

BEHAVIOURAL SCIENCES

COMMUNITY HEALTH CELL  
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Sociology	- the relatedness of human beings
Psychology	- human behaviour under controlled conditions
Social psychology	- human behaviour under actual life conditions
Economics	- subsistence behaviour, its form and processes
Political science	- controlled behaviour, its form and processes
Anthropology	- basic anatomical and cultural likenesses and differences that exist in communities of man.

ANTHROPOLOGY

Can be classified into three main divisions.

1. Physical anthropology
  - study of man, the biological entity or
  - study of man's physical characteristics
2. Cultural anthropology subdivided to include -
  - (a) Linguistics - study of man's pattern of speech
  - (b) Archaeology - study of cultural history
  - (c) Ethnology - study of man as a possessor of various cultures - i.e. the way of life of societies still living or only recently extinct
3. Social anthropology
  - study of the workings of a society, including social structures, social groups, kinship and other relationships.

K I N S H I P

- Geneological relationships
- Bonds of blood and marriage

Membership acquired through 'descent'

- ambilateral, patrilateral, matrilateral

Rank and privilege acquired through 'succession'

- bilineal, patrilineal, matrilineal

Material property acquired through 'inheritance'

- unilateral or bilateral.

C U L T U R E

- Sum total of socially inherited characteristics of a human group
- comprises everything one generation can tell, convey or hand on to next
- Social legacy as contrasted with organic heredity
- Way of 'thinking', 'feeling', 'believing' affecting 'behaviour'
- has to be learned, is shared with others, can be altered.

V A L U E S

- Criteria for 'goals, 'interests, or 'ends'.
- Part of culture is therefore learned, shared and can be altered.

S O C I E T Y

- Group of people who interact more with each other than with other individuals - who co-operate with each other for the attainment of certain ends
- You can see and count the number of individuals in a society.

Dr. Rao

IMPACT OF JUDAISM ON HEALTH

- I. Introduction
- II. History - (a) Origin  
(b) Modern period
- III. Religion - (a) Believes  
(b) Customs
- IV. Impact - (a) Old testamet & medicine  
(b) Impact on health  
(c) Judaism & Jews  
(d) Jews contribution to medicine
- V. Summary

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Introduction:

Judaism is the oldest religion of the west, the first to teach monotheism and the parent of two great religion viz. Christianity & Islam. It is truly called an eternal religion because it has survived more than 2,000 years of persecution.

Jews have a round face and either a dark complexion and a fine nose or blonde with a coarse nose. There are about 12 million Jews in the world today including 5 million in U.S.A.; 3 in U.S.S.R.; & 2 in Israel. Mostly they are well-to-do and reside in cities. In U.S.A. more than 3/5th of Jews reside in the first 10 cities and are engaged in trade commerce or hold shares in industries like textile, motion-picture, T.V., newspaper etc.

Origin:-

First great leader of patriarch was Abraham, who settled down in Palestine. After him, his son Isaac and his grandson Jacob became patriarchs. Jacob, who is also called Israel, had 12 sons who became heads of 12 tribes called Israelites. Joseph, the fondest son of Jacob, was sold as a slave to Egyptian merchants by the other sons out of jealousy. A few years later, famine occurred in Palestine. Jacob and his 11 sons went to Egypt to purchase grain only to discover that Joseph had become the ruler of Egypt. They were given land and settled down in Egypt where their descendants lived and prospered for years. Egyptians did not tolerate the prosperity of Jews, made slaves of them and put them to innumerable hardships. The Jews were finally relieved of their misery by Moses who led them out of Egypt towards the God's promised-land-Palestine. This march to Palestine, called exodus, took 40 years and was led after Moses' death by his most trusted lieutenant Joshua. It was during exodus, that on Mount Saimi, God revealed the 10 commandments to Moses.

Back in Palestine, Jews were confronted with the strong and civilized local tribes with whom they were constantly engaged in war. Finally Saul succeeded in establishing a kingdom of Jews in Palestine. He was followed by David, a Shepherd and Solomon, David's Son. Solomon built the first temple at Jerusalem and during his reign Palestine reached its greatest glory & prosperity. After Solomon, however, internal economic and political strife led to division of Palestine. 10 tribes invited to form a Northern Kingdom, called Israel, with capital at Samaru and the remaining two tribes formed a Southern kingdom called Kingdom of Juda with the capital at Jerusalem. 300 years later Assarians attacked the Northern Kingdom of Israel,

destroyed the capital and drowned most of the people to slavery and out of history. The northern tribes are therefore referred to as the "10 lost tribes." The two southern tribes (consisting of descendants of Juda and Benjamin - Sons of Jacob) remained true to the religious faith and inspite of slavery maintained their independent identity. Jews of today are their progeny.

After formation of the kingdom of Judah till the dispersal of jews to various parts of world (called as diapsora Jews). Jew were successively attacked & ruled by the following:-

- i) Babylonian King-Nebuchardnezzar
- ii) Alexander the great
- iii) Syrians
- iv) Roman general pompey and
- v) Roma general, latter King, Titus

Dates are as follows:-

1900 B.C.	Abraham
1200's B.C.	Exodus
1200 B.C.	Back in Palestine
Early 1000's B.C.	Sant
1030 - 990 B.C.	David
990 - 937 B.C.	Solomon
586 B.C.	Attacked by Babylonias
334 B.C.	Alexdder Attacks
63 B.C. )	Pompery conquer
66 - 70 AD )	Diapsora Jewery
	Great war of the Jews & their massacre by Titus.

After diapsora, history of jews is one of a long succession of murderous persecutions, deprivation of political, educational and land-owning rights and flight from land to land.

'Zoinist' movement started in late 19th Century. This was a demand for establishing of Jewish state in Palestine. On 14th May 1948an all-Jewish state was created by division of Palestine and it was given the historic name of Israel.

Beliefs:

Judaism breaks down to "Ethical morotheism practicable by anyone anywhere."

Ethics: Good conduct is to be followed from birth to death, in the home as well as outside and is to be followed joyfully.

Mono - God is one. Also all things through atom, man to star are one. Similarly all persons are one and therefore equally entitled for pleasure and justice.

To put it differently, Judaism believes in a brotherhood of man under fatherhood of one God. It does not believe in

Priests  
Prophets

Propitiation by sacrifice  
Picture or idol worship and  
Possibility of life after death

Their God is called Yahweh (Jehovah). God is the creator and ruler of world. He is a friend and helper of man. He works increasingly both with his Mind & Power. And lastly, He guides not only nature but also human morals and history.

(3) Judaism accepts converts but does not seek them. It believes that anyone who follows a righteous path can achieve communion with God, and in this respect differs fundamentally from Christianity.

Customs:

1. Learning of scriptures viz. old testament and its interpretation called Talmud.

2. Prayers and synagogue. Every Jew recites prayers thrice a day, which consist mainly of assertion that God is one. There are special prayers on such occasions as the appearance of rainbow, meteor etc.

Synagogue is the place of worship of Jews. Prayers are held three times a day. Any 10 persons versed in scriptures can lead the service. Audience (males and females seat separately) repeats either in mind or loudly. Synagogue also serves as a school to teach Hebrew language and as a centre of philanthropic activity.

3. Festivals: Most important is Sabbath or the rest day. This is from Friday to Saturday evening.

4. Circumcision: Done on the 8th day after birth. Previously father used to perform. Now performed by "Mahola" an experienced Jew. Induction to adulthood takes place at 13 years.

