

Vegetarian and non vegetarian foods - udxY yd krudxY wdydr

wdpdrh ú, hi à cdrúia úoHdj yd fi !LH m̄no wefurð dkq i Ndfõ
(American Council of Science and Health) &WmfoàI j rfhls fyf; u
uyck fi !LH yd kj drl ffj oH úoHdj m̄noj f, dgd , kavd úYj úoHd, fha
uydpdrH Otho orkfkh' wdpdrH cdrúia akrudxY wkNj I rkkkj Tj kf. a
yei r̄s' rgdj wkj m̄M, afl dgi afol I g fnohs

- 1 m̄fhda ð krudxY wkNj I rkkka
- 2 u; j doSkrudxY wkNj I rkkka

m̄fhda ð krudxY wkNj I rkkkf. awdydr . ekfi rgdj m̄fhda ð fi !LH
fya kau; fndfydayrg rod mj ; S TyqWofõ. I drsfkdfõ' h: drA j doj fuu
úl h m̄noj wj Odkh fhduql rhs

u; j doSkrudxY wkNj I rkkkf. awdydr . ekfi rgdj u; j dohkau; msygd
we; s w; r Tyqh: drA fhka i s kj dg j vd Wofõ. I drj fuu úl h m̄noj
I ghq =I rkfkh'

ñki ðka; u wdydrh f; dard . ekfi oSúúO fya kamsnoj wj Odkh fhduql rk
w; r thkamOdk I reKqmy; kaol j d we; '

- 1 wd. ñl fya =
- 2 Nf. da ð fya =
- 3 mpa , ð I eue; a
- 4 i ; a j I reKdj
- 5 mdri mrd j mej ; tk yd mpa , ð prHdj ka
- 6 mdri rd yd wdrA ð fya =
- 7 fmda Kh

wd. ñl fya =

m̄s ; a u; h ki krudxY wkNj I rkkkf. kanyq rh' wd. ñl fya kau;
th I rk nj h' fuu úl h i dl ÉPd I rfi osj vd; aúoHdkq + j yd h: drA j doj
I ghq =I rkkg wm wfm̄l d I rk w; r hful f. a i s a roúul a i Dcj fyda
j I % i ýù we; ki wdri Nfhõsu i udj wheo i àug I eue; f; uq úfyd fhkau
u; j doSkrudxY wkNj I rkkkf. ka Wofõ. I drs m% pdrhka wm fl dfy; u
wfm̄l d fkdI rkfkukq

wd. ñl uq dY%. ka m̄sYs kh I r ne, fi oSwm ýgq tI ajeo. ; a i oDka hl a
ki i h^u wd. i udxY wdNdr wkNj h wkq; I r we; snj hs

ykäy oyu

ykäy NI a d hkaw; f¾ we; s fmdÿ u; hl ayd úYj di hl a ki Tj káf. aoyfuys
b. ekäi wkj udxY wdydr wknj h wku; fl dg fkdue; snj hs kuq a wm
Tj káf. awd. ñl uq dY%. Ka krCI Kh l , wmg b; d meyeos j udxY NCI Kh
wku; fl dg we; snj i kd: j kfkñ' ykäy oyfi k\$ syd prHd msno W. kj k
. Ka h j quki uD; s. Ka fha5 j k mrÉPofha30 31 39 40 42 j dl Hhkab; d
meyeos j yd i Dcj udxY wdydr wknj h wku; fl dg we; ' ykäy oyfi b; du
merKs. Ka hl af, i i e, fl k fõodka fhø udxY wdNdr wknj hg wku; h
b; d meyeos j oSwe; '

rs fõo) . Ka wxl 10 . \$ d d wxl 16 j dl H 10
. \$ d d wxl 27 j dl H 2
. \$ d d wxl 28 j dl H 2
. \$ d d wxl 86 j dl H 13

w; rj d fõo) . Ka wxl 9 . \$ d d wxl 5 j dl H 37 38 39

i j dñ úfõl dkkof. a b. ekäi wvx. = ^The Complete Works of Swami
Vivekananda& hk . Ka fha ; kj k fj ^ fi 174 j k mgfõ tla l f, l
bkohdfõ nÿuKhka . j ui a wknj fkd l f<a ki Tyj nÿuKfhl af, i
fkdi e, l +hq hl a; nqnj yd tu . Ka fha 536 j k mgfj smerKsykqwd. ñl
i s\$ aúr\$ awkj hful j fydo ykäy NI a d fhl af, i i , l kq, enfõ Tyq. j
ui awkNj l rkfkaki muKshkfj kai oykafl dg we; '

ny oyu

mxp Y\$ fham, uj k i \$ amoh uu mr mK kei fukaje<l fi i \$ moh rl ñ
hkñh' fuh / l ñ i Eu fn!oDhl f. u wkj d¾h j . l ñ l a j kfkñ'
i x. mmrefõ yd u, hdi hñfõ i x> kdhl j i á wdpd¾H l rkfoa Oi udkkø
kdyñ úi ka rÑ; fn!oD úYj di úu¾Ykh keu; s. Ka fha271 mgfõ my;
i oykal reKqfi i i nkDj ol j d we; '

ny oyug wkj mi aj eoErei ; ; j hkamK >d; kh i oyd ; ñ h hq ñ' tj d
fufi h'

