



## The Concept Of Moksha In Ayurveda And Other Religion Aperspective Study

Vaikos C D

**Correspondence Author :-** chandrashekhar dattatraya vaikos, (M.D.Ph.D.) Dept of Sharir Rachana, Govt Ayurved College, Vazirabad, Nanded-431602  
Email : vaikosc@gmail.com

*Moksha is such concept which is accepted by almost all religion for the benefit of mankind. Allopathic science does not think about Moksha but Ayurved has described the concept of Moksha. Moksha is a Sanskrit word meaning: to liberate, to free from, and to get rid of. It means freedom from the worldly bondages which only lead to rebirth such as love, anger, greed, delusion, lust and envy. The Upanishads state that man suffers from three types of Taapa (miseries in worldly life). Moksha is the only way to get rid of these three miseries. Moksha is the state of absolute bliss where in, we realize that the perceiver, the perceived and the object of perception are all one and the same. Moksha is the breakage of cycle - the cycle of mind, cycle of time, cycle of births, i.e., transcending existence. Moksha is a broad term which encompasses numerous aspects like peace, knowledge and enlightenment.*

**Keywords:-**Moksha, Ayurved, Yoga, Buddhism, Jainism, Islam, Christian.

### Introduction

The concept of Moksha<sup>1</sup> was first developed in India by Aryan people whose spiritual ideas greatly influenced the later Indian religious thought. Buddhism and Jainism are continuations of this tradition, and the early Upanishad movement was influenced by it. Reincarnation (to born in another form, rebirth in new body) was likely adopted from this religious culture by Brahmin orthodoxy. Brahmins wrote the earliest recorded scriptures containing these ideas in the early Upanishads.

Ayurveda, being perfect science of life accepted the concept of Moksha and explained its methods, required materials and benefits in the sharer chapter of carak samhita. In essence, Ayurveda helps man (irrespective of cast and religion) to achieve his ultimate aim of attaining Moksha and hence can be called a Spiritual Science as well.

The doctrine of reincarnation is found in Ayurved, Hinduism, Buddhism, and Jainism,. According to this doctrine, everything that is born, dies. Everything that dies is reborn in another form. We do not consciously seek to die and be reborn again and again but that is our lot as embodied beings. Hinduism is very clear about that. We are all part of this cycle of birth and death. However, according to our sages, the process of taking birth, living the life, and then the process of death invariably involves pain. Hence the repeated cycle of birth and death is essentially of the nature of suffering. Thinking over it carefully and examining all aspects of life, we will see pleasure and pain intermixed in most of our experiences.

### Literature review

#### Hindu

Meaning of Moksha as per Hindu traditions means gaining Mukti – i.e.liberation from the bondage of karma or from the vicious cycle of birth and death forever! This becomes possible when enlightened human beings after establishing absolute control over five senses and mind reaches the stage of Nirvikalpa Samadhi... the stage of nothingness, the stage of absolute wisdom!

In Hindu religion, self realization is considered to be the best means to achieve Moksha. The Hindu Dharma preaches the path of Karma and Bhakti. Well, there can be different ways of achieving salvation. In totality, there are four paths of attaining liberation from the cycle of death and rebirth, namely, selfless work, self dissolving love, deep meditation and total discernment (insight). Different schools of Hinduism attach importance to different paths. Bhakti teaches people self realization, by raising their conscience. One needs practicing absolute celibacy (unmarried state or to stay away from the discharge of semen) for a minimum

period of 12 years in continuation! The practice of celibacy results in full awakening of the kundalini Shakti... the dormant cosmic energy lying in the base of spine!<sup>2</sup>

In Hindu salvation process a person is realizing that he/she is indeed the Atman [the immortal soul within] and not the perishable BODY. In Hindu salvation, a person is merging with the Paramathman [or God]. The process of Hindu salvation is exactly like a pinch of salt trying to find the bottom of the ocean. The moment the pinch of salt touches the surface of the ocean, it becomes the part and parcel of the ocean...Hindu scriptures state that people can attain self realization through four methods A. Janana Yoga; B-Karma Yoga; C-Bhakti Yoga; D-Raja Yoga<sup>3</sup>. There are four ways to attain Moksha:

1. The Way of Action: This involves carrying out certain religious ceremonies, duties and rites. The objective is to perform works without regard for personal gain.