5. Food: Pork, Oysters, scale-less fishes, winged insects, creepers are forbidden. Meat and Milk are required to be prepared, served or eaten separately.

Only healthy living animals are slaughtered by one experienced in this line. Lacerated meat is never eaten. Meat from the slaughtered animal is soaked for  $\frac{1}{2}$  hour in water and then in salt water for another hour after which it is thoroughly rinsed in water.

6. During and 7 days after menses, till 40 days after birth of a male child and 90 days after a female, physical union of woman with husband is forbidden.

7. Bodily cleanliness is very important as Jews think that God resides amidst them.

8. Good conduct is of paramount importance so is peace in the house. The 7 sins that are absolutely banned are murder, cruelty to animals, robbery, sexual promiscuity, civil injustice, idol worship and blasphemy.

9. It is the father's duty to educate his children & bring them upto trade.

10. All those who can are required to help the needy. 1/10th of the income is to be spent as charity.

Impact: Impact of Judaism is seen in philanthropic institutions tackling health problems and in the weekly day of rest and recreation. Jews regard charity as justice and do it without expectation of reward. On Sabbath day they rest both physically and mentally ever mourning is prohibited on sabbath.

The practice of ancient Hebrews of isolating person with skin diseases (leprosy) left its impact till 17th century.

Like other religions, Judaism collaborates with Medicine in enforcing the rules of personal hygiene. The parables used by religious leaders in explaining the commandments to the laity may have influenced the shaping of modern techniques of preventive propaganda.

#### Judaism and Jews:

1. Circumcision affords partial immunity to cancer penis and cancer cervix uterus.
2. Avoidance of pork, oysters, scaleless fish and healthy rules regarding slaughtering of animals reduce the risk of transmission of disease connected therewith.
3. Judaism & mental health. In studies carried out in U.S.A. Jews were found to have neurosis 144 times and maniac depression 69 times more than the average persons. This increased risk of mental ill-health may be partly due also to the indirect effects of religion-those of being wealthy people & forming a minority group. Again, this increased risk is rather due to religiosity than to following any particular religious faith. In this connection the following statements are significant.

"Ritualistic religion is a kind of obsessional neurosis, both arising from the same dynamic mechanism." Freud.

"You will not find a religious leader of any kind, in whose life there is no record of automatism." William James.

4. Jews & Crime. Studies in U.S.A. reveal that Jews have the lowest crime & suicide rates. The crime most often committed was nothing graver than "fraud."

5. Jew & Sex. Kinsey's report revealed that Jews were least active in the sexual field. They were least habituated to masturbation, homosexuality and sex-crimes.

Jews contribution to Media: Ancient Hebrews have not produced any physician of repute but Moses is notable. He is regarded as the greatest sanitary engineer. He formulated laws regarding provision of pure water, protection of wells, pure air, pure food and pure dwellings and he appointed officers to execute these laws. Second, there were rules for isolation of persons with urethral discharge for 7 days, segregation of lepers & burning of their clothes and killing of such of those captive women who had known men by lying with them (in the prevention of syphilis).

Thirdly, Moses introduced census taking, birth certification & encouraged fecundity; of race punishing willful abortion & coitus interruptus.

Lastly, the emblem of the physician, is related to the following incident. "Lord sent fiery serpents among the people. Moses prayed for the people. And the Lord said unto Moses, Make thee a fiery serpent & set it upon a pole and it shall come to pass that every one that is bitten when he looketh upon it shall live." Modern Jews who have contributed to Medicine include - Shick, Ehylich, Wasserman, Kahn, Waksman (Streptomycin) Aschen, Zondek, Freud Funk (Vitamin) Burger, Salketc.

To conclude "No people has endured greater suffering and misfortune and no people in proportion to its size can boast of higher achievements than the Jews."

#### Summary:

1. Interesting reading

Historically

Theologically

Repetition of history in another episode of  
Mosaic.

2. Reason for survival - i) subjugation  
made them clinging to ii) particular nature  
religion of faiths
3. Sons of  $\begin{cases} \text{Juda} \\ \text{Benjamin} \end{cases}$  (Grandsons of Abraham)
4. Practical religion.  
One God, everlasting good behaviour and charity and tolerance  
of other religion-  
No intermediary between God & Man.  
No fanaticism like idols or life after death.
5. Revolutionary Jews who are less attached to all the customs.  
Only two are universal -  
Circumcision & Sabbath - Significance
6. Philanthropy, rest day, personal hygiene, health education.  
Low incidence of cancer, Low crime, suicide & sexual crime rate.
7. Moses -  
Salk, Schiek, Freud.  
Funk  
Einstein also was a Jew.

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Old testament & Medicine:

Origin of disease were attributed to Yahweh. Magic & superstition played significant role in healing. All these retarded growth of medicine as natural causes were not looked for.

On the other hand they had surgeons & physicians and each community was supposed to have both of them. Physician was called 'Fophe' & unlike Egyptian physician who was a specialist, rophe was an internist, dental-man etc. and Physician were held in esteem by Jews.

Old testaments mentions receipts for certain disease, including CH - restriction in diabetes, baths in skin affection. There were directions to diagnose some of the diseases like leprosy, bubonic plague, epilepsy, mental defects etc.





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J u d a i s m

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## J u d a i s m

The term Judaism was named by Greek-speaking Jews to designate their religious way of life in contrast to their neighboring religion Hellenism. The script is Hebrew. Judaism is Hebrew equivalent of 'Yahudut'.

Judaism may be defined as strictest form of monotheistic belief. But it is more than a mental belief. It is the effect where such a belief exerts on life -- i.e. thought and conduct with all its logical consequences. It is a religion which was first preached by Abraham and was symbolized by the covenant of circumcision and is being still practiced.

It is the oldest existing religion and is the original of two mighty religions which have spread in most part of the world -- Christianity and Islam. These religions have diffused the principles of Judaism in modified form.

Two main principles of Judaism is unity of God and the choice of Israel. It denounces idolatry and polytheism. It believes in universal God. It believes that this world is good and man is capable of perfection. He possesses free will and is responsible for his actions. It rejects any mediator and cosmic forces of evils. Man is free and is not subject to satan, nor are the material gifts of life inheritedly bad, -- wealth may be a blessing as well as a curse. Man is made in the image of God; that is why it is noble like the rest of the divine works. For this reason all men are brothers. Just as they were united in the beginning so will they be drawn together again at the end of time. The function of Judaism is to spread peace and goodwill throughout the world. The sole aim and purpose of Judaism is to render the world that now is a divine kingdom of truth, and righteousness. This aim is pursued by the insistence on the belief of unity and practice of commandments. It lays more stress on works than on faith though the former are of no avail without the latter.

Judaism is strongly earth-centered religion. It looks to an after-life but its practice is not so much to prepare man for the next world as to guide him in this. Its supreme preoccupation and guiding passion are **ethics** -- the never-ending attempt to ascertain God's will in all the things.

The Jews scriptures open with 'Torah' or law laid down in five books of Moses. Torah stands for all scripture and for all the law based on it. In Judaism, as God is one so is life, every part of it must be sanctified. As life is one so is man, there is no division between body and soul. Ideally the table must be an altar, the home a house of God, the market place an expression of blessings. There are blessings also over food, drinks, for new clothes, sighting the sea, seeing any beautiful object. That is why the 'Torah' ranges from minute instructions to sublime teaching. The book of Moses set down the Ten Commandments. They also set down the right way to prepare food, to give, to charity, to pay for damage. Central to the concept of Judaism is the doctrine of 'Mitzvah' a word that means 'Commandments'. In ancient time rabbis listed 613 Mitzvah. They range from visiting the sick, burying the dead and sparing another man's feelings to prayer and above all teaching and studying the 'Torah'. When Jews boy first starts 'Torah' studies a drop of honey is placed on the page to indicate that this duty is also a great joy.