- 1 cñfhl =ùu
- 2 cñ hl awe; snj j gyd . ekñ fydaoek i ñu
- 3 uersfi fÉ; kdj
- 4 uersfi mñ; kh yd
- 5 i j l rkq, nk uersñhs

nij oyfi b. ekau wkj m%K >d; kh m<noj b; d j eo. ; al reKqI symhl a
ã'tatka fi kdr; k uy; d úi karN; nijkafkdj od< O¾u hk . %a fhkaWmgd
ol j kkg l eue; f; uq fuh m%K >d; kh m<noj mi j borm; al rk l reKq
j gyd . ekug Wml drsfõ hehsi s kfkuq

hful a m%K >d; k wl ÷ , h l rfi os >d; kh l rk , o cùhd úYd, i reri a
w; f; d l v d i reri awe; f; l f. dv j i kfkI o ofhysj i kfkI o tfi a a
ke; fyd; a mdoj , ka . uka l rkfkI o nv. d hkfkl o jeks fNøj , g wkj
m%K >d; k wl ÷ , al ¾ufhyswvj eä ùul awe; ehsfkdi s ñ' i ; j udxY wkNj
l rú i a a j >d; khg fya ÷ k neúka th m%K >d; k wl ÷ , fha
fl dgi d drfhl = j k k i sj k nj o fn!oDfhda úYj di l r; s tu úYj di h
; ¾l dkq ÷ h'

i ; a j udxY wkNj l rú i ; a j >d; khg fl <ku wkq, oúl aj k fyhkath
m%K>d; wl ÷ , l ¾ufha fl dgi d rej l =ùugo fya ÷ k nj g we; s úYj di h
; ¾l dkq ÷ j j o thgu i i nkD ck; dj ; < mj ; kd j eros úYj di hl o fõ'
tukj d ud^ l rj , cdä j eks c, c i ; kf. a udxY wkNj l ru . j t^ W!re
j eks f. dvì u j i k i j qnd i ; kf. a udxY wkNj l ru ; ri nrm; , mdm
l ¾uhkafkdj k nj g we; s úYj di hhs

w. %fn!oD Wmdi l Wmdi d dfj da fndfydawj i a dj , oSwmski' wfmaf. j , j , g
l j odj ; a ui l a f. kfkj ; a keye' Th bo, d yg, d tfy; a fj , dj l uy ud^
ál l a l frda ál l a . ; f; d; a ñi l a l h k q wm fl df; l ÷ a wi d we; ' fuj eks
m% dYj , g fya è we; f; a . j >d; k i sj kfkka . j hd m% d i j qnd >d; kh
l r fukh hk u; h Tj ka; <g l dj eos; ñ u ùh hq h' ykaj NI a d hkaYøD j 0
i ; a j fhl =f, i i , l kkd j p i xy, . eñhdg f. dú; ek i ; kg j vd úfYd
i a dkhl , d i e, l ú i dOdrk j j ; ai j qndj kayd u; a Hhkaw; r c j k w. fha
fj ki l awe; ehsi e, l ug fya =fkdfmfka

c, c i ; df. am%Kh >d; kh l ru f. dvì u j i k i ; df. am%Kh >d; kh l ru
; ri nrm; , l ¾uhkafkdj k f, i i e, d ug we; sfya ÷ l el o@

i xLHd; ul j i e, l fi osu; a Hfhl f. aurKh fkdj i õmdfj l f. aurKh ki'
wvq , xi fj ka i e, l fi i dOdrK; j hl a we; ' . j fhl a t^ fj l a W!frl a
f. d fkl a ufj l aj eksi ; j fhl f. aYrrfhaui al f, da100l awe; ehsi s uq tóg
ui a. %i 500 l añ, osf. k hkkd f. k hkfka i ; df. ka1\$200 kafl dgi l amuKs
Tyf. aj . d ú tai ; df. am%Kfhka1\$200 fl dgi l g muKs Tyqf. or f. k hk
ui a. %i 500 i l i a fl dg f. or oi fofkl a th wdydrhg . kfkthehsi s uq
tóg ta tl fl fkl f. aj . l ú wr i ; df. am%Kfhka1\$200 X 1\$10 l g muKs
fyj ; a1\$2000 fl dgi l g muKs tawkj i i m%4K m%Khl j . l ú mej frkfkka
tj kawfhl =wdydr fõ, a2000l ai oyd ui awdydrhg . ; ami j h'

ud^ l fhl f. a nr l f, da myl a hehs i s uq tóg tu ud^ j df. ka. %us 500l a f. k hkk f. k hkfkai ; df. ka1\$10 fl dgi l amuKs Tyqf. or f. k hk ud^ . %i 500 i l i afl dg f. or oi fofkl ath wdydrhg . kfkahes i s uq tóg tatl atl fl kdf. kaj . l su wr i ; df. am%Kfhka1\$100 fl dgi l ai oyd muKs i i m%K m%Khl j . l su mej frkafka tj ka wfhl =ud^ i ys j wdydr fō, a i hhl a . ; ami g h' wdydrh i oyd úh<sfydawuqyd, aei á ka . %ñ 500 l af. or f. k f. di ath m<fh< fl dg mj f, ai eufokd tl j th wdydrhg . kfkahes i s uq tl awfhl f. afl dgi j Yfhkayd, aei á ka 10 fofkl =, enfkaki Tyg tu wdydr fō, ki d m%K 10 l j . l su mej f¾' ; j ; a wfhl a mj f, a i hM l ki á ka. %i 500l af. k f. di athkal ki á kai i fnda hl ai l i afl dg mj f, a i h^ fokd tl ; j th wdydrhg . kfkahes i s uq tl a wfhl f. a wdydr fl dgi i oyd l ki á ka 100l a , enfō ki Tyg tu wdydr fō, ki d m%K i hhl j . l su mej f¾'

