder. Mentally healthy persons overcome and tackle their problems smoothly. Their behavior is not antisocial. They are creative and concern with social problems. But some people’s behaviors are antisocial which leads in to crime. To know what type of personalities is more prone to do crime we must study the criminal’s mental status. Today’s Burning issue is juvenile delinquency. Youth are building block of nation. Prosperity of every nation is depending upon the strength of youth. It is necessary that the countries utilize youth in right direction. There are lots of risk factors for offending that are the environmental, social, biological and individual mental health. Attraction of glorification of modern life, impact of power, money, politics are responsible for diverting youth mind.

In India 0.9 to 1 percentage of juvenile crime is recorded among total crime. Day by day it is increasing. This is very dangerous situation for national progress. But it is necessary to think that, why that is some young people commit no offence and while other commit offence. For analyses the problem we must know about the mental health and personality of juvenile offender.

Aim: To evaluate the Mānasa prákṛti of juvenile offender.

MATERIAL AND METHOD

Material:
In this research various references have been collected from Ayurvedic texts Brihatrai and Laghutrāi and available commentaries on it. Literature survey of modern texts is also done. Research article available on internet also studied.

Methods:
1) For study purpose remand home visit is done, written consent has been taken from authority of remand home.
2) For analysis of Mānasa prákṛti (personality) of Juvenile offender, questionnaire was made related to characteristics of Mānasa prákṛti.
3) Then questionnaire was provided to Juvenile offender and full freedom given to him for filling question.

Review:
According to WHO mental health is defined as a state of wellbeing in which every individual realize his or her own potential, can cope with normal stress and it is able to make a contribution to her community. Mentally healthy persons overcome and tackle their problems smoothly. Their behavior is not antisocial. They are creative and concern with social problems.

According Ayurveda definition of health includes physical and mental wellbeing. In Ayurveda health is state in which Dōsa, Dhātu, Mala, Agni, Ātma, Indriya all these body components are in balancing state. They work smoothly and corporately to give containment and happiness to the Person.

In Ayurveda basic components of body are Panchmahābhūta, sixteen Vikāra and Ātma. Dōsa, Dhātu, Mala are also made up of these above components. Although basic components are same in each and every person’s. But every person is different from other person by its physical, mental health, attitude, IQ, Eq.
This is why because at the time of conception (Garbha Nirmiti) contribution and distribution of basic components (Panchmahābhūta and Śoṣaśa vikāra etc) are different in different persons which gives different personality traits (prakṣṭi). In Ayurveda mental health is depend upon its Mānasa prakṣṭi. There are three basic Mānasa prakṣṭi.

1) Satvaja prakṣṭi
2) Rājasa prakṣṭi
3) Tāmasa prakṣṭi

For analyses meticulously subdivision of these three Prakṣṭi leads into thirteen categories are as follows.

### Subdivision of Mānasa Prakṣṭi

(Personality Traits)

<table>
<thead>
<tr>
<th>Satvaja prakṣṭi</th>
<th>Rājasa prakṣṭi</th>
<th>Tāmasa prakṣṭi</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bramha kaya</td>
<td>Asura kaya</td>
<td>Pashu kaya</td>
</tr>
<tr>
<td>Mahendra kaya</td>
<td>Sarpa kaya</td>
<td>Matsya kaya</td>
</tr>
<tr>
<td>Varuna kaya</td>
<td>Shakuna kaya</td>
<td>Vanaspatya kaya</td>
</tr>
<tr>
<td>Kubera kaya</td>
<td>Rakshasa kaya</td>
<td></td>
</tr>
<tr>
<td>Gandharva kaya</td>
<td>Pisacha kaya</td>
<td></td>
</tr>
<tr>
<td>Yama kaya</td>
<td>Pretra kaya</td>
<td></td>
</tr>
<tr>
<td>Rishi kaya</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

These thirteen Mānasa prakṣṭi are may correlate with personality traits. Characteristics of these personalities are mentioned in Ayurvedic text as follows.

#### Characteristics of Satvaja Prakṣṭi

(Personality Traits)

<table>
<thead>
<tr>
<th>Brahma kaya</th>
<th>Mahendra kaya</th>
<th>Varuna kaya</th>
<th>Kaubera kaya</th>
<th>Gandharva kaya</th>
<th>Yamya kaya</th>
<th>Hrishi kaya</th>
</tr>
</thead>
<tbody>
<tr>
<td>These types of persons possess purity, theism and do regular study of Vedas, worship of teachers, elders. They have hospitality and perform sacrificial right.</td>
<td>They are brave, commanding, magnanimous, supporting to other and behave according to holy book.</td>
<td>These peoples are accustomed to cold, have gray eyes, brown hair and talk sweetly.</td>
<td>They are neutral, having tolerance and interested in acquisition, and collection of wealth.</td>
<td>These peoples love to fragrance, garlands and are interested in dance, music and traveling.</td>
<td>Dutiful, dared, stable and having good memory.</td>
<td>They are devoted to recitation, ritual observance, celibacy, sacrifices and knowledgeable and Experienced persons.</td>
</tr>
</tbody>
</table>

In short persons having satvapraṇṭi (personality) possess rich Satva guna. They are Nobel, knowledgeable, dutiful, rich, commanding, smart, supportive, experienced, obedience, loyal, humble and are interested in music, study & traveling.