2. The Way of Knowledge: This requires using your mind and philosophy to come to a complete comprehension of the universe.

3. The Way of Devotion: Salvation is reached through acts of worship, based upon the love for a God (there are thousands of gods in Hinduism) and making them aware of the power of God lying within them. Controlling five senses and the mind alone does not make one reach the stage of enlightenment.

4. The Royal Road: The use of meditation and yoga techniques. One needs practicing absolute celibacy (unmarried state or to stay away from the discharge of semen) for a minimum period of 12 years in continuation! The practice of celibacy results in full awakening of the kundalini Shakti... the dormant cosmic energy lying in the base of spine!

This method of reaching salvation is typically used by wandering monks only.

## **Buddha**

Buddhism developed out of Hinduism in the sixth century B.C.

In Buddhism the concept of liberation from samsara (a cycle of rebirth and suffering), is **Nirvana (Mahaparinirmana)**. It is referred to as "the highest happiness" and is the goal of the Theravada-Buddhist path, while in the Mahayana it is seen as a secondary effect of becoming a fully enlightened Buddha (Samyaksambuddha). In this way, Moksha could be called transcendence into another, utopian world. To reach Moksha/Nirvana, a person must be free from all desires, anger, and other afflicting states<sup>4</sup>.

Buddhist philosophy preaches its people to detach themselves from the worldly pleasures and seek Nirvana that will ultimately pave way for salvation.

Nirvana is a transcendental, blissful, spiritual state of nothingness--you become a Buddha.

To reach Nirvana you must follow the Noble Eightfold Path. The Noble Eightfold Path is<sup>5</sup>:

1. Right Understanding: accepting the Four Noble Truths. (the existence of suffering; the cause of suffering; the end of suffering; and the end of pain.)

2. Right Resolve: renounce the pleasures of the body. Change your lifestyle so that you would not harm to living creatures and have kind thoughts for everyone.

3. Right Speech: do not gossip, lie or slander anyone.

4. Right Action: do not kill, steal or engage in an unlawful sexual act.

5. Right Occupation: avoid working at any job that could harm someone.

6. Right Effort: heroically work to eliminate evil from your life. Through your own effort develop good conduct and a clean mind.

7. Right Contemplation: make yourself aware of your deeds, words and thoughts so that you can be free of desire and sorrow.

8. Right Meditation: train your mind to focus on a single object without wavering so as to develop a calm mind capable of concentration.

Following the Noble Eightfold Path requires that a person do the above eight things. Salvation is through what a Buddhist does. It is through human work.

## **Jain**

In Jainism, Moksha and nirvana are one and the same and considered as synonymous concepts. They are of the opinion that, when a person attains Nirvana, he gets liberation from the cycle of death and birth, and when achieves its pure self, then he becomes a Siddha, (literally means one who has accomplished his ultimate objective). Mahavir the 24<sup>th</sup> Tirthankar of Jain attained Moksha on day which is celebrated as Laxmipujan Divas of Dipavali which is termed as Mahanirvan day in Jainism. Moksha requires annihilation of all karmas, good and bad, because if karma is left, it must bear fruit.

In Jainism, Moksha and swarg (paradise) are two different things. Moksha means nothing but the pure state of soul which is free from all the karmas. Once this state is reached, soul rests in infinite peace and happiness (sukha) for infinite time on 'sidhha shila' (on the top of the Jaina universe). This is permanent state, soul then doesn't come back, and it is free from all life and death cycles. Paradise means place where celestial beings (devas) reside. They are still attached to karmas and in Paradise (swarg) they are enjoying fruits of their good karmas. Their life ends (may be after uncountable years) and they still have to undergo all life and death cycles. Jainism believes in 4 types of devas, they reside below, with and above us. Above there are 84, 97,023 vimans of devas.

