
ABHIDHAMMĀVATĀRA

TRANSLATION AND COMMENTARY

THE BEST VESSEL FOR CROSSING THE OCEAN OF ABHIDHAMMA

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2025

Abhidhammāvatāro

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Chapter 1

Exposition of Consciousness (Citta)

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Namo tassa bhagavato arahato sammāsambuddhassa.

1.1 Consciousness

8. Cittaṃ cetasikaṃ rūpaṃ, nibbānanti niruttaro; Catudhā desayī dhamme, catusaccappakāsano.

Tattha cittanti visayavijānanam cittaṃ, tassa pana ko vacanattho? Vucate – sabbaṅgāhakavasena pana cintetīti cittaṃ, attasantānam vā cinoṭītipi cittaṃ.

9. Vicittakaraṇā cittaṃ, attano cittaṭṭāya vā; Paññattiyampi viññāṇe, vitte citta-kammake; Cittasammuti daṭṭhabbā, viññāṇe idha viññunā.

Taṃ pana sārammaṇato ekavidhaṃ, savipākāvipākato duvidhaṃ. Tattha savipākaṃ nāma kusalākusalaṃ, avipākaṃ abyākataṃ. Kusalākusalābyākatajātibhedato tividhaṃ.

Tattha kusalanti panetassa ko vacanattho?

10. Kucchitānaṃ salanato, kusānaṃ lavanena vā; Kusena lātabbattā vā, kusalanti pavuccati.

1.2 Burmese translation

စိတ်ဟူသည် [Vibh. 1](#)

consciousness is from ဘိဝ္ဗိဝ္ဗိ

Chapter 2

Exposition of Mental Factors (Cetasika)

Glossary of Terms

consciousness Original:စိတ္တံ Expl.:The fundamental element of cognition, the process of knowing an object.

mind-element Original:မနောဓာတု

mind-consciousness-element Original:မနောဝိညာဏဓာတု

base Original:ဝတ္ထု

rebirth-linking Original:ပဋိသန္ဓိ

life-continuum Original:ဘဝဂ်

death Original:စုတိ

registration Original:တဒါရမ္မဏံ

receiving Original:သမ္ပုဋ္ဌိက္ခနံ

investigating Original:သန္တီရဏံ

determining Original:ဝေါဠုပ္ပနံ

adverting Original:အာဝဇ္ဇနာ

object Original:အာရမ္မဏံ

location Original:ဌာနံ

mental factor Original:စေတသိကံ

contact Original:ဖဿော

feeling Original:ဝေဒနာ

perception Original:သညာ

volition Original:စေတနာ

initial application Original:ဝိတက္ကော

sustained application Original:ဝိစာရော

rapture Original:ပီတိ

one-pointedness of mind Original:စိတ္တေနက္ခတာ

faith Original:သဒ္ဓါ

mindfulness Original:သတိ

energy Original:ဝီရိယံ

wisdom Original:ပညာ

non-delusion Original:အမောဟော

life faculty Original:ဇီဝိတိန္ဒြိယံ

non-greed Original:အလောဘော

non-hatred Original:အဒေါသော

moral shame Original:ဟိရီ

moral dread Original:ဩတ္တပ္ပံ

tranquility of mental body Original:ကာယပ္ပဿန္တိ

tranquility of consciousness Original:စိတ္တပ္ပဿန္တိ

lightness of mental body Original:ကာယလဟူတာ

lightness of consciousness Original:စိတ္တလဟူတာ

malleability of mental body Original:ကာယမုဒတာ

malleability of consciousness Original:စိတ္တမုဒတာ

wieldiness of mental body Original:ကာယကမ္မညတာ

wieldiness of consciousness Original:စိတ္တကမ္မညတာ

proficiency of mental body Original:ကာယပါဂုညတာ

proficiency of consciousness Original:စိတ္တပါဂုညတာ

rectitude of mental body Original:ကာယုဇကတာ

rectitude of consciousness Original:စိတ္တုဇကတာ

yevāpanaka Original:ယေဝါပနက

desire-to-act Original:ဆန္ဒော

decision Original:အဓိမောက္ခော

attention Original:မနသိကာရော

equanimity Original:တတြမဇ္ဈတ္တတာ

compassion Original:ကရုဏာ

appreciative joy Original:မုဒိတာ

abstinence from bodily misconduct Original:ကာယဒုစ္စရိတဝိရတိ

abstinence from verbal misconduct Original:ဝစီဒုစ္စရိတဝိရတိ

abstinence from wrong livelihood Original:မိစ္ဆာဇီဝဝိရတိ

threefold abstinence Original:ဝိရတိတ္ထယံ

restlessness Original:ဥဒ္ဓစ္စံ

conceit Original:မာနော

envy Original:ဣဿာ

avarice Original:မစ္ဆရိယံ

worry Original:ကုက္ကုစ္စံ

sloth Original:ထိနံ

torpor Original: မိဒ္ဓိ

greed Original: လောဘော

hatred Original: ဒေါသော

delusion Original: မောဟော

wrong view Original: ဒိဋ္ဌိ

doubt Original: ဝိစိကိစ္ဆာ

shamelessness Original: အဟိရိကံ

fearlessness Original: အနောတ္တပ္ပံ

matter Original: ရူပံ

bodily postures Original: ကုရိယာပထော

intimation Original: ဝိညတ္တိ

derived matter Original: ဥပါဒါရူပ

temperature Original: ဥတု

Nibbāna Original: နိဗ္ဗာန်

defilement Original: ကိလေသော

impulsion Original: ဇဝနံ Expl.: Minds with intensity.

plane Original: ဘူမိ

individual Original: ပုဂ္ဂလော

without consciousness Original: အစိတ္တက

with consciousness Original: သစိတ္တက

concept Original: ပညတ္တိ

Bibliography

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