#### Characteristics of Rājasa Prakṣṭi

(Personality Traits)

<table>
<thead>
<tr>
<th>Asura Kaya</th>
<th>Sarpa Kaya</th>
<th>Shakuna Kaya</th>
<th>Rakshasa Kaya</th>
<th>Pisaca Kaya</th>
<th>Preta Kaya</th>
</tr>
</thead>
<tbody>
<tr>
<td>These peoples are powerful, brave, wrathful, envious, eating alone and glutinous.</td>
<td>Feroceous, timid, wrathful, tricky and unstable these are the feathers of srapa kaya.</td>
<td>These peoples are lustful and lascivious, unstable and shameless.</td>
<td>Fierceness, envy, unrighteousness and they love vanity and privacy.</td>
<td>They eat leftover. They are fierceness, adventurous, lasciviousness, Shameless are the feature of pishacha satva.</td>
<td>They are uncharitable, unhappy, and lazy. Jealous, greedy type of persons.</td>
</tr>
</tbody>
</table>

In short persons of personality are brave, timid, unstable, envious, uncharitable, shameless, greedy, lazy, and lascivious. Raj guna is predominant Rājasa prakṣṭi.
**Characteristics of Tāmasa Prakṛti**

<table>
<thead>
<tr>
<th>Pashu kaya</th>
<th>Matsya kaya</th>
<th>Vanaspatya kaya</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dullness, crookedness, negative attitude</td>
<td>Instability, foolishness, timidity, envious, coward, liking of water these are features of Matsya kaya personality.</td>
<td>They are like to stay at one place, glutinous and devoid of satva, righteousness, enjoyment and wealth.</td>
</tr>
</tbody>
</table>

In short the persons having Tāmasa prakṛti (personality) are lazy, foolish, gluttonous, envious, coward, and non-creative. Practically it is difficult to found purely Satva prakṛti person or purely rājasa prakṛti person or purely Tāmasa prakṛti person because in each person’s personality three basic Guna that is Satva, Raj, and Tama are present. But according to principal of Vapadeshihu Bhuastha Nyaya major characteristics of particular Guna in that Prakṛti termed as that Guna for ex. If characteristics of Satva Guna are major than Raj and Tama Guna in personality, then that personality termed as Satva Prakṛti (personality).

These are thirteen traits of Mānasa Prakṛti (personality) which are responsible for behavior of person and mental attitude.

**Why is knowledge of mānasa prakṛti Important?**

**For Personality Development**

With the help of knowledge of Mānasa Prakṛti one can achieve

- **Self-awareness** that is ability to recognize and understand our emotions and reactions
- **Self-management** that is ability to Manage, control, and adapt our emotions, mood, reactions, and responses
- **Empathy**, that means Discern the feelings of others, understand their emotions, and utilize that understanding to relate to others more effectively
- **Social skills** that are build relationships, relate to others in social situations, lead, negotiate conflict, and work as part of a team to succeed.

**Physical Health** – The ability to take care of our bodies and specially to manage our stress, which has an incredible impact on our overall wellness, is heavily tied to our emotions. Only by being aware of our emotional state and our reactions to stress in our lives we can change attitude towards life and tackle strain and stress and maintain good health.

**Mental Well-Being** – Mānasa Prakṛti affects our attitude and outlook on life. If we have knowledge of Mānasa Prakṛti, we can alleviate anxiety and avoid depression and mood swings. And maintain our mental health.

**Relationships** – If we have knowledge of our emotional status, we are better able to communicate our feelings in a more constructive way. We are also communicated and understand the needs, feelings, and responses of those who are concern with us and maintain our relationships better and stronger.

**Conflict Resolution** – When we can discern people’s emotions and empathize with their perspective, it’s much easier to resolve conflicts or possibly avoid them before they start. We are also better at negotiation due to the very nature of our ability to understand the needs and desires of others. It’s easier to give people what they want if we can perceive what it is.

**Success** – Higher emotional balance, Self-awareness, Empathy, Social skills, intelligence helps us to be stronger motivation, which can reduce our laziness, increase self-confidence, and improve our ability to focus on a goal. It also allows us to communicate and support, overcome our obstacles, and persevere with a positive attitude.

**For therapeutic purpose:** With the help of knowledge of Mānasa Prakṛti physician can treat psychosomatic disease, as well as it also helps in psychoanalysis and psychotherapy.

To become mental health Councillor: the help of knowledge of Mānasa Prakṛti physician can analysis personality and personality drawback as well as strength. So we can recommend and direct to him/her in right way.

**Case History:** A sixteen-year-old juvenile offender has taken for study. He was accused for robbery. He is only sixteen-year-old but he made hundreds times robbery. It was very shocking and dangerous one. After analysis of family history, no, one found to be a criminal although the socioeconomic and family background was same. He is only who do crime in his family.

