

RNI No. APTEL/2003/12253

# భావవీణ

భావ వీణ, భావవీణ, భావవీణ



## BHAVA VEENA

Journal of Arts, Literary, Culture & Language Study

Vol : 19 Issue No. 7(2) Monthly July 2022 ISSN No. : 2456-4702 Rs. : 15/-



### తాడి నాగమ్మ

## Customs and Practices Envisaged in Vamana Purana

- Dr. Asa Devi G., Associate Professor, Sanskrit Department, N.S.S. College, Pandalam

Puranas are not historical documents. At the same time they reveal the details of human life and society of the concerned time of their origin. Vamana Purana is of very much importance in this connection. The Purana throws light on the different aspects of social life. The present paper is an enumeration of the customs and practices envisaged in Vamana Purana.

It is evident from the Vamana Purana that the form of rule of those days was kingship. The voluminous Smṛti literature of Sanskrit evidences that there existed strict prescriptions and prohibitions in respect of all walks of human life. Such prescriptions and prohibitions are found scattered in the Vamana Purana.

### Do's :

1. A householder should always observe etiquette in his life.
2. He should get up in Brahmamuhurta in the morning.
3. First of all he should recollect the images of great Gods and hermits.
4. Then he should chant Prabhatakalamangala Stotra.
5. He should then, leave the bed and think of Dharma and Artha.
6. He should then rise up and chanting the name of Hari, go for defaecation.
7. After defecation he should take soil for cleaning, the anus should be cleaned thrice, the palm ten times, both feet seven times and the penis once.

8. Then he should wash his feet and sit facing north or east and wash his mouth twice with water.
9. Then he should do Acamana thrice with foamless water
10. Then he should touch his sense organs and head.
11. Then he should dress his hair, clean his teeth and look at the mirror.
12. Then should take head bath or bath of limbs only and then do water libation to the Pitrs and Devas, and perform Homa.
13. Then he should go out after touching auspicious objects such as Durva, Dadhi, ghee, Udakumbha, a cow with a calf, a Bull, gold, earth, cowdung, Svastika, Akshata, parched rice, honey, Brahmana, virgins, white and fragrant flowers, fire, red sandal, the rays of the Sun and the papal tree.
14. It is after all these that the person should engage in the work prescribed for his caste.
15. He should earn wealth only in accordance with appropriate Dharmas.
16. He should throw away beds, seats, utensils etc. which are torn or mutilated.
17. All works which are not prohibited can be performed on Monday and Thursday. Abhyangasana can be performed on days other than Pratipada, Shasti and Ekadasi. Shaving can be done on days other than Chaturthi, Navami and