by; b, l á i j , g wkj tl atl aj ¾. h wdydrhg . kkd ; eke; a d tl awdydr fō, l aks dj ki k m%K i xLHdj my; oel fō'

wdydr j ¾. h

wdydr fō, l ai oyd j ki k m%K i xLHdj

1 l ki á ka	100
2 yd, aei á ka	10
3 uyyj udM	1\$100
4 yrl aui a	1\$2000

by; i xLHdj , g wkj m%K >d; kh wxYfhkai , l d n, k úg wdydrhg ui a j ¾. hl awkNj l rsug j vd l ki á kawkNj l rsu fo, Cl ^200^000& j drhl mdmhl ai y yd, aei á kawkNj l rsu úi oyi a^20^000& j drhl mdmhl s

tfy; amká s arl k m%K >d; hg ì hl aol j k taki du l i s u j ¾. hl ovhul a f. h ; = g j ; afkd. kkd wfmaY%Odi i mkk Wmdi l Wmdi d dfj daj . l ake; j yd, aei fi dá bi fi dá l ki fi daWh; smsy; sj <o; s ^mgq77)82&

fuu . %a h b; d w. kd fn!oD . %a hl af, i foyj , wekavi kamdf¾ fn!oD i xi á D; d uOH i a dkfha wOHCI l ; ekam; a m%CH l rsu úu, fcdá s i a úrhka j ykfi á uyd p¾h l df, da f*dkafi á d ue; s €d" uykj r ; reK fn!oD i x. ufha. re NdKavd. drl hi md, j ki xy ue; s €d we; M ; j ; aW. ; kal sym fofkl atu . %a fhu woyi aol j d we; '

by; ol j d we; s l reKq moki l rf. k my; ka we; s i dOl fl fry s úui s s wei kan, kkg W; á dy oruq uykj r fn!oD m% dYk i x. uh u. %a m% dYs yd khkd; f, dá uyd f; reka ^1878)1957& úi ka rÑ; ^path to deliverance& keue; s. %a fha63 mgfō my; i oyka l rekqol j d we; ' bx. % smgmf; awe; s wdl drhgu i gykaf l dg bkami j meyeos sl rsul al rkkg woyi al rkafkuq

Under three conditions I say is meat eating to be rejected if one has seen or heard or suspected (that the animal concerned has been killed especially for one self) – Majjima Nikaya-Sutta No.55

One who partakes of meat falling under these conditions would thereby as it were approve the killing of animals and support the slaughterer in his cruel work. The fact on the other hand that even the Buddha himself has sometimes eaten meat, is proved by many passages in the canon (e.g. A.V. 44,V111 12 etc.) it is further reported in the Vinaya that the Buddha has categorically rejected Devadatta's proposal to forbid meat eating to the monks. And that normally monks were allowed to eat meat may be already inferred from the Vinaya – Rule which forbids ten kinds of meat but for merely external reasons – such as that of a tiger a snake an elephant etc – Buddhist Dictionary – by Nayanatiloka Mahathera.

úkh mgl fha 10 j k i x>doFYá fha a we; 7 ; a fl dg we; s yd by; i |yka
uccu kđ dfha ol j d we; s nýka j ykfi f. a foãkđj wkj udxY wkñj h
; yki j kfka my; i oyka l rekq ; k i i mñ4K j j fyđ; a muKs ; uka
fj kfj kal rk

1 i ; j hd >d; kh l ru oel u'
2 i ; j hd >d; kh l ru wi kkg , eñ u'
3 i ; j hd >d; kh l , nj i el we; ùu'

by; woyi uccu kđ dfha cđ l i 0 fha i oyka l r we; s wdl drfhka my;
ol j d we; f; uq tl al f, l Nd. Hj ; kaj ykfi acđ l hkf. awU Whfkysl rj k
, o úydrfhysj di h l rk l , ysokl acđ l f; fi ný rcdKkaj ev i á ; ekg
meñK fufi awei h'

i j dóks fuj eks l ; dj l a ud úi ka wi k , oš l el dh; a YwK f. !; uhka
j ykfi a; ukaWfoi d urk , o i ; kf. aui aWkj ykfi aj <oš shshkkh' fi
l ; dj we; a l d ke; fyđ; a Tn j ykfi g ke. = wN7 fpdðkdj l d túg
Nd. Hj ; kaj ykfi amss fe foñka cđ l h fuh ud úi kal hk , ool afkdfõ
Tj yqug fndrefj kafpðkd l rkqmki fufi al h; s

cđ l h Tn oel d fydaWei qfydai el i s +ui awkñj h fkd l , hq =nj l hñ' fi
l drKd ; fKka hq a fkdj qudxYh muKl aj e<Eu hq hñsl hñ fyj ; a ; uka
fj kfj ka uerE nj fkdol kd , o fkdwi k , o i el fkd l , uxYh muKl a
j e<oh hq hñsl hñ'

fj k; awdl drfhka l j fy d; a by; i oyka l reKj , g ndyrj ui awkNj fhka
wl † , hl ai sjfk dj k nj h' ; uka 'kEu ui a fyda ud~ fj <| i e, l kañ, hg
f. k wkNj l ru by; b. ekūug mgyeks fkdj kkl aj k w; r th wl † ,
l ¾uhl a fkdj k nj ; h' meyeos sj kfka uccu kd dfha l rekj , g by; ka
khkd; f, dā uyd f; reka úi ka i l i a l rk , o fn!oD Yí o fl dāyh hk
. ka fhka f. k yer ol j d we; sl rekqj , kameyeos sj k i dol my; ka ol j d
we; f; uq

