

## Human Behaviour in Relation to Happiness in Life Based on Panch Kosha Theory: Indian and Western View of Points

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### ABSTRACT

Our world is changing rapidly and the different types of inventions make our life more enjoyable and happy. But to achieve the incredible pace in this environment of technological development some facts are very much important to study in detail. Ongoing developments of technology and competition in individual and global level some mean we are finding to maintain the peace and happiness in human beings. The need of time to explore more advanced ways to track how we think, act and feel. (1) The objective of our paper is to study human behaviour in relation to a more exciting and scientific way of living style with more advanced solutions becoming a happy and prosperous life. For this reason, we propose a way of life which is based on ancient Indian spiritual thoughts and also western psychological ways of life. Learning and understanding the basic principles of pleasure and self-satisfaction with a happy environment will be the best way to achieve the right way. So, the future research is opening the door of personality assessments for happiness and peace in life. The satisfaction in life, may also require a healthy self-respect and determination. Our objective is to make a happier living in human beings in respect to achieve global peace and happiness by the different well-known theories based on Pancha Kosha theory and Maslow theory of hierarchy of need. To connect to a new Vista of achieving inner peace and happiness in mankind and their present environment. (2)

**Keywords:** *Pancha kosh, Maslow theory, happiness, Self-satisfaction, Personality and human behaviour*

The psychology is to study human behaviour may be the better and scientific definition and can help us to understand the various internal and external factors. The shape of the experiences towards betterment of life and achievements in life. The perception of life has many factors but our inner self and to understand the things in a systematic approach should give us a clear vision towards a happy and tension free life. In this research review article, we'll explore some of the reasons why understanding how humans think, act and feel the way they do is an integral part of achieving personal and professional goals and contributing to society at large. (3)

The way we behave impacts our own lives and how much we understand the kind of action taken. We live with awareness, feelings and adjustment with others and the environment.

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## Human Behaviour in Relation to Happiness in Life Based on Panch Kosha Theory: Indian and Western View of Points

The process of understanding each other and how to achieve our objective to have a positive impact on society and the family itself.

Maslow's pyramid of human needs, proposed in 1971, has been one of the most practical and scientific ideas in the area of behavioral sciences. The Freud, also defined the theory of need in the similar pattern but we will discuss only the theory of Maslow as a hierarchy of need in relation to motivation, it may be intrinsic and extrinsic values of life. Human motivation and cognition, as Maslow viewed human motives as based in innate and universal models. (4)

The theoretical basis of the interface of evolutionary biology, anthropology, and psychology are core factors to decide the happiness in life. The motives at these different levels of the basic foundational structure of the pyramid are limited at the stage of Dervin theory of evolution and should be reevaluated in the present contest of the human living and developing world. The theories are well tested and add a contemporary feature Between motives and immediate situational needs. (5)

The importance of the classical theories and its implications can be incorporated of human motives more firmly in the needs of human beings. We propose a hierarchy of fundamental motives that serves as both an integrative framework and a generative foundation for future research.

The world population continues to grow, it becomes more important to make an effort to make harmonious relationships with family and society. Different types of mental issues are also generated to make life more critical. Our objective may be to understand human behaviour in a positive way and search for a necessary solution to the problem and for implementation.

The awareness of different psychological and emotional disbalance are naturally evolved and our objective is to search the ways to address and remedies to rectify the human problems. (6) Both theories are based on human needs and motivation in life to achieve happiness and satisfaction.

### **METHODOLOGY**

#### *Objectives*

1. The better way to understand Panch kosha and how the theory is applicable in human beings. The concept of Taittiriya- Upanishad, through the way of dialogue between guru Varun and his son Bhrigu explained the role of khosha in the application of meditation and happiness. The main logic behind the, Pancha Kosha, is working on the body and balancing the mind. The concept of happiness is taken to understand an integrated self-mechanism of relaxation. (7)
2. This theory has different attributes which are based on two words panch + kosha. Panch means five and Kosha means sheaths, layers, and covers each other like peeling an onion. As the one layer is separated by a thin membrane, and the same way human beings are also covered with the five hypothetical layers or sheaths. The objective of these sheaths is to improve the mental energy and to balance the power of emotions to get satisfaction and determination in life. (8)
3. To learn the steps towards self-esteem, refinement during the process of meditation and achieve happiness and peace. Modern psychology considered each sheath as a

## Human Behaviour in Relation to Happiness in Life Based on Panch Kosha Theory: Indian and Western View of Points

dimension of self. The human self is an amalgamation of taught in the inner world and comes out in human behaviour. The functions in these sheaths or layers are to maintain the motivation and objectives in life. (9)

4. The objective of these kosha to make restrained in sheaths and integrate the energy that surrounds the physical body. The sheath of outer space energy that surrounds the outer body is called AURA or purity. Prana is the part of these senses, and control consciousness that is one of the sensitive elements of our life i.e. CHETHANA, that nurtures and nourishes us and is also important for our life as food and drink. (10)

### APPLICATION

The following steps are very important in life for survival and growth, but mostly mental functions are also governed by the vital energy i.e. consciousness.

