

## Unit - 3

### \* Pre - Vedic Religion

- Harappan Civilization (H.C) = 3000 BC
- Mother Goddess / Nature Goddess
- Female figure, plant emerging from navel. (Nature)
- male figure, Shiva is the principle deity.
- Shamanism was found, interaction with spirits. (Healing purpose)

### \* Vedic Religion

- Started by priests.
- Sacrifice of animals.
- Pravritti Lakshan & Nirvritti Lakshan
  - ↓ Approach
  - By action
  - By renunciation

### \* Buddhism

- Founded by Siddhartha Gautama.
- Left home at 29 to find real meaning of truth and sorrow.



## → Type of Buddhism

(a) Theravada

↳ Thailand

(b) Mahayana

↳ China, Japan

(c) Tibetan

↳ Tibet, Nepal, Bhutan

## → Main Characteristics

- Focus on achieving enlightenment.
- Simple principles of life
- Seek liberation from this world
- Attain inner peace of mind

## → Four noble Truths

- Human life is full of sorrow.
- Suffering & sorrow is caused by greed, desire for power
- Suffering will end on achieving Nirvana
- People can overcome their greed by adopting Eight-fold path.



→ Eight fold path

- Right Understanding
- Right Thought
- Right Speech
- Right Action
- Right livelihood
- Right effort
- Right mindfulness
- Right Concentration

## \* Jainism

→ Great Teachers = Tirthankaras

→ Last one was Vardhaman Mahavira

→ Teachings

- Rejected vedic principles
- Did not believe in God.
- Believed in karma
- Body dies but soul does not
- Non-violence (Ahimsa)

→ Three Jewels

- Right Faith
- Right knowledge
- Right Conduct

→ Ahimsa

→ Satya

→ Asteya

→ Aparigraha

→ Brahmacharya

} [B, A, A, A, S]



# \* Six system of Indian Philosophy

## (a) Samkhya

- Tells the no. and nature of constituents of universe
- Based on no.
- System of ~~both~~ Dualistic realism
- Purusha is pure and wise but experiences pain & pleasure with prakriti
- Prakriti is material cause of universe.

## (b) Yoga

- Adopts Chitta
- Concentration and meditation
- Self-discipline
- Self-realization
- Patanjali lays emphasis on complete control of Chitta
- Yama, Niyama, Asana, Pranayama, Pratyahara, Dharan, Dhyan, Samadhi.

## (c) Vaisheshika

- System of physics + metaphysics.
- Derived from Vishnu
- All objects made of five elements earth, water, fire, air, akash.



#### (d) Nyaya

- Salvation and release from suffering can be attained through knowledge.
- Based on system of logic.
- Human suffering results from their mistakes or absence of knowledge.

#### (e) Mimamsa

- Art of reasoning & interpretation
- Vedas contain eternal truth.
- Acquire heaven and salvation.
- Recommended Sacrifice.

#### (f) Vedanta

- Teachings of Upanishads.
- Means 'end of Veda'.
- Brahma is reality everything else is unreal (Maya).
- Shankara, Ramanuja.