1 ; mgl fha i oyka l rekqwkj nykaj ykfi a úi ka udxY wkNj fl dg we; s
nj'

2 i x>hd j ykfi a dg udxY wkNj h ; yki l rk f, i foōo; af; reka úi ka
f. kd fhckdj nykaj ykfi a úi ka; rfha m% d fl m l , nj úkh mgl fha
i oykanj i y

3 i dudkHfhkai x>hd j ykfi a dg úkh kš hl af, i i ; ka oi j ¾. hl udxY
wkNj h mukl a ; yki l rfuka ^Wod (fl dákf. a udxY i ¾mhkf. a udxY
w, kf. a udxY j ek& wk d ÷ ai ; j hkf. a udxY wkNj h wkq; nj ; ¾l dk d + j
ks ukh l ru i sj k nj "

fuu l rekqmsno j ny oyfi mek úi ÷i hk . ka fhawvx. =l rekqfl fry s
o Tnf. awj Odkh fhduql rj kkg l eue; f; uq

nykaj od, fm, oyu ; ÷ i ; j >d; kh mj l a f, i ol j d we; uq a udxY
wkNj h mj l a j k nj l a j od< ; ekl a wm fkdýáut tfi a mj l a j kfka ki
uq ka th mkj kfha NCl kgh' foōo; kf. a m[p j rfhka tl l s NCl ka
ouf; l a ui udxY je, Efuka je, l h hq h hkk' tfy; a . yhdg fkdj
meúokgh' wer; a nyq tu b, a i' i h, a u m% d fl m l <y' fi msnój
l rekqoel ug kus úkh yd i q %mgl h ; rul a fyda l húj hq h' ^ny oyfi
mek úi ÷i l j k fl dgi) 191 mgl k b. fej ; f; amhkkø yñ&

; uka i ; j >d; l fhl a yxi dj dofhl a fkdù ; uka fj ; , enkq fyda fj <|
fmdf, ka, ; a udxYhl awkNj l ru i j ¾. fudcl fol g wka rdhl r fōh hehs
l ug ; ri i dol fm<gg dj , ka fi ūug fkdyl s hehs i s ñ' úkh mgl phys
oel fj k mrosj k. ; mfoaj , úi qNCl kayg ^nōD l d, fhā odhl hkaf. fkk
, o i xy" fl dá" j Hd>%wdokf. ka udxY , enkqwj i a d ; fí' tj d wkNj fl dg
j k. ; j fj fi k NCl kq tl s udxY . kDfhka meñks j Hd, dokf. ka l ror
úm; a meñks ki d fuh nyrykq i e<ufuka mi q tu udxY wkNj l rfuka
yi d gd m; a hl afō hehsm% dma hl amekj y' tfi u w; Yh&kams< ÷ a udxYhl a
fyhka i ¾m udxYho rdc j dykhl a fyhka wYj " yi a s udxYho ñki a udxYh
kq yi q udxYhl a fyhka o hkdosj Yfhkaw l em udxY oi hl a ol j d we; ' fYā
udxY ; fl dá mdrYōē j Yfhka , efí ki m&s eku yd mrfNdckh kj eroh'
fi j dg WodyrK j Yfhka úkh mgl fha tk hi' hi' l : d m% D; a s we; D ta
i | yd fuys wkj l dYh i q %mgl fhō i y i q %j eks fndfyda foYkdj , nōD
m&cl NCl q i x>hd udxY fydcfhka mej re nj oel fj hs we; eful a udxY

wkNj h i ; j >d; khg wkq, oul fi al : d l r; s i , l ; s tawkj cj ; uu
w; yhka yl d rh'

udxY muKI a fkdj kq kfhyS Odkh t<j ^ m, ; fe tj d wm wkNj l rk
ki du kej ; kej ; ; a fj <o fmd, g ths wm tj d ñ, os f. k wkNj l reuq
kq kfhyS w; snyq rhl a OdkH t<j ^ hkdoh j . d l rk fha nyq j Yfhka
m%, l DñkdYl j ¾. fho fukS wmg fmks fmks cuka úYd, j Yfhka úkdY ù
hhs ueoy; j úui d n, ; fyd; a cuka yeu fokdgu m%Khl awe; snj úYj di
l rf; d; a ui a udxY wkNj l ru i ; j >d; khg wkqk oul ehs mS . ; fyda
udxY wkNj hg j vd OdkH t<j M m<; fe wkNj l ru i ; j >d; khg wkq,
oul aj kqwe; ' fuh ui a udxY wkNj hg wkq, oul ehs j roj d f; reus fkd. ;
hq h ug j egfyk whrkah: drA h oel uu l s

