



THE PANCHA KOSHAS: JOURNEY TOWARDS MIND

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Abstract-Yoga is thus described as comprising a rich treasure of physical and mental techniques that can be effectively used to create physical and mental wellbeing. Since its introduction into modern culture, yoga has enjoyed a tremendous growth in popularity as an healthy living. Yoga conceptualizes the human being as a multi layered, conscious being, possessing three bodies or Sharira (Sthula-gross, Sukshma -subtle and Karana -causal) and having a five layered existence (Pancha koshas), consisting of our anatomical, physiological, psychological, intellectual and universal existential layers. Development of an integrated self and a sound personality requires awakening and balancing of all these five layers and treating the imbalances in the correct way by using different modalities of treatment mentioned in Yoga and Ayurveda. This is a conceptual review to understand and integrate different modalities of treatment on the basis of pancha kosha concept.

Key Words- Yoga, Panch Kosha, Mind, Treatment

Introduction- Multilevel cosmological models have emerged from Indian tradition which provides structural frameworks to understand the relationship between consciousness and creativity.¹ The pancha kosha concept explains the various dimensions of human personality and helps us to explore the unknown regions of our own being.² The way of understanding the personality from the point of view of Pancha Koshas theory, mentioned in the Taittiriya Upanishad. The Vedantic psycho-philosophical concept of human personality is quite similar to the modern trait theory, as each Kosha (layer) reflects distinct qualities of an individual. According to the Taittiriya Upanishad, human personality is composed of five layers or sheaths known as the Panchakosha. These include: 'Manomaya' is the segment nourished by 'education'. 'Vijnanamaya' is nourished by 'ego' and 'Anandamaya' is the segment nourished by 'emotions'. This conceptual paper review emphasizes the importance of understanding the multidimensional nature of human being and the need for a multidimensional approach for the

maintenance of health.

Aim and Objectives-

1. To understand the concept of Pancha Kosha.
2. To understand the role of Yoga in the management of physical and psychological ailment by incorporating the concept of Pancha Kosha.

Review of Literature-

The **concept of Pancha Kosha** is explained in the *Taittiriya Upanishad*, where a human being is described through **five layers of existence**, each becoming progressively subtler—from the gross physical layer (*Annamaya Kosha*) to the most subtle spiritual layer (*Anandamaya Kosha*). The *Pancha Kosha* represents these **five sheaths** of human personality, arranged from the physical surface to the innermost level of consciousness.

Annamaya Kosha (Food Sheath):

This is the outermost layer, composed of the physical body and sustained by food (*anna*). It represents the material aspect of existence and cannot function independently without the support of the subtler sheaths.

Pranamaya Kosha (Vital Energy Sheath):

This sheath governs the network of *prana* or life force, which regulates the body's growth, functions, and maintenance. According to Yogic philosophy, *prana* flows through subtle energy channels known as *nadis*, influencing both physiological and psychological processes.

Manomaya Kosha (Mental Sheath):

The Manomaya Kosha represents the mind, emotions, thoughts, attitudes, and belief systems. When the mind becomes rigid or trapped in repetitive thought patterns, emotional imbalances arise. These disturbances manifest through the *Pranamaya* (energy) and *Annamaya* (physical) bodies, creating stress (*Aadhi*). Prolonged stress, when unaddressed, can affect the physical layer and lead to disease (*Vyadhi*).

Vijnanamaya Kosha (Intellectual Sheath):

This layer represents intellect, wisdom, and the power of discrimination (*buddhi*). It allows for understanding, reasoning, and the ability to distinguish truth from illusion. In Western philosophy, it is often compared to the higher astral or intuitive body. It also encompasses higher mental abilities like intuition, telepathy, and insight.

Anandamaya Kosha (Bliss Sheath):

This is the innermost and most subtle layer, associated with pure bliss, peace, and spiritual joy. It transcends emotions and thoughts, representing a state of complete harmony, silence, and perfect health.

Starting from the Annamaya Kosha, which represents the densest or solid form of energy, each of the five Koshas exists at varying levels of subtlety and vibrational frequency. These five sheaths together constitute the human personality, with each layer possessing its own distinct characteristics. The Pancha Kosha theory provides a framework for inner transformation—guiding the journey from the lower, material self toward the higher, spiritual self—thus

Vijnanamaya Kosha When all these Koshas function in harmony, an individual experiences perfect health, whereas disharmony among them leads to illness. As described in the Yoga Vasistha by Sage Valmiki, the concept of health and disease is deeply connected to the balance of these layers of existence. In daily life, humans often over-identify with the gross physical body and neglect the subtler sheaths.