2) Moksha is on 'sidhha shila, ' that is stone where pure or holy soul (which is free from any types of deed i.e. karma resides and which is at a distance of 45 lakh yojans. These souls are infinite in numbers.

3) Each and every soul is pure by nature. Thing is that there are layers of deeds (karmas) over it which suppress its infinite powers and prevents from attaining Moksha. Lots of efforts are needed to remove these layers of karmas. That's why diksha (learning process of consecration under the guidance of spiritual teacher) is taken and hard life is lived by monks. Once all the karma layers are removed, one attains divine knowledge i.e. kevalgyan and soul becomes pure. Therefore, in Moksha nothing new comes from outside, just they have removed layers of karmas from their soul and brought it into its purest form<sup>6</sup>.

## **Islam**

Moksha or salvations is accepted in Islam in a different way. Refer the following two paragraphs for understanding the concept of salvation in Islam.

### **A) The Nature of Salvation**

The word najat najât = salvation occurs only once in the quran Qur'ân. In 40 44 a man of Pharaoh's people who has believed the message of Moses appeals to his fellows: "O my people! Why should I call you to salvation, and you call me to the Fire?" The idea here is that of deliverance from Hell. Salvation includes not only pardon but also acceptance, both these being granted on the Day of Judgment. Its positive aspect is the reward of faith and righteousness by the delights of Paradise. In effect it is deliverance from the results of sin by obedience to allah Allâh (islam islâm). In as much as sin in the quran Qur'ân does not include a taint of nature, but only a proneness to wrong actions due to the weakness of man, its conception of salvation does not include the element of regeneration<sup>7</sup>.

### **B) The conditions of salvation**

These are Repentance, Faith and Good Works, the last branching out into the five religious duties. "Such as repent, believe and act aright, these shall enter Paradise"(19 61 and often). Repentance is turning from sin to allah Allâh, with the desire for pardon, of which it is a condition. It includes regret for the offence and amendment of life. Death-bed repentance is not accepted. The faith which is a condition of salvation is specifically "belief in what is revealed to muhammad Mu'ammad" (47 2). It is necessary for Christians, Jews and Sabeans no less than for pagan Arabs. The real believer (mumin mu'imin) is he who practises his faith; such as have left their homes and fought in the way of allah Allâh and harboured and helped the prophet (8 75). allah Allâh will put away the guilt of the worst actions and reward the best actions of those who believe; they will be pardoned and accepted at the Judgment and will receive their reward at the Resurrection. The love of allah Allâh will then be manifested to righteous believers, but faith will not avail if postponed till the Day. Forgiveness and acceptance are determined purely by the prerogative of allah Allâh. His justice and mercy are not opposed, for both are equally swayed

by His power<sup>7</sup>.

**In Islam** there are two ways to get paradise:

1. Your good deeds are weighed against your bad deeds. If you have done enough good deeds when compared to your bad deeds, you will eventually get to paradise, after spending some time burning in the fires of hell.

2. Muslims who die as martyrs defending Islam go directly to paradise.

It is plain to see that in Islam salvation is a result of your works. You may have also noticed that all Muslims, except those who die as martyrs defending Islam, go to hell. This is clearly stated in the Koran, Sura 19, verses 67-68 and 71-72.

(This is Allah speaking through his prophet Mohammed.) "There is not one among you who shall not pass through hell; such is the absolute decree of your Lord. We will deliver those who fear Us, and leave the wrongdoers there, on their knees."(Sura 19:71-72)

This Sura clearly states that everyone goes to hell and that, after some period of time, Allah will deliver those who have done sufficient good deeds from hell, leaving behind those who have not done enough good deeds. Salvation is through what a Muslim does. It is through human works<sup>8</sup>

### **Concept of Salvation in Christian**

The fundamentalist Christianity states,

A - Salvation can be attained only by the grace of God, by accepting Jesus Christ as the lord and savior;

B -salvation is a present from God to man....

