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“The study of co-relation between Raktasarata and Medha with reference to to Intelligence quotient (IQ)..”

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Abstract: Background: Acharya charaka had advocated about eight types of sara pariksha specially meant for ‘Balaman Dhyarth of Dhatu’. The features of Raktasarata includes Tamra Snigdha Varna Karna, Akshi, Mukh, Jivha, Nasa, Osta, Panital, Padtal, Nakh, Lalat and Mehan. **Objectives:** To validate the corelation of Raktsara and Medha(intellectual) according to Ayurveda. To evaluate the intellectual capacity with relation to Raktasarata. **Methods:** Healthy individuals of age group between 20-40 years were selected. Selected individual was assessed for Raktasarata and Intelligence quotient (IQ) of each person was drawn out by applying Culture fair test Scale 2 form ‘A’. **Results & conclusion:** Medha can be co-related with intelligence as the functions of Medha and intelligence are same. Intelligence quotient (IQ) is related with type of Raktasarata the person has.

Keywords: Raktasarata, Medha, Dosha, Dhatu, Sarata, Dashvidh Pariksha.

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INTRODUCTION:

Ayurveda recognised as new age medicine now, represents the science of life and longevity originating in vedic tradition of India. *Sarata* is described by Chakrapani as *Vishuddatara Dhatu* (highest level of tissue excellence).¹ Ayurveda states universally acceptance of Panchbhoutikatva of each matter in universe comprising of human body also, which is made up of three bioenergy's i.e. Dosha, Dhatu and Mala. These are considered to be base of the human body. Thus, it is stated by Acharya's Dosha, Dhatu and Mala are root cause of *sharir* which are responsible for the health and disease.² Dhatus have same set of functions in every individual but quality and richness of these functions may vary from person to person, which decide by the finest, purest and excellent state of these Dhatus which is nothing but the '*Dhatu Sarata*' that means *Vishudhatar avashtha*, *Utkarshavastha*, *Uttamavastha* because equilibrium of these *Dhatu* is *Arogya*(health).³ Every individual is examined by various means as per classical text of Ayurveda as like '*Dashvidh Pariksha*' which include *Sarata Parikshan* in it. It is the only clinical method of investigation by which state of Dhatu and functioning capacity of Dhatu can be understood. Acharya Charaka had advocated about eight types of *sara pariksha* specially meant for '*Balaman Dhyanarth of Dhatu*'. The features of *Raktasarata* includes *Tamra Snigdha Varna Karna, Akshi, Mukh, Jivha, Nasa, Osta, Panital, Padtal, Nakh, Lalat and Mehan*. Along with above all organs

possesses peculiar lustfulness and dazzling appearance i.e. *Shrimadabhrajishnu*.⁴ The other features include *Sukha*(They are fond of reading literature), *Uddata, Medha*(Good grasping power), *Mansvita, Sukumarata*(Delicateness and Unctuousness), *Anatibala* (Moderate strength), *Klesh Asahishnutva*(Inability to bear stress), *Ushna Asahishnutva* (They cannot tolerate heat). *Rakta Sara* person is known to possess unctuous (*Snigdha*) and coppery nails (*Tamra Nakha*), eyes (*Nayana*), palate (*Talu*), tongue (*Jivha*), lips (*Oshtha*), palms and soles (*Pani padatala*).⁵ If we want globalisation of Ayurveda, we must prove our principles in the language of Modern science by means of logical and systematized methods because only classical references can not be sufficient to establish any theory. Therefore, present study 'The study of co-relation between Raktasarata and Medha with special reference to Intelligence quotient' was under taken to study relationship between Raktasarata and Medha. The present study aims in the description of Raktadhatu Sarata and exploration of its finest qualities.

Objective:

1. To study the *Raktasarata* as per Ayurveda.
2. To validate the corelation of *Raktsara* and *Medha* (intellectual) according to Ayurveda.
3. To evaluate the intellectual capacity with relation to *Raktsarata*.

Methodology:

Inclusion criteria: Healthy individuals of age group between 20-40 years who co-operated to solve the questionnaire and examination.

Exclusion criteria: Individuals having addiction of smoking, alcohol, tobacco, having any type of Haematological disorder or History of any major neurological illness.