Judaism sees man as a paradox. He is handful of dust but he also carries a divine spark. He is fashioned in the image of God and this means above all that he has freedom, he lives in perpetual crisis of free-will faced at every moment with the choice between good and evil. Judaism holds that man being man is not immune to sin. Through loving God and striving to imitate Him man must also love his fellow-beings. Whether love goes beyond the law, mercy beyond justice in ancient arguments, the strict Jewish answer is

: three :

that love and law must be one and the same. Jewish people today numbers an estimated 11.8 million throughout the world. More than 5 million in U.S.A.; 1.5 million in Israel. There are Chinese Jews, black skinned Ethiopian Jews, Mexican Indian Jews. Jews who do not worship still consider themselves Jews. In Jewish law a Jew does not cease being a Jew simply because he lapses from religious observances. It holds any one born of a Jewish mother to be a Jew. Jews believe that when God selected them as 'chosen people' He gave them special responsibility than privileges. He appointed Israel to be his suffering servants to bring His word to all people of the world. They were against idolatry; against man made gods which are fashioned not only of stone and bronze but also of false ideas.

At the door of every Jewish home there should hang a small box called 'Mezuzah' which holds 15 verses from scripture. Often as family members come and go they kiss this box (which means door post). It proclaims that house is Jewish and also marks the facts that home is center of Jewish faith equal with the house of God.

To raise a family is a sacred duty of Jewish and through family loyalty they express loyalty to Judaism. In orthodox family everything is touched by religion. Meals are prepared according to the strict dietary law which is based on certain food practices and prohibition which are declared unclean. This indicates sound hygienic basis. Pork and Shell-fish are forbidden foods. All meats must be from healthy animals, slaughtered quickly so as to prevent too much blood from staying in the flesh. They observe sabbath on the day they refuse to travel, use the telephone, write, touch money, marketing, etc. This is the day of complete rest and is utilized by prayers.

#### Growth and Development

The faith of Abraham was moulded into the religion of people to become ultimately the source of ideal for a world, monotheism

: four :

purity, righteousness and justice had developed under the impetus of law givers, priests and prophets. Abraham, Isaac and Jacob knew God and served Him. But the real transformation is summoned by Moses to whom God issued the Commandments. Mose's vision of monotheism overwhelmed the Jewish people with the revelation of one Living God and His Torah.

It was not an easy revelation to live by. In those centuries between Moses who led his people from Egypt around 1200 B.C. and the founding of Israelitic monarch by Saul in 11th Century B.C. the Jews fought not only with foreign invaders but with their soul. There was continuous rebellion also against human authority. The reigns of David and his son Solomon ended in depotism and division-- the realm splitting of Israel in the north and Kingdom of Judah in the South. Yet out of these struggles emerged a group of men who renewed Moses' vision -- the prophets. The prophets stood behind the throne casting warning shadow over pomp and power. They stood in the temple courtyard hurling faith against mere forms of worship. They stood outside the rich man's house bringing the protest of poor. They were imprisoned, stoned but they could not be silenced. They were revolutionaries of God.

The great age of prophocy came in eighth and seventh century B.C. In 722 B.C. the Kingdom of Israel was destroyed by Assyrians and its people vanished. In 586 B.C. the Babylonians conquered the Kingdom. Soloman's great temple was destroyed, the leading Jewish families were carried into Babylonian captivity, The exile raised the overwhelming question of how to face the God when He brings disaster to His 'chosen people'. Many of homeless, home sick Jews were tempted to accept the Gods and magic of captors. Babylonian exile ended with the destruction of Babylone which was conquered by the Persians. The Jewish State was reestablished and temple was rebuilt by 515 B.C. But before long Jewish nation faced the inroad of Greek thoughts. However, in the main the dominant Jewish tradition remained apathetic to Greek culture.

This remarkable resistance was due to the devotion to the law of Torah. While the Jews gained much from Hellenism and was influenced to a very great extent, they were however unable to resist the Hellenistic army and Judah was swept by successive conquests -- in 332 B.C. Alexandria the Great came and in 198 B.C. the Syrians. In 63 B.C. Palastine became a Roman province ruled by Roman king; Titus came in AD 70 and destroyed the second temple, and later jews were forbidden to live in Jerusalem.

There was no longer a Jewish king who must be recalled to righteousness. The place of prophets was taken by the law - the Torah and its teacher, the Rabbis.

The modern era began with the enlightenment in Germany under the leadership of Moses Mendelssohn. This moment spread to Eastern Europe and renovated the cultural life of Jewish people. It is a period of assimilation of Jewish and renaissance of Hebrew as a spoken language and Yiddish literature. Its outstanding spiritual expression are science of Judaism. This gave rise to conservative Judaism which recognizes the authority of Jewish religion and ritual law. That law of necessity is subject to the universal changes must accord with inner logic and essential character of law. The Hebrew language occupies a place of permanent importance.

Conservative Judaism neither eschews modern thought nor accepts it as a final authority on matter of faith and tradition. It studies modern thoughts and accepts and incorporates it into framework of Judaism when the truth has been proved beyond any doubt. This brings us to the present period. Recently in last half century numerous Zianish organization and since the establishment of State of Israel in 1948 they increased their activities to a great extent. Many who may have lost any intimate contact with synagogue and its Hebrew services have discovered a reawakened interest not entirely devoid of spiritual aspects in working for the building up of a revived Jewish State.

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C h r i s t i a n i t y

	<u>page</u>
1. Importance of study of religion in general, Christianity in particular	... 1
2. Life of Jesus Christ - as not only the founder of the Christian Religion but as the very essence of it	... 2
3. Definition of Christianity - with a comparative study of the other two great religions, viz., Islam and Buddhism	... 3
4. Characteristics of the Christian Religion, its doctrine, morals, worship, polity	... 6
5. Christian Church through the Ages -- with pointed but passing reference to its establishment, Reformation, Counter Reformation, Crusades, Papacy, to the present era of the Unity of Christian Churches	... 10
6. Christian Missionaries and Christianity in India	... 12
7. What the future has in store for Christianity -- 'Future of Christianity'	... 14

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## Christianity

### Importance of study of religion in general, Christianity in particular

Religion is one of the characteristics which can be used with advantage to describe differences among societies because no society is without sacred beliefs and because these beliefs and practices usually permeate all parts of a culture. Religion is a set of beliefs and explanations of those spheres of life which man cannot control or about which he does not have, or cannot obtain knowledge. Since every human being, in order to be happy, must have satisfactory explanations for his past, present existence and future, religion has an important function. In addition to being a group of ideas and concepts which give logic, consistency, and meaning to life, religion also includes rules of conduct which guide behavior.

"People from all civilized countries of the earth have consulted me. I have treated many hundreds of patients. Among my patients in the second half of life -- that is to say over thirty five, there has not been one whose problem in the last resort was not that of finding a religious outlook on life. It is safe to say that everyone of them fell ill because he had lost that which the living religions of every age have given their followers and none of them has been really healed who did not regain his religious outlook" = Dr. Carl Jung.

We should know Christian religion better because it is the religion of about one third of the world's population.

It diagnoses man's disease more accurately, so it provides the remedy more adequately.

