

A Comparative Study of Existing Crimes and Dashavidha Paapakarma (Ten Sins) Described in Ayurveda

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Abstract: *In world of technology term 'Paapa' comes in context of either misbelieve or part of spirituality. Crime involving people adds greatly to the costs of health and welfare services. It reduces productivity, decreases the value of property, and disrupts a range of essential services of society. Hence study was carried out to compare existing crimes and Dashavidha Paapa Karma (ten sins) described in Ayurveda. Bruhatrayee of Ayurvedic compendia have been reviewed. Online resources have been reviewed. Himsa, Steya, Anyathakama, Paishunya, Parushavachana, Anrutvachana, Sambhinna Aalapa, Vyapada, Abhidya, Drukviparyaya are ten sins described in Ayurveda .these are categorized in three groups, Kaayika (Physical) Vaachika (Vocal) and Maansika (Psychological). Various crimes are comes under the Violent crimes like Murder, Kidnapping, Assaults, Crime against women like Rape, Domestic violence, Dowry etc. It was observed that regular practice of Ashtanga Yoga, Satvavajaya Chikitsa, Manonigraha control the sense from doing unlawful acts. It can be attained by controlling Dharaniya Vega of Mind. This study shows that exciting crimes are described in the form of Dashavidha Paapakarma in Ayurveda. Without considering role of mind in curative or preventive principals of treatment are impartial as per Ayurveda*

Keywords: *Ashtangayoga, Crimes, DashavidhaPaapa, Sadvrutta, Sins*

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