npD l d, k fuka mi q l d, kj ; a NCl q i x>hd hems we; f; a mKavmd; fhks
, xl dj yerekq úg nreu ; dhs ka l di fndcdos rgj , fj fi k NCl ka w; s
nyq rhl a fok kq kfhyS hefmkq fhamS Kavmd; fhks npD l d, k i udch ; <
úfYd fhka mKavmd; h i oyd mskukq, yfha wufj ka NCl ka Wfoi d i el i q
wdydrfhks tfi a ki tod NCl kq okajka wh i h, f, da k¾udxY fNdc fhd
fj ; stfi aúh fkdyl ' Tj yq; ukai oyd mskfh, l , udxY wdydrho k¾udxY
wdydrho mKs wdydrho l gq wdydro md; %g fn¥ nj mS n|j i el hl a
ke; ' taNCl kaw; r ry; kaj ykfi aol j d wd¾Hj q awkd¾hj q ai h, f, da j y'
tu ki d kq kfhyS fj fi k ny oyu uekúkam%K fkd l < wh npD foYkdj g
w^ ; a w¾: l : k oúg hdu mri y oyu úl D; s ù hdug bv ; fi ' wm l ,
hq f; a fi mskno j do új do l ru fkdj h: d¾: h f; rei . ekug W; i dy
l ruhs ^ny oyfuysmek úi ÷i) foj k fl dgi b. rej ; f; amhkkø yu)
125-127 mgq

mXP YS fham, ug k YS h l eáfuka l ¾u úmdl yeáhg jeä wdhq ke; uu
fndfyda f, v yl a we; s uu yd ì hm; j úi ug i yúu hk l rekq fuf, da
j Yfhkq a urKka u; =we; s Nhdkl krfhabmoug i sj k nj ; a W. kj k ny
oyu j Hj ydrfhos udxY wkNj h mS noj b; d , s s j yd udxY wkNj hg
orofi l hd yd woyi a bor m; a l r ; f fuka npD foYkfha yd npD j ; a
mS fj ; a / l u w; r i u: hl g m; a l , fkdyl s kYÑ; mri mrhl awe; snj
uOHi a j i s k kEu wfhl g meyeos s j kq we; ehs i s kfkuk i eneúka
j Hj ydrfha udxY wkNj hg ; ukul a ny oyfuys fkdue; s nj by;
l reKj , ka meyeos s j kfk' os> kd dfha uyd mks ndk i q fha ^fn!oD
i xi d D; d uOHi a dkfhkamrj ¾; kh l rk , o mgq165& nykaj ykfi g pko
úi kamsfh< l rk , o odkfhaúi a r my; i oykawhkaol j d we; '

pko Tn mskfh< l < i 0 r uoDj fhkaud j <oj kk mskfh, l < wks al Ei î i
j , ka NCl q i x>hd j <|j kk tfyuhs i j dñks l hd msk fe yka pko l ¾udr
mq %tawkoñkaj e, |ùh'

túg Nd. Hj ; kaj ykfi apkō Tfí b; rsi q r uoDj j <, kK'

pkō fouh kai ys urekai ys nUkai ys f, dā fhysfoō ñki k kai ys i ; j
mēdfj ys ; : d. ; hkaj ykfi ayer th wkNj fl dg orúh yel sfj k l s fj l ÷ a
fkdol ñ'

th mē s ; apkō b; rsi q r uoDj j , oud Nd. Hj ; kaj ykfi afj ; wj q aj e |
mfi l j dā úh' Nd. Hj ; kaj ykfi g orekOf, dāys ml kōd d frda h we; úh'
wdpd^{3/4}H tÉ' tiā tiā kYxl úi ka rÑ; f. !; u npō keue; s . ka fha
fmrj ofkys nýka j ykfi g we; s j q frda h mēno j i |yka l r we; f; a
l ÷ kdrdj g i e; mī yhl a muK ýrka mýá mdj d ki . fi pkō ki j q
l d^{3/4}ñl hdf. akfj i kawka u odkh j e<^a nýyqrl a ^f, & w; s drhg f. dýre
j yqhkfj ks

nýka j ykfi a odkhg we; ÷ ; a l r ; nqi q r uoDj mēno j úúO wxYj , ka
mri mr woyi a u; ÷ ; fí' th úY i i u, a j ^{3/4}. hl a f, i ; a Wk . fi a o ^
j ^{3/4}>hl a f, i ; a wRA oel ùul a l r we; ' kuq a wmf. a woyi b; d mēōYfuka
uyd mrkí ndk i q fha i oyka l rekq úui d ne' j fyd; a i ; Hh wj fndō l r
. ekug wmyi qfkdj k nj h s nýkaj ykfi f. afY%G . Khl aj q; ukaj ykfi g
mēd l , l s j l a m% s fl m fkd l r i à u u; mýgd Wkaj ykfi a l , a we; j u
oek i á nj b; d meyeos h' i l r uoDj hk md, sj pkfhamofhai xy, w^{3/4}: h
W!re ui ahkko b; d mdyeos h' W!reui a orúug wmyi qwdydrhl aj k w; r
thka r l a w; s drh we; úug we; s bvl v b; d fndfyda nj wm i eu b; d
fydokaokkd l rekl s ; u kj i g w; sfY%G W; ful g wdrdOkd fl dg fydCka
okkd úY j ^{3/4}. hl a hful a wdydr j Üfgdrej g we; ÷ ; a l r ; h s hkk i s l ug
fudvl ul s fuh W!re ui anj manual of Buddhism (Munshiran Manohar Lal
Publishers Pvt Ltd – India)& hk . ka fha³⁴³ mgfj ysi gykafi dg we; '

