

अन्तर्बाह्यशौच - INTERNAL AND EXTERNAL PURITY

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Abstract

All should lead a neat and tidy life controlling senses, donation, forgiveness, and kindness help us to achieve our goal. Cleanliness is the best thing. Cleanliness of the mind. Body, family, action, work and deeds are very important copper is cleaned by Bhasma and tamrind. Monthly cycle purifies women. The river flows and becomes pure. Cow worship is very much needed. By sprinkling the urine of cows -gomutra we can keep our house pure. We should never wear belongings of others. I we do so, diseases haunt us.

Key words

- याज्ञवल्क्यस्मृति
- सुश्लोकलाघव
- महाभारत
- वासिष्ठसंहिता
- मनु
- बृहस्पति

अहिंसा सत्यमस्तेयं शौचमिन्द्रिय निग्रहः ।

दानं दमो दया क्षान्तिः सर्वेषां धर्मसाधनम् ॥ - याज्ञवल्क्यस्मृति

Person should avoid sinful activities and conquer internal अहिंसा (non-violence), अस्तेय (not stealing), इन्द्रियनिग्रहः (control over sense organs), दान (endowment), दया (mercy), क्षान्ति (forgiving). All these are the means to enemies follow righteousness.

यो वर्तते शुचित्वेन स वैश्वानर उच्यते ।

यो वर्ततेऽशुचित्वेन स वैश्वानर उच्यते ॥ - सुश्लोकलाघव

One who is clean and pure both physically and mentally is compared to Agni (Fire). He is considered as a radiant personality. One who is unclean and untidy is compared to a dog.

मनःशौचं कर्मशौचं कुलशौचं तथैव च ।

शरीरशौचं वाक्शौचं शौचं पञ्चविधं स्मृतम् ॥ - महाभारत

शौच is of five types. They are मनःशौच, कर्मशौच कुलशौच, शरीरशौच and वाक्शौच. This refers to purification of mind, action, clean body and speech.

पञ्चस्वेतेषु शौचेषु हृदि शौचं विशिष्यते ।

हृदयस्य तु शौचेन स्वर्गं गच्छति मानवः ॥ - महाभारत

Among these five शौचs, मनः शौच is the prominent one, because by avoiding the sins pertaining to the mind, a person can go to heaven after death. Here the poet is stressing on the purification of the heart.

शौचं तु द्विविधं प्रोक्तं बाह्यमाभ्यन्तरं तथा ।

मृज्जलाभ्यां स्मृतं बाह्यं मनःशुद्धिस्तथान्तरम् ॥ - वासिष्ठसंहिता

Shoucha is again divided as बाह्य and आभ्यन्तरं बाह्य pertains to physical cleanliness attained by mud water etc. आभ्यन्तर is referred to मनःशुद्धि cleanliness of mind, good cheart etc.

ज्ञानं तपोऽग्निराहारो मृन्मनोवार्युपाञ्जनम् ।

वायुः कर्मार्ककालौ च शुद्धेः कर्तृणि देहिनाम् ॥ - मनु

ज्ञान (knowledge), तपः (austerity), आहार (food), मृत् (mud), मनः (mind), वारि (water), उपाञ्जन (wiping), वायु (air), कर्म (action), अर्क (sun) and काल (time) are helpful to make a man pure and clean.

भस्मना शुद्ध्यते कांस्यं ताम्रमाम्ले न शुद्ध्यति ।

रजसा शुद्ध्यते नारी, नदी वेगेन शुद्ध्यति ॥ - कृद्धचाणक्य

Bronze is purified by, copper is purified by sourness, woman gets purified by monthly mensus and river gets purified by its swiftness.

संमार्जनोपञ्जनेन सेकेनोलेखनेन च ।

गवां च परिवासेन भूमिः शुद्ध्यति पञ्चभिः ॥ - मनुः

सम्मार्जनं (sweeping with a broom) उपाञ्जन (cleaning with water and also wiping) उल्लेखन (to dig or scrape) and rearing of cows are the five ways to keep the dwelling land clean and sacred.

