

  UNIVERSITY OF HYDERABAD प्रविष्टि संस्थान INSTITUTION OF EMINENCE	Department of Sanskrit Studies School of Humanities UNIVERSITY OF HYDERABAD
Program: MA in Sanskrit Studies Semester: III	Duration: July-December 2023 Course Instructors: Prof. JSR Prasad Email: jsrprasad@uohyd.ac.in
Course Number: SK506 Core/Optional: Elective Number of Credits: 04 Lectures: 4hours/week	Title of the Course: Introduction to Indian Psychology

Course Description

This course is designed to highlight the importance of Indian Psychology in contemporary health scenario. Contents of the course essentially draw the insights from texts in Ayurveda alongside texts in Darśana (Indian philosophy). Unit 1 introduces the concepts and philosophy of mind from Indian perspective. Here, there exists a great contrast between Indian and western psychologies. Unit 2 describes the interconnection of *Tridoṣa-Triguṇa-Pañcamahābhūta* as Indian medical science, Ayurveda, has a strong philosophical foundation. Theories from modern psychology are examined from the lens of self and personality in Unit 3. Concepts of physical and mental health, mental disorders and their proper management through selected interventions are discussed in Unit 4. Finally, the text reading in Unit 5 gives the flavour of reading concepts, theories in original language with translation.

Exit Competency

At the end of the course, students will be able to:

- Know the basic principles of physical and mental health
- Devise their own mechanisms to protect mental health
- Understand the seminal role and contribution of Indian psychology
- Examine the important aspects of psycho-somatic health and wellbeing
- Evaluate the similarities and dissimilarities between Indian and western psychologies

Teaching Methodology: A combination of lectures, classroom based and self-study pedagogical methods will be used

Assessment: Standard as per University regulations, both formative and summative.

Course Content

Concept and Philosophy of Mind (Unit 1)

Concept of mind (*manas*) in Indian philosophical systems – Nyāya, Sāṃkhya, Āyurveda and Upaniṣads; Four fold functioning of mind; Five objects of mind described in Āyurveda; Triguṇa theory in Sāṃkhya, Āyurveda and Vedānta; Karma and free-will; Concept of *Sattvabala* in Caraka Saṃhitā; Differences between Indian psychology and western psychology

Inter-relation of Gross, Subtle elements and Humours (Unit 2)

Five gross elemental theory; Qualities attributed to Triguṇas, Faculties of mind – *Dhī*, *Dhṛti* and *Smṛti*; Six negative qualities – excerpts from Arthaśāstra; Impact of Suppressible and non-suppressible urges; Cognitive and Motor sense functions; Tridoṣa – Vāta constitution, Pitta constitution, Kapha constitution; Inter-relation between *Pañca mahābhūta* (elements) – *Triguṇa* – *Tridoṣa*

Concept of Self and Personality (Unit 3)

Concept of Self and Personality in East and the West – Sigmund Freud, Alfred Adler and Karl Jung; Minimalism of Descartes – problems in his theory; Consciousness; Cognition; Culture, Dharma and Ethics; Theories of well-being: *Hitāyu* – *Ahitāyu*, *Sukhāyu* – *Duḥkhāyu*; Spirituality vis-à-vis Mental health; Modern theories on self and personality types; 16 *Mānasa prakṛtis* vis-à-vis Cattell's 16 PFs, Big5; Cognitive Dissonance

Health and Disease (Unit 4)

Concept of health and disease – in Āyurveda, Yoga and Mahābhārata; Who is called healthy?; Food and Psyche in Bhagavad Gītā; Svasthavṛtta theory in Āyurveda – Āhāra (food), Vihāra (life style), Sadvṛtta (ethical living), Ācārasāyana (good conduct); Psycho-somatic and somato-psyche factors of diseases; Pathogenesis of mental diseases; Personality types vis-à-vis mental disorders

Text Reading (Unit 5)

- *Indriyokpakramaṇīyā* chapter in Caraka Saṃhitā – 1 to 34 verses (1.1.8)

Reference Books

1. Bhagawan Dash & R.K. Sharma (2018), *Caraka Samhita*, Varanasi, Chaukhamba Sanskrit Series Office
2. Ramakrishna Rao K. & Paranjape Anand (2015), *Psychology in the Indian tradition*, New Delhi, Springer
3. R.M. Matthijs Cornelissen, Girishwar Mishra & Suneet Verma (2010), *Foundations of Indian Psychology* – I, Hyderabad, Pearson Education India
4. Paranjape Anand (1998), *Self and Identity in Modern psychology and Indian thought*, New York, Springer
5. Jadunath Sinha (2017, 5th Ed.), *Indian Psychology (3 Vols.): Vol. I Cognition; Vol. II Emotion And Will; Vol. III Epistemology Of Perception*, Delhi, Motilal Banarasidass
6. Swami Rama (2000), *Perennial Psychology of the Bhagavad Gita*, Pennsylvania Himalayan Institute Press
7. Bhawuk Dharam P. (2011), *Spirituality and Indian Psychology*, New Delhi, Springer
8. Ramachandra Rao S.K. (1962), *Development of Psychological Thought in India*, Mysore, Kavyalaya Publishers