



## ***Pavitrata (Holiness) – A Bird Eye View***

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### **ABSTRACT –**

Actually purity and impurity are in our eyes. Purity is in the qualities. If there are qualities then only they have value. If water is in moderation then it is beneficial. Milk is healthy because of its properties. Even though the calf has already made him a liar after drinking it. The sanctity of a wise man is his knowledge and the value of a religious man is due to his steadfast conduct. The king is acceptable only if he is doing justice. A householder is good if he is helping others with his resources. Religion, justice, virtue, restraint, contentment and charity etc. are the basic qualities of man which God has given him. To turn away from these qualities is impurity. The purity of body and place has no meaning. Which has been considered unholy till today, if it is considered according to that definition, then no such thing will be found in the world which can be called holy and pure.

**Keyword –** Pavitrata, Holiness, Purity, Mind, Body, life

### **Introduction –**

*Pavitrata* (Holiness) means is the state or quality of being holy<sup>1</sup>, The sense of being holy or pure, Purification, hygiene, Purity of mind. Life would be difficult to live like this. Therefore, if you really wish for your welfare, then it is necessary to take care of the cleanliness and purity of your food, clothes, residence, body, mind, soul etc. Only by the combined purity of all these, that sense of purity and light can be developed in life, through which you can become entitled to be called a real human being. It is not enough for you to take care of your personal cleanliness only, but you should not see any filth or unhygiene around you because man is a social being and not even a single moment of his life can be spent without the cooperation of others. That's why its purity can be maintained only when the spirit of holy life is included in the whole society<sup>2</sup>.

### **Importance of Pavitrata (Holiness)<sup>2</sup> –**

- Purity of all types of body, mind, character, conduct and thoughts etc. is essential for a human being.
- If physical purity is not taken care of, health can never be good and an unhealthy person cannot do any good work.
- Similarly, without mental purity, the feelings of gentleness, love and good behavior cannot arise in a man and he cannot do good to anyone in the world.
- A person who does not have purity of character can never achieve prestige and respect in the world.
- If not on the face, then indirectly everyone will criticize him and do bad things.

### **Benefits Of Pavitrata (Holiness) –**

- Purity of mind is the best purity. Purity of the whole body is possible with the purity of the mind.
- Most people keep thinking about making the body pure but do not even think about the purity of the mind.
- In fact, due to the purity of the mind, there is a glimpse of transparency and purity even in the daily routine, success and failure depend on the state of the mind to a great extent. No one can defeat him.

- With the purity of the mind, a man concentrates his mind and gains victory over all the senses.
- Purity is essential for the meaningfulness of human life. The development and upliftment of a man cannot be done only by the words of knowledge or devotion, it is necessary to give proof of his highness and excellence practically and the main means of this is purity.

**Relationship with mental nature** – Sattvic, Rajasic

**Relation With Triguna** – Sattva, Raja

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### **The importance of the Pavitrata Sadgun on the Achar Rasayana –**

1. Truthful
2. Free from anger
3. Non-drinker and sexual intercourse (addict-free and following celibacy)
4. nonviolent
5. Effortless (without much effort)
6. Prashant (one with a calm mind)
7. Sweetheart
8. Ready in chanting and purity
9. Dheer (Patient)
10. Regular donor
11. Anytime in the service of ascetic, cow, Brahmin, Acharya, Guru and elders
12. One who is free from cruelty and has mercy on animals
13. The one who consumes sleep and wakefulness in equal condition
14. One who consumes milk and ghee regularly
15. Egoless
16. virtuous

### **Reference -**

1. <https://www.collinsdictionary.com/dictionary/hindienglish/%E0%A4%AA%E0%A4%B5%E0%A4%BF%E0%A4%A4%E0%A5%8D%E0%A4%B0%E0%A4%A4%E0%A4%BE#:~:text=%2Fpavitrat%C4%81%2F,purity%20uncountable%20noun>

2. [http://literature.awgp.org/book/Pavitra\\_Jeevan/v3.12](http://literature.awgp.org/book/Pavitra_Jeevan/v3.12)