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The Code of Good Conduct (Sadācāra) of Life in the Mahabharata

Ethical Faith (Ācāralakṣaṇō dharmah)

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Abstract: The power of Sanatan Dharma lies in its culture. Many of these cultures are based on good conduct. In the name of modernity, we are every day separating good conduct from personal and family lives. By living an ideal life of righteousness, everyone should be a pure person in mind, behavior, practice, food, dalliance, dress, speech, and thought. So our scriptures' good code of conduct, particularly the Mahabharata, is still very relevant today. The family teaches people about righteousness and reformation. In the Corona of 2021, we are beginning to realize how relevant and necessary morality is today. At our funerals, corpses are cremated, which may seem a little inhumane, but it is 100% effective in destroying germs. Everything used by the deceased at the time of his death, including his blanket, mattress, and kantha, was burnt. In this virtue we cannot live, we cannot grow; so maybe we can't keep Lakshmi at home either. Science and health ethics are at the heart of everyone's discipline, including not cutting hair or beards during isolation. Nowadays, the good conduct of isolation (Aśauca) has become in force as a preliminary step in protecting the Covid-19 epidemic. The Hindu religious text is Mahabharata educate and protect the wife of the daughter of the righteous family. People can live for hundreds of years even if they are not good-natured, only righteousness, respectful, without jealousy, truthful, without anger, and naivety.

Index Terms - Good conduct (Sadācāra), isolation (Aśauca), anuśāsana, Mahabharata.

I. INTRODUCTION

The more visible culture is, the more difficult it is to devour it. Only the etheric element of culture, not the visible element, can be swallowed up by another culture. The power of Sanatan Dharma lies in its culture. Many of these cultures are based on good conduct. In the name of modernity, we are every day, with or without understanding, separating good conduct from personal and family lives; the end is a terrible danger to us. Every day different misfortunes occur, but we may not know why these unforeseen misfortunes occur in our lives. However, we realize the need for good conduct in the current Corona period. To be sure, one hundred years ago now, when no vaccine or antibiotic was invented, a variety of germ infections were the cause of death in most epidemics. Different religious codes of conduct were observed to prevent this; people, families, society, and the state had survived. Since the Vedic golden age, these very logical rules have prevailed among us. Apparently, without realizing it, we often misunderstand this code of conduct. However, many of us do not know that there is a very strong science-based practice behind this good conduct (Sadācāra). By the Scriptures, the code of good conduct, and the constrained of religion, each Hindu family must adorn God individually and collectively every day. By living an ideal life of righteousness, everyone should be a pure person in mind, behavior, practice, food, dalliance, dress, speech, and thought; only then will our inner self awaken. So our scriptures' good code of conduct, particularly the Mahabharata, is still very relevant today. The family teaches people about righteousness and reformation. We may not realize this when these reforms are taught at an early age. We get annoyed and angry with the one who teaches these. But if we think a little deeper today, we can see how necessary the reforms that were reluctantly mastered in that day are necessary for our life today. We have given innumerable instructions in various scriptures on the reform of morality.

II. THE OBJECTIVE OF THIS STUDY

The main objective of this study is to find out the codes of good conduct for long-living happily.

The specific objectives are-

- To know about good conduct.
- To assess the importance of a code of good conduct in life.
- To find out the codes of good conduct those are prescribed in the scriptures like Mahabharata.

III. METHOD

Of these, the ninety-first chapter of the Mahabharata entitled 'Ayushyakhyan', which is included in the Dana-dharma of the Anushasana Parva, is very majestic. The chapter deals with the issue of longevity in virtue and longevity in vice which is very important and equally relevant for the present time. There, grandfather Bhishma gave codes of good conduct to Dharmaraj Yudhisthira. [1] The researcher followed the chapter as a secondary data that used in this research.

IV. RATIONAL

All these codes of conduct are equally relevant for the present. Some forms of conduct may have changed over the ages, but the underlying spirituality remains the same today. Where in the Mahabharata there is talk of using Dantakāṣṭha to clean teeth, the modern brush being used now has only slightly changed.

But since most of the reforms have survived in this way, various foreigners including Turks, Pathans, and Arabs have destroyed the local culture and have not been able to convert everyone. There was no end to their efforts. Foreigners have failed, because this culture has an identity, it has eternal power.

Anukul Thakur has a very beautiful statement about good conduct: [56]

*“Sadācārē bāṁcē-bārē,
lakṣmī bāṁdhā tāra gharē.”*

Anushruti, Swasthya o Sadācāra, 1

“Living in righteousness, Lakshmi tied up in the room.” In this virtue we cannot live, we cannot grow; so maybe we can't keep Lakshmi at home either. As a result, we are becoming more and more destitute. In the Corona of 2020, we are beginning to realize how relevant and necessary morality is today. It can be explained with an example.

