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SPREADING HAPPINESS: STRESS MANAGEMENT AND PANCHKOSH VIKAS

Dr. Ashwin Purushottam Ranjanikar

Director, IQAC & Head

Department of English

Shri Sant Savta Mali Gramin Mahavidyalaya,

Phulambri, Maharashtra, India

Abstract:

Life in 21st century is more stressful. Managing stress is a challenge in current Covid-19 pandemic situation. Present paper focuses on the scientific and proven model of happy and sustainable life i.e. Panchkosh Vikas. Panchkosh Vikas is a model explained in detail in Taitariy Upnishad of Vedantic Philosophy and Maharshi Patanjali's Yogsutra. Panchkosh Vikas or fivefold development of personality is a model of holistic development and affirmative transformation. Fivefold development focuses on five principle layers called as sheath i.e. Annamaykosh or Food Sheath, Pranmaykosh called as Energy Sheath, Manomaykosh i.e. Mind Sheath, Vigyanmaykosh i.e. intellectual Sheath and Anandmaykosh called as Bliss Sheath. This is comprehensive model for peaceful, happy and a balanced life.

Keywords: Panchkosh Vikas, Taitariya Upanishd, Vedant Philosophy, Stress Management, Spreading Happiness, etc.

Life will be more beautiful, happy, pleasing without anxieties, worries, sorrows and excessive competition. It is everyone's desire to live a peaceful life. But life in post 21st century is full of stress and Covid-19 pandemic added more stressful situation in all over the world. Life was in threat. Every minute the terror and horror of pandemic was increasing. Now, as the Covid-19 pandemic situation is cooling off, once again life is on track. Period of pandemic was really horrible. It has taught numerous things like to live secure and peaceful life. This paper is going to focus on a model which provides us a way of living a balanced and sustainable life i.e. *Panchkosh Vikas*.

This is not a new model. It is developed thousands of years ago by Indian seers and explained in *Taitariya Upnishad of Vedant Philosophy*. This is not only philosophical but also having scientific and practical base which is very beneficial to have a balanced life. *Vedant* is a spiritual and scientific philosophy of Indian culture of human development. Spirituality is about establishing a connection of individual with universe i.e. collective consciousness; it is about holistic development and affirmative transformation. Indian culture believes that this universe as an abode hence the person has to take care of and respect each and every aspect of this universe. It is against any type of oppression, exploitation, suppression and subjugation. Spiritualism believes in faith, love, acceptance, and respect. The philosophy of *Panchkosh Vikas* is about the five sheaths from surface level of physical body to the depth of unconscious mind and attaining the bliss. The *Panchkosh* are *Annamaykosh* i.e. Food Sheath, *Pranmaykosh* i.e. Energy Sheath, *Manomaykosh* i.e. Mind Sheath, *Vigyanmankosh* i.e. Intellectual Sheath and *Anandma Vkosh* i.e. Bliss Sheath. *Panchkosh Vikas* is an ancient model of holistic development.

The Eastern and Western philosophy of personality development vary with each other. Eastern concept of personality development is based on *Panchkosh Vikas* and western concept of Personality development is based on Greek philosophy. Western and Greek philosophers focused on the object

while Indian philosophers focused on consciousness. *Yog* and *Vedant* interconnect objects and consciousness. As per quantum physics everything in the universe is interrelated and a change in one part of the system will be reflected in the other part as well. This quantum world view is explained in detail thousands of years ago by *Vedant* Philosophy and Maharshi Patanjali. The meaning of *Yog* is to connect. *Yog* establishes the connection of individual with the universe. Body, mind and spirit are interconnected, interrelated and interpenetrating. A person is denoted by form i.e. *Sharir* called as body. These *Panchkosh* resides in *Trisharir*. They are *Sthul Sharir*, or gross body which constitutes the *Annamaykosh* and part of *Pranamayakosh*; *SookshmaSharir* or subtle body comprises the *Pranamaykosh*, *Manomaykosh* and *Vigyanyamaykosh*; *Karan Sharir* or causal body comprises the *Anandamaykosh*.

Every day we all have three types of experiences. One is the waking experience in which we experience through senses and mind. The second experience is dream. In dream, we do not experience through the senses, but through subconscious mind. The third experience is sleep in which there is no knowledge of time and space, no knowledge about ourselves or about anything in sleep, but when we get up in the morning, we know that we slept well the night before.

Annamaykosh is the outermost of the *Kosh*, and physical body. It is named from the fact that it is nourished by food and diet. It is originated from the *Raj –Virya*. This sheath has the most dense and slow vibrational frequency. This *Kosh* is depending on all the four *Kosh*. Imbalance in *Annamaykosh* leads to damage the whole system. We have pay attention towards health. Health is given more importance in *Vedantic* philosophy. Because it is with the help of body and our health we have to achieve the liberation. Body is a tool and medium or a way towards the liberation.

Ayurved has categorized food as *Sattwic*, *Rajasic* or *Tamasic*. The word *Sattwa* means harmony, balance and tranquillity, where we create a balance between activity and peace. *Rajas* means dynamic, active, violent. *Tamas* means dull and inert. According to *Ayurved* personality can be judged by *Vrutti*. There are three *Vrutti* i.e. *Vaat*, *Kaphand Pitta*. This type of *vruttior* body is formed because of the consumption of food. Hence food or diet plays a crucial role in developing and forming personality. *Annamaykosh* or Food sheath is impacted by the type of food, time when we are consuming, upon the psyche of personality who is cooking the food or from where you brought the food and also the environment. This is called *Sanskar*.