लक्ष्मीश्च गोमये नित्यं पवित्रा सर्वमङ्गला ।

गोमयालेपनं तस्मात् कर्तव्यं पाण्डुनन्दन ॥ - महाभारत

लक्ष्मी who is sacred, auspicious, blissful and good fortune, always dwells where the cows dwell and hence here is the advice to Dharmaraja to smear the house with cowdung.

यथा सूर्याशुभिः स्पृष्टं सर्वं शुचि भविष्यति ।

तथा त्वदग्निर्दग्धं सर्वं शुचि भविष्यति ॥ - महाभारत

As every thing on the earth gets purified by divine ray's sun, in the same manner the things which come in contact with Agni also get purified.

पन्थानश्च विशुद्ध्यन्ति सोमसूर्याशुमारुतैः ॥ - याज्ञवल्क्यस्मृति

The paths or the ways are purified by wind or breeze or with the divine rays of sun and moon.

अद्भिर्गात्राणि शुद्ध्यन्ति, मनः सत्येन शुद्ध्यति ।

विद्यातपोभ्यां भूतात्मा बुद्धिर्ज्ञानेन शुद्ध्यति ॥ - मनु

Body gets purified by water, mind gets purified by the knowledge of truth and austerity purifies the soul. Wisdom purifies intellect.

मनशुद्धिश्च विज्ञेया धर्मेणाध्यात्मविद्यया । - वसिष्ठसंहिता

Righteousness and philosophical knowledge enlighten or purifies the mind.

आत्मानदी संयमपूर्ण तीर्था सत्योदका शीलतटा दयोर्मिः ।

तत्राभिषेकं कुरू पाण्डुनन्दन । न वारिणा शुद्ध्यति चान्तरात्मा ॥ - महाभारत

Oh! Panduputra! Always have control over the sense organs, that will be sacred place to take bath. Always speak truth, this will be a good water resource. Always follow good conduct this will be a river bank. Always have sympathy this will be waves and self-realization or 3 will be the sacred river. Bathing this way is helpful for the purification of sinful mind. Hence water bath just goes waste.

मृत्तिकानां सहस्रेण चोदकानां शतेन च ।

न शुद्ध्यति दुराचारो भावोपहतचेतनः ॥ - बृहस्पति

A person having bad qualities and bad conduct cannot be purified by mud or by holy water resources. The quantity of mud or quality of water cannot do anything in this aspect.

शुद्ध्यति हि नान्तरात्मा कृष्णपदाम्भोजभक्तिमृते ।

वसनमिव क्षारोदैर्भक्त्या प्रक्षाल्यते चेतः ॥ - प्रबोधसुधाकर

Greatest devotion towards Lord Krishna purifies the mind, as mineral water cleans the cloth. The path of devotion leads to purification of mind and soul.

मनः शुद्धैवशुद्धिः स्याद्धेहिनां नात्र संशयः ।

वृथा तद्व्यतिरेकेण कायस्यैव कदर्थनम् ॥ - ज्ञानार्णव

A man attains purity by the purity of mind and not by बाह्यशुद्धिः (out ward cleanliness) everything that we do for our body is just a waste.

सर्वेषामेव शौचानामर्थशौचं परं स्मृतम् ।

योऽर्थे शुचिं हि स शुचिर्न मृद्वारिशुचिः शुचिः ॥ - मनु

Amongst all शुद्धिः, अर्थशुद्धिः is the best. One who has attained अर्थशुद्धिः is the real purified one. The शुद्धि that is obtained by water or sand is not the real one.

उत्पत्तिपरिपूतायाः किमस्याः पावनान्तरैः ?

तीर्थोदकं च वह्निश्च नान्यतः शुद्धिमर्हतः ॥ - उत्तररामाचरित

Sita is pure from birth itself. No other things like Agni, holy water etc., can purify her. She is pure forever. Her purity is everlasting.

नान्य नद्यादेकवासाः न नग्नः स्नानमाचरेत् ।

न मूत्रं पथि कुर्वीत, न भस्मनि न गोव्रजे ॥ - मनु

One should not have meals with only one cloth. One should not bathe nude. One should not urinate either on road, heap of mud or on ash, cowshed etc.

