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## Research Article

# EXPERIMENTAL ANALYSIS OF TADVIDYASAMBHASHA WITH RESPECT TO HUMAN INTELLIGENCE

Raju Kumar

Department of Ayurveda Samhita Evam Siddhant, Government Ayurvedic College & Hospital,  
Buddhamurti, Kadamkuan, Patna: 800003 (Bihar)

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### ABSTRACT

Since various stages of human evolution or their civilization or development, human being followed a specific pattern of meet. In their different constituents of lively hood like social, political, industrial, economical or in different areas of sciences as well as other necessary areas related to their progressive evolution in psycho somatic aspects the human society simultaneously developed a specific pater of meet. It is called as *Tadvidyasambhasha*. According to *Ayurveda*, when there is a union of soul, senses and objects occurs in the human body along with the mind, then there is origin of many types of intelligence or knowledge is seen. The senses receive their respective objects along with the mind. After this the mind decides whether this object is having qualities or this object is defective. According to the intellect which is determined in this matter, a person is capable of saying or doing. Therefore, for the creative and functional health, ease and strength of these components of human intelligence, they continue to practices and compliances of various measures like numerous diets, drugs, yoga, routines discipline and regimen as well as certain supplements such as *brihnya, balya, vrishya, medhya, rasayana* etc. Simultaneously, the three-way method of intelligence study, teaching and *Tadvidyasambhasha* directly they follow. Acharyas who are known for their great intellect called this *Tadvidyasambhasha* foremost among all these, in regard of this micro thinking we performed an experimental or analytical study with special reference to that of using *MedhyaRasayanaShankhapushpi*.

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### INTRODUCTION

Among all practices involving enhance the human brain power or mental ability *Tadvidyasambhasha* concluded as the most efficient<sup>1</sup> and hence scientifically carried out since very past time this sequence has been going on along with the rise of human evolution or development since time immemorial. Ever since man gave voice to his thoughts, tried to express his feelings, fantasies and concern streams in language, the art of writing also emerged from the same dawn, but the means of writing in that primitive age, were different everywhere and totally strange from today point of view<sup>2</sup>. Simultaneously with the passes of time the it also got elaborated to *Shruti, Smriti* and *Purana* etc. This tradition of contemplation of knowledge originated from the holy ashrams of sages and sages established in the *Aranyas*. Along with strength and age, as there was a decline in the intellect and memory of humans, there was a change in his old means of preserving the rich tradition of knowledge and passing it on to the future generations. The process expanded widely.

This ultimately resulted in to adoption of various means of writing, reading, studying and teaching also. But as many scriptures are there and there are asmany *Vidyas*, so there are possibilities of doubts also make, so what to say when there is talk of Acharya group or group of intellect for collective discussion.

Therefore, a man who seeks his welfare goes to legitimate groups with the desire of impartial knowledge in order to grow and develop his intelligence. Because, like the intellect nourished by direct philosophy, that is the intelligent group (scholarly class) also has the best reason for clearing the doubtful knowledge<sup>3</sup>. That is why since ancient times formally social, political, cultural, literary etc. there has been a special concept of seminars for discussions for public welfare purposes. In the *Yajjah Purushiyam* chapter of *Charaka Samhita Sutrasthan*, it is said that *Tadvidyasambhasha* is the foremost among all in increasing intelligence or intellect power<sup>4</sup>, on the basis of which this experimentation work is designed. This concludes the same after experimental analysis

\*Corresponding author: Raju Kumar

Department of Ayurveda Samhita Evam Siddhant, Government Ayurvedic College & Hospital, Buddhamurti, Kadamkuan,  
Patna: 800003 (Bihar)

of extents of enhancement in intelligence, mental ability or mind power through it against the most indicated mind governing drug, *MedhyaRasayanaShankhapushpi*<sup>5</sup>. Where total 60 peoples divided in to two groups are involved to prepare the analytical data. From them one group is registered and studied under the use of drug and another group registered and studied under the use of *Tadvidyasambhasha*.

