Jains believe in equal rights to live, for all the forms of life. It may be either visible or invisible like microbes. There are lives so minute, that they cannot be seen even under a microscope. Every activity of a Jain is towards minimising the harm or injury to life of any form.

The forms of life can be categorised, such as those with one sense, two senses, three senses, four senses and those with five senses. Further, even a single sensed form of life is further divided into **Single Body - Single Life and Single Body - Infinite Lives** within it. Obviously, Jains would eat Single Body having single or some lives, rather than Single Body with **infinite lives** within. **(e.g Jains would eat vegetables and fruits like bananas, apple, mango, orange etc. but would not eat the roots and bulbs such as onion, garlic, potato, carrot etc).**

The Non - Violence is to be understood and practised in the deeper and the broader sense. Eating and drinking anything, after sunset is banned by Jain religion from various aspects ;- like, certain types of forms of lives come into existence or take birth " after the sun has set."

The theory of **"Karma"** too, is described in the utmost depth, by Jainism. The eating practice in Jains, is just one of the several restraints and renunciations. The control over senses, purity of thinking and action etc. are also observed by the Jains.

Each and every consistency and inconsistency of this world can be explained, interpreted and crystalised by the Jain religion. Detailed writing of any subject of Jainism, would run into thousands of pages. The main emphasis of Jainism is on minimising of sins by one's level - best attempts in each and

every act. My parents' blessings has been the firm foundation of this attempt. My first source of knowledge is from my mother **Smt. Kalavatiji** & my father **Shri Mahanandkumar**, who are my first teachers and first preachers. I am attempting to follow their Ideal " **life style** " by minimising sins and maximising the religious merits. Our happiness and sorrow are the fruits of our own past deeds **(karma)**. To gain peace and happiness, we have to cause or attempt peace and happiness for other lives including those of birds and animals.

I sincerely thank all my well wishers and friends who assisted me in completing this work of translation.

I express my heartiest and utmost apologies for my error and / or ommission if any, in translation ; caused knowingly or unknowingly ; as also for any enhancement and / or reduction, if any , in the meaning or the force of the Dictums of the Kevalgyanees. Mistake etc. if any, be kindly pointed & suggestions are welcome. With all the wishes to everyone, for abondoning at the earliest, eating and drinking after sunset and the roots and bulbs - for all the good, all the way.....

When we " Possess " the " Ability " to " Minimize " the sins,

To " Ignore " the " Ability " - what for ?
Everyone can, indeed " Swim to Shore " then -
To " Allow Being Drowned " - what for ?

- JITENDRAKUMAR MAHANANDKUMAR
PANALAL (BABU)

8 - 7 - 1992

1. EATING AFTER SUNSET - AS EXPLAINED BY THE KEVALGYANEE (One with pure, absolute, perfect, infinite & complete knowledge).....

Knowledge of other philosophers, is limited, scientific research also is incomplete as yet. But, knowledge of Kevalgyanee (also called 'Sarvagna') is errorless and absolutely perfect from all the points. For the possessor of such extraordinary knowledge in order to see, to know, to test, to verify any object.....

- There is no need of any research centre or science - laboratory,
- There is no need to possess any, small or big, mechanical instrument,
- There is no need of any microscope or binocular,
- There is no need to spend months and years behind research,
- There is no need to waste any wealth.

Without any scientific researches centre or laboratory, without any machine or tool or instument, without any binocular or microscope and without spending or wasting time or wealth - **Kevalgyanee** with their pure, supreme, infinite and complete knowledge - have clearly disclosed to the entire world that due to the killing of the innumerable lives involved in eating after sunset, it is a cause of one of the greatest sins. Eating after sunset as such, must be abandoned totally and forever !

The scientists hesitate to disclose or publish in publ[illegible] the results of their researches, even at the end of their [illegible] searches. This is due to the suspect of possibility of their

investigational error. But the **Kevalgyanee (All - knower)** does not hesitate to disclose the truth behind any object seen and known by his extra - ordinary and enchanting power of supreme knowledge because, it being the Truth, no search, research or investigation can ever falsify the same!

Read on the page no 16 - herein, as to how great is the sin - in even a single meal after sunset !!

The kevalgyanees have gone to the extent of saying that eating even during the day time either in darkness or from an utensil with a narrow opening, - attracts the same amount of sin as is attracted by eating after the sunset !

Eating After Sunset (Eating at night)
As Based On The Jain Philosophy.....

वासरे च रजन्यां च, यः खादन्नेव तिष्ठति ।
शृंगपुच्छपरिभ्रष्टः, स्पष्टं स पशुरेव हि ॥ Yogshashtra 3/62

One who keeps on eating during day and night is undoubtedly a **BEAST** without horn and tail !

Eater after sunset - described by a simile of a foolish person :-

ये वासरं परित्यज्य, रजन्यामेव भुञ्जते ।
ते परित्यज्य माणिक्यं, काचमाददते जडाः ॥ Yogshashtra 3/65

Those human beings who eat after sunset, instead of during the day are indeed **FOOLS** who throw away [illegible]eir precious gems and gather broken glasses.

[illegible]ासरे सति ये श्रेयस्-काम्यया निशि भुञ्जते ।
ते वपन्त्युषरे क्षेत्रे, शालीन् सत्यपि पल्वले ॥ Yogshashtra 3/66

Despite the existence of the day, those persons who eat after sunset with a desire of welfare or prosperity, are like those foolish persons who sow seeds in the barren - land, leaving aside the fertile land.

संसजज्जीवसंपातं, भुञ्जाना निशिभोजनम् ।

राक्षसेभ्यो विशिष्यन्ते, मूढात्मानः कथं नु ते ? ॥ **Yogshashtra 3/61**

There is a large number of lives in meal after sunset. Hence how can those insensible persons who eat such meal, be distinguished from the monsters ? Meant thereby is that night eating is the food of the monsters. Therefore, those human beings who eat after sunset, should be called " Human - Monsters "!.

अत्रं प्रेतपिशाचाद्यैः, संचरद्भिनिरङ्कुशैः ।

उच्छिष्टं क्रियते यत्र, तत्र नाद्यादिनात्यये ॥ **Yogshashtra 3/48**

During night time, food is spoilt by evil spirit, ghost etc. who roam freely at night . Hence eating after sunset should be given up.

घोरान्धकाररुद्धाक्षैः, पतन्तो यत्र जन्तवः ।

नैव भोज्ये निरीक्ष्यन्ते, तत्र भुञ्जीत को निशि ? ॥ **Yogshashtra 3/49**

At night we fail to see the lives falling in the meal due to our severly obstructed eyesight by the excessive darkness. Who will eat during such night time ?