1. To achieve, Sense of Perception, that controls the stimulus received from the outer environment through sense organs, nourishes the brain and comes out in the human body and all vitality. (Chetana)
2. Sense of Emission, The food and nutrition are also important to form a healthy body and the wastes of our body are excreted. Samana (Sense of Digestion) It controls the digestive system of our stomach.
3. Vyana (Sense of Circulation): The heart of our body works and controls the blood circulation in our body. The blood moves all over the body and performs all activities and senses related to the body. The system is also responsible for the circulation of other enzymes in the body. The natural way of all the nutrition, power of extracted food is gone through the various parts of our body through the blood stream. The brain is a very important vital organ which requires fresh blood for their actions and functions.
4. Udana (Sense of Assessment): The sense of consciousness of a person helping to raise his thoughts so as to visualise the wisdom of life. The possibility of a new development some creation types of thought which generate the ideas for self realisation and positivity in life.

The objective of this paper is to well define the theory of Pancha Kosha is a way of transformations from lower self to highest self and changes in emotions and values. The human always wanted to remain happy and has a cheerful personality, this Anandamaya Kosha is responsible for attaining it. The mind of the conscious state will guide eternal peace, love and harmony in life. This theory makes us so powerful, so we can be free from the physical world and generate peace in mind. This is a state of eternal bliss and is beyond all kinds of feelings of attachment and cravings. (11)

Personally, gives the man a choice to introspect and with the power of each Koshas generate peace and happiness step by step.

When we also look into the western culture or idea of a hierarchical approach to human motivation and needs, suggested by the renovations to Maslow's approach. The approach suggested the theories of five stages of motivation in life to achieve the goal of life. The combination of both the models, provides useful directions of life and current innovations. The combination of both the theories opens a new window to evaluate as a positive strength towards a positive cognitive psychology in the area of human personality. (12)

## Human Behaviour in Relation to Happiness in Life Based on Panch Kosha Theory: Indian and Western View of Points

The objectives of our article may be a milestone and raises a number of questions and more practical approaches for future research in the area of human Behavioural psychology.

The modern human motivational factors are changing due to physical and social needs in the present contest, resulting in the theory of Maslow to be the weekend and social interaction dominated by the social, physical and environmental management.

### **Coping behaviour:**

The way to achieve the objective of inner peace and happiness are Astang Yoga of Patanjali, Buddhists Vipassana or Integral Yoga of Maharshi Aurobindo. It is the concept of the person concerned and how to adopt the way to the process of peace and relaxation, that may realize himself and its importance in the future Goodwill. (13)

The panchkosh Kosh is a more wide and powerful theory to understand the process of relaxation and meditation. The Kosha theory is unlimited as our mind and can reach Many places in less than a second. It is very difficult to control the thoughts and is able to control the mind and control the destiny. The best way to control the mind is positive thinking, that the concept of panchkosh should follow the rules of Yama and Niyama as the principles of Raja Yoga.

These principles may be followed by each in attaining the proper mental health and happiness. Mainly these are non-violence, self-discipline, clearly in thoughts, sharing habit, understanding, truthfulness, honesty, non-accumulation, practising holy act, devotion to unknown energy (God). These ten factors are very important to follow and may be the root solution of coping. (14)

Whereas the Manomaya Kosha regulates the Pranamaya Kosha, guide our mind towards betterment, when we are upset due to some problems. The functions of our body are also affected as disturbed circulatory system and then our coping approach should be incorporated into good and pleasant memories of the past. This way our sub-conscious mind, keep fresh us through prayers in believers and take every problem in a lighter way. (15)

Vijñānamaya Kosha, works on a rational part of our well-being and controls our thinking, either positively or negatively. The coping mechanism starts to develop through practising and experiences and education and training in one's life. Rationality the theories may be a very useful tool and can be a great obstruction also. Hence, we will enlighten us to learn and to apply both Buddhi and Viveka in our decision-making process. (16)

Our past experiences and knowledge received (apperception) is the prime source for taking decisions and feelings of happiness by positive memories. The brain is the power house which receives the signals through our senses and stored it as the messages and directed to the organs for the actions (Psycho- motor). The stimulus and response theory (SOR) of behaviour and act in an integrated decision of mind and governs, the skills and behaviour. (17)

Anandamaya Kosha reflects the power of peace, that's the most superior of the five sheaths the same as Maslow theory of self-actualization and tries to control the desire for the joy and happiness. The body (Prana) is a comfort zone and tries to achieve its full potential including

## Human Behaviour in Relation to Happiness in Life Based on Panch Kosha Theory: Indian and Western View of Points

towards para balance, creative activities and being able to create new inventions and technology.