## EXPERIMENTAL SECTION

### PROCEDURE AND DESIGN OF THE STUDY

#### MATERIALS & METHODS

There is total 60 peoples divided in to two groups are involved to prepare the analytical data. From them one group is registered and studied under the use of drug and another group is registered and studied under the use of *Tadvidyasambhasha*. They tend to go their respective follow up and observed through the similar assessment criteria. Their intelligence or mental is examined at sequential interval of time, the examination is named as GENERAL INTELLIGENCE CUM MENTAL ABILITY TEST and carried out at a interval of 15 days. Hence there are five staged examinations are registered for 60 days of analysis. The first examination is denoted as GENERAL INTELLIGENCE CUM MENTAL ABILITY TEST: STAGE E0 and is carried out at initials of the experimentation. Their data obtained is noted out for analysis. Then the individuals are advised to take their respective follow up and same should be done at sequential stages, called as STAGE<sub>15</sub>, STAGE<sub>30</sub>, STAGE<sub>45</sub> and STAGE<sub>60</sub> meant for 15th, 30th, 45th and 60th days of experimentation. Their data obtained is noted out for sequential analysis.

All the 60 individuals divided in to two groups are involved to prepare the analytical data. From them one group having strength of 30 peoples is registered under the use of drug, the peoples are selected for assessment under DRUG USE. They are advised to take *Shankhapushpi* for enhancement in their intelligence power, under OPD No. 10, Government Ayurvedic College & Hospital, Patna with Central registration no. 008XX which are coded in their respective Person ID as SN008XX. The group is named as SAMPLE-I.

Another group has the same people strength of 30, and is registered under the use of *Tadvidyasambhasha*, the peoples are selected for assessment under INTELLECTUAL OR INTERACTIVE LECTURES (*Tadvidyasambhasha*). They are advised to take part in these lectures for enhancement in their intelligence power, their details are coded with their respective Person ID as TS00XX. The group is named as SAMPLE-II.

#### Inclusion Criteria

As this is a comparative analytical study of a person and hence a group in pre and post manners coordinating the group analysis so there is no longer need of specification of age or gender of individuals participating. For better coordination and communication young group of individuals is included.

#### Exclusion criteria

Individuals having any mental anomalies or physical distress. Due to possibility of lack or abrupt coordination and communication children and old group of individuals are excluded.

#### Pharmaceutical preparations

The drug *Shankhapushpi* is identified and their useful part *Panchang* is collected for formulation. The raw drug is then collected and purified by simple observations, dried up in indirect sun light. The dried drug is then converted in to fine powder which is packaged and go for their pharmaceutical use. Advised to take 3-6 gm powdered dosed form by mixing in *Ghrita* or honey as a pest, with warm milk. Follow up 15 at every 15th day for 60 days.

#### DESIGN OF THE STUDY

After establishing SAMPLE-I and SAMPLE-II, all the individuals are examined by General Intelligence Cum Mental Ability Test: Stage E<sub>0</sub>, their data obtained is noted out for analysis. After it, individuals of SAMPLE-I are allowed to go through the regular use of the drug *Shankhapushpichurnaby* making pest with *ghrita* or honey with a cup milk each day. The *MedhyaRasayanShankhapushpi* is used and advised to go through their general routine work. At the same instance the second group SAMPLE-II is monitored in the intellectual manner of interactive lectures and discussion class which is coordinated on the principles of *Tadvidyasambhasha*.

At a sequential interval of 15 days the individuals of SAMPLE-I are called for their general fitness check-up and follow up procedures at previously mentioned centre. However, the second group or SAMPLE-II individuals are called to be interact on daily basis. Thus, in this way all the individuals taking part in this work are super observed and guided in a disciplined manner. After completing their follow up at each successive stages of 15 day, they are examined through similar mental ability test and their data or marks obtained is noted out in prescribed format separately for comparative analysis. It is termed as group data analysis.

