

अ-शास्त्र-वि-हितम् घोरम् तप्यन्ते ये तप जना ।

दम्भ-अहम्-कार-सम्-युक्ता. काम-राग-बल-अन्विता ॥

कर्शयन्त शरीर-स्थम् भूत ग्रामम् अचेतस ।

माम् च एव अन्तः शरीर-स्थम् तान् विद्वद्-(हि)धि-आसुर-निश्चयान् ॥

*asāstravihitam ghoram tapyante ye tapo janāḥ ।*

*dambhāhamkāra samyuktāḥ kāma rāga balānvitāḥ ॥*

*karśayantaḥ śarīrastham bhūtagrāmam acetasaḥ ।*

*mām ca 'ā'ntaḥśarīrastham tān viddhy āsuranīścayān*

अशास्त्रविहितम् *asāstra vihitam* not enjoined by the scripture घोरम् *ghoram* terrific तप्यन्ते *tapyante* practise ये *ye* who तप *tapah* austerity जना *janāḥ* men दम्भ अहंकार सयुक्ता *dambha ahamkāra samyuktāḥ* given to hypocrisy and egoism कामरागबल अन्विता. *kāma rāga bala anvitāḥ* by the force of lust and attachment

कर्शयन्तः *karśayantaḥ* torturing शरीरस्थम् *śarīrastham* in the body भूतग्रामम् *bhūta grāmam* all the elements अचेतसः *acetasaḥ* senseless माम् *mām* me च *ca* and एव *eva* even अन्तः शरीरस्थम् *antaḥ śarīra stham* who dwells in the body तान् *tān* them विद्वि *viddhi* know आसुरनिश्चयान् *āsura nīścayān* to be of demoniac resolve

Those men who practise violent austerities not enjoined by the scriptures, given to hypocrisy and egoism, impelled by the force of lust and attachment,

5

Fools that they are, they torture their bodily organs, and Me, too, who dwell within the body—know that they are Asurika in their resolve.

6

The austerities practised by the *Asurika* people are in no way pleasing to themselves. Bare-bodied they lie on spikes. While keeping one hand always