

# A Comparative Study of Existing Crimes and Dashavidha Paapakarma (Ten Sins) Described in Ayurveda

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**Abstract:** In world of technology term 'Paapa' comes in context of either misbelieve or part of spirituality. Crime involving people adds greatly to the costs of health and welfare services. It reduces productivity, decreases the value of property, and disrupts a range of essential services of society. Hence study was carried out to compare existing crimes and Dashavidha Paapa Karma (ten sins) described in Ayurveda. Bruhatrayee of Ayurvedic compendia have been reviewed. Online resources have been reviewed. Himsa, Steya, Anyathakama, Paishunya, Parushavachana, Anrutvachana, Sambhinna Aalapa, Vyapada, Abhidya, Drukviparyaya are ten sins described in Ayurveda. these are categorized in three groups, Kaayika (Physical) Vaachika (Vocal) and Maansika (Psychological). Various crimes are comes under the Violent crimes like Murder, Kidnapping, Assaults, Crime against women like Rape, Domestic violence, Dowry etc. It was observed that regular practice of Ashtanga Yoga, Satvavajaya Chikitsa, Manonigraha control the sense from doing unlawful acts. It can be attained by controlling Dharaniya Vega of Mind. This study shows that exciting crimes are described in the form of Dashavidha Paapakarma in Ayurveda. Without considering role of mind in curative or preventive principals of treatment are impartial as per Ayurveda

**Keywords:** Ashtangayoga, Crimes, DashavidhaPaapa, Sadvrutta, Sins

## 1. Introduction

In world of technology term 'Paapa' comes in context of either misbelieve or part of spirituality. Rather in Ayurveda, it is referred as a immoral action of Kaayika (Physical) Vaachika (Vocal) and Maansika (Psychological) of an individual. Such types of acts are harmful to individual or a community.

In modern era the term crime does not have any universally accepted definition but it is an act which not only harmful to an individual but to a community. Crime involving people adds greatly to the costs of health and welfare services. It reduces productivity, decreases the value of property, and disrupts a range of essential services of society.

Cognizable crime rate of 723.2 (per 100, 000 persons) as of 2015 with 50.9% of the cases filed under "Causing Injuries under Rash Driving/ Road Rage", while Nagaland recorded lowest rates of 55.1 (per 100, 000 persons). This shows that due to lack of quality of decreasing mental state leads to physical and mental harm to others in the form of assault, murder, rape, theft, property crimes etc.[1]

Ayurveda considers an act is not merely means the physical activity but state of mind is equally responsible for moral or immoral actions. Hence study was carried out to compare existing crimes and DashavidhaPaapa Karma (ten sins) described in Ayurveda.

## 2. Aim

To compare existing crimes and DashavidhaPaapaKarma (ten sins) described in Ayurveda.

## 3. Material and Method

Bruhatrayee of Ayurvedic compendia have been reviewed. Online resources have been reviewed.

## 4. Literary Review

### Ten Sins

In Ashtanga Hridaya ten sins are described as follows. [2]

- 1) *Himsa*-causing injury, torture etc. It is a violent behaviour which is intended to hurt or to kill people.
  - 2) *Steya*- stealing, robbing. It means taking secretly what is not given though knowing that an object belongs to another.
  - 3) *Anyathakama*-unlawful sex activity. It is forcing abnormal, physical sexual activity irrespective of gender. It also includes forcible sexual act with animals, Wife of Guru (Guide).
  - 4) *Paishunya*-showing others fault, scolding others
  - 5) *Parushavachana*- Abusive or harsh speech
  - 6) *Anrutvachana*- speaking untruth
  - 7) *SambhinnaAalapa*- Speech causing dissension, separation, breaking of company.
- 1) *Vyapada*- quarrel, intention of harming
  - 2) *Abhidya*-jealousy, not tolerating good of others
  - 3) *Drukviparyaya*- Finding fault, misunderstanding, faithlessness etc with scriptures, elders etc.

Further these are categorized in Kaayika (Physical) Vaachika (Vocal) and Maansika (Psychological). Among these Sins, first three pertains to the body next four to the speech and last three to the mind.

**Table 1:** Categories of Ten Sins

Sr. No	Kaayika (Physical)	Vaachika (Vocal )	Maansika (Psychological)
1	<i>Himsa</i>	<i>Paishunya</i>	<i>Vyapada</i>
2	<i>Steya</i>	<i>Parushavachana</i>	<i>Abhidya</i>
3	<i>Anyathakama</i>	<i>Anrutvachana</i>	<i>Drukviparyaya</i>
4	-	<i>SambhinnaAalapa</i>	-

**Types of Crimes as per the National Crime Records:**

A crime is an illegal action or activity for which a person can be punished by law.[3] Various crimes are comes under the Violent crimes like Murder, Kidnapping, Assaults, Crime against women like Rape, Domestic violence, Dowry etc. comes under the *kayikavega*, Crime against Children, Crime against Senior Citizens, Economic offences, Corruption, Cyber crimes, Crime against Foreigners, Crime in Railways, Missing persons.[4] Illegal liquor production, store and sale, speaking harsh & bad words which harm others. These all crimes are the crimes related with *Kaya* (body), *Vacha* (speech) and *Manasa* (mind).

**5. Discussion****Ten Sins are Crimes**

*Himsa* means causing injury, torture leads to crime like murder, domestic violence etc. *Steyais* stealing, robbing leads to crime against Senior Citizens, Economic offences, Crime against Foreigners, Crime in Railways etc. *Anyathakama results* unlawful sex activity leads crime against women like Rape, unnatural sex, child abuse. *Paishunya* showing others fault or scolding is particular form of nuisance and it is punishable offence by law. *Parushavachana* means abusive or harsh speech which intended to brutalised others. *Anrutvachana* is untruth speaking leads crime against Domestic violence, Dowry. Corruption, Cyber crimes, kidnapping etc. *Sambhinna Aalapameans* speech causing disputes among personal relationships or with the society shows crimes in the form of murder, acid attack, assault etc due to separation, breaking of company, love patterns like love triangle, love break, one sided love. *Vyapada* is quarrel, intention of harming any form of offensive violence which harms to living being or non living things. *Abhidya* is jealousy not tolerating good of others leads the disequilibrium in mind which turns into *Pradnyaparadha* ultimately violent crimes. One should stay away from the ten sins and observed the *Ashtanga Yoga* along with *Sadvritta* described in *Ayurveda* and *Yoga Darshan*.

**Management of Crime with Ayurvedic perspective**

Regular practice of *Ashtanga Yoga*, scientific adaptation of lifestyle described in ayurveda in form of *Sadvritta* (Good conduct). *Satvavajaya* Chikitsa is one of the conventional method of treatment of Ayurveda. *Manonigraha* is a state of mind which controls the sense from doing unlawful acts. It can be attained by controlling *Dharaniya Vega* of Mind. These includes greed envy hatred, jealousy, love, etc. All human beings should adopt Dharma (right moral conduct or law) righteousness always.[5]

**6. Conclusion**

This study shows that exciting crimes are described in the form of *Dashavidha Papakarma* in Ayurveda. Without considering role of mind in curative or preventive principals of treatment are impartial as per Ayurveda. Imbalance state of mind leads to harmful act like crime. However healthy mind is the one sign of Health it also helps to prevent the crimes. Healthy life style maintains the Psychological Health. Happiness is based on one should follow the path of peace.

**References**

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