### Sole Qualification

TOKYO, May 21 - A 37-year old Japanese has earned a doctor's degree for the study of human soles, writes AP. Ovaichiro Hirasawa of Shizuoka University has put in 15 year's study on the subject.

"You can judge a person's personality and health by looking at his sole", he says.

A person in top condition has his body weight equally distributed over his sole, while in a troubled person the distribution is unequal, Hirasawa theorizes.



### Life of Jesus Christ

Ever since its birth almost 2,000 years ago, Christianity has anchored its beliefs on two forceful convictions that Jesus Christ is the Son of God, and that God sent Christ to earth to live as humans live, suffer as humans suffer, die for mankind's redemption and gloriously rise again. These two interlocked ideas separate Christianity from all other religions.

To Christians Jesus is not just the 'founder' of Christianity but the essence of it. Adam and Eve, by disobeying God sinned. In his wrath God expelled them from Paradise and thus they and all posterity came to know death, which is not a condition of nature, but the result of sin. At the same time God foretold the coming of a Redeemer. This Redeemer and Saviour was Jesus, sent to bring salvation, to atone for the sins of all mankind, and thus to open to all mankind the door to eternal life. He was, as the Son of God, divine. But he was also truly human, though He had been conceived by the Holy Ghost and born to the Virgin Mary, and Himself was free of the stain of original sin. The early years of Jesus Christ which began in the stable at Bethlehem were in the main uneventful. Then when he was about 30, the carpenter of Nazareth emerged and began to unfold His message. In this climatic period of His earthly life, which may have lasted no more than three years, Christ revealed Himself as a man of simple speech but profound wisdom, as a story-teller, who could enthral multitudes and as a being of all embracing compassion and love. It was His lot as a Redeemer that He should suffer. He was born poor. He toiled. He was tempted by the devil. He knew hunger. He thirsted. He shrank from pain, and in the Garden of Gethsemane He asked, "O My Father, if it be possible let this cup pass from me: nevertheless, not as I will, but as thou wilt." As He suffered on the Cross, he cried: "My God, My God, why hast thou forsaken me?" He died in agony. Not until after His death and Resurrection did Christ's life reveal its true purpose. Then His Words, "Because I live, ye shall live also" took on their full significance. Ever since through changing times and succeeding generations, the impact of His Life and words has lifted men to unexpected heights and illumined their lives and works with beauty.

The most famous of all Christ's discourses was the Sermon on the Mount. Among many other notable passages, it includes the Beatitudes (Blessed are the poor in spirit, etc.) and the Lord's prayer. It is a wonderful exposition of the message of Jesus as Teacher and Saviour.

Throughout his relatively brief ministry on earth, Jesus worked an outstanding number of miracles. He did not perform them to win followers, or to impress important people but in compassion and in response to simple faith in Him. Even among Christians, attitudes toward His miracles have varied greatly, but these stories have played a large part in the spread of Christianity.

Christ, the founder of Christianity was of the Jewish race and was brought up under the teachings of Jewish laws. His teaching by parables was a Jewish inheritance; many of His Rules for human conduct had been uttered by the Hebrew Prophets, e.g. the Ten Commandments, before him. His great work was to reinterpret, humanize and illumine Jewish teachings; to reveal God to man as He had never been before revealed; to give an old and tired world new faith and hope, or in his own words, a more 'abundant life'.

#### The Last Judgment

Jesus Christ in all his glamour will appear again on the day of the Last Judgment, seated on a heavenly throne, flanked by his apostles and saints, when the Cherubim will summon the dead to judgment.

#### Definition of Christianity

We may define Christianity as the ethical, historical, universal, monotheistic, redemptive religion, in which the relation of God and man is mediated by the person and work of the Lord Jesus Christ. This definition needs further clarification.

a) Christianity ethical, not natural religion: Religions may first<sup>of</sup>/<sub>all</sub> be distinguished according to the goods, or good which they offer to man. Where prayers and offerings are made to spirits or Gods to obtain such earthly boons as Food, Health, safety, etc., the religion may be described as natural. Where, instead of these or along with these, the Gods or

Spirits are conceived as capable of bestowing the moral and religious blessings of forgiveness of sin, strength in temptation, their own fellowship with their worshippers, etc., the religion may be spoken of as 'ethical'.

As Christianity is above all concerned about the inner life of man in God, it is ethical.

b) Christianity historical, not spontaneous: Again religions may be distinguished as spontaneous or historical; spontaneous religion grow up along with the evolution of the tribe or the nation, without the predominant action of any individual teacher or law-giver. Historical religion begins in the life, teaching or work of a religious genius, who so impresses his personality on what he transmits as to give it a new character and influence. Confucius in China, Gautama Buddha in India, Zoroaster in Persia, Mohammed in Arabia, may be mentioned as such founders of historical religions. In no religion are the person and work of the founder of such significance and value as in the Christian.

c) Christianity Universal, not national: Among the historical religions we may make a further distinction into: National and Universal. The beliefs and customs of a religion may be so bound up with characteristics and national peculiarities as to impose, by its very nature, a limitation in the practicable expansion of the religion, e.g. Hinduism in India and Confucianism in China.

Buddhism and Islam both claim to be universal in character, and so have shown themselves missionary in effort as rivals to Christianity. But on closer examination neither proves itself as suitable for a world religion as Christianity does. Buddhism, a monastic system, reflecting in its purpose and method alike the pessimism of the Indian temperament is unfitted for the role of inspiring and directing any progressive society. Islam too, is both in creed and code so bound up with the peculiarities of Arab thought and life, that unless it should undergo a thorough transformation, it could not be expected to win acceptance in any highly cultured and civilized society.

Christianity has shown that on the one hand, it meets the needs of the soul of man as no other religion does, and that on the other hand, it can adapt itself in so doing to varying conditions as no other can. It appears now as the only religion that can properly claim universality.

d) Christianity monotheistic: One reason for this universality of Christianity is its monotheistic character. This it shares with Judaism and Islam but with some reservations. Although in popular belief and speech the christian doctrine of the Trinity, or preferably tri-unity i.e. God as Father, Son and the Holy Ghost has often come previously near triethism, yet christianity is essentially monotheistic, maintaining the unity of God as a Cardinal Doctrine.

e) Christianity redemptive: Man is even in his earthly life conscious of the reality of physical evil in manifold forms, from which he desires protection and deliverance. As his moral development advances, he becomes aware of evil or sin in himself, and feels his need of being saved from it. Although this sense of his danger cannot be regarded as the sole motive of religion, yet there can be no doubt that no religion can satisfy the whole man unless it offers him redemption from evil-physical or moral, whichever he may feel most keenly.

Christianity emphasizes moral evil as the root of man's unhappiness, insists on loving fellowship with God as Life's highest good, promises an immortality of glory and blessedness with God, offers the forgiveness of sin and the renewal of the soul of man by the grace of God received by human faith, and reveals and realizes that Divine Grace in the sacrificial death of Christ and His continued living presence in His Spirit. It diagnoses man's disease more accurately, so it provides the remedy more adequately.

f) Christianity centers in Christ's mediation : In Christianity, on the one hand, God is conceived as moral perfection, and on the other hand man is regarded not only as morally weak but as morally blame-worthy. The fellowship between God and man is admitted to be interrupted by sin, and man must be redeemed to be resotred to this fellowship. In this redemption, Christ alone is the Mediator. As Founder of the Christian

Community, He holds in this religion an unique position. He is not only teacher and example but in His death He offers the sacrifice by which men are saved, and in His life by the Spirit, He is Himself ever saving them who come to God by Him.