C---man can never attain salvation by works alone

### **Differences between the Hindu concept of Salvation and the Christian concept of salvation.**

There are many differences between the Hindu concept of Salvation and the Christian concept of salvation. But unless one knows the fundamentals of both religions, comparisons will be futile.

1. Hinduism believes in Atman, the Immortal Individual Soul Christianity does not believe in Immortal Individual Soul. There is no word Immortal Soul in the entire 66 books of the Holy Bible.
2. Hinduism looks at the Atman as the Mirror Image Of God. Christianity does not look at the soul like that.
3. In Hinduism, Salvation Is The Process Of Merging Of The Immortal Individual Soul [Atman] With The Divine Soul, God [Paramathman]
4. In Christianity, Salvation Is The Process Of The Individu-Al Soul Reaching Heaven And Staying Close To God.
5. In Hindu Salvation, The Individual Identity Of Soul Is Lost After Salvation. In Christianity, The Individual Identity Of Soul Is Kept after Salvation.
6. In Hinduism, Salvation can be attained by the path of devotion [Bhakti Yoga], path of Knowledge [Jnana Yoga], the path of unattached and unmotivated actions [karma Yoga] and by meditation and Pranayama [Raja yoga].

### **Ayurved**

The Ayurvedic classics give detailed descriptions of how to maintain a healthy and disciplined lifestyle to achieve the four folded objectives of life - dharma (virtuous duty), artha (wealth), kama (enjoyment) and moksha (salvation)

Carak defines Moksha as - permanent separation of Shaddhatvatmak Purush-NIVRUTTI (which is the root or basic cause of all sorts of pains of human beings<sup>9</sup>, and peaceful, indestructible state of living<sup>10</sup>)

Shaddhatvatmak Purush means the human body is composed of six basic element .i.e. Prithvi (earth),Aap (water), Tej (Fire), Vayu (Air) and Akash (space) and above all - the Soul. First five forms different parts of human body and latter induces the life or vigor or vitality in human body. Separation of all these six element

(nivrutti) leads to permanent elimination of the pains/sorrow and permanent enjoyment of spiritual happiness if the individuals follows the Doctrines of Moksha as described by Carak.

Eligibility criteria – Healthy man from any race, religion, tradition is eligible for the attainment of Moksha.

### Methods

Persons willing to attain the Moksha should reach his Acharya or Spiritual Teacher and submit him to them. He should follow the instruction and advice of Spiritual Teacher regarding Do and don't do. They are as follows.

### Do and don't do

Setting of Fire Place (Yadya Kund-a pit with fire) and performing Yadya twice in a day. Understand thoroughly, adopt and follow the means and ideas of religious codes. Act according to religious code. Live with Saints and avoid wicked. Always be beneficial for all, speak unharsh and true at always time.

Use cloth of red ochre to cover loin only. Keep rest of body uncovered. Carry niddle case for sewing the robes, keep and use water pot, bowl and stick for cleansing, begging and walking respectively.

Eat once and eat that vegetarian food which is available in forest in minimum quantity required to sustain life. Use grass and dry leaves as a bed and pillow to rest and alleviating fatigue. Live in forest without home.

Meditate in proper yogic posture.

Avoid and reject the factor responsible for drowsiness, sleep, lassitude,

Restrain the sense of liking and affliction to sense objects. Always remind and recollect the worthy and unworthy things to life before commencement of sleep, standing, going, looking, eating, sporting etc. Have patience to honor, praise, despise and insult. Always be tolerable to the hunger, thirst, exertion, fatigue, cold, hot, wind, rains, happiness, and miserable event. Don't lose your patience in grief, dejection, conceit, agitation, vanity, greed, attachment, envy, fear, , anger. Do not get egoistic, suspicious. Always observe commonness in the creation of universe and self. Don't get afraid on passing the opportune moment.

