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# संवेग (भावना)




मनोविज्ञान के सन्दर्भ में भाव (Affect) से तात्पर्य अनुभूतियों (feeling ,एहसास ), संवेगों (emotion ,जज्बात) और भावदशा (mood ,मिजाज ) से है ।












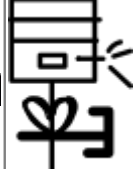





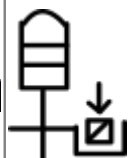


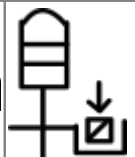



संवेग वस्तुतः ऐसी प्रक्रिया है, जिसे व्यक्ति उद्दीपक द्वारा अनुभव करता है। संवेदनात्मक अनुभव :- संवेदन चेतन उत्पन्न करने की अत्यंत प्रारम्भिक स्थिति है। शिशु का संवेदन टूटा-फूटा अधूरा होता है। प्रौढ़ की संवेदना विकृतजन्य होती है।






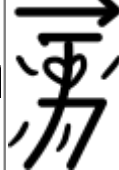





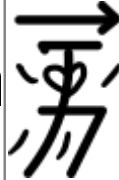

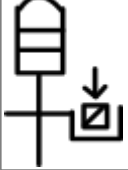





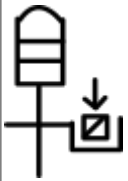




भावनाओं का कोई निश्चित वर्गीकरण मौजूद नहीं है, हालांकि कई वर्गीकरण प्रस्तावित किये गये हैं। इनमें से कुछ वर्गीकरण हैं:






















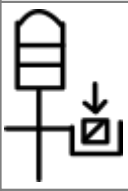






|                  |                 |              |   |
|------------------|-----------------|--------------|---|
| हर्ष             | (खुशी)          | joy          |    |
| विश्वास          | (यकीन)          | trust        |    |
| भय               | (डर)            | fear         |    |
| उदास             | (ग़मगीन)        | sadness      |  |
| क्रोधित          | (गुस्सा, नाराज) | anger        |  |
| घृणा             | (नफरत)          | disgust      |  |
| आश्चर्य          | (हैरत)          | surprise     |  |
| पूर्वानुमान करना | (तवकू करना)     | anticipation |  |

## PRIMARY DYADS

|   |   |   |
|---|---|---|
|  |  |  |
|---|---|---|

|   |   |   |
|---|---|---|
| प्यार(मोहब्बत) (love) =   | हर्ष (खुशी)   | विश्वास (यकीन)  |
|    |    |    |
| आत्मा समर्पण(submission) =  | भय (डर)   | विश्वास (यकीन)  |
|    |    |    |
| त्रास (ताज्जुब )(awe) =   | भय (डर)   | आश्चर्य (हैरत )   |
|    |    |    |
| अस्वीकृति(नामंजूर) disapproval =  | उदास (ग़म)  | आश्चर्य (हैरत )   |
|   |   |   |
| पछतावा (remorse =   | उदास (ग़म )   | घृणा (नफरत)   |
|  |  |  |
| तिरस्कार (तौहीन )(contempt =  | क्रोध (नाराज )  | घृणा (नफरत)   |
|  |  |  |
| आक्रामकता (aggressiveness =   | क्रोध (नाराज)   | पूर्वानुमान   |
|  |  |  |
| आशावाद (उम्मीद पर्वरी )(optimism =  | हर्ष (खुसी )  | पूर्वानुमान   |
| <b>SECONDARY DYADS</b>  |   |   |
|  |  |  |
| ईर्ष्या (जलन )(envy=  | उदास (ग़म )   | क्रोध (नाराज)   |

|   |   |                                     |   |
|---|---|-------------------------------------|---|
|    |    | <input checked="" type="checkbox"/> |    |
| नास्तिकता (unbelief=  | घृणा (नफरत )  |                                     | आश्चर्य (हैरत )   |
|    |    | <input checked="" type="checkbox"/> |    |
| निराश (मायूसी ) (despair=   | उदास (ग़म)  |                                     | भय (डर )  |
|    |    | <input checked="" type="checkbox"/> |    |
| जिज्ञासा (दिलचस्पी)(curiosity=  | आश्चर्य (हैरत)  |                                     | विश्वास (यकीन)  |
|   |   | <input checked="" type="checkbox"/> |   |
| अपराध (कसूर ) (guilt=   | हर्ष (खुशी)   |                                     | भय (डर)   |
|  |  | <input checked="" type="checkbox"/> |  |
| आशा (उम्मीद ) (hope=  | पूर्वानुमान   |                                     | विश्वास (यकीन)  |
|  |  | <input checked="" type="checkbox"/> |  |
| गौरव (गुरूर ) (pride=   | क्रोध (नाराज)   |                                     | हर्ष (खुशी)   |
|  |  | <input checked="" type="checkbox"/> |  |
| कुटिलता (cynicism=  | पूर्वानुमान   |                                     | घृणा (नफरत)   |
| <b>TERTIARY DYADS</b>   |   |                                     |   |
|  |  | <input checked="" type="checkbox"/> |  |
| लज्जा (शर्म ) (shame=   | भय (डर)   |                                     | घृणा (नफरत)   |