METHODS:

Raktasarata of the person was elaborated based on clinical examination and questionnaire. The case record proforma was prepared for *Raktasarata Parikshana*. The characters of Uttam Raktasarata people were collected from the Charak Vimansthan. Ears (*Karna*), eyes (*Netra*), face (*Mukha*), tongue (*Jihva*), nose (*Nasa*), lips (*Oshtha*), palms (*Panitala*), soles of the foot (*Paadatala*), nails (*Nakha*), fore head (*Lalata*), penis (*Medhra*) are unctuous (*Snigdha*), red (*Raktavarna*), beautiful (*Shrimad*) and dazzling (*Bhrajishnu*). This *Rakta Saaratva* gives happiness (*Sukha*), arrogance (*Uddhatam*), good grasping power (*Medha*), self-respect (*Manasvitvam*), delicacy (*Soukumaryam*), less strength (*Anatibalam*), inability to face difficulties (*Akleshahishnutvam*) and intolerance of heat (*Ushnasahishnutvam*).⁶ *Raktasarata* was decided by criteria: Evaluation of Uttam, Madhyam, Avar Rakta Sarta. Uttam if there are > 15 signs, Madhyam *Raktasarata* considered when 8-14 Lakshane observed and Avar *Raktasarata* considered when 1 to 7 Lakshane were present.

Intelligence quotient (IQ): IQ is a total score derived from a set of standardized tests or

subtests designed to assess human intelligence.⁷ The abbreviation "IQ" was coined by the psychologist William Stern for the German term *Intelligenzquotient*, his term for a scoring method for intelligence tests at University of Breslau.⁸

Then IQ of each person was drawn out by applying Culture fair test Scale 2 form 'A'. It consists of four subtests. In the first subtest, the individual is presented with an incomplete, progressive series. His task is to select, from among the choices provided, the answer which best continues the series. In this there were 12 items which has to be solved within 3 minutes. In classification subtest, as in the example shown, he must select one which is different from the other four. In this there were 14 items which has to be solved within 4 minutes. In the matrices subtest the task is to correctly complete the design or matrix presented at the left of each row. In this there were 12 items which has to be solved within 3 minutes. In the final subtest, conditions (or topology) require the individual to select from the five choices provided the one which duplicates the conditions given in the far left box. In this there were 8 items which has to be solved within 2.30 minutes. Before each subtest, examples are given for the task requirements are clear to the examinee. For each correct answer one mark was given and for each wrong answer zero mark was given. The score obtained from the answer sheet was a raw score & need to be transformed before it can be interpreted. Normalized standard score IQ's table converted the total raw score into a

normalized standard score IQ. Then co-relation between *Raktasarata* and IQ was done.

DISCUSSION:

Agni (digestive fire), Prakruti (constitution), Dhatusarata (tissue excellence), Doshas (bio energies) are the main thermos of Ayurveda, these are essentials to diagnosis, treatment and further research. It is quite difficult practically to assess each and every quality of Dhatusarata mentioned in Charak Samhita for, e.g. Sukha(health), Aishwarya(wealth) , Upabhaog, Bala etc., Among these, Sukha quality is quoted in Rasa, Rakta, Mamsa, Meda and Shukra Sara. This simply indicates that people with Uttam Raktasarata do possess excellent intellectual capacity in them i.e. they are Medasvi.⁹ This is seen easily in society that people with highest qualification , or at higher post in society have a great decision-making power within themselves. They easily achieve what do they aim that too in very clever manner. This prove their Medasvi characteristics. But are these people Uttam Raktasarata persons, this is to be find out. And if these happens so,it will prove the authenticity of our ancint Ayurvedic classics. *Uttam Raktasar* persons are Intelligent, so they will be post for such posts where there is intelligence is needed e.g. administrative posts. Also, we suggest to study the effect of the *Medhya Rasayana, Yoga & Pranayama* who desired for the good intelligence. Also, we can predict or suggest for one's career. However, the study is carried out in a small data but the honest efforts to put forward the conclusion are taken. The observations of this small data will

definitely invite some more work of this kind on large scale.

CONCLUSION:

The conclusion based on the maps of proper discussions, lead us to assess & evaluate the whole work done in a short time. After literal review of *Medha* & Intelligence, finally I conclude that *Medha* can be co-related with intelligence as the functions of *Medha* and intelligence are same. By applying ANOVA test to the 3 groups which are taken for study result is significant. From that, it is concluded that the IQ of *Avar Raktasar* person is less . The IQ of *Madhyam Raktasar* person is more as compared to *Avar Raktasar* . The IQ of *Uttam Raktasar* person is more than *Madhyam and Avar Raktasar* person.

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Conflicts of interest

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