Feel free of various physical and psychological worries before practicing yoga. Keep vigorous and pleasant mind. Save and store the strength of intellect, courage, and memory required for the attainment of Moksha.

Always observe and feel the concentration of sense organ in mind and concentration of mind in soul necessary for salvation. Analyze and identify the human body with respect to soul and realize that all created and caused is painful, not own and non eternal taking all inclinations as sin, considering renunciation of all as happiness. This is the way that leads to salvation otherwise to bondage<sup>11</sup>.

### Discussion and conclusion

Moksha is specially considered in Indian religious and health science and has give much importance than any other religion in world. The health science community other then Ayurveda has not given much importance or no importance to the concept of Moksha.

Hindu concept of Moksha as mentioned in Bhagavad-Gita and other religious text has shown two ways to attain Moksha namely either one should do deep faith and involvement in god doing worship, prayer. The other concept suggests that one should be busy in serving the poor needy people and he must do his own good deeds honestly and continuously and without any expectation for its fruitful gain. This is the one way for attainment of Moksha.

Buddha suggests absolute fast (without drinking water) and meditation continuously in an isolated silence place.

Ayurvedic methodology includes 3 tier systems to attain Moksha. 1) Behavioral concept 2) dietary concept 3) yoga and meditation

Jain concept is almost as same as Ayurved and Buddha i.e.to get rid of vicious cycle of death –birth-death-birth in which there is tremendous sorrow, pain. Jain believes that Soul after liberation from body goes either in Swarg or Moksha as per his deed i. e. karma. There is a chance to get birth if soul attains Swarg or Paradise but if one attains Moksha then the possibility of birth ends. All the above mentioned doctrine has common advice to human being i.e. .Moksha or Paradise after death.

As per Islamic concepts soul after death enters the Paradise depending upon his deeds.

Jain, Ayurved and Buddha adopted the same way to attain the Moksha, i.e. living homelessly and in forest, concentrate in mind throughout day, eat natural product once, be busy in religious activity, meditate in lonely place where no one will disturb you etc.

Thus follow the above mentioned things and you will get liberation from the cycle of birth-death-birth.

**Ayurved Jain and Buddha ways are quite similar i.e. they are based on Good Deed i.e. Karm Yoga but Hindu way of attaining Moksha has much more religious touch and more difference of opinion.**

## References

1. <http://www.hindupedia.com/en/Moksha>. Date - 01/01/2012
2. Liberation from the cycle of birth and death
3. [http://www.spiritualresearchfoundation.org/articles/id/spiritualresearch/happiness/benefitsofspiritualpractice/karma\\_liberation\\_i](http://www.spiritualresearchfoundation.org/articles/id/spiritualresearch/happiness/benefitsofspiritualpractice/karma_liberation_i) Date 04/01/2012
4. Hindu salvation concept, <http://waypub.fatcow.com/ed/hindusalvation.html> Date 04/01/2012
5. Life after Death Buddhism, <http://death.findyourfate.com/life-after-death/buddhism.html> Date 07/01/2012
6. Salvation in Buddhism, <http://www.evangelical.us/islam.html> Date 09/01/2012
7. The Yahoo Groups, The Moksha and Jiva, <http://groups.yahoo.com/group/jainlist/message/4539> Date 15/01/2012
8. The teaching of Quran, The Doctrines of Salvation,
9. <http://www.truthnet.org/islam/quranteaching/Salvation> Date 20/01/2012
10. Salvation in islam, <http://www.evangelical.us/islam.html> Date 01/02/2012
11. Carak Samhita sharirasthan, 5/8 p-441, Prof.Priyavrat Sharma,Chaukhamba Orientalia Varanasi,Vol.1Edition 2011
12. Carak Samhita sharirasthan, 5/11 page 443, Prof.Priyavrat Sharma,Chaukhamba Orientalia Varanasi,Vol.1Edition 2011
13. Carak Samhita sharirasthan, /5-12,page 443, Prof.Priyavrat Sharma,Chaukhamba Orientalia Varanasi,Vol.1Edition 2011