At our funerals, corpses are cremated, which may seem a little inhumane, but it is 100% effective in destroying germs. Everything used by the deceased at the time of his death, including his blanket, mattress, and Kantha, was burnt. So that even if there is any contagious germ in the body of the dead person, it should be destroyed by fire can no longer be infected.

It is isolation (Ashouch) to keep the family of a deceased person separate from others for a while estimated 10-30 days. Now the time duration has become on average of two weeks. Atap rice is cooked in Malsa and eaten on banana leaves. You have to throw away the banana leaf after eating; the dishes are not a problem. To keep the family of the deceased away from the hat bazaar, their useful food comes from the relatives. Science and health ethics are at the heart of everyone's discipline, including not cutting hair or beards during isolation (Aśauca). [57] Nowadays, the good conduct of isolation (Aśauca) has become in force as a preliminary step in protecting the Covid-19 epidemic.

V. RESULTS AND DISCUSSION

5.1 Results of Descriptive Analysis of the Text

Dharmaraja Yudhisthira's grandfather said to Bhishma, “Grandfather, why do people die prematurely, even though they are born with centuries and great powers? Why do people live long? Why is it short-lived? What makes you famous? How does human life become prosperous and affluent? Grandpa! Tell me all that is done by austerities, celibacy, chanting, homa, and medicine, or by action, mind, and words.” [2]

In this logical question of Yudhisthira, grandfather Bhishma then began to tell in detail about conduct.

*Yēna bā labhatē kīrtim yēna bā labhatē śrīyam/
Yathā barttayan puruṣaḥ śrēyasā samprayujyatē//
Ācārāllabhatē hyāyurācārāllabhatē śrīyam/
Ācārāt kīrtim labhatē puruṣaḥ prētya cēha ca//
Durācārō hi puruṣō nēhāyurbindatē mahaḥ/
Yam'mātrasanti bhūtāni tathā paribhabanti ca//
Tasmāt kuryādihācāram yadicchēdbhūtīmātmanah/
Api pāpaśarīrasya ācārē hantyalakṣaṇam//
Ācāralakṣaṇō dharmah santaścābitralakṣaṇāḥ/
Sādhunāñca yathārbyttamētadācāralakṣaṇam//
Apyadṣṭam śrabādēba puruṣam dharm'macāriṇam/
Bhūtikarm'māṇi kurbbāṇam tam janāḥ kurbatē praiyam//*

Mahabharata: Anusasana Parva, 91.5-10

I am saying that the deeds by which people gain fame, gain wealth and lead a good life. Man gains life under his conduct, gains wealth through his conduct, and gains fame in this world and the hereafter. Wicked people in this world are no longer alive; Creatures fear and condemn the wicked, and if a man wishes his wealth, he will do well in this world. Even if a person's body becomes impure, if he regularly practices scriptural righteousness, the impurity of his impure body gradually erodes. Religion's nature is goodness, and a gentleman's sign is purity. As a result, the saints' behavior is a sign of goodness. If a person continues to practice religion and work for wealth forever, he will be loved if he hears the news from afar without seeing it. [3]

Grandfather Bhishma told that people are long-lived, short-lived, rich, and glorious only by dint of good conduct. Wicked people can never live long. If anyone wants his good, he must follow the codes of good conduct. The conduct of the saints is called good conduct. People can live for hundreds of years, even if they are not good-natured, only righteousness, respectful, without jealousy, truthful, without anger, and naivety.

*Yē nāstikā niṣkriyāśca guruśāstrābhilaṅghinaḥ/
Adharm'majñā durācārāstē bhābanti gatāyusaḥ//
Mahabharata: Anusasana Parva, 91.11*

Those who disbelieve in God are atheists, unrighteous, transgressing the precepts and the scriptures; those ungodly and wicked people are short-lived. [4]

God is the creator of this universe. All living things in the world are created by Him. In the Scriptures, it is a great sin to disbelieve God, created by God. Unbelievers in that God are called atheists. These atheists and those who do not work for the welfare of the people are short-lived. Sadguru is always averse to self-promotion. They abandoned all forms of self-promotion, followed the Vedas and the Vedanta scriptures themselves, and encouraged the disciples to follow the same path. Therefore, those who violate the words of Sadguru who follow the Vedas and those who violate the words of the Vedas are short-lived.