### Characteristics of the Christian Religion

DOCTRINE - The Doctrine of God in Christianity is monetheistic.

The doctrine of man is that he is a reasonable, responsible being, free to choose right or wrong but sinful and guilty because he has chosen wrong. (Man as viewed by Christian theology is made in the image of God and as such is rational, moral and free).

The Christian gospel offers man salvation from sin and guilt through penitence, a renunciation of sin, and faith, accepting the Grace of God in Jesus Christ, in which not only is sin forgiven, but man is cleansed renewed and made holy by God's own spirit.

The Christian Doctrine of Christ is that He was truly Divine and really human (unity of Divine existence).

Evil - in the light of Christianity, is a multiform demoralizing, corrupting force, arising wilfully, "from within out of the heart of man" and becoming a sinister organized destructive power which assumes the guise of a personality (Satan) but will be overcome by the greater power of Good.

Morals - Christian morality has been influenced at least as much as, if not more than, Christian belief at each stage of the history of the Christian Church, by the total conditions, economic, social and political.

Morality is determined by the Christian conception of God and man. Men as children of God, and thus members of one another, have one duty - absolute love to God, and an equal love to self and neighbor. This love is grateful surrender to God, and sympathetic service of man, even unto sacrifice of self, hence the life for God, and others is found in losing the life for self. This makes morality, not a code of laws but an inward disposition. Morality had developed as tribal or national, now it

becomes universal. The neighbor is not fellow-countryman but fellow-man, and fellow-man conceived as the child of the one Father over all.

Worship - Love towards God expresses itself and must express itself through love to man in whatever form it can be most effectual. But this cannot be its only or full expression.

The relation of God and Man is personal and personal relationship involves mutual communion, the expression of affection. This communion with God may be individual or social.

The Sacraments make the key stages of a Christian's worship.

For an overwhelming majority of the world's Christians the essence of religious experience is summed up in the Sacraments. From infancy to death the sacraments mark the key stages of Christian Worship and sustain the individual worshipper. Sacrament is an outward act, derived from something Christ did or said by whose performance and observation the individual receives God's Grace. Sacraments are observed differently by various Christian groups. Catholics and many Anglicans count seven -- Baptism, Confirmation, Communion, Marriage, Unction, Penance and Ordination. Protestants accept only Baptism and Communion. A minority, e.g. Quakers accept no sacraments as such, saying no external act should come between God's will and the believer.

Baptism - The individual formally enters Christ's Church. It presents the individual's first act of faith and it seals him as a follower of Christ, washing away previous and original sin (derived from Adam's sin).

Confirmation - completes the work of Baptism and permits the individual who is usually between 7 and 14 years old to assume greater spiritual responsibilities. The soul receives the Holy Ghost.

Communion - Man partakes of the sacred presence and it commemorates His sacrifice for mankind. It is the noblest of sacraments.

Marriage - The union of man and woman is blessed. Whether it is performed as a sacrament or a simple religious ceremony, Marriage is one of the most beautiful of all Church occurrences.

Penance : A thorough confession helps sinful mankind to sanctify the soul. Mercy and compassion, stemming from the life and character of the Saviour himself, have always distinguished Christian faith. These qualities are embodied in the sacrament of Penance, in which the Christian confesses his sins and is granted absolution and forgiveness. Penance is compounded of two eternal acts -- (i) the confession which must be accompanied by contrition or sincere repentance, and (ii) the absolution. Catholics, confessions must be made individually to a priest because the priest has to know what sins have been committed before he can decide whether the Lord's forgiveness should be conferred and what restitution, in the form of extra prayers or contributions, the penitent should make. The priest hears the confession through the screened partition. Devout Catholics usually confess once a week. Under no circumstances may priest use knowledge gained in confession outside the confessional enclosure.

Unction: The sick and dying are reassured of salvation. Among Roman Catholic unction is administered only when there is danger of death and is called extreme Unction. This service has often helped to alleviate physical suffering.

Ordination: As a sacrament bestows something spiritual, the power to administer sacraments is sacred. This power is conferred through the sacrament of ordination by which bishops/prelates make ministers or priests.

Festivals : Christians observe the following religious festivals -

Christmas  
Good Friday  
Easter

#### HOLY SCRIPTURES

- 1) Bible  $\begin{matrix} \text{OT} \\ \text{NT} \end{matrix}$
- a) The Old Testament deals with the creation of the world etc.
  - b) The New Testament tells the beginnings of Christianity.

- 2) The four Gospels, : Mathew, Mark, Luke, John - narrate the birth, teaching, death and resurrection of Jesus Christ
- 3) Acts of the Apostles - a history of the early Christian movement
- 4) The Epistles or letters to the Church groupes
- 5) The book of Revelation - a visionary Portrayal of the final triumph of God's purpose.

### Church's view on Family Planning

#### Archbishop on Birth Control

London, May 22, - Dr. Geoffrey Fisher, retiring Archbishop of Canterbury, said in a BBC interview tonight, according to Reuter, that "family planning, properly interpreted, means that parents must not commit themselves to having as many children as they physically can produce".

He said: "They have got to exercise restraint and responsibility and, to that extent, plan their family. On that matter the Church of Rome and ourselves are completely agreed.

"Only, unfortunately, they by family planning, mean adopting a certain method of family planning. We think certain methods are legitimate, and can be used in a Christian manner and they think they can't be.

"Well, that's a dispute about ways and means. But if you analyse it there's no difference of principle between us....."

Dr. Fisher, an Anglican, was referring to the Catholic and Anglican differences on the question of birth control.

Retiring on May 31 after 16 years of Archbishop of Canterbury, he also described the moment when he came nearest to breaking down.

He said it was at the Coronation of Queen Elizabeth at Westminster Abbey in 1953 when he performed the age-old rite of anointing her with oil.



### Christian Church through the Ages

The Christian Church is about 2,000 years old. It was established by Peter, one of the Christ's apostles, the death of Jesus Christ. Jesus is reported to pun on the name and its meaning: "Thou are Peter, (a name derived from the Greek 'PETROS' meaning 'Rock') and upon this rock I will build my Church, and the gates of hell shall not prevail against it. And I will give unto thee the keys of the kingdom of Heaven; and whatsoever thou shall loose on earth shall be loosed in heaven". In subsequent career he preached and taught in many places, finally reaching, in some unknown fashion, Rome where he is believed to have laid the foundation of the Church and subsequently suffered martyrdom under Nero about AD 65. He was a fisher by profession. Jesus said unto him, 'Follow me and I will make you fisher of men'.

When the apostle Paul preached in Greece and then Rome, Christianity passed out of Asia the continent of its origin, into Europe; the continent of its destiny. Europe has been the main spring of world christianity ever since. Christianity was long anonymous with Europe. The spiritual impact of Christianity has powerfully influenced western civilization. The history of Europe is the history of Christianity. The History falls into three eras: The Ancient Era embraces the first eight centuries; the Mediaeval the next seven, and the Modern the last five centuries. In the first, the Christian Church spread from Jerusalem to Rome and from Rome to the borders of the Roman Empire, and, on its fall, to the Germanic Nations. In the second, the Papacy grew in power until it held full sway in Western Europe; but its decline already began in the 13th century and various movements towards reform anticipated the third era. This strictly speaking began in 1517 with Luther's posting of the Theses against indulgences and may be regarded as not yet closed, for no change of such importance has since occurred as to mark the commencement of a new era.

## Reformation

At the Renaissance height of its ecclesiastical pomp and power, Roman Catholicism was challenged by a wide spread, urgent call for a return to early Christian simplicity. The Protest and Reformation, which resulted has more than 200 million followers - one fourth of the world's Christians.

