

# Indian Philosophy

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## *Lecture - 11*

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

1. What is Sāadhanāpāda?

Ans.: Sāadhanāpāda explains the causes of suffering and how to refrain from those. It expresses about the law of karma and human bondage.

2. What is citta?

Ans.: 'Citta' is an amalgam of three internal organs; buddhi or intellect, ahamkāra or ego, and mānas or mind described in the Sāṅkhya philosophy.

3. Briefly write about ekāgra.

Ans.: This is the fourth stage of Citta. In this stage, citta is fixed to some object due to the sattva preponderance. It is known as ekāgra. For example, the flame of candlelight remains always pointing up without flicking hither and thither.