In a grouped data analysis chart scoring of all the individuals of respective samples are arranged at each stage for their pre and post comparison, by calculating their mean values. The mean values at successive stages of a particular sample should be compared to analyse the change in their intelligence or mental power by applying statistics of "paired t test". The change in mean value or the value obtained through the test is noted out for comparative analysis against the opposite group.

At each stage of experiment the change in mean values if one group should be compared with the corresponding value of another group. Their comparative analysis should be done at its sequential stages until the final observation. Its sum of grand change for an interval period 60 days should also be calculated. A higher value of change in mean value should represent higher efficiency, on the basis of which results should be confirmed.

#### Assessment criteria

Intelligent Quotient (I.Q) Testing (Wechsler's Intelligence Scale)<sup>6</sup>

Mini Mental Status Examination<sup>7</sup>

Mental Examination by Ayurveda<sup>8</sup>

#### STATISTICAL METHODS

Change in the score or mark obtained of each individual and change in obtained mean value each group will be analysed

after completion of the study period by subjecting the scores of individual parameters for statistical analysis using “paired t-test”. Changed values of one group compared with that of another. Greater the value of “change in mean” represent greater efficiency and hence more effective way of follow up should be evolved.

**OBSERVATION**

Intelligence or mental ability of all the individuals are examined at initiation this work. The obtained marks or yield are categorized in their respective tables. Separate mean value is calculated for assessment.

$$\text{Mean} = \frac{\text{Sum of observations}}{\text{Total numbers of observations}}$$

$$\text{Mean of yield } (\bar{Y}) = \frac{\sum Y}{N}$$

Where  $\bar{Y}$ = Mean or average of yield at  $E_0 = \bar{Y}_0$

Y = yield or gain of individual person at  $E_0 = Y_0$

N = Total number of individuals appearing in the examination = 30

$$\text{So, } \bar{Y}_0 = \frac{\sum Y_0}{N} = 41.27$$

Remarks:  $\bar{Y}_0$  represent the average or mean value of marks yield in  $E_0$  examination of all the 30 individuals which are going through the same stream towards comparative analysis of mental ability cum intelligence enhancement (*Buddhivardhna*) by Tadvidyasambhasha or Using Shankhapushpi, here it is by Usingshankhapushpi. This value is liable for the assessment of results with that of obtained through the Tadvidyasambhasha, so it is now named as  $SN\bar{Y}_0$  for further analysis.

$$\text{So, } SN\bar{Y}_0 = 41.27$$

Similarly, all the stages should examine and data are collected also for another group.

$$\text{So, } TS\bar{Y}_0 = 40.03$$

**Successive increment or reduction or relative yield of SAMPLE-I**

**Table XII** Successive increment or reduction or relative yield of SAMPLE-I:

| Stage of examination | Mean yield (SN $\bar{Y}$ ) | Relative yield                            |
|----------------------|----------------------------|---|
| $E_0$                | 41.27                      | -   |
| $E_{15}$             | 54.00                      | $SN\bar{Y}_{15} - SN\bar{Y}_0 = +12.73$   |
| $E_{30}$             | 61.63                      | $SN\bar{Y}_{30} - SN\bar{Y}_{15} = +7.63$ |
| $E_{45}$             | 66.30                      | $SN\bar{Y}_{45} - SN\bar{Y}_{30} = +4.67$ |
| $E_{60}$             | 70.66                      | $SN\bar{Y}_{60} - SN\bar{Y}_{45} = +4.36$ |

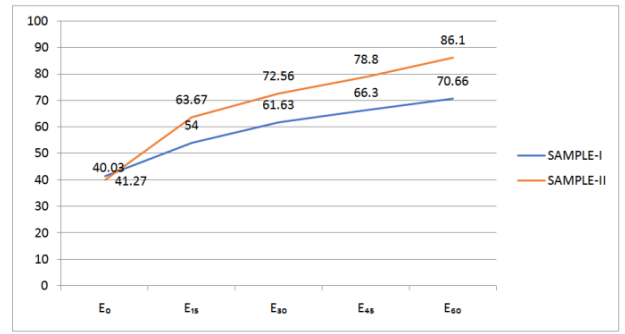
$$SN\bar{Y}_{60} - SN\bar{Y}_0 = 29.39$$