*Biśīlā bhinnamaryyādā nityam saṅkīrṇa maithunāḥ/
Alpāyusō bhābantiha narā nirāyagāmināḥ//
Sarbalakṣaṇahīnōpi samudācārabān naraḥ/
Śraddadhānōnasūyaśca śataṁ barsāṇi jībatī//
Akrōdhanāḥ satyabādī bhūtānāmabihinsakaḥ/
Anasūyurajihmaśca śataṁ barsāṇi jībatī//
Mahabharata: Anusasana Parva, 91.12-14*

People who are ugly, insulting honorable people, having sex indefinitely are short-lived and hellish. Even if human beings are omniscient, if they are just virtuous, pious, and envy less; that man lives for a hundred years. Human beings live for hundreds of years without anger, truthfulness, and non-violence to animals, envy less and simple nature. [5] Temperament or behavior is very important in human life. It is said that there is victory in nature and loss in nature. So the ugly, crooked and complex nature should be changed as much as possible. No honorable and respected person should be harmed but those who do go after divine danger. In most cases, when someone digs a well to endanger others, the wicked person falls violently into the well. Then he does not have the power to rescue from the well. Sex is a very important part of human life. But it is important to remember that life is not just about sex. The scriptures specifically tell about sex. There is a separate scripture called 'Kamasutra' about this sex and intercourse. So you should not have sex anytime, it leads to loss of life.

*Lōṣṭamarddī tṛṇacchēdī nakhakhādī ca yō naraḥ/
Nityōcchiṣṭaḥ saṅkusukō nēhāyurbindatē mahatī//
Mahabharata: Anusasana Parva, 91.15*

The man who rubs uselessly, cuts grass in vain, and cuts his nails with his teeth, and eats the last leftover unclean food, and the man who is always fickle, can never live long. [6]

Trampling, oppressing, and crushing useless hard clay-brick-stone crushing; Weeding is unusual behavior. Many people around us show a restless mentality, which behaves like this for no reason and cuts down the branches of trees for no reason. According to medical hygiene, fingernails are not always clean, so fingernails should never be cut by teeth. The leftovers of others should never be eaten. It transmits germs from one person's saliva to another.

*Brāhmē muhūrttē budhyēta dharm'mārthau cānucintayēt/
Ut'thāyācamya tiṣṭhēta pūrbām sandhyām kṛtāñjalih//
Ēbamēbāparām sandhyām samupāsīta bāg yataḥ//
Nēkṣētādityamudyantaṁ nāstaṁ yāntaṁ kadācana/
Nōpasṣṭam na bāristham na madhyam nabhasō gatam//
Ṛṣayō nityasandhyatbāddīrghamā yurabāpnuban/
Tasmāt tiṣṭhēt sadā pūrbām paścimām caiba bāg yataḥ//
Mahabharata: Anusasana Parva, 91.16-18*

You have to wake up at the dawn. Then we have to think about religion and money. You have to wake up in the morning and be clean first and then Morning Prayer should be done with restrained words. Thus, you have to perform the noon and evening rituals with reverence. Sometimes it is inappropriate to look at the sun at sunrise, at sunset, at eclipses when the sun is eclipsed, in the water, and when the sun is in the middle of the sky. The sages have attained longevity by performing daily evening prayers. Therefore, one should do the other two acts of worship along with the morning worship by restraining the sentence. [7] The eclipse is followed by the scattering of many harmful rays from the sun and the intense heat of the sun when the sun is in the middle sky; therefore, if you observe the sun with the naked eye at that time, the eyes may be damaged. In the Sanatan religion, evening worship or Gayatri chanting in the evening is very important. Everyone must chant Gayatri with restraint. In the 70th chapter of the 10th Skanda of Srimad-Bhagavatam, it is seen that Lord Krishna used to perform evening worship through Bedmata Gayatri Mahamantra. He bathed in pure and holy water according to the rules wore clean clothes and wore a sash and performed the usual daily evening worship. Then he sat down to perform Yajna and chanted Gayatri in silence.

*Paradārā na gantabyā sarbabarṇēṣu kar'hicit/
Na hīdṛśamanāyusyaṁ lōkē kiñcana bidyatē/
Yādṛśam puruṣyēha paradārōpasēbanam//
Yābantō rōmakūpāḥ syuḥ strīṇām gātrēṣu nīrmitāḥ/
Tābadbarśasahasrāṇi narakaṁ paryyupāsātē//
Mahabharata: Anushasana Episode, 91.20-21*

People of all races will never go into fornication. Because, in this world, adultery destroys the life of men; similarly, there is no other in the world of life-destroying work. If a man commits adultery, he will suffer for thousands of years as much as the pores of her body. [8] Adultery is forbidden in all Sanatan scriptures. Women have been told to look like mothers. Iniquity arises in society as a result of adultery. If adultery prevails in society, the family system will completely damage. Therefore, this heinous crime is forbidden in all scriptures including the Vedas.