नाप्रेक्ष्यसूक्ष्मजन्तूनि, निश्चयात् प्रासुकान्यपि ।

अप्युपयत्-केवलज्ञानै-र्नादृतं तन्निशाशनम् ॥ **Yogshashtra 3/53**

During night - time, small insects etc are not visible. Hence even lifeless substances should not be eaten at night . This is because such items may be life -less, but lives roaming during night fall into them and they are thereby eaten.

Even the Kevalgyanees have not approved (infact they have totally forbidden) meal after sunset, though they with their complete knowledge could observe even the most minute life. In **"Nishith - Bhasya"**, it is stated that even in the lifeless items like sweet - ball etc. which are prepared during daytime, minute thread like insects, moss etc. cannot be seen during night. Hence even the **Kevalgyanees** themselves abandon eating after sunset under a vow or an oath. It is true that by use of a lantern or an electrical light lives such as an ant etc. are visible but very small lives such as bacterias or microbes, though present, are not visible. Therefore in eating at night, there is violation of the basic vow of Ahinsa (non - violence) by killing of the lives. Hence, eating after sunset is not permissable and is perfectly fit to be strictly abandoned :-

धर्मबिन्नैव भुंजीत, कदाचन दिनात्यये ।

बाह्या अपि निशाभोज्यं, यदभोज्यं प्रचक्षते ॥ **Yogshashtra 3/54**

Those conversant with the Jain religion should never eat after sunset, because other religions too, have considered meal after sunset as the forbidden meal. **(Please refer stanza 19, page 16 of Yajurveda)**

हृन्नाभिपद्मसंकोच - श्चण्डरोचिरपायतः ।

अतो नक्तं न भोक्तव्यं, सूक्ष्मजीवादनादपि ॥ **Yogshashtra 3/60**

The Lotus of heart **(facing bottom)** and the naval lotus (facing top) in our body -both, contract on setting of the sun. Therefore, and because in eating after sunset minute insects are also eaten up and killed, eating after sunset should be given up.

श्रूयते ह्यन्यशपथान्ननादृत्यैव लक्ष्मणः ।

निशाभोजनशपथं, कारितो वनमालया ॥ **Yogshashtra 3/68**

It is said that leaving aside all the other vows, Vanmala made Laxman - take the oath of **"Getting of all the sins of eating after sunset".**

Incident Of Ramayan

Along with Ram and Sita, Laxman too, headed towards the southern path. There, at Kubernagar city, Laxman married Vanmala, the daughter of King Mahidhar - Laxman was to leave Vanmala at that very place for proceeding with Ram. Vanmala felt "What if Laxmanji does not come back to pick me up ?" Therefore she takes a vow of return from him. Laxmanji says "Oh dear ! If I do not appear before you on leaving Ramchandraji in the land he is desirous of going : then let me attain the form of the rebirth which a person doing the sins of violence would attain."

Vanmala was not satisfied with this vow, therefore she said "If you take the vow of attaining the form of rebirth which a person committing the sin of night eating would attain, then I will permit you" . Laxmanji took that vow and then only could obtain the permission from Vanmala. And Laxmanji along with Ramchandraji proceeded.

The substance to be understood here is that the form of re-birth of one who eats after sunset is more dreadful, than the form of rebirth of a person committing the sin of killing of lives. In other words, the sin of eating after sunset is more dreadful and much more greater than that of causing injury or death to lives.

अह्नो मुखेऽवसाने च, यो द्वे द्वे घटिके त्यजन् ।
निशाभोजनदोषज्ञोऽश्नात्यसौ पुण्यभाजनम् ॥ **Yogshashtra 3/63**

The person who is aware of the sin of eating after sunset and who eats during daytime excluding the period of 48 minutes from the sunrise and 48 minutes prior to sunset, is a pot for religious merits - i.e. such a person is a meritorious one.

करोति विरतिं धन्यो यः, सदा निशिभोजनात् ।
सोऽर्धं पुरुषायुषस्य, स्यादवश्यमुपोषितः ॥ **Yogshashtra 3/69**

The divine soul who abandons eating after sunset, permanently - is indeed blessed. He gets the fruits of the fasts (as if observed) for half of the life.

मेधां पिपीलिका हन्ति, यूका कुर्याद् जलोदरम् ।
कुरुते मक्षिका वान्तिं, कुष्ठरोगं च कोकिलः ॥
कण्टको दारुखण्डं च, वितनोति गलव्यथाम् ।
व्यंजनान्तर्निपतितस्तालु विध्यति वृश्चिकः ।
विलग्नश्च गले वालः, स्वरभंगाय जायते ।
इत्यादयो दृष्टदोषाः सर्वेषां निशिभोजने ॥ **Yogshashtra 3/50-51-52.**

Immediate Resulting Damages From Eating After Sunset

If in eating after sunset, an ant is eaten - mental power or intelligence will be destroyed, if louse is eaten therein, then it will cause dropsy. If fly comes, it will cause vomiting; if spider is eaten then white leprocy will occur. If a thorn or a wooden particle comes, terrible throat pain is the result. If a scorpion is there in the vegetable, the palate is pierced and if a hair remains in the throat then morbid hoarseness of voice will take place. In these manners, there are innumerable primafacie, diseases and sins in eating after sunset.

उलूककाकमार्जार, गृध्रशंबरशूकराः ।
अहिवृश्चिकगोधाश्च, जायन्ते रात्रिभोजनात् ॥ Yogshashtra 3/67

State of The Soul After Death - Of The Eater After Sunset- In the Next Birth

The Human beings who eat after sunset, get rebirth as owl, crow, cat, vulture, antelope, pig, snake, scorpion, flat iguana etc. In those births too, mostly, the sin of eating after sunset does continue. i.e. commiting of the various types of new sins and as such sinful rebirths continue. Eating after sunset must therefore be abandoned by the wise people.

रजनीभोजनत्यागे, ये गुणाः परितोऽपि तान् ।
न सर्वज्ञादृते कश्चिदपरो वक्तुमीश्वरः ॥ Yogshashtra 3/70

No one, except the all knowing Kevalgyanee is capable of narrating the virtues and merits attached with the abandoning of the eating after sunset.