**Successive increment or reduction or relative yield of SAMPLE-II:**

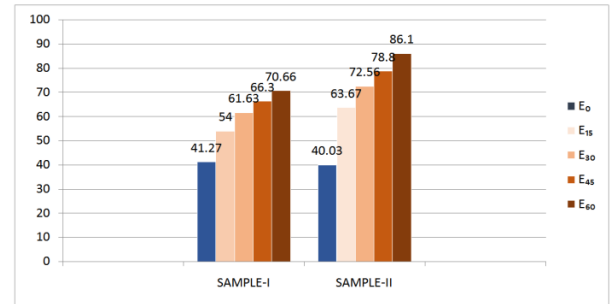
**Table XIII** Successive increment/reduction or relative yield of SAMPLE-II

| Stage of examination | Mean yield (SN $\bar{Y}$ ) | Relative yield                            |
|----------------------|----------------------------|---|
| $E_0$                | 40.03                      | -   |
| $E_{15}$             | 63.67                      | $TS\bar{Y}_{15} - TS\bar{Y}_0 = +23.64$   |
| $E_{30}$             | 72.56                      | $TS\bar{Y}_{30} - TS\bar{Y}_{15} = +8.89$ |
| $E_{45}$             | 78.80                      | $TS\bar{Y}_{45} - TS\bar{Y}_{30} = +6.24$ |
| $E_{60}$             | 86.10                      | $TS\bar{Y}_{60} - TS\bar{Y}_{45} = +7.30$ |

$$TS\bar{Y}_{60} - TS\bar{Y}_0 = 46.07$$



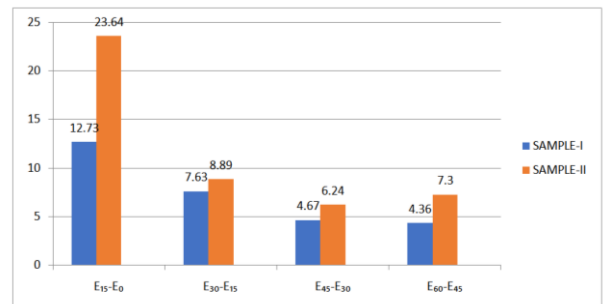
**Graph-01** Mean yield of individuals of sample-I (group-I) and sample-II (group-II) at each level of examination



**GRAPH-02** Sequential representation of mean of marks obtained by sample-I (group-I) and sample-II (group-II) at each level of examination

**RESULTS**

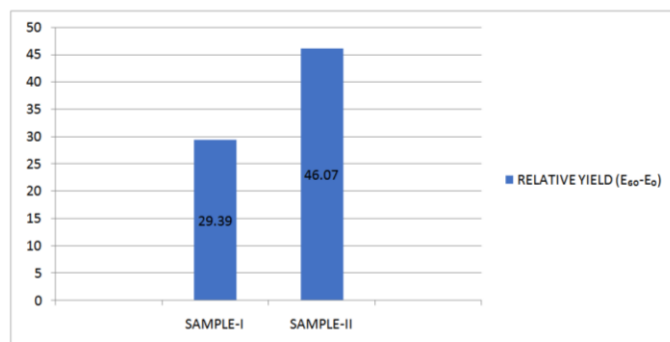
The paired observation of data obtained from examination of individuals of both the samples before and after experimentation represents it non- zero “t” value. It supports the successful experimentation toward hypothesis. Individuals of each group attain a new improved position or marks in intelligence or mental ability test. It means each group got the benefits of their respective follow up toward enhancement in their intelligence or mental ability. Both the groups got enhancement in their mind power after their respective follow up noted at each successive level of study. SAMPLE-II or the individuals going through the use of interactive or intellectual follow up shows enhancement in their intelligence more than that the individuals which are going through the drug use under SAMPLE-I. The successive relative yield of SAMPLE-I and SAMPLE-II at each level of experimentation is denoted in the GRAPH-01.