**DISCUSSION**

For analysis of Mānasa Prakṛti (personality and mentality) of juvenile offender questionnaire was made. In the questionnaire there were 20 questions and three options given to each question. Each option is based on characteristics and attitude related to three main Mānasa prkruti. Option A reflect Satva Prakṛti, option B reflect Rājasa Prakṛti and option C reflects Tāmasa prakṛti. In this case out of twenty questions the offender gives three answers to option A, 15 answer to option B-3 and two answer to option C-2. That means his personality is rājasa personality.
CONCLUSION

In this case study the personality of juvenile offender found to be rājasa personality.

Recommendation
To achieve 100% use and awareness mental health some policy should be utilized such as

- For preventing mental disorder and improve mental health, mental health strategies should be implemented by health institute and also implemented by school, colleges, Offices, working institute.
- Rehabilitation of offender can be done by the analysis of personality and counseling and meditation, yoga and adopting life style mentioned by Ayurveda.
- For parenting: If we aware about the knowledge of personalities of children, we can better understand their behavior and attitude. So we can handle them properly.

ΛΛΛΛ

Percentage of Characteristics of Triguna in Mānasa Prakṛti of Juvenile Offender

- 75% Guna of rajas prakṛti
- 15% Guna of satva prakṛti
- 10% Guna of tamas prakṛti

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**QUESTIONNAIR**

<table>
<thead>
<tr>
<th>Question</th>
<th>Satva prakriti</th>
<th>Rājasa prakriti</th>
<th>Tāmasa prakriti</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Do you believe in God?</td>
<td>Yes</td>
<td>No</td>
<td>Sometime</td>
</tr>
<tr>
<td>2) Do you remember any Memorable</td>
<td>Yes</td>
<td>yes</td>
<td>Yes</td>
</tr>
<tr>
<td>3) Do you have friends?</td>
<td>Yes ,lot of</td>
<td>Yes ,so many</td>
<td>No ,</td>
</tr>
<tr>
<td>4) If you travel by crowded bus Or train at that time do you share Or donate your sit to old/lady passenger?</td>
<td>Yes, I will.</td>
<td>Not at all</td>
<td>No</td>
</tr>
<tr>
<td>5) Do you share your favorite Foods with others If you are very hungry?</td>
<td>Yes, always</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>6) Do you like saving money?</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>7) Do you want to be rich and powerful?</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>8) Do you interested in dance and music?</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>9) If your junior /friend acquired more Respectable post than you, you will</td>
<td>praise him</td>
<td>Get jealous</td>
<td>This will not affect you.</td>
</tr>
<tr>
<td>10) If you are in race what will You do for victory?</td>
<td>I will work very hard to win.</td>
<td>I will work win by hook or crook.</td>
<td>I will never take part in race.</td>
</tr>
<tr>
<td>11) If your servant/junior did not obey your order what will be your reaction?</td>
<td>You will consider him and understand her/his problem</td>
<td>You will scold and punish him/her</td>
<td>You will be very angry but doesn’t take action</td>
</tr>
<tr>
<td>12) If someone hurt you physically, emotionally, economically, then will be apologized what will be your reaction?</td>
<td>You will forgive him.</td>
<td>You will take revenge against him</td>
<td>You will not revenge but not forgive him.</td>
</tr>
<tr>
<td>13) What do you prefer democracy or autocracy?</td>
<td>Democracy</td>
<td>Autocracy</td>
<td>Confused</td>
</tr>
<tr>
<td>14) If you met a person in a trip two years before you happen to meet him again</td>
<td>You will recognize him easily</td>
<td>You will feel that you have seen him somewhere</td>
<td>You will not recognize him at all</td>
</tr>
<tr>
<td>15) you take decision on your own without approval or support of others</td>
<td>Yes, always I will.</td>
<td>Most of the time</td>
<td>I need support to take decision</td>
</tr>
<tr>
<td>16) If someone criticize you what Will be your reaction?</td>
<td>You will kept yourself stable and cool</td>
<td>You will be angry</td>
<td>You feel very sad but nothing to do anything</td>
</tr>
<tr>
<td>17) In stressful condition what will you do?</td>
<td>I cope up the condition and try to remain calm most of the time</td>
<td>You will be irritate and panic</td>
<td>You will confused and don’t what to do?</td>
</tr>
<tr>
<td>18) Do you publicly admit to mistakes when it is not easy to do so?</td>
<td>Yes ,almost always</td>
<td>Never</td>
<td>Sometimes</td>
</tr>
<tr>
<td>19) Do you feel guilty on your mistake</td>
<td>Yes</td>
<td>No because I don’t think that I am wrong</td>
<td>Sometimes</td>
</tr>
<tr>
<td>20) If you are stable in your profession and got chance to change your profession which is interesting than old one what will you do?</td>
<td>I take risk and I will change my profession.</td>
<td>Certainly, will change my profession.</td>
<td>No I will not change my profession.</td>
</tr>
</tbody>
</table>
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