The kind and quantity of food that we eat determines our temperament. It is said that having right kind of food purifies the mind and soul. When the food is pure, the mind becomes pure. When the mind becomes pure, memory becomes firm. And when a man is in possession of firm memory, one is able to perform various tasks in competent ways.

Besides food, proper rest and sleep are also necessary to keep oneself fit. Rest, fresh air and proper exercise are the needs of our body. Do you know why we need exercise? Without exercise body loses its elasticity. It becomes heavy, accumulates fat and toxins and gets rapidly worn out.

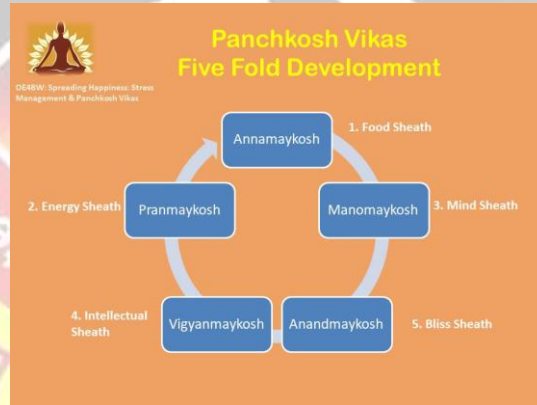
Pranmaykosh is the energy sheath composed of *Pran*, or life force. This *pran* is a part of cosmic life. *Pran* is a Sanskrit word meaning movement, motion or vibration. *Pran* is the force or energy for all kinds of motion. *Pranic* energy is in constant motion throughout life. *Pranmaykosh* is the vital energy sheath which regulates the growth, shape and function of physical body together the decay of cells, tissues and organs. As per *Yogic* tradition the energy in the *Kosh* are conducting through energy channels called *Nadi*. A uniform harmonious flow of *Pran* to each and every cell of the *Annamaykosh* keeps them alive and healthy. *Panchpran* or *Panchvayu* is the five dimensions of this *Pran*, its flow resulting in activities of different areas of the body it is also called as *Chaytanya*. This *Chaytanya* or *Pran* functioning harmoniously assures health and vitality of body and mind. *Pran* is responsible for the action of the *Karmendriyas* - the organs of action, there have to be coordination between the *Pran* and the *Indriya* or sense organs. There are five *Karmendriyas* with the help of which we carry out our deeds they are: feet, hands, and vocal cords, urinary and excretory systems. *Indriya* means a vehicle, a tool or sense. *Karma* means action. Through these five *Karmendriya* we perform five gross actions. *Pran* is the force behind them. Remember that *pran* is universal energy. The five *Pranas* (breaths) called *Prana*, *Apana*, *Samana*, *Udhana* and *Vyana*. *Pran* is located in the heart, *Apan* in the anus, *Saman* in the *Nabhi* (navel) *Udan* in the throat and *Vyan* all over the body..... (Organs of knowledge 5, of action 5, and *Pran* 5, and *Buddhi* 1, mind 1, the body is composes of these 17 factors.

Manomaykosh is the third *kosh* composed of the mind. Mind is consciousness. It is a field of energy by itself. Like *pran*, mind is also the field of energy but it is negative field of energy. In Sanskrit, mind is known as *manas*, and has three dimensions. The literal meaning of *manas* is ‘that by which you cognize, perceive and understand’. Perception, cognition and understanding are the basic and primary qualities of the mind.

Manomaykosh is the sphere of mind, which is closely tied to the physical body. Patterns of thinking, attitudes, and beliefs are all aspects of *Manomaykosh*. Fixed ways of thinking and rigid responses leads to most of our emotional responses which is expressed through the *Pranmay* and *Annamaykosh*. When the emotions become powerful, they start governing our actions, this leads to imbalance called *Aadhi* or stress. Long standing *Aadhis* get pushed into *Pranamy* and *Annamaykosh* causing *Vyadhis* or diseases.

Fourth *Kosh* is the *Vigyanamykosh* which is the sheath of intellect and intuitive knowledge. *Vigyan* is a Sanskrit word from the prefix *vi* and *gyan* meaning knowledge, awareness, inner perception or experience. *Vigyan* has two meanings: external science and inner experience. Whenever we have any experience which is subjective in nature, it is a consequence of *vigyanmaykosh*. Universal knowledge comes to the conscious mind through *vigyanmaykosh* or the psychic mind. It does not depend on time, space and causation factors. In western mysticism, the *Vigyanamykosh* is known as the higher astral body. *Buddhi* (intellect) is the quality of discrimination which comes after knowledge, after the removal of ignorance. This ability is more in human race that differentiates man from animals. It is also the repository of transpersonal faculties such as telepathy, clairvoyance, thought reading and other so called psychic or paranormal phenomena. With the development of *vigyanmaykosh* person is proficient in developing critical attitude, analysis, logic and many more.

Anandmaykosh is the bliss layer of our existence, is the most subtle aspect of our existence which is devoid of any form of emotions. It is very difficult to define *Anand*. It is a state of complete silence and a state of complete harmony and perfect health. It is the highest stage of evolution in the manifested existence. It is the subtlest among five layers of existence. People wrongly considered as happiness. We can find happiness in small deeds. But though we experienced emptiness and then our search for happiness begins. This is not a state of *Anandmaykosh*. It is beyond the happiness and unhappiness. In the state of *Anand* person experiences peace and complete harmony.



Panchkosh Vikas is a proven model for managing stress and very important to live happy, pleasing and balanced life.

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