Yoga teaches that the physical body is ever-changing; modern science also confirms that the body's molecules are replaced approximately every seven years. Therefore, rather than focusing solely on the gross body (Sthula Sharira), one can achieve purification and balance by working from the subtle bodies, re-establishing harmony at the causal level to attain holistic well-being.

Discussion- All the three main modalities of treatment in *Ayurveda* i.e. *Daivavyapasraya Chikitsa* (divine or spiritual therapies), *Yuktivyapasraya Chikitsa* (rational or physical treatments), and *Satvavajaya Chikitsa* (psychological or mind-based therapies)¹² can all be integrated into the management of health at the level of the *Pancha Kosha*.

- **Annamay Kosha-** Annamaya Kosha is gross, physical body. It includes Pancha Jnanedriya (five organs of perception) and Pancha Karmendriya (five organs of action). This layer of the body can be rendered healthy by different means of treatment like Aushadha (drugs), Ahara (Food), Upavasa (Fasting), Asanas (physical postures), Suddhi kriyas (Six cleansing techniques), Tatvashudhi (Inner purification), Tapas (Practice of austerity), etc. explained in Ayurveda, Yoga and Naturopathy.
- **Pranamaya kosha-** Pranamaya Kosha is the energy sheath. It corresponds to the physiology of the human system. By incorporating appropriate breathing techniques, Shuddhi Kriyas, and Pranayama, imbalances within the Pranamaya Kosha can be regulated.¹² Practicing Pranayama helps restore functional disturbances such as irregular breathing patterns, high blood pressure, palpitations, tremors, hypersensitivity responses, excessive physiological activity, and certain autoimmune tendencies.¹³ Acupuncture is also believed to exert its therapeutic effects through similar mechanisms acting on this energetic layer. In the healing science of acupuncture, these energy channels called meridians are manipulated to bring about a change of energy flow and therefore removal of disease and attainment of better health. These meridians, conduct ki or chi energy, which is the same as Prana.¹⁴
- **Manomaya Kosha-** A direct operation on this level is possible through the culturing of mind by focusing the mind (Dharana) initially, followed by relaxed dwelling of the mind in a single thought (Dhyana) for longer duration leading ultimately to super consciousness (Samadhi).¹⁵ Aroma therapies of Ayurveda such as Dhupa (Fumigation) and Gandhamalya dharana (wearing of aromatic garlands), though supplementary therapy of Ayurveda, are used mainly for treating the mind. They have great power to stimulate, calm or heal the mind. They aid in concentration and meditation. Soothes the nerves and strengthen the immune system.¹⁶
- **Vijnanamaya Kosha:**
The Vijnanamaya Kosha represents the intellectual and wisdom layer of our being. It continuously guides the Manomaya Kosha (mind sheath) to gain mastery over basic instincts and emotions. By removing ignorance, this kosha helps reveal the true self, leading to the elimination of stress and confusion. Deep intellectual reflection allows access to the innate source of knowledge and understanding. Practices such as psychotherapy, health awareness programs, spiritual discourses, and counselling work effectively on this layer of existence, strengthening clarity, wisdom, and self-awareness.
- **Anandamaya Kosha:**
The Anandamaya Kosha is the blissful sheath, representing the most subtle and refined state of existence. It is beyond emotions and mental fluctuations, embodying pure joy and peace. At this level, causal detoxification occurs through Sattvic mantras like "Om", which act upon the Manodoshas (mental impurities). These mantras cleanse the nerves and Nadis, promoting concentration, inner calm, and creative thinking.

Conclusion:

Yoga facilitates the evolution of human consciousness—from the animalistic level to the divine state. The Pancha Kosha theory provides a systematic path of transformation and transcendence, guiding individuals from the lower self toward the highest realization of self. Understanding these five sheaths enables us to explore our true essence and discover the purpose of existence.

In the 21st century, known as the era of new biology, consciousness is recognized as a fundamental force shaping life. Modern science and the quantum worldview now acknowledge that human potential extends far beyond the limitations of the five senses. By integrating this knowledge with yogic principles, we can bring healing, awareness, and balance to suffering humanity.

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