बहुदोस आउ थोवं, तह पुण पभणेमि किंपि दोसस्स ।
भवछन्नुइ हणइ जीवा, सरसोसे इक्क तं पावं ।
सरसोसे अट्ठोत्तर - भवम्मि जीवो करेइ जं पावं ।
तं पावं दवइक्के, इक्कुत्तरभवं दवं दिंति ॥
इक्कुत्तरभवम्मि दवे, जं पावं समुप्पज्जइ जीवो ।
कुवणिज्जे तं पावं, भवसयचिहुंआल कुकम्मे ॥
जं कुकम्मे पावं, तं पावं होइ आलमेगं च ।
भवसयएगावन्ने, आलं तं गमणपरइत्थी ॥
नव्वाणुसय(नवनवइ)भवपरइत्थी - गमणेणं होइ जं पावं ।
तं पावं रयणीए, भोयणकरणेण जीवाणं ॥

Ratnasanchay Gathas 447 to 451

Various sins, vices and defects of eating after sunset are to be narrated, but the span of life is too short, meaning is that entire life may come to an end but the narration of the infinite sins of eating after sunset caused by a single meal after sunset, cannot be completed. Even then, I am describing in brief, some of the sins of eating after sunset.

Sins of a fisherman regularly killing fishes for ninety - six births equals to sins of causing the drying up of a single lake. Sins of drying up of lakes for one hundred and eight births equals to the sins of conflagration of one forest **(i.e. putting fire to the entire forest).** Sins of putting fire to forests for one hundred and one births is equal to the sins of doing a single disgraceful trade. The sin of one hundred and fourty - four births of such evil trade practised is equal to the sins of putting false blame on other person. **(Abhyakhyan - 13th cause of sin, out of 18 causes of the sin as per Jainism).** The sin of putting a false blame for one hundred fifty one births equals to the sin of having a single sexual relation with other's wife and the quantum of sin of keeping sexual relation with other's wife for one hundred and ninetynine births is equal to the sin of a single eating after sunset.

Read as to what is stated further :

पाणाइ दुगुण साइम्मं, साइमतिगुणेण खाइमं होइ ।
खाइमतिगुणं असणं, राईभोए मुणेयव्वं ॥

Ratnasanchay Gatha - 452

Let all know that by eating mouth freshner cumin seed (wadeem) after sunset, the sin committed is double the sin which is of drinking water after sunset, three times the sin of eating mouth freshner after sunset, is in eating fruits etc.

(Khadeem) after sunset ; and three times is the sin of Khadim-eating, in eating the regular food (i.e bread, chapati, vegetable, rice etc.) after sunset.

जं चेव राइभोयणे, ते दोसा अंपयारम्मि ।
जे चेव अंधयारे, ते दोसा संकडमुहम्मि ॥

Ratnasanchay Gatha - 453.

The sins of eating after sunset are also applicable to eating in darkness (though during day) and those sins resulted from eating in darkness are equal to the sins of eating meal from the utensil with a narrow opening.

नयणे न दीसइ जीवा, रयणीए अंपयारम्मि ।
रयणीए वि निष्फन्नं, दिणभुत्तं राइभोयणं ॥

Ratnasanchay Gatha - 454

Minute, miniature insects including microbes are neither visible during night nor in day while in darkness. Therefore even eating during day - the food prepared or cooked at night is equivalent to eating after sunset.

Where from this much detailed information and microscopic and logical analysis could be known except from the Jain regime ? Those who are gifted with and who follow this Great religion, are indeed the luckiest and the most fortunate persons. But despite getting such a noble and the greatest religion, what could be said of those persons who constantly go on commiting such great sins ?

2. The Procedure For Eating

Pious person should eat only when he has appetite to e[illegible] at proper time, abandoning deep attachment to taste, havin[illegible] consistence with his digestive power, food that is advanta-

geous and in proper quantum.

O tongue ! You must keep restraint on eating and talking! because excessive eating and excessive talking becomes dangerous like poison, if eaten without hunger. After hunger period is over - food is disliked. Body is afflicted and feel like on slow fire. What worth is eating, after the digestive power is extinguished and cooled down? suitable and agreeable food should be eaten which be consistant with the digestive power and physique of the eator. Pious, clever and deeply religious men should take their meal after the meal is completed by mother, father, children, pregnant woman and sick ones as also after taking care of his pets and the servants.

Untimely meal is forbidden by the scriptures (shastras). It is the cause of great vices and great sins. In **Vivek Vilas** it is stated that never to eat meal at early hours, at evening, at night, while walking on road, with hand kept on right leg, with eatable held by the left hand, in open space, under heat of the sun, in darkness, andwhile sitting under a tree or with index finger kept upwards.

Not to eat without washing and cleaning hands, legs and month, in naked position, with dirty clothes on body, wet cloth wrapped on head or with the dish held by left hand. Not to eat being unholy, with coveteousness, greediness on eatables, with shoes on, with worried mental state, sitting on the floor or on a bed or facing four cross directions or south direction or sitting on a small seat. Not to eat in the presence of a cruel, mean and sinful person, nor in a broken or a dirty vessel.

Not to eat anything without knowing from whom it has

come, nor which is made warm for the second time. Do not make noise while eating. To eat, after everyone in the house has eaten and after reciting to the presiding diety of the family. To sit on a big and broad seat, which is not very high. Food should be prepared by maternal aunt, mother, sister or wife with high regards and should be served by holy men after having completed their own meal. Also offer and give food to relatives etc. who arrive during one's eating period.

Lunch etc. should be eaten after giving or donating to worthy and fit persons in alms etc. or after remembering worthy persons with the utmost faith and regards. Who does not feed his belly in this world ? What worth are such belly - feeder wicked persons ? One who supports many lives - such man is indeed **"The True Man", "The Real Human".**

Wise men should take meal after giving to guests with devotion, to the needy as per his own status, and to those in pain and sorrow. To eat when solar artery is flowing, by observing silence , sitting stiff and straight, after smelling the food, without any visual defect and abandoning items with dirty taste or those forbidden by the scriptures, and without talking or hearing ill about food or about anyone.

3. EATING AFTER THE SUNSET - FROM THE VIEW POINTS OF THE PHILOSPHIES OTHER THAN JAINISM...

In the non - Jain philosophies though there may not be paramount minuteness as is in the supreme Jain religion, but nevertheless they certainly do accept the fact that there is killing of infinite lives in eating after sunset. They too call it

a Great SIN! Infact, they too, describe the eating after sunset as **Hell's National Highway No. 1.** Good deeds like penance, prayers, taking God's name or pilgrimage etc. of a person who eats at night, are clearly stated to be fruitless. Logic too, establishes the sins of eating after sunset.