ग्रामावसथतीर्थाणां क्षेत्राणां चैव वर्त्मनि ।

विष्मूत्रं नानुतिष्ठेत् न कृष्टे न च गोव्रजे ॥ - मार्कण्डेय पुराण

A person should not eliminate natural urges in dwelling places, sacred place, ploughed land,

centre of the road and in cow-shed.

क्लृप्तकेशनखश्मश्रुर्दान्तः शुक्लाम्बरः शुचिः ।

न जीर्णमलवद्वासा भवेच्च विभवे सति ॥ - मनु

Hairs, moustaches, beards, and nails should be trimmed timely. One should control activities of mind and body, should wear clean clothes. A person who is wearing clothes which are torn out and dirty, is not called clean even though he is rich and wealthy.

उपानहौ च वासश्च धृतुमनैर्न धारयेत् ।

उपवीतमलङ्कारं स्रजं करकमेव च ॥ - मनु

Clothes, flowers, foot-wear, garlands, jewelleries, kamandala and Yagnopaveetha used by others should not used.

तुषाङ्गारस्थिशीर्णानि रज्जुवस्त्रादिकानि च ।

नाधितिष्ठेच्छकृन्मूत्रं केशभस्मकपालिकाः ॥ - मार्कण्डेय पुराण

One should not urinate on tusha, (dandruff) agni, bonepieces, rope, cloth, heaps of ash, hair, dirty materials and inauspicious things including excretory materials.

नाप्सुमूत्रं पुरीषं वा ठीवनं वा समुत्सृजेत् ।

अमेध्यलिप्तमन्यद्वा लोहितं वा विपाणी वा ॥ - मनु

One should not eliminate natural urges in water, should not spit, and throw inauspicious things in water.

मनसश्चक्षुषो यत्र संतोषो जायते भुवि

तस्यां कार्यं गृहं सर्वैरिति गर्गादिसंमतम् ॥ - वास्तुशास्त्र

Esteemed Garga and other munis have advised to dwell in a place which pleases the mind and sight.

One should dwell in places where natural resources are in plenty and persons living in neighbourhood should be lovable and affectionate.

सोपद्रव्यं तथाऽस्वच्छं दुर्गन्धेन समन्वितम् ।

अभद्रदर्शनं वेश्माध्युषितः कः सुखं व्रजेत्? ॥

One cannot live happily in a place which is inhabited by insects, which is dirty and accompanied with bad smell, which is not pleasant and inauspicious.

शौचात्स्वांगजुगुप्सापरैरसंसर्गः । - योगसूत्र

One should not have any contact with a person who makes others to feel very bad by his physical activities.

सत्त्वशुद्धिसौमनसैकाग्रैन्द्रियात्मदर्शनयोग्यत्वानि ॥ - योगसूत्र

Good conduct, balanced mind, good concentration control over sensual pleasures, self-realisation is attained by अन्तःशीच.

A person adopting the best way of life embodying all the good characters will be praised by everybody, as an ocean of best qualities protected by noble souls and lives for a hundred years and more, doing acts of benevolence all through and following the sugathi to attain Moksha.

Conclusion

This deals with the internal and external (mind and body) purity and cleanliness. here means - cleanliness or purity. The ways to follow the righteousness are - अहिंसा (non- शौच violence), सत्य (speaking truth), अस्तेय (avoiding stealing), (remaining clean and pure both mentally and physically), इन्द्रियनिग्रह (controlling the sense organs), दान (helping and endowing nature or granting of gifts), (follow the righteous धर्म path), क्षमा (compassion for all living beings) and क्षान्ति (the quality of forgiving). Among these is given much importance in this chapter. One who is clean and pure both mentally and physically is compared to वैश्वानर (fire). शौच is of five types. They are मनःशौच, कर्मशौच, कुलशौच शरीरशौच and वाक्शौच. Some of the means for बाह्यशौच are - ज्ञान, तपस्, अग्नि, आहार, मृत, मनस्, वारि उपाञ्जन, कर्म, अर्क and काल. One of these becomes the means for the cleanliness of the other. अर्थः शौच is also one of the. Earning money by hard work, honesty, and sincerity is called अर्थशौच. Hence cleanliness helps to have a good conduct and healthy life.

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