*Prasādhanañca kēśānāmañjanaṁ dantadhābanam/
Pūrbāhṇa ēba kāryyāṇi dēbatānāñca pūjanam//
Mahabharata: Anusasana Parva, 91.22*

Making hairstyles, wearing kajal at eyebrows, whitening teeth, and worshiping the gods are obligatory in the morning. [9] When the hair is combed properly, the palm of the head is properly exercised. Kajal maybe not in vogue today; Kajal has good eyesight and is a part of the beautiful practice of Indian women. Brushing teeth is a very important reform. Imagine for a second, what would have happened if we had not mastered this reform in childhood? We could not go to anyone or in close contact. After dental floss, hairdressing after bathing, eye makeup with kajal; it is obligatory to worship the deity at the beginning of the day with a pure body.

*Purīsamūtrē nōdikṣēnnādhitiṣhēt kadācana/
Nātikalyaṁ nātisāyaṁ na ca madhyandinē sthitē//
Mahabharata: Anusasana Parva, 91.23*

The excrement left behind on the road will not be seen and touched with the feet. Don't leave excrement early in the morning, in the evening, and at noon. [10] These treaty times are the time of prayer, so it is better not to leave the excrement at this time. These are the times of prayer.

*Nājñātaiḥ saha gacchēta naikō na bṛṣalaiḥ saha/
panthā dēyō brāhmaṇāya gōbhyō rājabhya ēba ca/
Bṛ'dhāya bhārataptāya garbhīnyai durbalāya ca//
Mahabharata: Anusasana Parva, 91.24*

Do not go with strangers, alone, with brishal. Brahmins, cows, kings, and old men, burden bearers, pregnant and weak will give way. [11] Never go alone with strangers; it has the potential for unintended danger. The word 'brishal' means sinful, fallen, ungodly person. So one should not go anywhere with a person of bull character. Because of his personality traits, he is unfaithful. The practice of giving way to honorable ones is not new; it was also prevalent in the age of Mahabharata.

The use of clothing and footwear used by others is prohibited. [12] Current medical science also forbids reading the clothes and shoes used by others. It transmits microbes from one person to another.

One should be celibate on the new moon, full moon, fourteenth, and both sides eighth. [13] Most of the human body is aqueous. Due to the moon, we see the increase or decrease of water in the river or sea. The lion's share of the human body is made up of water, so the same decrease and increase in the human body occur on these dates for the same reasons as the rise and fall of rivers and seas. Older people experience this change inside the body more during the new moon and full moon, various symptoms including pain appear in their body at that time. So you have to be celibate on these dates, that is, you have to be as restrained as possible by giving up intercourse.

It is not a duty to eat uncooked and surface meat. [14] Eating meat is not forbidden in the scriptures, since meat increases menstruation, it is forbidden in the scriptures to eat uncooked or excess meat.

Abandoning reproach, slander, and deceit is obligatory. It is not obligatory to accept alms from a lowly person. [15] Blasphemy, deceit, and reproach degrade man; they do not harm him; rather, it is the boomerang that he who practices it is the one who suffers. Sin consumes him. Donations by everyone should not be accepted. A lowly person who has gained wealth by dishonestly harming others; Accepting donations from him is always forbidden.

The wise man will never apply the sentence which comes out of the arrow and pierces the heart of others, by which one has to mourn day and night if injured. When the forest is cut down by an ax, it germinates again, but if it pierces another by malice, it becomes irresistible. [16] The sound is called Brahma, so the sound is immortal; every sound in the world has power. That is why one should never use abusive language towards anyone. Once an arrow is thrown, it cannot be brought back; the sentence arrow is just like that. When all the trees in the forest are cut down with an ax, new shoots sprout forth from the base of the tree; but if someone is abused, it cannot be brought back, it cannot be compensated. It remains immortal in the world.

It is useless to ridicule the handicapped, the extravagant, the free, the condemned, the homeless, the destitute, and the weak. [17] No jokes should be made about the physically handicapped, the insane, the criminal, the ugly, the poor, and the weak. We have to realize that in any situation we can be any so-called healthy person. However, along with society, our human feeling and language are also changing. But now we do not use these inhuman cruel words. Now I say disabled, some people are more humane lately. Due to divine reasons, he is physically ill, so he is called Divyang. Surprising to think, not to make fun of the disabled; not to call the mentally ill crazy; not to condemn the poor and the ugly-The humanitarian provisions in the Mahabharata are given five thousand years ago. These are part of global human values today.