The reformation began in 1517 when the German monk Martin Luther posted his 95 theses attacking papal authority. Luther felt the essence of Christianity lay not in an elaborate hierarchy headed by the Pope but in each believer's humble direct communion with God seeking that righteousness by which through grace and sheer mercy God justifies us through faith. Within 20 years Luther saw a strong German Lutheran Church established, the first Protestant University chartered and a host of other reformers flourishing, some of them far too radical for Luther's own taste.

Among these were the Ana Baptists who believed that only those old enough for a heartfelt experience of grace, i.e. adults, should be baptized.

John Calvin in Switzerland called his Church, "the most perfect school of Christ that ever was on earth since the days of the Apostles". It became a model for reformed and prebyterian churches in most Europe and later throughout the world. John Knox took it over and became Scotland's most dramatic Reformation figure.

The Church of England, broke with Pappy under Henry VIII declaring: "The Bishop of Rome hath not by scripture any greater authority in England than any other foreign Bishop". Its doctrines have remained Catholic as well as Protestant.

Equally defiant of authority was George Fox whose vision from Pendle Hell in 1652 led him to found the society of Friends also known as Quakers because a derisive judge thought Fox quaked before the Lord. Fox and his followers were persecuted in England.

The inspiration for the last large Church that emerged from the Reformation came from an Anglican Clergyman, John Wesley, who never intended to break at all. In 1738 attending a meeting he suddenly felt his heart "strangely warmed" whereupon he embarked on a preaching campaign throughout England that lasted until his death. Wesley remained an Anglican but his followers began a Church called 'Methodist' for its methodical organization, that stressed the personal approach to religion.

### Counter Reformation

The reformation provoked the Roman Catholic Church, in self defence to a counter Reformation. Roman Catholicism set itself to remove the worst abuses which the reformers had exposed and condemned, but its main purpose was to define its doctrine and practice alike in antagonism to Protestantism. The old orders of monks, who had failed to give the Papacy adequate support in the assault of the Reformation, had to give place in Pope's favor to a new order, the Jesuits, whose object was to strengthen the Papacy and to drive back the advances of Protestantism in Hungary and Poland. It won back to Papal allegiance much of Germany and most of France. All but wiped out the feeble beginnings of Protestantism in Italy, spread excellent schools over Europe and thrust Catholic missions into India, Japan, China and the New World. Ignatius Loyola is the founder of the Society of Jesus - the Jesuit order.

### Christian Missionaries and Christianity in India

a) Foreign Missions : There has been, as a result of the missionary efforts of the last century, a great expansion of the Christian Church and an incalculable increase of its influence. The gospel has been carried throughout the whole world and multitudes of converts have been won. Dr. Zeller, of the Statistical Bureau of Stuttgart (West Germany) gives the following estimates for the number of adherents of the various religions: of the 1,544,510,000 people in the world, 534,940,000 are Christians, 175,290,000 are Muhammadans, 10,860,000 are Jews and 834,280,000 hold other beliefs. Of the last class 300,000,000 are Confucianists, 214,000,000 Brahmins and 121,000,000

are Budhists. In every thousand there are 346 Christians, 144 Mohamedans, 7 Jews and 533 adherents of other religions. But the influence of Christinaity reaches much further than the bounds of the Christian Church. The ancient civilization of the East, as well as barbarism in all parts of the earth, have been brought into contact with Christendom by conquests, colonization, and commerce. European civilization, in the making of which Christianity has been a potent factor, is beginning to affect the thought and life of all mankind. In India, China and Japan especially the old religions are being undermined and the Christian leaven is working even where there is hostility to Christianity as to foreign religion.

On the other hand, the Church as an institution has not the same hold on the bulk of the population that it had a century ago. Probably the connection with the Church was in many cases only a tradition and custom and not due to any personal conviction. Secularism, Socialism, etc., are offering modern society a guidance which claims to be better than the cutdown Christian. To meet this situation, there have been attempts to adapt Christianity to its modern environments as by modernism in the Roman Catholic Church, and by Liberal Protestantism. In some circle of social reformers all the stress is thrown on the social aspects of Christ's teaching and example, and Christianity is represented as if it were exclusively socialism with a religious sanction in God's Fatherhood and a moral motive in devotion to Christ as the first and best socialist.

b) Christianity in India: Tradition says that after witnessing the risen Christ, Thomas, the Apostle preached in India and founded the Mar Thoma Syrian Church of Malabar which still exists there. The Jesuit Francis Xavier led a mission to India in 1542 and the first Protestants, two young men from Denmark arrived in 1706. The first missionaries from the United States reached India in 1812 and others from many countries have followed. Despite this long, devoted evangelism, Christians remain a tiny\* minority of the Indian people. The evangelism has been most successful among the Hindu 'untouchables'. India's national government

\* Christianity constitutes only 2% of India's population today.

pressed by Hindu Extremists, has restricted entry of missionaries. Some State Governments have taken stern steps against Christianity and individual Hindus sometimes burn the homes of Christian Indians.

#### Future of Christianity

If the Christian Church is not only to hold its own, but to win the world for Christ, as its aim and hope, there are four main tasks which must be discharged. It must realize the present opportunity in the Foreign Mission Enterprise; it must recognize the urgent necessity of social reform; it must accept the sacred obligation to seek the unity of the Christian Churches; and it must venture on the theological restatement of the Christian Gospel which the age demands.

As a step towards unity the world council of Churches formed at Amsterdam in 1948. One hundred and sixty three churches from 48 countries belong to the World Council. Roman Catholic Church and Orthodox Church, Moscow are not its members.

Dr. Geoffrey Fisher, Archbishop of Canterbury met John Pope XXIII at Vatican in Rome on 2nd December 1960. It was a historical meeting, a step to discuss unification of world churches. This was the first meeting between the two heads since King Henry VIII of England broke away from Papacy in the 16th Century.

The latest on the unity of the Christian Churches is Dr. Fisher's last sermon as Head of Anglican Church:

#### DR. FISHER'S LAST SERMON AS HEAD OF CHURCH

Canterbury (England), May 22 - Dr. Geoffrey Fisher, preaching his last sermon as Archbishop of Canterbury, said that the Anglican Church was "as catholic and apostolic as any particular church can even hope to be", reports Reuter.

Dr. Fisher added: "It has erred, and errs, as every particular church always must err in its applications of that faith to the life of its members and of the world.

"But taught by scripture and warned by the tradition of Church history, it is always reforming itself nearer to that robust holiness which Christ imparts in some manner to every part of his Church.

"It is always reaching out to promote in its own members, and now among all the churches, a true unity of spirit, faith and order in the one universal church of Christ".

The 74-year-old Archbishop, spiritual leader of the Anglican Church, is due to retire shortly.

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HINDU RELIGION

1. Purpose of presentation, Historical Development, and its evolution	..	1
2. Principles, Changes	..	4
3. Impact on Society, Summary	..	5

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## HINDU RELIGION.

### Purpose of Presentation:

For a medical personnel engaged in the study of the Preventive and Social Medicine, the knowledge of the principal religions of the world is desirable to understand the impact of religion on the life and behavior of the patient and community. Therefore, Hinduism being the predominant religion of the people of India deserves a careful study from all its aspects.

### Definition:

Hinduism is very difficult to define. It is somewhat vague and elastic with a wide range of practices and ceremonies. Thus Hinduism is not a particular creed confined within fixed doctrine and set dogmas. It is rather an assemblage or collection of creeds, representing different schools of thought. As such, it is catholic and comprehensive in its outlook.

