# Abhidhamma Senior

## Introduction

In the Buddha's teachings on Abhidhamma, man has been analyzed by him as :

Man = Mind + Matter
or = Nama + Rupa

Mind (Nama) is further into :

Nama = Consciousness (citta)
Feeling (vedana)
Perception (sanna)
Mental states (sankhara)

Feeling, perception and mental states are grouped into mental factors or cetasikas.

According to the above analysis, man the so-called being, is composed of five groups or Aggregates (pancakkhandha) :

Rupa (matter)
Vedana (feeling)
Sanna (perception)
Sankhara (mental states)
Citta or vinnana (consciousness)

Citta, cetasika and rupa constitute three of the four ultimate realities in the categories of Abhidhamma. The fourth reality is Nibbana.