We must refrain from atheism, slander, hatred, arrogance, and aggression. [18] We need to have strong faith in God. So God's word Vedas should never be condemned. Hatred in the mind and arrogance can never lead to God, God cannot be found.

It is obligatory to wash one's feet after discarding excrement and traveling, and before exercise and meals. [19] There is a possibility of microbial infection during defecation. So, modern science also says that at this time one has to wash one's hands and feet well with water. The same is true of walking on the road. Because many germs are carried on the road and they can enter the house by the feet. Therefore, before reciting the Vedas and eating, one has to wash one's hands and feet thoroughly and clean them.

Sanyab (barley made cake), krishar (khichuri), meat, shankul (cake), and payas will not be prepared for you; all those things should be prepared for the gods. [20] Never eat all the delicious food including barley made cake, hotchpotch, meat, and cake alone; after surrendering to God; one has to eat with all of them.

Every day he will offer in the fire, Give alms to the beggar, and use a stick in the teeth for a restraining sentence. Do not lie down in bed when the sun rises. If by chance someone stays asleep even after sunrise, then he will atone. It is obligatory to get up from bed in the morning and greet the mother, father, and Acharya. [21] Every day, Yajna needs to be performed as much as possible. No one should lie down after sunrise. If anyone disobeys the scriptures, the scriptures say to atone. Mental atonement is very important in this case. From there, one has to greet first the mother, who gave birth to you, then the birth father who gave your life, then the Acharya (teacher), who is said to be the one who imparts free Vedic education free of cost.

Never use dantakastho that is unusable, only use dantakastho that is specified as usable. [22] We can call the dantakastho a modern toothbrush; here we are always told to use a good quality brush.

Without gnashing your teeth and without worshipping God, go to no one but the Guru, the old, the pious, and the wise. [23] You should never go in contact with any respected elders without brushing your teeth or cleaning your teeth. At the beginning of the day, one has to go to another place after cleaning one's daily routine and worshipping God.

You should not look at your reflection in a dirty mirror. It is useless to have sex with a pregnant and menstruating woman. [24] Do not look at the face in a broken or dirty mirror. Looking dirty in a dirty mirror can lead to a lack of confidence in many cases. During pregnancy and menstruation, women are physically and mentally weak, so it is not advisable to have sex with them at that time.

Do not sleep with your head tilted to the north and west; it is better to sleep with your head tilted to the east and south. [25] Since the north is the center of the earth, there is always a strong magnetic force at work, so the brain is damaged by the magnetic force and the attraction of the larger magnetic force at the center of the earth when we sleep with our head facing north. East of the rising of the sun is the direction of revelation. So it is always better to sleep with your head facing east.

By setting rules with an atheist, you will not go anywhere on his or her request. [26] Never go to unfamiliar places with an atheist or an unreliable person at request. It has the potential for unintended dangers.

It is strictly forbidden to sleep in a broken or worn-out bed. It is not obligatory to sit by pulling the seat by the feet, to bathe naked, to bathe at night, to rub one's face after bathing, to take fluids without bathing, to shake one's wet clothes after bathing, and to wear wet clothes every day. [27] Never sleep on a broken or old bed. Breaking the bed, there can be a big physical danger, people can be crippled. It is a sign of arrogance to drag a seat in front of everyone, so it should never be done. Bathing naked in a public pool is a reprehensible act, so it should never be done. Bathing should not be done at night, as it causes symptoms of various diseases in the body. No rubbing should be done after bathing. Dry clothes must be worn immediately after bathing. Wet clothes should not be worn at all, it causes physical harm.

He who eats in the east, he is long-lived; he who eats in the south, he is glorious; he who eats in the west, he is rich, and he who eats in the north, he is truthful. You rarely will eat anything while walking. [28] Due to the eastward direction of the sun, most of the devotional work is done in the eastern direction. Therefore, it is beneficial to do all the activities including devarchanadi, eating, sleeping facing east. You should never walk on the street while eating. Just as it can cause problems in swallowing food, it also shows disrespect for Annarupa Brahma.

Do not urinate while standing. He who eats with wet feet becomes a centenarian, no doubt. Sitting on a broken seat and eating on a broken dish is not permissible. It is imperative to eat without wearing a scarf, bathe naked or lie down and sit uncleanly. [29] You should not urinate standing up. You have to wash your hands and feet well before eating. You should never come from outside and sit down to eat without washing your feet. Food should never be eaten on broken seats and broken dishes; It increases the mental distress, the mind becomes smaller. It is completely inappropriate to do all kinds of activities including bathing naked, lying down, and sitting in an unclean state.