i l r uoDj ; reK W!rkf. audxYh) fn!oD Yí o fl dā h) 1644 mgj

f. !; u nýka j ykfi a mukl a fkdj thg fmr i áhd hehs úYj di l rk
nýj rekō udxY wkNj fl dg we; s w; r fuu ui a odkh ofuka , o Wi i a
wdki xi o ; mgl fha i oykj we; ' i q %mgl fhaLpōl kd dhg wh; awmodk
w; rj q foj r; kh f: rdmodkfha fmr Nj hl t l a NCl j l a uy j kfhs uj
j eofol aj quu mēd^{3/4}N j qnýryka mēdK mfi anýrcdkkaj ykfi akul & oáñ'
tu úmi á sný rckafj ; ui al ene, a l a mý mfkka f, dā hg mēdkfhl aj fj ñ
fi ui a odkh k s d ug l dh Ñ; a i i m; a fol , eī Ks th kj kau. , eī ug
Wml dr úh' uu i h, qi ñm; a úCñ ui a odkh k s d uf. a Yrrho udýh i hñ
m% dj o , eī ñhsm% dY fl dg we; '

fun÷ wj i a dj l afi f: r . d: d w; r i Ñ; a s f: rdmodkh ; <o ol kg we; '

fl a r i xyfhl =fuka k^{3/4}Ns uu uy j kfhyseyi frk j eofof j i ; kaurd
cš ; fj ñ ug j ev l eu; sw; a oi a snjro ud fi dhd m^{3/4}j ; hg j eáfhh' ; s a
ufj l =urd l Eug i pdki j k úg ny rcdkkaj ykfi a msq i s ñka tys j eä
fi d' W; ð ui a f. k uu Wka j ykfi g moñ' Wk j ykfi a th mxf. k
wkfudokd l , fi d' uu thkai ; g j m^{3/4}j ; hg f. di ami j tyosñh . fhñ'
ui aodkfhymsfk kayd i ; gqi s katl oyi amka h l ml afoof, dj Wmkfkn'

by; i oykal reKqi h, a kej ; i udf, dpkh l r ne' j fy d; awmg my; we; s
ks ukhkg t<öug i yj kfk h'

1 mxp Ys fha m<uj k Yd d dj uu m^{3/4}K >d; fhkaje, l fi i s moh rl ñ
hkkhs

2 ; ñgl fha yd fn!oD úoj ; kf. a u; h kn udxY wkNj h Rcj u m^{3/4}K
>d; khg fya =j k w; r th tu wl ð , l ^{3/4}ufhafi dgi l anj hs

3 kuq a udxY wkNj hg i i nkD ; ñgl fha fl dkfoi s wkj l s u wl ð , a
l ^{3/4}uhl awe; sfkdü udxY wkNj hg myi qbv l v we; snj

4 . j hkaj eks úYd, wl ð , l ^{3/4}uhkal ks á kayd, uei á kaj eks wfkl ð al ð d
i ; kawkNj l rfukawe; súh yel snj fn!oD úoj ; kf. au; hhs

5 NCl kg udxY wkNj h ; yki l rk f, i f. kd fhdc kdj nykaj ykfi a
úi kam% d fl m l rfukawkal s u fn!oDfhl g udxY wkNj h ; yki l rufi
whs hl a fkdue; snj yd nykaj ykfi g j vd fydo fn!oDfhl anj fmkj d
. ekug npeu; j i s k l s fj l a W; á dy fkdorkq we; ehs wms úYj di
l rkfkú

6 NCl kg i ñ; i ; j j ^{3/4}. oyi hl f. amukl a udxY wkNj h ; yki l rfuka
b; d meyeos j wka i ; j hkf. a udxY wkNj h m<noj l s u ndOdj l a fyda
; ykul afkdue; snj b; d fydokameyeos sùu'

7 nykaj ykfi a úi kau udxY wkNj fl dg we; snj ; ñgl fha i oyk j k
fyhkawka fn!oDhka udxY wkNj l ru m<noj ; ^{3/4}l hl afkdue; snj "

wka j dos yd wúpd rj ; j l ghq = fkd l r l reKdl r my; i oyka l reKq
fl fryo Tnf. awj Odkh fhduq l rkkg l eue; f; uq

l Dl d ^{3/4}uhg ui amKs i ; ð awe; sl rsu yd ì ; a r i q N l rsu o wh; aj k nj
wms l j re; a okuq tfi u j . dj / l . eku mKs f. dúhdg l rkkg i s j k
l ð d i ; ka úkdY l r oeófi m^{3/4}K>d; h . eko wms okuq ej r l ^{3/4}udka h
tl a rd Ofkdmdhk l %hl anj o okuq fi i h, a u ndys yevyrefj ka; rul
fj ki l a we; s j j ; a to; a wo; a ñks df. a cj fkdmdh i , i dosfi s ud^{3/4}. f, i
i e, l kq Wmhfi' ud^{3/4}. hkh' wm tl fkl df. am% m; a smsy s u i oyd fi tl o
j Hdmdrhl a ndOl hl a f, i i e, l h fkdyl h' nyka oji i ; ka urkfkda
ñks kg ui a i emhy' uyckhd ta ui a ñ, os f. k ; u ; uka mrfnda L, d
mukl afkdj nykawe; ð uyi Ökg tau i ai ys j odkho mrskeuy' uf. afuu
u; h m% d fl m l rk i uyr mpa , hko i áh yel h' kuq afi' uf. am% s ekug
Tj kaol j k fya =m% H l %h Wv m^{3/4}K>d; fhkaf; dr j j ; ð ál l a ñ ug j ; a