When all the Koshas are developed properly, we experience the harmony between the inner self and the outer world and brings harmony, happiness and joy in life. (18)

The role of Maslow's classic hierarchy theory of needs in coping with stress, the idea of a hierarchical approach to human motivation and achieving some renovations. A good revised model of Maslow may be helpful to provide useful connections to current cognitive psychology and the joint process may be evolutionary in benefiting the human behaviour and adjustment with the society and itself. (19)

The happiness index in the world is very much concerned with all of us. Mental health problems are very important aspects to manage and adopt a common approach that should be incorporated. A Standard Operating Procedure (SOP) should be well published for achieving the world-wide happiness and peace in human life.

### RESULTS AND DISCUSSION

Abraham Maslow (20), proposed his theory in a seminar on "Psychological Review on human motivation". Subsequently he extended the concept of human needs, by the observation and development of human behaviour. Theory also includes the biological and humanistic approaches to human resources and personality. There are also different biological, hormonal factors that influence human traits and emotional balance. According to Maslow the needs generated motivation to achieve something in the present life and higher stages of motivational behaviour achieve invention for own recognition.

The Pancha Kosha theory of Indian VEDAS, is a framework that describes the nature of human existence and how to pursue the goal of happiness. The theory is based on the idea that humans are born pure, loving, and blissful, but over time has grown away from their original nature. The process of deep meditation is the core root of a happy journey towards inner life. (21)

The theories proposed by Abraham Maslow are based on how humans are inspired and develop and satisfy their needs in a hierarchical order to fulfill their basic need of adjustment of life. Starting from the bottom going upwards, the five needs are, Physiological, Safety, Love- belonging, Esteem and Self-actualization.

When we compare, Maslow theory seems to be the same as our Vedic theories, which were predicted and how to make our life in a positive attitude and achieve happiness and fulfilment. The ultimate goal of these theories is to reach the highest level of the hierarchy, which is self-actualization.

The peak of our goal of life and behaviour is to achieve happiness and inner peace in life. These theories are based on the, Vedas of self-determination and happiness, both theories, nurturing and based on each other. The five sheaths (KOSHAS) and the motivation control and support our needs to deviate for destruction and support positivity. Finally, our life journey towards the fulfilment and inner healing by mindful mediation and contentment of pleasure in hierarchy, and its very much similar with Maslow theory of motivation. (22)

## Human Behaviour in Relation to Happiness in Life Based on Panch Kosha Theory: Indian and Western View of Points

1. Annamaya Kosha,/ Physiological need
2. Pranamaya Kosha,/Safety need
3. Manomaya Kosha,/Love need

These three needs are very much common in the present context as living a normal life. The below two next desires of needs are defined as a relatively better applicable in the future betterment in growth and development. ( Learning a new task)

4. Vijñānamaya Kosha,/Esteem need
5. Anandamaya Kosha/Self-actualization

The above two theories reveal that every individual may achieve their inherent happiness by the mindful awareness, intellectual stimulation with spiritual exploration that makes holistic well-being. The theory is described in the TAITTIRIYS, Upanishads, and the koshas are well structured and visualized and take action to fulfill life goals of human behaviour and always to be happy and prosperous. (23)

The ultimate goal of both theories is to reach the highest level of the achievements of self-actualization. Happiness is not only defined by the feelings of state of mind or self-perception but in our Indian Vedic approach that may be the feeling of absolute concepts of extreme happiness. (परम सुख) Our Indian mythological approach relatively gives the way to achieve self-determination and inner peace with the help of meditation and yoga. (24)

Our objective of the proposed article is to combine the theory of wellness:

The following are the five levels of hierarchy may be explained by the help of both the theories is applicable in life satisfaction and greed to learn new technologies for adjustment and happiness.

1. Physiological Needs or basics of Annamaya kosha, needs are based on Maslow's hierarchy and are the essentials needs, for physical survival, including air, food, water, sleep, and self-care. Annamaya kosha or Physiological needs are considered the most essential desire as Freud defines it as human drive and without fulfilling these no other needs are fulfilled. The self-motivation at this level comes from a person's instinct to survive. (25)
2. Safety Needs/ Pranamaya Kosha: The vital principle with energy, sheath needs shelter as part of security. When we meet our physiological needs, then the need for a safe and secure shelter to live safely and make a friendly association with the environment. Safety needs are obvious starting from childhood. When the children naturally have fear and anxiety along with nurture and love by the mother.
3. Manomaya Kosha: The mind and senses are fully activated in this sheath. The love and Belongingness need as the social interaction and primary needs in Maslow's hierarchy of motivation. It involves the need to feel a sense of relationships and connections to family and marriage. It also includes social interaction behaviour with relationships and social interaction.
4. Esteem Needs, Vijñānamaya Kosha: It is also described as, cognition, intellectual and knowledge sheath. This is the one of higher needs in the hierarchy, esteem self-actualization and are motivated by the desire to feel good for self and society. Self-esteem, which is feeling confident and good about himself and exhibit respect, feeling valued by others, by gaining academic achievements and recognition in life. This is also found in a good leader in society or in a particular community.