### Historical Development and its Evolution:

The word "Hindu" carries us back to the period of invasion of Indian Peninsula by the Aryan tribes from North to North West. Aryans first settled themselves on the banks of the river Sindhu (modern Indus); these settlers later on came to be known as Sindhus or Hindus. These Aryans had their own forms of worship, faith and belief which were quite distinct and superior to those of the original inhabitants of the land, i.e. Dravidians, etc. The original inhabitants of India lived in Caves and natural surroundings and were thus influenced by the awe and Vagary of nature. So naturally they worshiped mountains, rivers, plants, snakes, etc. The Aryans had their own Gods and Goddess for worship. Being conquerors they largely influenced the social, religious, political, economic, and cultural life of the original inhabitants. When these different races began to live in harmony and peace, a fusion of their religion and culture took place about 3000 B.C. A composite race of Aryan Hindus in faith and belief was thus evolved. This represents the Vedic era. We can thus put the evolution of Hindu religion in the following distinct phases:



1. Vedic period
2. Brahmanic period
3. Philosophic period
4. Revival period
5. Devotional period
6. Reformatory period
7. Heretical period

Vedic period as briefly touched before relates to 3000 to 1500 B.C. when prayers and hymns as found in Vedas were sung and invoked by the Aryans to bring them relief from their primary wants and needs.

In Brahmanic period, the authority and supremacy of the Vedas though not questioned, yet strict observance of sacrificial practices by the priesthood came to fore-front. It gave rise to social evils, caste prejudices and efficacy of mantras in the treatment of physical ailment.

In the next phase of Hindu thought, i.e. philosophic Hinduism beginning from 1500 B.C. to about 400 B.C. we find a great change in the attitude of Hindus towards rigidity in observance of Hindu religion rights and ceremonies. People had become more philosophic and advanced in outlook the authority of Vedas was retained but philosophic interpretations there on began to be explained. This relates to the evolution and origin of Upanishads which contain elements of higher metaphysical philosophy. The rise of Buddhism and Jainism as a reaction against tyranny of priesthood can also be traced to this period as a reformatory subsection of Hinduism.

Buddhism and Jainism, these two offshoots of Hinduism questioned the supremacy of Vedas and priest-craft while retaining the spirit of basic principles of Hinduism.

Later on degeneration of Buddhism and Jainism into dogmatic faith of forms and rituals brought about repulsion in Hindu society.

Shankaracharya said to be the pioneer of this age of revival, fought tooth and nail against external observances of forms and ritual as ordained by Buddhists Bhikshus about 700 A.D. and brought back the Hindu society to pin its faith on Vedas. He gave most philosophical and rational interpretation of Vedic doctrines.

The theism of the Hindus was described by him to be the same manifestation of "One Supreme Absolute" in different forms. This monoism of Shankaracharya appealed to the intelligentsia.

After Shankaracharya, India fell a prey to foreign invasions on a larger scale. Hitherto the effect of invasions of Greeks and Huns from 400 B.C. onwards was negligible on the life of the people. But invasion of Arabs from 900 A.D. to 1200 A.D. greatly influenced the Hindus and brought about a considerable change in their social and religious outlook. In protecting honor and sanctity of Hindu womanhood from foreign invaders social evils like child marriage, Sati Pratha, and Pardah systems crept into Hindu society. To further guard against the proselytizing activities of the conquerors, who by then had established themselves as rulers of India, bhakti (devotional cult) in Hinduism as preached by Ramanujacharya in order to inculcate and awaken instinct of self-preservation. This devotional phase of Hinduism gave rise to bigtry and separate social existence. Now Hindus and Muslims began to live side by side as inheritors of two distinct systems of religions.

By now social evils of caste and creed, untouchability, caste marriages and pradah system had gained deep roots in Hindu society. To purge Hinduism from these social evils reformers like Nanak, Kabir, etc., came on the field who made the low caste and the down-trodden conscious of their rights and strength.

Next we come to British rule in India. This is known as the Heretical period in Hinduism. The Britishers brought with them Western civilization and culture for their own benefit; they spread education on Western lines and thus created a class of Westernised Indians in towns and cities, leaving rural India quite unaffected. Hindus were foremost in taking to English education and Western way of life, the material prosperity of the West attracted them most. They rebelled against social evils in Hinduism, they thus considered Hinduism as the soul cause of their economic and social backwardness. Their faith in Hinduism was shaken and they became non-believers or so called heretics. Thus English education proved to be a boon in other respect. Free life of the Britishers awakened the dormant spirit of freedom among the Indian educated, who fought against British Imperialism and ultimately succeeded in ending British rule

in India after the dawn of Indian independence. The secular character of the present Indian Government has done much by law and statute to purge Hinduism of its many aforesaid social evils.

Principles:

The following broad principles of Hinduism emerge for acceptance. Belief in theory of Karma and transportation of soul, Ahimsa, i.e. non-violence or non injury to life practice of certain virtues as fare bearance, forgiveness, suppression and control of internal and external enemies e. g. passion, anger, attachment, avarice, truthfulness attainment of salvation as ultimate goal of life. Death is considered as the reward of life. Hindu religion includes the whole social conception of law and conduct and worship the ethic of Hindus is based on three fold scheme of spiritual life comprising the stages of socioality subjective morality and the life absolute and transcendental. Hindu ethics is thus social ethics and psychological ethics and culminates in philosophy of the absolute which is the consummation of the spiritual life.

Changes:

During its whole course of development and evolution Hinduism as seen from its elasticity and vagueness has always been changing and adjusting itself to social, political and economic order in society from time to time. The educated class among Hindus has become more critical of blind faith, social evils of unhygienic way of life, which were prevalent in ancient India. Taboos, mores, are no longer tolerated. Exclusiveness of the caste is giving place to inter castes inter community dinners, gatherings, inter caste marriage are also no longer prohibited, untouchability is vanishing. Observance of Pardah among the educated Hindus no more exists. Child marriages are prohibited by law. Faith in village witch craft charms, magics in order to bring relief for ailing human beings is gone and people are becoming more health conscious scientifically and observing realistic views towards life than idealistic views.

Impact on Society:

Hindu Society as a result of new developments in Hindu religion has undergone a great transformation both intra and extra. Externally modern Hindus devoid of all external forms and rituals of Hindu religion of old, appear in looks as the rest of the Indian residents. They dress up and behave as others do. Hindu society has thus become progressive and dynamic and no more conservative and orthodox ideas prevail in the minds of people. Internally Hindu Society has become stronger than before it can withstand the criticism of its former critics.

SUMMARY:

Hinduism the oldest religion of the world has survived because of its vagueness and elasticity, adaptability and rational outlook. Its catholicity has made it possible to accommodate the religious needs, tastes and aptitudes of people who differ widely in race, language, culture and social conditions, traditions and interests according to the climates and geographic conditions. Hinduism as we have seen is based on traditions and customs and forms of worship handed down from generation to generation. The social customs, faith, belief which have hindered the progress of Hindu society were discarded by people when better knowledge and civilization dawned on them. Literacy thus has played an important part in eradicating social evils and removing the blind faith and prejudices from Hindu society. It is, therefore, optimistic to observe that, with advancement of scientific knowledge and literacy in rural India, the remnants of social evils as found there now will be removed and India as a whole will emerge a stronger and more enlightened nation.