The scriptures say that the soul is established in the head, so do not touch anyone's head while the hand is unclean. Don't hit the head; don't pull hair. [30] The Ajna chakra is located between the two eyebrows of our head. From this cycle, the senses of sight, taste, smell, touch, etc. are controlled. It is in this cycle that the indescribable command or instruction of the devotee comes through the vision of light. That is why it is called Ajna chakra. Here Ira Pingala and Sushumna Nari meet at the end of Vayukriya, and then it is called Tribeni Sangam of the devotee. At this stage, freed from the bondage of nature, the yogi penetrates the Brahmastrandha of the head and attains Mahasamadhi. Inside our body, in the path of the spinal cord, there is a very delicate lotus-shaped Muladhara, Swadhisthana, Manipura, Anahata, Bishudwa, and Ajna - there are six chakras, which are called Hexagon or Shatachakra [31]. Above all, there are thousands of lotuses with thousands of petals. When the devotee is liberated, he realizes that one of the petals of this thousand-petalled lotus or Padma is blossoming. The Sahasrara Chakra exists in the head and the Panchaprana is established here, so there is no need to touch anyone's head in an impure state. No one has to hit the head and pull the hair. This reduces the lifespan of the person who does this.

It is not obligatory to immerse the head in water constantly while bathing. Do not give oil to the body after bathe. [32] It is not advisable to immerse the head in water repeatedly while bathing. It can cause excessive cold, redness of the eyes, and swelling of the ears. Body oil should always be given before bathing; after applying oil to the skin, you have to take a bath.

It is not permissible to eat sesame-mixed food. It is strictly forbidden to study and teach while being unclean. Never teach or study in residual condition. If you do these, your life and lineage will be ruined. [33] Sesame mixed food is used in Shraddha for ancestral purposes, so it is not always edible. There are three kinds of impurity, physical, verbal, and mental. In this unclean state, one should still not study and teach. After eating, do not wash your hands, feet, and face well, and recite the Vedas with the rest of your hands is forbidden. It erodes longevity and lineage.

It is not obligatory to argue with the guru over any matter. If the guru is angry, he should be pleased with due respect. [34] It is forbidden to argue with the guru/teacher. Our scriptures speak of three kinds of argument: exclusion, speculation, and controversy. The only exclusion is to conclude the discussion of the two. Speculation is about not listening to others, whomever he is talking about, and controversy is about having nothing to say about oneself, condemnation, or refutation of others. The best of these is exclusionism. This decision-making of the scriptures is very necessary.

Self-benevolent people build a guest house, wash their feet and dispose of leftovers away from home. [35] There are different types of people in the guest house, so family members can be affected by their contact, different disease germs can enter the house; a lot of trouble can be created. So a guest house should not be built near the house. Throwing foot wash water and leftovers around is inappropriate and indecent.

Do not use clothes used by others. You must wear different clothes while sleeping, walking on the road, and worshipping. Do not eat on the same plate with anyone; it is an abominable act. [36] Current medical science also forbids the use of clothes used by others. It transmits various micro-organisms from one person to another. Separate clothing should be used during bedtime when walking outside and in all cases of worship. It is inappropriate to go to bed with clothes that are used on the street. In this way, the disease germs of the road are brought to the bed. No matter who is a relative or friend, one should not eat on the same plate with anyone, it is an abominable act. From the saliva of one's mouth, another healthy person can also get the disease.

It is not permissible to eat food by who is menstruating and to drink Uddhritasar (butter) of milk. Never eat without giving food to the man who has seen the food. Do not eat the food of the unclean, do not consume forbidden substances in religious activities, and don't eat at the end of it all. [37] Always take a bath and become pure to worship. It is not always possible for a woman to take

a bath during her menstrual period; so he was told to refrain from worshipping and cooking for a few days. Since milk and milk butter are used in sacrifices and worship, they are sacredly collected. In the scriptures, giving food is called a noble deed, so it is said to feed the destitute people by giving them food, but it is called Nryajna. [38]

Do not eat any food in secret which is prescribed for food in the scriptures. Nanny, beef and peacock meat, dry meat, and perishable food are forbidden to eat. The raw salt is forbidden to eat, yogurt and grist food are forbidden to eat at night. It is not anyone's duty to eat meat in vain. [39] Our scriptures clearly state what can and cannot be eaten. All food that is forbidden in the scriptures should not be eaten in secret. Even if no one sees, the seer himself is watching. The scriptures say to eat meat by surrendering to the gods. The nanny-goat since the wife, is not dedicated to the gods, so nanny meat is forbidden; the goat can be eaten by surrendering to the deity. Eating beef, peacock meat, dried meat, and long-smelling rotten food is a heinous crime, causing harm to health. Eating raw salt is also not good for the body. Not helpful indigestion, so it is not advisable to eat yogurt and grist at night. Eating meat is not forbidden, but eating excess meat is not okay.

