

# Panchakosha Theory

Our personhood is composed of different elements – different levels of mental activity, physical activity, etc. How can we understand all the layers that make up a human being? The yogis developed something called “panchakosha” (five sheaths) theory that explains what makes up a human being. The advantage of understanding panchakosha is that it allows us to develop a comprehensive plan at improving our life. That overcoming any personal difficulty involves a physical approach, multiple mental approaches, and even includes spiritual or energetic approaches. In my experience as a psychiatrist, the patients who have the best outcomes in regards to their mental illness are those that implement a panchakosha plan.

## References and further reading

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## Glossary

Indriya

Pranamaya Kosha

Anandamaya Kosha

Surya Namaskar

Annamaya Kosha

Pranayama

Panchakosha

Shuddhi

Pratyahara

Vijnanamaya Kosha

Manomaya Kosha

Qi Gong

## Meditation Videos



P14 - Namaste Expansion



P15 – Energy Healing



P16 – Unstruck Sound