## Human Behaviour in Relation to Happiness in Life Based on Panch Kosha Theory: Indian and Western View of Points

5. Self-Actualization Needs, Anandamaya Kosha: It's pure bliss and happiness and as a self-actualization needs are the highest level on Maslow's pyramid of needs. These needs include realizing the potential, self-fulfillment, self-development, and peak in experiences about life and achievements.

Whereas Maslow's theory states that reaching the self-actualization, promotions based on more skill and self-actualization.

The prana, Jeeva, is bioenergy as quantum mechanics by the 'Manomaya' is the segment nourished by knowledge and achievements towards betterment of life.

Vijnanamaya sheath, is nourished by 'ego' and 'Anandamaya' is the segment nourished by emotions. (26) The Pancha Kosha theory is well applicable to achieve good work practice and interest in good recognition in life for happiness and fulfilment.

This research article is trying to make a positive attitude towards self-satisfaction. The system is well explained to the brain and body relation and how to maintain the homeostasis in the body and mind.

Mindfulness is the basic psychological ability to be fully aware of what we're doing, and overwhelmed by the current situation.

Neuroscience research also supports that when we train our brain to be mindful, the feeling of actually remodeling the structural and hormonal dimensions in the brain. (27)

According to yogic power the (SADHANA), uses his whole brain energy to have a divine eye that gives a larger vision of self of deep meditation in relaxation.

The astral body and the life of JEEVA, both are controlled by the eternal world under Annamya kosha. The physical sense is the gross body responses by the sheath of prana (the vital air) is the energy to all vital functions in maintaining the natural functions and homeostasis in the body.

There is a need for developing indigenous psychological techniques to explain in the scientific manner to achieve the goal of life and achievements through practising meditation. The yoga methods are to be more scientific and should be culture free applicable to all. (28) In this paper an objective has been made to throw light on one of the most ancient Indian theory of personality that has been explained by both Eastern and Western researchers. Some empirical thought is also to establish the concept of how our lifestyle and life satisfaction is based on relaxation and cognitive therapy.

In modern life we have more materialistic views of life and the modern avenues but we are not feeling satisfied with their values of life. The reason may be more suicide, divorce, crime, family disturbance and less motivation towards self esteem and mental health issues. Some other personal and social issues are in the society which may also affect the happiness index throughout the world.

## **CONCLUSION**

As we all know, our world is changing rapidly, in technology and skills, thanks to the incredible pace methodology is applicable in the betterment of the society itself. Ongoing approaches are worldwide developing and many researches are conducted in the area of human behaviour in relation to happiness and different psychological variables which are responsible to deliver the best mental health and prevention. The satisfaction in life and adaptation in a new situation is also a main problem in relation to mind and behaviour.

The new concept of life depends on more materialistic views of life and more dependence on technology are evolving more mental issues. The human motivation and primary objective of life changing the meaning we are finding more advanced ways to track how we think, act and adjust with the environment. In other words, studying human attitude, towards more exciting methods may become available for mental health and happiness.

Using this knowledge, we can find ways to dig deeper into what drives and motivate us. We can also apply this knowledge in the benefit of human personality and also help to achieve the goal of happiness. The different traits of humans and to achieve peace in individual life and as well as society itself. Both the theories are helping to attain the happiness index for the best way of the universal society all over the world.

### ***Recommendations***

1. The human population continues to grow and is now becoming more advanced in living. Accordingly, the aim should be to make an effort to determine harmonious relationships with family and society.
2. The different types of conflict are in the current age of life. The newest technology, the more complexities are in human social behaviour and making necessary steps to be taken to cure the problem in relation to mind and body. (29)
3. The need of time to understand the different interpretations on these guidelines is human behaviour and creativity. The more studies are conducted on how our mind influences human behaviour in a new perspective. (30)
4. The need of time to reevaluate both the theories on a common platform to see the reliability of both thoughts in the area of personal and group level.
5. The Western theories are based on the Western culture and belief but their basic principles to achieve inner peace and happiness. So, this paper is a milestone to understand the human personality.
6. The human resource and happiness would be studied in both sexes to see the gender effect through eastern and Indian mythological context. (31)

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## Human Behaviour in Relation to Happiness in Life Based on Panch Kosha Theory: Indian and Western View of Points

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## Human Behaviour in Relation to Happiness in Life Based on Panch Kosha Theory: Indian and Western View of Points

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### ***Conflict of Interest***

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