**GRAPH-03** Sequential representation of successive relative yield or intermediate relative yield of sample-I (group-I) and sample-II (group-II)

At the end of experimentation or their follow up the individuals which are gone through the interactive or intellectual mean of Tadvidyasambhasha under SAMPLE-II record a much greater value of yield than that of the individuals which have gone through the use of MedhyaRasayanaShankhapushpi. Their final

or post experimentation value of yield with respect to initial or before experimentation value of yield is shown in the (E<sub>60</sub>-E<sub>0</sub>) relative yield in GRAPH-04.



**GRAPH-04** Relative yield showing pre and post experimentation yield (E<sub>60</sub>-E<sub>0</sub>) of sample-I (group-I) and sample-II (group-II)

## DISCUSSION

The individuals of group-I are allowed to go through the regular use of the drug *Shankhapushapichurna* by making pest with *ghrita* or honey with acup milk each day. The *Medhya RasayanShankhapushpi* is used and advised to go through their general routine work, its before experimentation yield is measured to be 41.27. At the same instance the second group group-II is monitored in the intellectual manner of interactive lectures and discussion class which is coordinated on the principles of *Tadvidyasambhasha*, its before experimentation yield is noted to be 40.03.

At a sequential interval of 15 days the individuals which are nominated under the use of drug are called for their general fitness check-up and follow up procedures at Govt. Ayurvedic Hospital, Patna. However, the second group or group II individuals are called to be interact on daily basis. Thus, in this way all the individuals taking part in this work are super observed and guided in a disciplined manner. After completing their follow up at each successive stages of 15 day, they are examined through similar mental ability test and their data or marks obtained is noted out in prescribed format separately for comparative analysis. It is termed as group data analysis. The mean values at successive stages of a particular sample should be compared to analyse the change in their intelligence or mental power by applying statistics of "paired t test". The change in mean value or the value obtained through the test is noted out for comparative analysis against the opposite group. At each stage of this analytical study the change in mean values if one group should be compared with the corresponding value of another group. Their comparative analysis should be done at its sequential stages until the final observation. Its sum of grand change for an interval period 60 days should also be calculated. The obtained final values of group-I and group-II are 70.66 and 86.10 respectively. It represents the change 29.39 for group-I and 46.07 for group-II. A higher value of change in mean value should represent higher efficiency of follow up, on the basis of which results should be confined.

## CONCLUSION

In the sequential line of human development or evolution or civilization, human being for their proper learning and functioning followed a specific pattern of meet. It is called as *Tadvidyasambhasha* to which Acharya *charak* explained as foremost among all which indulges in enhancement in human mental or brainpower. This experimentation study represents

analytical analysis of extents of enhancement in intelligence, mental ability or mind power through interactive or intellectual means of *Tadvidyasambhasha* against the most indicated mind governing drug, *Medhya Rasayana Shankhapushpi*. Individuals involved are grouped in two groups group-I and group-II, each having a strength of 30 are nominated for their grouped analysis by making grouped data charts.

In a grouped data analysis chart scoring of all the individuals of respective group are arranged at each stage for their pre and post comparison, by calculating their mean values. Their data obtained is noted out for sequential analysis. Meanwhile the individuals of one group nominated for drug use are called for their general fitness check-up and follow up procedures at previously mentioned centre, however the second group or individuals nominated under interactive or intellectual mean of *Tadvidyasambhasha* are called to be interact on daily basis in super observed and disciplined manner. After which it has to be found that the individuals of both the groups have shown their enhancement in mind power at all the successive stages of experimentation, but those which are carried out through the interactive or intellectual mean of follow up or *Tadvidyasambhasha* attain higher values. It represents that among all the possible ways to enhance the human mind or brainpower the *Tadvidyasambhasha* is most efficient so called foremost.

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