

Thus, in the context of abandonment of scriptural injunctions, the states of *sattva* etc. have been determined through their effects. As regards that, it is only one in thousands who, being established in *sattva*, becomes devoted to the adoration of gods. But, to be sure, creatures are mostly rooted deeply in *rajas* or *tamas*. How?

अशास्त्रविहितं घोरं तप्यन्ते ये तपो जनाः ।  
दम्भाहङ्कारसंयुक्ताः कामरागबलान्विताः ॥ ५ ॥

5. Those persons who, given to ostentation and pride, and possessed of passion, attachment and strength, undertake severe austerities not sanctioned in the scriptures;

Ye, those; *janāh*, persons; who *tapyante*, undertake, perform; *ghoram*, severe; *tapah*, austerity, productive of pain to oneself as also to creatures; *aśāstra-vihitam*, not sanctioned by the scriptures; they, being *dambha-ahankāra-samyuktāh*, given to ostentation and pride; and *kāma-rāga-bala-anvitāh*, impelled by the strength of passion and attachment, or possessed of passion, attachment and strength (181)—.

कर्शयन्तः शरीरस्थं भूतग्राममचेतसः ।  
मां चैवान्तःशरीरस्थं तान्विद्ध्यसुरनिश्चयान् ॥ ६ ॥

6. (And who,) being non-discriminating, torture all the organs in the body as also even Me who reside in the body,—know them as possessed of demoniacal conviction.

(And who,) *acetasah*, being non-discriminating; *karśayantah*, torture; *bhūta-grāmam*, all the organs; *śarīrastham*, in the body, *ca*, as also; torture *eva*, even; *mām*, Me; *antah-śarīra-stham*, who reside in the body as the witness of its actions and intellect—non-adherence to My injunctions itself is ‘torturing Me’; *viddhi*, know; *tān*, them; *āśura-niścayān*, as possessed of demoniacal convictions. Know them so that they may be avoided. This is an instruction.

The liking of persons possessing the qualities of *sattva*, *rajas* and *tamas* for foods that are divided into three groups, viz. succulent,