Today, perhaps their saints keep them in the dark by not disclosing the truth, but just due to this reason, eating after the sunset does not stop to be a sin nor does it become a duty !!

Almost all the theistic philosophers call the eating after sunset a sin. They preach to abandon it and pronounce to negate SIN, and show Heaven to be its fruit.

They too, denote fruit of 15 days fasts to one who does not eat after sunset for a month. **(Fast not as is found now - a-days. Today their Ekadashee's fast means eating 10 times the normal eating ! could eating various items like sweets, vegetables, fruits etc. spread on a leaf of the plaintain tree be termed as fasting ?)**

Eating After Sunset .... On The Basis Of The Scriptures Of The Religions Other Than Jainism.

Let us have a look at what is stated in the scriptures of non - Jain philosophies. Eating after sunset means **The National Highway No. 1 To Hell .**

चत्वारो नरकद्वारा, प्रथमं रात्रिभोजनम् ।
परस्त्रीगमनं चैव, सन्धानानन्तकायिके ॥ **Padmapuran prabhaskhand.**

There are 4 entrances to Hell. The first is eating after sunset, second is having sexual relation with other's wife, third - eating pickles not properly boiled and dried and as such

in which innumerable lives (minute insects and microbes etc.) take birth ; and the fourth is eating of the roots and bulbs....

Thus, it is found in the non-Jain scriptures too, in addition to prohibition of eating after sunset, eating of undried pickles and eating roots and bulbs are also distinctly and categorically forbidden. But the greedy men, for taste and fondness for eating and drinking, turn a deaf ear . The Hindu religion preachers too, do not explain the Truth nor prevent their followers from such sins! This is because, they themselves have not been able to free themselves from these sins! Their hands too are spoilt by these acts of sins !

Vedic Philosophy

मद्यमांसाशनं रात्रौ - भोजनं कंदभक्षणम् ।
ये कुर्वन्ति वृथास्तेषां, तीर्थयात्रा जपस्तपः ॥ **Mahabharat**

The religious acts of pilgrimage, taking God's name, penance etc. of those who drink beer, wine or other "intoxicant drinks" or eat meat or eat after sunset or eat bulbs and roots, are futile.

अस्तंगते दिवानाथे, आपो रुधिरमुच्यते ।
अन्नं मांससमं प्रोक्तं , मार्कण्डेयमहर्षिणा ॥ **Markand Puran**

The sage, Markandeya has declared that to drink water after sunset is equivalent to drinking of blood and to eat after sunset is equivalent to eating of meat. [Today the followers of every religion want to adopt the convenient rules, but do not desire to understand the above said beneficial truth.]

मृते स्वजनमात्रेऽपि, सूतकं जायते किल ।
अस्तंगते दिवानाथे, भोजनं किमु क्रियते ?॥

Upon death of a relative, one has to observe ceremonial defilement ; how then can one eat when the sun has set ? It

means eating after sunset is totally forbidden !
[Remember here, that this averment is from the Hindu scriptures and not from the Jain religion of the 'Sarvagna' !]

It further states :

मद्यमांसाशनं रात्री - भोजने कंदभक्षणम् ।
भक्षणात् नरकं याति , वर्जनात् स्वर्गमाप्नुयात् ॥

One who drinks beer / wine, eats meat, eats after sunset, eats roots and bulbs is thrown in Hell. And one who abandons them is blessed with Heaven.

Who Would Eat After Sunset ?

देवैस्तु भुक्तं पूर्वाह्ने, मध्याह्ने ऋषिभिस्तथा ।
अपराह्ने तु पितृभिः, सायाह्ने दैत्यदानवैः ॥
संध्यायां यक्षरक्षोभिः, सदा भुक्तं कुलोद्वहैः ॥
सर्ववेलां व्यतिक्रम्य, रात्रौ भुक्तमभोजनम् ॥

Yajurved Aahnik Slok 24 - 19.

O Yudhisthir ! The Dieties **(Heavenly beings)** have their meal always during the first prahar of a day .**(Prahar is 1/4th part of a day i.e. almost three hours).** The saints and the sages have their meal in the second prahar of a day, Ancestors in the third prahar and the giants and the demons have their meal in the evening. Over passing these periods of eating of the deities etc. the eating after sunset, is indeed eating of the uneatables. It means it is a bad meal. **(It is a sinful meal.)**

Benefits For The Non - Eaters After Sunset.

ये रात्रौ सर्वदाऽऽहारं, वर्जयन्ति सुमेधसः ।
तेषां पक्षोपवासस्य, फलं मासेन जायते ॥

Those holy and scared souls who abandon all eatables, including water after sunset for a period of one month, get merits of the fasts for fifteen days in one month.

नोदकमपि पातव्यं रात्रावत्र युधिष्ठिर ! ।
तपस्विना विशेषेण , गृहिणा च विवेकिना ॥

Markand Puran Stanza 30 / 22

O Yudhisthir ! especially the penance observers and the sensible persons should not drink even water after sunset. **(If water is forbidden, eating is obviously forbidden !)**

How To Truely Worship The Sun ?

पयोदपटलस्थेन , नाश्नन्ति रविमंडले ।
अस्तंगते तु भुञ्जाना, अहो भानोः सुसेवकाः ।

Those sun - worhippers who do not eat when the sun is covered with the clouds, but eat after sunset ; deserve compliments ! because those worshippers, in fact, do not offer true worship to sun. They are only hypocrites who pretend to worship the sun.

त्वया सर्वमिदं व्याप्तं, श्येयोऽसि जगतां रवे ! ।
त्वयि चास्तमिते देव ! आपो रुधिरमुच्यते ॥

Kapol Stotra Stanza 24, Skandpuran.

O SUN ! This entire world gets light from you and for all the three worlds i.e Heaven, Earth and Hell, you are the fit object for mediation. Therefore, O deity ! after your setting, even the drinking of water is like drinking blood ! Thus it is established that after sunset, even water should not be drunk.

नक्तं न भोजयेयस्तु, चातुर्मास्ये विशेषतः ।
सर्वकामानवाप्नोति, इहलोके परत्र च ॥ **Yog Vashishtha**

Poorvardha Stanza 108.

One who does not eat **(or drink)** after sunset and abandons eating after sunset especially during the monsoons, achieves all his desires and longings in this present birth and in the next birth !

Other religions too, accept that while the sinful acts should always be avoided, especially in the monsoons sinful acts should be more particularly avoided and rather more religious acts be performed.

