

# Indian Philosophy

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## *Lecture - 12*

### **Self Assessment Questions & Possible Answers**

1. How is citta characterized in sthiti form?

Ans.: The citta is predominated by sattva, and rajas is subordinating to it. In this form citta holds its own form and differentiating from others.

2. Briefly explain 'viparyaya'.

Ans.: The expression 'viparyaya' is understood as doubt. To possess indeterminate knowledge about an object is known as doubt. For example, seeing an object and not able to cognize whether it is a shell or a silver is resulted in doubt.

3. What is nidrā?

Ans.: Nidrā is a mental modification where there will be no cognition. It is the knowledge of the absence of objects. In this stage, the citta is predominated by tamas. However, this stage won't ignore the mild presence of knowledge while someone is in sleep. This is so because after waking up from sleep the person is endowed with consciousness, as a result he/she can convey that (s)he had slept well and knew nothing. Thus, some sorts of modifications are occurred even in sleep.

4. How does dwesa become klesa on the account of Yoga philosophy?

Ans.: Dwesa means anger resulted in suffering. We don't like many things in this world, but due to some or other reasons we have to accept those and deal with those. With all hatred attitudes we need to do the tasks. Hence, suffering is inseparably associated with us.