fkdyel hhs uf. a woyi fj hš th me; a l ; fí j d ñks uerš s k; r l r . ;
fkdyel s; ekl ui al Eu k; r l rug nK l hkkkg ; ri mš á j l o ug j e<E
ke; ^ . eg ^ ; eka) 85 mgj) md; l v NCl qwNHdi úoHd, hdêm; s rdcl h
mKä; fykamg f. or { dKi y uyd i a úr mdohkaj ykfi &

l reKdl r by; i oyka l reKql hùfuka Woyi g yd Wofo. hg m; a fkdù
h: drA fhkayd npeu; j l , mkd fl dg ks ukhl g t<fUK f, i i euf. ka
l dreKd j b, a d i ákfkua

udxY wkNj h m<n|j wmg fmdyfõ wi kkg , efnkfkka . j ui a wkNj hg
we; súreoD; dj hš fi mš n|j o wmf. awoyi ai xl d ma j borrm; al rkkkg
n, dfmdfrd; a = j kfkua . j >d; k úfrdD; d j Hdmdr . j fmryerj , a
urKhg l emj q. j hkaupd yeru j eksj Hdmdrhkkg i i nkø whg my; i oyka
l rekqfl fryswj Odkh fhduql rk f, i b; d l dreKd j b, a d i ákfkua

1 l Ure f. dú; ekal rfi os; o wõfõ k. ÷ g neo fl úfgkawudkd j j ; , ñka
j i á kg l rkkdj qi ; j yxi dj fl frystn; eka d ksvj bkfkawehø

2 l r; a hg . eg . i d ok . kka úYd, nrl awoñkayd taw; r; Æ fl úfgka
, efnk fõokdl drsmryj , aúñkal ghq =l rk l r; a f. dkdg j k yxi dl drs
l hndj Tn oel we; ehš s kfkua

3 j ei á g megõ , enkdhka mi fi a muKl s l rs tfrkfkka fuu l rs tfrkfkka
w"; i ys j q j i meáhd f. a wdydrh fj kfj ka muKl a nj wm b; d fydoKa
okfkua kuq awm j ei á g l rswi ud hk f. !rj kh kduhl amDdkh fl dg j i q
meáhdg wh; a l rs ál uu kija foh . ekfukaje, l fi i s moh rl ñ' hk
foj k Yd d dj j xpkd f, i i | oud l ghq =l rsu . ek we; s ksv; dj h . ek
wm mjuhg m; j kfkua

4 . j hkay=kd . eku i oyd we; smdri mrd j mej ; tk yxj vq. ei fi l hndj
Tn oel we; soehs oek. kkg l eue; f; uq i f; l a urKhg m; d rkj dg j vd
oyi aj drhl aw; sNhdkl fõokdj l awe; sl rj ñkal rkkdj qfuu l DDr l hndj
. ek ksv; dj h l kaì yrsl rj k ; rug Nhdkl h' Wodyrkhl aj Yfhkal kfoa
. urd, , df. auphkfi g wh; a. j hdf. ayxj vq. ei u i yl rkfkka. j hdf. al l ÷ a
y; r b; d ; okane | i u oud whš d ref. akfuysuq l Æ j ql . uqhkw l Æ e
. fi l ñuf, os . khí l rk , o hl vhl ka . j hdf. a mg fl dkø mfoYfha
weEfukhš l reKdl r fi . ek Tn j rl j ; ai s d n, d . j hdg we; s úh yel s
fõokdj . ek yeOul awe; sl r . ; f; ake; ø@

5 . ; yel i hM mfhdc k , ndf. k j hi a ; Ndj hg m; j k úg l rs wi ud
yoi fhu mka f. dkd nj g m; fl dg wdydr , ndoſu yd wkš ÷ a j . l š j , ka
; ukj b; dj xpkd f, i bj ; afj ñkamfoYfhai eugu l rorhl ayd m%Khl a

j k wkõñka fuu . j hd , syd weru i dudkH fohl anj g m; aù ; ã u . ek Tn
j rl j ; ai s d ne' fõ ke; õ@

wm i eu wj xl j i s d wj xl j l ghq =l rkafka ki' wmf. a fndfydamdri mrd
l hndi dri i yd moki' rys úYj di hka kõi a Ñka khg fl d; ri' mgyeko
hkk wj fndõ l r . ekug wmyi qfkdj kqwe; '

udxY wkÑj hg n, mdk wfkl ÷ a i dOI . ek; a wmf. a wj Odkh fhduq l ruq
weurd dkq tl á ; a ckmotha l DI d ¾u fomd¾; fi ka ñj ka 2001 j ¾l hg
m, l , i xLHd f, Ìk wkj td mpa , udxY mrfNdckh rd; a , a187.8l stki'
ck. ykh ñ, ñk 287l ka hq a weurd dfõ j d¾l d udxY mrfNdckh rd; a , a
ì , ñk 53'9 l s fuhg u; ã H mrfNdckh wvx. =j kfkake; ' hfrdmh rgj ,
td mpa , mdrfNdckho fuhg i udk fyda j eã ñi l wvj kkg bvl afkdue; '
mK >d; kh ki' yi ñs hk i xl , mh m's ; fyd; a we; s úh yel s Nhdkl
M, úmdl fuu mrfNdck i xLHd f, Ìk j , kab; d fyd| kafy, orõ j kfk'h'
tl ai õDka hl akj erosug ki' tysj Hj ydrh f, dj i eu; ekgu h: d¾: j dos
yd m'fhda d tl l j ; ã h hq ñshk . ek ; ¾l hl a; ã h fkdyl '