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B U D D H I S M

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From the Islands of Ceylon to the Islands of Japan, and throughout in large sections of the Asian mainland, (perhaps) as many as 500 million believe in a gentle and peaceful religion called 'Buddhism'. It is one of the noblest edifices of thought ever created by the human spirit. Unlike some other great religions, it preaches a system of human conduct based primarily on rationalities and relying very little on the supernatural.

In its History, which stretches back 2500 years, Buddhism has been one of the greatest civilizing forces the Far East has ever known. Today it is the dominant religion of Burma, Thailand, Tibet, Cambodia, Laos and Ceylon and has a vast spiritual influence elsewhere in Asia.

Buddhism has two great schools of doctrine: (i) Hinayana Buddhism (followed by southern Asians) literally means the lesser vehicle. It exalts individual austerity and salvation by personal example. (ii) Mahayana Buddhism or 'the greater vehicle' stands for salvation by faith and good works. Both these doctrines owe their basic teachings to one of history's great religious leaders, a man named Siddhantha Gautama who was born near the town of Kapilvastu in what is now Nepal, near the border of India in about 563 B.C. Buddha's life became a profound example to millions of his fellow men in the countries that followed.

Gautama was brought up in princely luxury and splendour. The life of luxury and domestic happiness, however, was not enough for Gautama. The spectacle of human suffering - an old man, a sick man, a dead body, and an ascetic - troubled Gautama. Then one night in the spirit of India renunciation, he left his sleeping wife and child and departed from his luxurious home to take up the life of a wandering mendicant.

Gautama at this time was a young man of 29 and he made up his mind to solve the riddle of life. For 6 years Buddha tried various methods of meditation and tried mortification of the flesh but it did not teach him anything. Finally he seated himself under a tree -- the sacred Bodhi tree -- to find out the secret of enlightenment.

After 49 days of meditation under the tree, Siddhantha Gautama achieved the enlightenment he was seeking and thereafter became known as the 'BUDDHA' or the Enlightened One.

After preaching for 45 years Buddha passed on to the Nirvana which his religion describes as the ultimate end of all aspiration. The last words of Buddha -- emphasize impermanence of all things, and preach as to work out our salvation with diligence.

What the Buddha learned during his long meditation under the Bodhi tree and later taught as the basis of his doctrines must be considered against the background of traditional Hindu belief that surrounded him, for Gautama was born a Hindu, and itself was a protestant revolt against Orthodox Hinduism. From Hinduism Buddha inherited and accepted certain age-old concepts and these were taken for granted in Buddhist thought.

One of these was the idea that all living things go through countless cycles of birth, death and rebirth. Another was the doctrine of Karma, the cosmic law of cause and effect by which virtuous conduct is rewarded in future reincarnations and bad conduct leads to retribution. Another was the conception of the world as an abode of ignorance sorrow from which wisemen should seek release. Still another was the idea of renunciation that the path of wisdom lay in taming the appetites and passions of flesh.

But while he agreed with the Hindus on these concepts and objectives Buddha disagreed about the methods of which the objectives were to be achieved. His experiments with violent austerity had convinced him that the spectacular mortifications of the body practised by many Hindu ascetics of his TIME WERE VAIN AND USELESS. He preferred what he called the middle way between asceticism and self indulgence and believed that a wise man avoided with these extremes in a life of calm detachment. He also disapproved of the Hindu Caste distinctions believing that all men were equal in spiritual potentiality.

The kernel of his teaching is explained by his Four Noble Truths and the Noble Eight Fold Path. The truths deal with the cause and cure of human suffering and the Path is the practical technique of action the detailed prescription, by means of which the cure can be achieved.

The Four Noble Truths are:

- (1) Suffering is universal
- (2) The cause of suffering is craving, or selfish desire.
- (3) The cure for suffering is the elimination of craving.
- (4) The waste achieve the elimination of craving is to follow the Middle way, the technique of which is described in the Noble Eight Fold Path which consists of:

- |                               |                          |
|-------------------------------|--------------------------|
| (1) Right knowledge           | (2) Right intention      |
| (3) Right speech              | (4) Right conduct        |
| (5) Right means of livelihood | (6) Right efforts        |
| (7) Right mindfulness         | (8) Right concentration. |

Practical code as explained by the 5 precepts is:

- (1) To abstain from the taking of life.
- (2) To abstain from the taking of what is not given
- (3) To abstain from all illegal sexual pleasures
- (4) To abstain from lying.
- (5) To abstain from con-sumption of intoxicants because they tend to cloud the mind.

NIRVANA is the spiritual goal. Buddhists unique doctrine is about 'self'. The self is not as many Hindus believe, part of an all-pervading entity or absolute which Hindus call Brahman. It is impermanent and made up of states of mind and matter which are in a continual process of change. If a man frees himself from all worldly cravings physical desires, he comes to a true realization of self and can turn toward the ineffable of nirvana.

The road is hard, and one is bound for many lives to the cosmic merry - go - round which is called the wheel of rebirth, -- the Buddhist believing in reincarnation, as distinguished from the Hindu belief in transmigration.

Renounce all attachment to the passive phenomenon of the world. Even Buddha himself is not worshipped as a man or a God but as the embodiment of a principle of enlightenment. There were as they believe many Buddhas before Gautama, and there will be many more after him until the end of the Gautama was merely one human vehicle for an eternal spiritual concept.

Buddhism generally shows aloof from the affairs of the world. It has no overall authority, no hope, no elaborate ceremonies of conversion. One can become Buddhist by practising the principles of the Eight Fold Path. It demands no adherence to legalistic requirements, as does orthodox Judaism, and no act of submission as does Islam. Buddhism is not so much set of rules as a technique of actions.

Because the practice of Buddhism in its ideal form demands detachment from the turmoil of daily life, it has become to a great extent a monastic religion. The Buddhist monk lives a life of utmost simplicity and spends much of it in meditation. The three essentials for the Buddhist monk are: poverty, un-offensiveness and celibacy.

Reflections on the Buddha's teachings: The teaching of Buddha is a teaching of actuality. It leads to the comprehension of actuality we are told that repentance, which implies living in the past is an unhealthy mental state. The capacities for repentance is seen in Buddhism as a state of morbidity which paves the way of expiration, prayer and sacrifice. The Buddha's teaching is not one for the further life, for it does not as many religions do, make of this life a preparatory school for a future life. Buddhism does not believe in virtue as a means to happiness.

Certainly the Buddha does not deny either the past or a future, but they are of interest in so far as they are related to the present. For in the present we relieve the past, in the present we mould the future. Responsibility for the past is in brief the message of Lord Buddha. Buddha was not content with pointing out the evil in existence, his concern was rather the deliverance therefrom. The solution of the problem of conflict is obviously in the solution of the 'I' complex. Begin with the self, for, the family, society, the world, are but extensions of the self. Thus it is through understanding of the nature of self, of society, of good and evil of the world that all conflicts are solved and dissolved. The Buddha's teaching of no-self or the Middle Path is unique in the world history of religion and philosophy.

The Buddha's message is not one of hope, not one of good tidings, not of salvation, but of self reliance and self-understanding. The teaching of non-violence (Ahimsa) is the natural consequence for a mind which has no conflict. Peace, happiness, security, are all very relative terms and will never constitute true and lasting peace if the individual seeks his own happiness at the cost of others.

Buddha's message, then may be summed up that as long as man is a problem of himself, as long as he has his conflicts within him, as long as he remains the complex he is and refuses to be dissolved in the single stream of life; all his actions will be resisting his own nature, disturbing his own peace of mind and his peaceful coexistence in the family, in society and in the world at large.

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