You have to concentrate and eat only once a day and once a night. One who is without clothed will never eat while lying down and standing and leaving food on the ground. It is not scriptural to eat with sound. The man first feeds the guest, and then he will eat. It is like eating halahal poison without giving food to friends. [40] Excessive eating is not advisable, so you only need to eat twice a day. Food should not be eaten on an empty body, lying in bed and standing. It is unhealthy to leave food on the ground. Eating with sound is a bad sight, so you should not eat with sound, you should not sit in the society at all. If there is a guest in the house, he has to eat and take food first. Food should not be eaten alone; it should be shared with family and friends. If you eat alone without giving food to anyone, it is like halahal poison.

It is obligatory not to give the last part of all the foods except Grist, Drinks, Payas, Yogurt, Ghee, and Honey to others. It is good not to eat leftover yogurt. After washing his face with his hands at the end of the meal, he will offer the water to the right foot's toe. [41] After having Grist, Drinks, Payas, Yogurt, Ghee, and Honey, it is not advisable to give leftovers to others, as this can lead to infection. Eating is like a sacred sacrifice, so it is not right to eat without joy. After eating, wash your hands and face thoroughly, take a little water in your hand and place it on the big toe of the right foot.

It is seldom to use offensive and offensive language and to provoke anger. Diba Bihar and having intercourse with menstruating wives, virgins, and maids are very polluting. [42] The vitality of the one who slanders others and applies unpleasant sentences is slowly wasted. It is not advisable to have sex with one's wife during the day and menstruation. Unjustly depriving a woman of her virginity and having sex with a housemaid are all highly reprehensible acts.

It is obligatory to provide accommodation to the elderly, relatives, the poor, and friends in their own homes. Parabat, Shuk, Sarika, and Toilpaik (Arshola) if they are at home; it is good for the householder. If Khdyot (fireflies), Vultures, Wildebeests, Eagles (Baj), and Bumblebees enter the house, it is obligatory to purify the house immediately. [43] Not to abandon the family when they are old or to send them to the old age home; they must be nurtured with dignity in their own homes. Among the fauna, some animals are good for the house and some are bad. Many of those who are fierce, including vultures and hawks, also eat human flesh. Since ancient times, their entry into homes has been considered harmful. So when they enter the house, they have to purify the house.

It is completely inappropriate to disclose the confidential matters of Mahatma Persons. It is strictly forbidden to have intercourse with the wives of kings, doctors, boys, old men, servants, friends, Brahmins, refugees, and relatives. [43] People just have a lot of vulgar or obscene privacy in life. So do Mahatma People; so their weak secrets should never be made public. Sex with the wife of someone other than one's wife is completely forbidden in the scriptures.

It is imperative to do sleeping, eating, and learning in the evening. At night, it is strictly forbidden to perform patriarchy, bathing and eating grist, and hairdressing. Even if the food is very delicate, it should be discarded to eat more. [44] Gayatri is to be worshiped in the evening, so it is not necessary to do sleeping, eating, and learning at this time. Fatherhood is always done before dawn. In ancient times, men and women had long hair; it can fall into food if left open; that is why the scriptures have asked us to take food with our hair done.

It is obligatory to satisfy the invited person during the night meal. It is not obligatory to eat by oneself completely. Haircutting is prohibited at night and after meals. [45] The guest has to feed first and then eat. It is not right to eat all the food cooked alone. As it is said not to bathe as much as possible at night, one must bathe after cutting the hair; so cutting hair at night is forbidden.

A wise person must marry an adult daughter who has the good character of an honest family. By producing a son for the sake of lineage, knowledge, and clan education will surrender him to a learned man and produce a daughter and marry him to a well-educated groom. The son must perform the marriage and make a living with the daughter of the noble family. [46] The girl who has good qualities and is an adult has been asked to marry her. We see in the age of Mahabharata including the Vedic age child marriage was not encouraged. Educating the daughter, if she is an adult, she has been asked to marry the intelligent groom of the righteous family.

After immersing the head in water and bathing, the deity will be worshiped and patriarchal. Shradha should not be performed on the birth star. In such astrology, it is forbidden to do shradha at a time when it is forbidden. [47] Worship of gods and patriarchy must always be done by bathing humbly and becoming pure. It is completely inappropriate to perform Shradha Shanti on the date of birth.