(The Jain philosophy discloses that the period of monsoon is a period of gigantic production of the innumerable lives like insects, microbes etc. Hence in the monsoon additional vows to abandon the various types of sins should be taken.)

एकभक्ताशनान्नित्यमग्निहोत्रफलं लभेत् ।
अनस्तभोजनो नित्यं, तीर्थयात्राफलं भवेत् ॥

Skandpuran Skandh - 7 A - 11, Stanza 235

A human being who always eats only once in a day, gets the fruit of **'Agnihotra'**. A person who always eats before sunset acquires the merits of pilgrimage without actually going for pilgrimage.

[While, on one hand the other religions declare the fruits of pilgrimage for the non - eaters after sunset ; on the other hand now a days some of the Jains also continue eating after sunset even in holy places of pilgrimage !] (Those are Jains by name and birth alone, and are not true Jains by deed.)

चातुर्मास्ये तु सम्प्राप्ते, रात्रिभोज्यं करोति यः ।
तस्य शुद्धिर्न विद्येत, चान्द्रायणशतैरपि ॥ **Rishishwar Bharat Vedic - Darshan**

Sins of one who eats after sunset even during the monsoon season, cannot be destroyed even by performing the penance of 'CHANDRAYAN' for hundreds of times ! ['CHANDRAYANATAP' is a kind of penance in which morsels of the food are increased and decreased according to the waxing and waning of the moon.]

यो दयात् काञ्चनं मेरुं, कृत्स्नां चैव वसुंधराम् ।
एकस्य जीवितं दयात्, न च तुल्यं युधिष्ठिर ! ॥ **Mahabharat**

O Yudhisthir ! There cannot be any comparison between a person donating the mountain of Meru (the biggest mountain in size as per Jainism) of gold, or even the entire earth ; and another person saving a single life, because saving of a single life is much more superior.

The Fruits Of The Non - Violence.

दीर्घमायुः परं रुपमारोग्यं श्लाघनीयता ।
अहिंसायाः फलं सर्वं, किमन्यत् कामदैव सा ॥ **Yogshashtra Pr 2.**

Long life, enchanting beauty, good health, good reputation etc. are some of the fruits of practising non - violence. What more to say ? To fulfill all your desires, non - violence is like **KAAMDHENU**, the cow of plenty.

4. Eating After Sunset As Per The Opinions Of Doctors

There has been a saying in Hindi language.

पेट को नरम, पाँवको गरम, सिरको रखो ठंडा ;
फीर जब आवे डोकटर, तब उसको मारो डंडा. **Saying**

Meaning is , a person who keeps his stomach light, legs warm and mind cool does not need any Doctor's shelter !

Today hospitals are flooded with the patients and the reason at the top thereof is highly spoilt and irregular eating habits. Instead of keeping the stomach light, it is over - filled. This causes laziness and disturbs the coolness of mind. Dosen't it appear that we are heading in the reverse path in these three aspects ? Eating after sunset, like eating excessive food, is the mother of diseases. Doctors state that meal should be eaten atleast 3 to 4 hours prior to bedtime, so that the food eaten can be properly digested. All the diseases such as cold etc. are more troublesome after sunset. The digestive system works slow after sunset. As such it upsets stomach and thereby eyes, ears, nose, head etc. also catch diseases. In the bright light of the sun, the minute insects, microbes etc. are not produced, the solar light is the great obstrctive object for the birth of such lives. In the foreign countries too, certain major operators are carried out by the senior most doctors also, only during the daytime. For the food eaten, necessary quantum of the oxygen is obtained only during the daytime. After sunset, the lotus of liver shrinks, which reopens after sunrise. Thus from the physical and biological points of view too , eating after sunset is not wholesome.

5. Eating After Sun Set - From the Common View Points.

* By abandoning the eating after sunset, the body and the soul - both are protected.
* Eating after sunset is greatly injurious to the body, mind and even to the soul. It is an admitted fact of self experience by innumerable persons.
* Birds :- like sparrows, parrots, crows, pigions etc. too, abandon eating after sunset and reach their respective

nests. Even if there is ample light after sun - set, they neither fly nor eat.

* From the time factor also, the period after sunset means peak hours for committing the sinful activities, lustful persons are mad in sexsual pleasure , thieves are busy in thefts, owl and other birds, being wonderers at night are in search of their prey ... etc...
* Who knows whether human of today is a human or a Monster ?
  Today, the ancient belief :
  "Food is for life ; life is not for food - food" has been forgotten.
* Despite the use of electrical light to any extent, certain minute lives like microbes etc. cannot be seen after sunset.

दयासमो न य धम्मो, अत्रसमं नत्थि उत्तमं दाणं ।
सच्चसमा न य कीत्ती, सीलसमो नत्थि सिंगारो ॥

There is no religion as great as pity. No mega - donation like feeding the hungry. No fame equivalent to Truth, and no adornment like chastity.

6. How Many Lives In A Single Drop Of Water ?

In a book, titled **"Sindha Padartha - Vigyan"**, printed in a government press, a few years ago at Allahbad, the author, captain **Scorsbee**, established under a microscope that in a single drop of water there are 36,450 lives, which are capable of moving. But according to Jainism, these lives are not of water, but are possibly the self - moving lives living in water.

Today's science, after performing special research

declares that waterly virus is not of a bigger diameter than 0.000008 inch ! And in one cubic inch of non - polluted water 16 crore to 160 crore virus are traceable, which count is ten times more than that of even Bacteria !!. Now then, it requires application of mind to imagine as to when today, at most of the places air and water are polluted, how many virus there would be in one cubic inch polluted water ? In the presence of virus to such a vast extent, increase in the epidemic is not at all a matter of surprise !

Now, without laboratory and without microscope, let us have a look at the quantum of the lives in one single drop of water as stated by the **Kevalgyanee.**

" If an oil - seed mill - runner goes on squeezing oil - seeds in his 20 oil - mills for his life span of crore Purva (**7,05,6000000000 years i.e more than seventy Billion years. This life - span is 16 lakh purva longer than the life span of Shree Rishabhdev Tirthankara**), the quantum of oil - seeds so squeezed is much less than the quantity of lives in a " **Single drop of water** ".

Hence, the Tirthankara has stated that " If the body of every life in one single drop of water assumes size of a mustard seed, then they cannot be accomodated even in the whole of the Jambudweep ! (As per Jainism, Jambudweep is an extremely vast area which includes Meru Mountain and also seven continents around the said mountain Meru).