|   |   |   |   |
|---|---|---|---|
|    |    |    |    |
| भावुकता (जज्बा ) ( sentimentality =   | उदास (गम)   |   | विश्वास (यकीन)  |
|    |    |    |    |
| प्रसन्न (delight =  | आश्चर्य (हैरत)  |   | हर्ष (खुशी)   |
|    |    |    |    |
| चिंता (परेशानी ) (anxiety =   | भय (डर)   |   | पूर्वानुमान   |
|    |    |    |    |
| प्रबलता (dominance =  | विश्वास (यकीन)  |   | क्रोध (गुस्सा)  |
|  |  |  |  |
| बीमार ( morbidness =  | घृणा (नफरत)   |   | हर्ष (खुशी)   |
|  |  |  |  |
| निराशावाद (pessimism =  | पूर्वानुमान   |   | उदास (गम)   |
|  |  |  |  |
| अत्याचार (outrage )=  | क्रोध (नाराज)   |   | आश्चर्य (हैरत )   |

## EMOTIONS IN INDIAN PHILOSOPHY

Rasa is produced from a combination of Determinants (vibhava), Consequents (anubhava) and Transitory States (vyabhicaribhava).

— Natyashastra 6.109 (~200 BCE-200 CE), Translator: Daniel Meyer-Dinkgräfe








### ELEMENT

Bharata Muni enunciated the eight Rasas in the Nāṭyasāstra, an ancient Sanskrit text of dramatic theory and other performance arts, written between 200 BC and 200 AD.[4] In the Indian performing arts, a rasa is a sentiment or emotion evoked in each member of the audience by the art. The Natya Shastra mentions six rasa in one section, but in the dedicated section on rasa it states and discusses eight primary rasa.[12][21] Each rasa, according to Nāṭyasāstra, has a presiding deity and a specific colour. There are 4 pairs of rasas. For instance, Hāsya arises out of Srīngāra. The Aura of a frightened person is black, and the aura of an angry person is red. Bharata Muni established the following:[22]

- Śrīngāraḥ (शृङ्गारः): Romance, Love, attractiveness. Presiding deity: Vishnu. Colour: light green
- Hāsyaṃ (हास्यं): Laughter, mirth, comedy. Presiding deity: Shiva. Colour: white
- Raudram (रौद्रः): Fury. Presiding deity: Shiva. Colour: red
- Kāruṇyam (कारुण्यं): Compassion, mercy. Presiding deity: Yama. Colour: grey
- Bībhatsam (बीभत्सं): Disgust, aversion. Presiding deity: Shiva. Colour: blue
- Bhayānakam (भयानकं): Horror, terror. Presiding deity: Yama. Colour: black
- Veeram (वीरः): Heroism. Presiding deity: Indra. Colour: saffron
- Adbhutam (अद्भुतं): Wonder, amazement. Presiding deity: Brahma. Colour: yellow

The Natyasastra lists eight Sthayibhavas with eight corresponding rasas:

- Rati (Love)
- Hasya (Mirth)
- Soka (शोक) (Sorrow)
- Krodha (Anger)
- Utsaha (Energy)
- Bhaya (Terror)
- Jugupsa (Disgust)
- Vismaya (Astonishment)

| STHAYI BHAVA (STATIC MOOD) |   | RASA                  |   | Alambana Vibhavas (direct)                 | Uddipana Vibahavs (indirect )        | Anubhavas                             | Vyabhichari Bhavas  |
|----------------------------|---|-----------------------|---|--|--------------------------------------|---------------------------------------|---|
| Rati (Love)                |  | Śrīngāraḥ (erotic)    |  |  |                                      | Sideglances, twisting of limbs, brows | Leaving aside, the fight  |
| Hasya (Mirth)              |   | Hāsyaṃ (comedy)       |  |  |                                      |                                       |   |
| Soka (शोक) (Sorrow)        |  | Kāruṇyam (compassion) |  |  |                                      | Cursing destiny, stupefaction         | anxiety and uneasiness  |
| Krodha (Anger)             |  | Raudram (fury )       |  | rape, abuse, insult, threatening, jealousy | Beating, breaking, crushing, cutting |                                       | Red eyes, knitting of eyebrows, biting of lips, determination, energy, restlessness and trembling |

| STHAYI BHAVA (STATIC MOOD)                  |  | RASA                 |  | Alambana Vibhavas (direct) | Uddipana Vibahavs (indirect ) | Anubhavas | Vyabhichari Bhavas |
|---|--|----------------------|--|----------------------------|-------------------------------|-----------|--------------------|
| Utsaha (Enthusiasm)                         |  | Veeram (hero)        |  |                            |                               |           |                    |
| Bhaya (Terror)                              |  | Bhayānakam (terror)  |  |                            |                               |           |                    |
| Jugupsa (Disgust)                           |  | Bībhatsam (aversion) |  |                            |                               |           |                    |
| Vismaya (Astonishment)                      |  | Adbhutam (wonder)    |  |                            |                               |           |                    |
| santa (calm)                                |  | peace                |  |                            |                               |           |                    |
| <b>SATVIK BHAVAS (Involuntary emotions)</b> |  |                      |  |                            |                               |           |                    |
| perspiration (sveda)                        |  |                      |  |                            |                               |           |                    |
| trembling (vaivarnya)                       |  |                      |  |                            |                               |           |                    |
| svarbhanga (speech disturbance)             |  |                      |  |                            |                               |           |                    |

## WEB OF EMOTIONS (भावनाओ का जाल )



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