Shaving should be done with the face facing east or north. You have to be guilty of wrongdoing, so you should never condemn yourself or others. [48] All shaving, including hair and beard trimming, should be done facing east and north. If you do not do the shaving work in the concentrated mind, bleeding may occur. The sinful act that is sinful should always be abandoned.

It is not obligatory to marry a girl of brown complexion, leprosy, crippled, prostitute, and epilepsy. It is scriptural to marry into a family that is better than you. It is not obligatory to be jealous of a woman. The wife must be protected with utmost care. Jealousy is prohibited; it is life-threatening. [49] If women and clans have some incurable diseases, then it is forbidden to marry the daughters of all clans. It is not right to look at the matter from the point of view of present humanity. But we have to understand that the words are not said by any god or gods. These words are said by a Maharathi Bhisma to Kshatriya king Yudhishthira, the successor of his dynasty, whose main goal is the monarchy. It is completely inappropriate to be jealous of a woman; it is a loss of life. The husband must always protect the wife with due respect and care.

Sleeping during the day and sleeping after sunrise is life-threatening, no doubt. Both sleeping in the morning and unclean at night are forbidden. Showing affection to another's wife is forbidden. It is obligatory to take a bath after shaving. In the evening,

reciting the Vedas, practicing the Vedas, eating, and bathing are unnecessary. [50] It is forbidden to sleep during the day, sleep in the morning after sunrise, and sleep unclean at night. Influenced by lust, intense affection for a stranger is inappropriate.

It is obligatory to bathe and worship the Brahmins, salute the gods and greet the gurus. [51] There is no need to greet and greet the gods, Brahmins, and Gurus without bathing, it shows disrespect to them.

Don't go anywhere uninvited. Traveling alone and traveling by night is not obligatory. It is obligatory to come and stay at home before evening to attend to any work request. [52] One should not go anywhere without an unwanted invitation. There is no need to go from one country to another alone; there is a possibility of danger. It is not advisable to travel alone at night. If you have to go somewhere far away for work, you should try your best to return home in the evening.

The command of the elders like father, mother, etc. should be obeyed unjustly. [53] Parents and elders should obey without exception, so the gods were pleased.

It is disgusting to have a menstruating wife and to call her. He will have intercourse with women at night on the day of menstruation. If you have intercourse on the day after menstruation, you will have a daughter and if you have intercourse on the next day, you will have a son. If you have intercourse with a woman on an odd day including the fifth, then a daughter is born and if you have intercourse on an even day with the sixth, a son is born. [54] Sexual intercourse should not be done during menstruation.

You will continue to honor relatives and friends. Sacrifice with great charity. The householder will follow Banaprastha ashrama in old age by observing all these domestic religions (Grihotstha ashrama). [55]

Relatives of one's own family should help as much as possible. A householder performs all these described virtues, and then enters the third ashram called Banaprastha from the householder's ashram. With the responsibility of the world on the child, then you will go to the work of God.

VI. RECOMENDATION AND CONCLUSION

6.1 Good Conduct

People are long-lived, short-lived, rich, and glorious only by dint of good conduct. The conduct of the saints is called good conduct. People can live for hundreds of years, even if they are not good-natured, only righteousness, respectful, without jealousy, truthful, without anger, and naivety.

6.2 Code of Good Conduct

Some important codes of good conduct are given below-

- a) You have to wash your hands and feet well before eating.
- b) Food should never be eaten on broken seats and broken dishes; It increases the mental distress, the mind becomes smaller.
- c) Educating the daughter, if she is an adult, she has been asked to marry the intelligent groom of the righteous family.
- d) It is scriptural to marry into a family that is better than you.
- e) It is not obligatory to be jealous of a woman.
- f) The wife must be protected with utmost care.
- g) It is forbidden to sleep during the day, sleep in the morning after sunrise, and sleep unclean at night.

6.1 Conclusion

Religion is an abstract matter; this abstract matter is visible to the individual, family, society, and the state through good conduct. So, good conduct is a very necessary embodiment of religion. It is through this that one can conquer life and live a healthy life for a hundred years. Nowadays, both our body and mind are getting worn out due to a lack of good conduct. It is very necessary to reform this dilapidation. It is not possible to live happily in a dilapidated house. Housing needs to be renovated and made habitable. Similarly, it is not possible to be virtuous in a decrepit body and mind. This requires the activation of one's self-awareness, only then can one re-enter the stream of ancient good conducts described in the scriptures. Due to the influence of time, it may not be possible for anyone today to observe all the codes of good conduct described in our scriptures as before. But we can try, even if we can't follow the rules of complete morality, most of them can be followed. This requires desire, concentration, and devotion to God.

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