To get saved from such a great sin, intelectual persons say "Use water like ghee"...!

AREA OF THE JAMBUDWEEP.

The shape of the Jambudweep is round. Its diameter is of one lakh Yogan. One Yojan is equal to 3600 miles. Thus Jambudweep has the diameter of 360000000 Miles.

7. The Ordinary Description Of Pains, Sorrows And Tortures To The Lives In Hell.

There are seven earths of Hell. They are much below the earth, we live in. The lives in those earths or lands of Hell are called the Lives in Hell. The lives in Hell have infinite pains, which even a 14 Purvadhar (the possessor of the utmost knowledge) or **Kevalgyanee** too, are not capable of describing. Only a brief outline of those great pains is narrated herein. The only hope is that after knowing the pains and the sorrows in Hell, everyone puts in thorough efforts to avoid and abandon the great sinful activities like possession of unlimited wealth, eating after sun set, eating meat, drinking wine, bear etc. which are the causes of Hell !

Lives in Hell have the worst type of birth, caste, body, limbs,organs, language, Karma etc. throughout their life span. Their inner thoughts, body, pain, agony and surrounding Pudgal . (i.e. substance with natural qualities of colour, smell, taste, touch and shape) are also always bad and inauspicious.

About the Bodies of Hell - Dwellers.

Due to the effect of local surroundings, as well as due to the maturity of the fruits of previous sinful acts, of the lives in Hell, their hands, legs, fingers, minor limbs, figure, touch, taste, smell, colour, language, abnormal - sized body, motion, movement etc. are so ugly and rotten, that it's sight too, is unbearable !. Their limbs such as hands and legs are proportionless and ugly. Their body is more horrible, ugly and terrifying than the body of a bird with wings cut off and feathers removed, Intestines are also hanging out of their stomach.

A camel has all its eighteen limbs crooked. The body in Hell, is like such kingdom for contempt. By figure too, it is horrible and worth pity. In addition, the entire body is flooded with dirt and impurities.

In the second, third and succeding Hells, the body is even more and more uglier and worst than that in the prior Hell.

How is the Land - Area of Hell ?

It is full of cough, phlegm, urine and excrements spread all over. There is no place to step on, except on blood, fat, pus etc. Like a cemetry, where only dead bodies are kept, in Hell there are heaps of meat, bones, leather - skin, teeth etc. and everywhere blood and pus are flowing. This is not all ! There is a heavy bad odour caused by the rotten dead bodies of dogs, cats, wolves, mungoose, serpants, rats, elephants, horses, cows, human beings etc. This cannot at all be bearable for any human being ! If only a single particle with the said bad - odour is brought and kept in the highly populated cities like Bombay or Calcutta, it would be capable of destroying the entire population by its extremely unbearable odour ! Not a single person would survive ! Not only man, but animals, too would not survive ! Only a single particle with odour of those rotten dead bodies has an infinitely more destructive power than that of Gas - explosion, or that of chemical misiles or of an Atom Bomb !

The ground in Hell is rough and sharp, like saw or cutter, and as such mere a step thereon, is highly painful.

The lives in Hell, constantly scream due to pains of tremendous tortures. Their shouts and screams can tear off

even the rocks and also ear drums. It appears as if the whole sky is being filled up with their weepings and lamentations. Their constant weepings would cause spine - chilling, heart - freezing, body - trembling and blood - clotting ! Their tears never dry or stop!! They are destined to cry continuously and restlessly !!

Oh mother, I am dying ! O father, I can't bear this ! save me brother ! Be pleased on me ! Have pity on me ! Do not kill me ! such and many other pitiful requests are made by the lives in Hell who bow down at the feet of Paramadhamees **(the deities who cause various pains to the lives in Hell.)** The lives in Hell constantly lament in extremely tragic manner and become more and more powerless and pitiful !!

Non - stop weepings of the lives in Hell, with their eyes continuously shedding tears due to the great pains and tortures, are capable of melting heart of the so called stone - hearted persons too !

In the land of Hell, there is a total and complete darkness, darker and dreadfully dangerous than night - darkness on no moon night. There is no window or door, nor any ventilation !

The earth there, has many a times more bitterness than that of the most bitter things like nimb - creeper or also of this mortal world.

The walking style too, of the lives in Hell, is extremely laboursome, like that of an ass or a camel. Their pains are multiplied by the boiling heat of the earth of Hell, which is more hot than even the iron plates made reddish by giving extreme heat.

The heat - stroke of atmosphere in Hell is more severe than this world's extreme heat of blazing fire.

Bite - like pain, greater than that of scrorpion - bite, is to be experienced in Hell, continuously and constantly....!

Ten types of pains relating to the atmosphere and area are narrated in the book of analysis of Tatvarth Sutra.

1. Sufferings from cold - What a pain of cold ?

The pain of cold to the Hell lives is several times more than that of a clothless person whose limbs become stiff like wood, due to punishment, of a cold water bath on Himalayas, during winter, under cold breeze, at night. If such cold - pain suffering lives of Hell are brought to this mortal earth and made to sleep on ice bed, they, will feel as if sitting near fire or in a room with a heater on and will soon get sleep peacefully !

2. Pains and sufferings from the heat :- What a Heat in Hell ?

During the summer days, with the sun in the centre of the sky showering burning blazes of fire like heat and the ground too, not possible to step on if fire is lit on such earth, if a person with bile - trouble is made to sit in the glazing flames thereof. The pains and the sufferrings felt by him would be of no account compared to the infinite pains and sufferrings of Heat to the lives in Hell. If such lives from Hell are lifted and brought to this mortal world and put into blazing burnt **"Kher"** coals made red like **"Butes Frondosa"** flower or are kept in huge iron - melting furnace of **TATA** or **MALHOTRA**, then they would experience the coolness like applying sandle wood on whole body and would be deeply

asleep within seconds !!

3. Pains and sufferings from the Hunger :

The pain of hunger is so much severe that even after eating up of all the things of the entire Universe their hunger would not close i.e. their hunger would remain as it was prior to eating.

4. The pains and the sufferings from the thirst too, are equally tragic.

If water of all the oceans is emptied in their stomach, their thirst for water would not end !

5. The pains and sufferings from the eczema - itching - sensation is so strong that one would desire to itch with a knife.

Even after use of a knife, itching sensation would not stop! The constant feeling of pains of eczema is spread all over body. There in Hell, the pains and the sufferrings of itches are much more than the pains of itches, in this mortal world caused when Kuvach Bites or itching powder falls on the body.