Nf. da h i dOI o udxY wkÑj hg fndfyda ÿrg fya =ù we; ' W; a r yd oCl K
Oj wdY% j we; s rgj , j , oñ l d, hl amj ; kd Ys i D; j ki d tys l DI s
f. dú; ekg we; s myi q' i b; du; a w, mh' tu m'õYfhkau whi a u; u
cj ; j k ti d fudj re wdydrhg . kfkau; ã H yd udxY j ¾. muKl s wm
fl fi aki' Tj kq k¾udxY wkÑj l rk f, i b, a d i áup@

k¾udxY m% m; a h fuu m'õYhg j , x. =ke; s nj npeu; a ' kEu fl fkl g
wj fndõ j kqwe; l hd i s kfkau l dka dr yd l dka dr wdY% j cj ; j k whf. a
; ; j ho fi yd i udkh'

ñki kq we; ñ; a i ¾j NCl l o; a fm, l a tki' udxY wkÑj hg Wml dr j k
ovhi' o; afukau l DI swdydr wkÑj hg i yi qme; , so; õ ñki dg ; fi' c'K
moD; ho ñki df. a i l i a ù we; ñ; a udxY fukau l DI s wdydr c¾Kh ùug
yel j k whrks

fuu hq fhamK >d; fhka f; drj l DI s f. dú; eko l rug fkdyl s ; ; j hl a
Woa ; ù we; ' b; d i q' mruDKfha f. dú fmd, l a m, fndõ kdYl fkdhdod
l rug bvl v i uyr úg ; ã h yel ' kuq auyd mruDKfha f. dú; eka l s fi os
wkj d¾Hfhkau m, fndõ kdYl fhdod . ekug i ÿ j kfk'h' fuu , m'fha
wdri' Nfhai | yka l , m'õsmK >d; k wl ÷ , l ¾uhl anj g m; ùug wj YH
l rekq my m, fndõ kdYl mdúÉÑfhka i ÿj k nj meyeos s j kq we; ehs
i s kfkau t'fi aki' mK >d; fhka f; drj f. dú; ekl aj ; al r. ekug fkdyl s
; ; j hl a Wodj kfkaki' fuu i õDka fhaj , x. Ñdj h . ek wmg kej ; i s d
n, kkg wkj d¾Hfhkau i ÿfj kj d'

khfuddkhd l d h frda h j eks wdi dOkhka we; sj qúg wmg m% cǵ l fnfy; a . ekug wkǵ d¾Hfhka i sǵfj kj d fuu m% cǵ l fnfy; au. kai sǵ kǵka Yrs . ; ù we; s fl dá . Kka frda l drl úl î c ki d oud wmg hym; a fi !LH ; ; j hl a, nd ouhs m%K >d; kh i Eu ; ekau j erohshk ks ukfhawm msygd i ákǵka ki fl dá . kka cùka ki d oud wmf. a tl a cù; hl a / l . ekug l ghq =l ru j eroh hk ; ; j hg wm m; j kkg i sǵfj kj d fkd Tn fuu woyi yd tl . j kǵkaoehsoek. kkg ud l eue; f; uq

fvx. =uef, rhd yd nrj d j eksj i x. ; frda md, kh l rkkg ki frda l drl uyrej kaw; = j wfkl ÷ aúl î c wkǵ d¾Hfhka urd oeñh hq =j kǵk' m%K >d; kh l rufukanrm; , M, úmdl we; súh yel hshk u; fhawm t, n i áfha ki ukǵ H j ¾. hd fuj eksj i x. ; frda j , kauq fmdf, da ; , fhka w; =. Eù f. di afndfydal , aúh yel sfkd l reKdl r uol ai s d n, kǵ'

ñkǵ df. ahym; mǵkǵ úúO m¾fhá Kj , fhfoñkaffj oH úoHdj Wodr bors . ukl fhoš i áhs fuu ffj oH m¾fhá Kh i oyd i ; ka rdYhl f. a cù; mrš Hd. l ŷg i sǵù we; ' m%K >d; kh j erohs hk u; fha wm t, n f. k i áfhaki ffj oH úoHdj wo; am% afft; sydi s ; ; j fhkaborhg . ukal , fkdyl s ; ; j fhawkǵ d¾Hfhka / É i ákqkh; h' kq k úoHdj yd h: d¾: h i u. fuu b. ekau fl fi amri mr; dj hl mj ; b hkk Tng oekameyeos sù we; ehswm i s uq

; j ; afndfydai dOl úúO l fl a hǵkǵ. kaw; súYd, m%idKhl aborm; al rug we; ; aby; l reKqm%dkj ; afj hsl hd wm i s kǵkuq k¾udxY wkǵNj h l eu; s wh tfi al ghq =l ru . ek wmf. aúreoD; dj hl afydawukdmhl afyda fkdue; ' kuq a; ukǵ. awd. ñl yd mpa , s woyi awkawh fj ; nf, kamegùug hEu . ek wmf. a úfrdOdr m, l ruq i oDka hl a f, i k¾udxY wkǵNj h muKl a kǵ erohkk m%fhda s ke; súoHdj g wkǵ ÷ ke; sh: d¾: j dosfkdj k i y fuu hq hg j , x. =ke; si xl , mhl anj fmkau wmf. aW; á dyhhs Tnf. aúprYs s nǵehg weu; s l a l rkkg wmf. a fuu m% ; kǵhamrud¾: h nj okǵ kkg l eue; f; uq

i enúku Tn Tnf. ku fi m%K h úui kǵ'

mr mK fkdki d wmg úi qul a; fí o@