6. The lives - in - Hell being totally helpless make pitiful requests to the Parmadhamees - deities! [i.e. those deities of Hell who cause torture to them]

7. The Fever in Hell is such that the body is always burning means the fever there - is infinitely more than our fever here and it remains for the entire life. As if this is insufficient, Paramadhamees shower the rain of fire as well. To save themselves from such rain of fire, the lives in Hell g into caves, but there too all their limbs are crushed to powder, due to falling of the mountain sized big slabs of stone, moment

they try to get rescued or to take rest or to experience happiness or to feel relaxed - they are burdened with more and more pains, sorrows, sufferrings, tortures and agonies. The lives in the sixth and the seventh Hell always suffer from 5,68,99,584 primafacie diseases.

8. Hell - lives struggle in vain to get relief from the great pains and burning sensations, but there is no relief at all !

9,10. Danger, terror and shocks are so much frequent and to such a great extent to the lives in Hell that they are always trembling. The flow of tears is non - stop. The pitiful lamentation and weeping is to be heard there at all the times.

Mere a touch of the earth, water, fire, wind and vegetable in Hell is tremendously painful to the lives in Hell !

Just as dogs of a street, on seeing the dogs of another street, rush against each other, bark, growl and roar in anger, similarly the lives in Hell too, growl, shout in anger, quarrel, beat, cut and give pains to each other because they have "reciprocal" revenge for each other from their very birth. Their limbs are wounded and cut - off by strokes of spears, swords, arrows as also by attacks with hands, legs and teeth by each other ; and they toss about in pain restlessly like those animals whose limbs are cut - off in a slaughter - house.

Pains caused by the Paramadhamees :

There are fifteen categories of the deities in Hell upto third Hell - who give and cause various types of pains and tortures to the lives in Hell.

On knowing about a birth of a life in Hell, they rush out from all the sides, roaring and shout "Oh ! beat this sinful being, cut, cut it, pierce it". Then those with the merciless

hearts drag him out from the 'Kumbhee' (i.e a place of birth for the lives in Hell - which is like a vessel with a small top and a huge bottom portion.) by cutting into several pieces with the help of their spears, swords, arrows etc !

The life in Hell which is so dragged out in this manner from Kumbhee weeps in great pitiful manner, still the Parmadhamees punish it by hanging on gallows, throwing it down with its head facing downwards and while it is falling they pierce it with sharp pointed needles. It is beaten with clubs etc. It is cut into several small and tiny pieces. **[The anatomy in Hell is such that - make any number of pieces, they will get joined and stitched - up, automatically, like mercury, but with limitless pains]**. Other deities tear off the stomach and heart and take out limbs, fat, flesh etc. very often and show them to the lives in Hell. Trident, single - pointed weapon, spears etc. are passed through the bodies of those lives. They are burnt in highly lit fire. Limbs and organs are broken and thighs, shoulders, hands, legs etc. are cut into tiny pieces !

Some of the Paramdhamees fry them like living fishes in a huge oven or huge pan or in highly burning sand and also take out flesh and meat from their bodies and make them eat the same ! Their body is cut into pieces which are boiled, roasted and fried in boiling oil like gram flour...!

Other cruel deities throw the lives in Hell in river and make them walk therein which is full of fat, flesh, pus, bones and boiling lac - dye liquid, high salts and too hot water. The Paramadhamees force and make them sit in highly heated iron - boat, make them peel and scratch skin of each other and

cut them to pieces, like wood with saw, in the most cruel manner.....!

In these manners those lives though being dashed, cut, fried, pierced, cut to pieces, burnt, roasted (baked), broken , melted ; they re - unite or regain their original form and shape like mercury, due to their own sins being matured to yield such fruits....!

The Paramadhamees make those lives in Hell remember and recall their sins and give them the punishments accordingly. Those adulterous and passionate in the previous birth, are forced to embrace women's idol of heated copper. In the prior births, those who used to eat after sunset zealfully, who were slaves of taste of the tongue , who used to eat the non - eatables and those who were deeply attached to objects of tongue ; the paramadhamees stitch the mouths of such lives in hell after filling them with snakes, ants, filthy excrements and evil things with extremely bad odour.

The skin, flesh and meat are stretched out from their body, cooked and baked in fire, and then forcibly thrust in the mouths of the lives in Hell who toss about with severe pain. Their own blood is forcibly poured in their mouths. Like a washerman washing clothes by smashing the clothes on a slab of stone, the lives in Hell are tied up with string and are smashed and dashed on the iron walls, are thrown into iron - nets are beaten with iron pipes and are hanged with their head downward on the blazing fire!

Paramadhamees produce the forms of animals like tiger, lion etc. and with the strokes of their claws torture the lives in Hell, pull out their eyes, peel and scrape their heads,

forcibly pour heated lead in their mouths and strike them by iron - hammers.

Salt is filled in their wounds and cuts, they are crushed like the oil - seeds in an oil mill, their ears are cut - off, hands and legs are teared off, chest is burnt, nose too, is cut and removed.

Rotten body of beast is given to eat. Those most pitied lives in Hell search for shelter and for help in all the directions but no helper or protector is visible !

When the lives in Hell are cooked and baked in Kumbhee (pot), they toss about ot 2000 mile height and fall back from that height to the land of Hell !

In the Hells, counting downwards, serially from first to seventh, the pains are severe, more severe and extremely severe, respectively ! The lives in Hell severly tortured with pains day and night, cannot even have a single breath of happiness. They are destined to face torture. Those souls, even if they desire to die, cannot die before the end of their own life span.

This is the brief description of the pains of the lives in Hell as per the Jain scriptures .

Now let us have a look at the same, from the scriptures of Non - Jains . In the Hindu scriptures too, at many places descriptions of Hell and pains of the lives in Hell are seen. Especially in Guruda Puran some detailed narration is found. A few of the quotings therefrom are given below :-

"The souls with the captivated mind, those trapped in worldly pleasures and those deeply attached to sensual enjoyments,

fall into in holy Hell " - **Shrimad Bhagwat Gita.**

In this mortal world those rulers and hypocrites or white collar cheaters ; who break the bridge of the religion upon death, get next birth in the river **'Vaitarni"** of Hell. They who have transgressed the limits of decency and modesty are prey to the crocodiles of the Vaitarna river. Though desirous of death, they cannot die! Remembering their own sins of their prior births, they experience tremendous tortures in the river which is full of excrements, urine, pus, blood, hairs, nails, bones, flesh, fat, meat and obesity !

- Shrimad Bhagwat Skandh.

"Oh king ! The souls who eat or use oil, have sexual relation with women and eat meat on auspicious days such as forteenth, eight, no - moon day, full - moon day etc. of lunar calendar, those souls after death, get next birth in the land of Hell, where urine and excrements are for the food and drink. **(Not only in Jainism but also in non - Jain religions like Hindusim, eight, fourteenth etc . days of lunar calender are described as Holy and auspicious days. In those Parva days there is Order to abandon the sins to the greatest extent and to observe and perform more religious rites.) - Shri Vishnu Puran**

"Those who kill animals with an intention to make profit therefrom, and also those who give money for buying meat, such sinful souls are thrown into **"Raurav"**, a place to stay in Hell, or into other places and are forced to suffer the infinite pains and sorrows. Therefore meat eating should be abandoned. **- Shri Lankavatar Sutra (Buddhist)**

1. Atheists 2. Violaters of modesty 3. Greedy 4. Deeply attached to sensual pleasures 5. Hypocrites 6. Ungrateful

and faithless persons...

These are the six categories of lives which are destined to suffer the infinite pains of Hell after death !

Gambling, eating meat, drinking bear, wine, having sexual relation with prostitutes, hunting, stealing and having sexual relation with other's wife, are the seven types of vices which drag the life (soul) into Hell. The lives suffering from great hunger and thirst in Hell ; which is full of foamful blood, drink the blood of the Vaitarna river ! The lives in Hell drink their own blood which flow out of their mouths due to the blows of hammer and of other weapons by the most dreadful and cruel devils of the death !

"O Garuda ! In this manner there are various types of pains, tortures and sufferrings to the sinful lives !. How much more can we describe than what is narrated in all the shastras?" Meaning, that the description to any extent is insufficient and incomplete. **- Shri Garuda Puran.**

BIBLIOGRAPHY.

1. Yogshastra - of Shri Hemchandraacharya.
2. Ratna - Sanchay - of Aacharya Harshanidhansuri.
3. Padmapuran Prabhaskhand - of Shri Vyasji.
4. Mahabharat - of Shri Vyasji.
5. Markand - Puran - of Shri Vyasji.
6. Yajurveda - Apacerusheya.
7. Skand puran - of Shri Vyasji.
8. Yogvashishtha - of Shri Vashisthrishi.
9. Rishishwar Bharat - of Vedic Darshan
10. Shrimad Bhagwat Gita - of Shri Vyasji

11. Shrimad Bhagwat Skandh - of Shri Vyasji
12. Shri Vishnu Puran - of Shri Vyasji
13. Shri Lankavtar Sutra - (Bauddhist)
14. Shri Garud Puran - of Shri Vyasji
15. Ramayan of - Valmiki.
16. Sindha Padarth Vigyan - of Captain Scorsbee.
17. Tatvarth Sutra - of Umasaraswatiji Maharajsaheb.
18. Nishith - Bhashya of - Shri Visahgani Mahattar.
19. Vivek vilas of

THE OPINIONS OF THE SCHOLARS.

1. Dr S. Parret M.D wrote in his book 'Health and life' that a heart patient was cured of the heart trouble due to abandoning eating affter sunset.

2. T. Hartley Hennese - author of The Book 'Healing by water' has strongly recommended taking meal before sunset.

3. Dr. Prof Elbert Bellos M.D. (Prof. of chemical science, & hygiene) in his book 'The philosophy of Eating' has pointed out that for good health, sound sleep and energetic life - one has to eat after sunrise and before sunset.

4. Dr. Lftt. Colonel in his book 'Tuberculous and The Sun Treatment' has written that members of institute of school, namely 'Sun' complete their meal / dinner before sunset and this practise is highly advantageous for the good health and eating after sunset is injurious to health.

5. Dr. Rameshchandra Mishra has written that most of the diseases in India are due to eating after sunset and untimely eating and drinking.

6. Dr. Megnus Pike wrote in his Book 'Hard and Sacilty' that

Health and Medical Officers used to treat potato as poisonous. Poison named Solemin traceable in ordinary potato is (90 in 10 lakh ratio) or .0009% and if a potato is kept under light of sun, it is as high as 400% Health officers today would not permit selling of potato as such. **(Written in Bombay Samamchar 24 - 11- 1978 London).**

"The Jain Religion reigns supreme being the foremost religion, being the cause of all - embracing bliss and being the most auspicious - one"

"JAINAM JAYATI SHASANAM".

Laserset & Composed on DTP by :
HANSA COMPUGRAPHICS,
6 / 24, "Giriraj" Building,
201, Walkeshwar Road,
Bombay - 400 006.
☎ : 362 56 39.

Swastik, The Auspicious Symbol.

All the religions are to protect the soul from the vicious circle of **birth - death & Re - birth** in four states of lives **(Gati)** i.e **1.** as human being, **2.** as celestral being, **3.** as fish, bird, animal etc. **4.** as lives in Hell ; by showing the path to **mukti - moksha - salvation - liberation** by enlightening the thoughts for improvement in the deeds by minimising various types of sins and maximising the merits with the True knowledge ; where among the most minutely detailed Religion is " **Jainism** ".

Absence of Light of the Sun - "The Cause of Birth of Infinite Lives."

During the day, due to tremendously powerful heat and light of the Sun, infinite number of minute lives cannot even be born. Infinite other insects, already in the atmosphere return back to their respective homes, holes etc. to avoid heat and injury therefrom. Infinite number of small and big insects etc. even die due to the unbearable heat, temperature and light. What to say about insects, when due to the sun - stroke, human beings too die in hundreds ?

Thus, in the presence of the Sun there are infinitely less insects, microbes etc. present in the atmosphere, than those present during the period after sunset. This knowledge can serve as a Boon and Blessing for reduction in the quantum of our sins to large extent by eating only during the day and in the day light. Because as soon as Sun sets, small and big insects, in infinite quantum take birth, infinite insects come out of their holes and start moving, flying and floating in the atmosphere and they are killed in drinking, in preparing food and in eating food.

With All The Wishes To Everyone For Abandoning Especially - Eating Of The Roots & Bulbs And The Eating After Sunset.....

Quite A 'Long' is 'The Day";
Then To Eat 'After Sunset' What For ?
Indeed 'Salvation' Can Be Attained By All ;
Then 'Allow' 'Self Declining', - What For ?

- Jitendrakumar Mahanandkumar Panalal
B.A. (Honours), LL.B. Advocate, High Court.

PRICE : Rs. 5