

# इन्द्रियनिग्रह (Indriya Nigraha)

## Sense Level Discipline

इन्द्रियनिग्रह (Sense Control) is one of the most important foundations for any spiritual seeker. The senses (Indriyas) are the gateways through which the mind experiences the world. If they are left uncontrolled, they drag the mind outward into distraction and desire. When disciplined, they become instruments of focus, purity, and inner realization.

**Bhagavad Gita (2.58) says:**

यदा संहरते चायं कूर्मोऽङ्गानीव सर्वशः ।  
इन्द्रियाणीन्द्रियार्थभ्यस्तस्य प्रज्ञा प्रतिष्ठिता ॥ 58॥

'Just as a tortoise withdraws its limbs, the yogi withdraws senses from sense-objects.' This control is the true foundation of Yoga and liberation.

### 1. चक्षुः (Eyes – Sight)

Why important: The eyes constantly run behind attractive forms and distractions. For a seeker, control of sight prevents unnecessary agitation of the mind and cultivates inward vision.

Practices:

- Practice 'Drishti Discipline': Avoid looking at everything around, instead train the eyes to focus steadily.
- Daily Tratak Meditation: Concentrate on a flame or a point to stabilize wandering sight- 30 seconds for beginners.
- Reduce visual overload: Minimize time on screens, choose sights that uplift the mind.

### 2. श्रोत्रम् (Ears – Hearing)

Why important: The ears absorb words, music, and sounds that can purify or pollute the mind. Hearing sattvic sounds calms the mind, while uncontrolled hearing excites desires.

Practices:

- Listen daily to spiritual chants, mantras, or satsang.
- Observe silence (Mauna) for a set time every day.

- Avoid gossip and negative talks that disturb the mind.

### 3. घ्राणम् (Nose - Smell)

Why important: Smell can stimulate desire or disgust. Fragrance can elevate mood; indulgence can create attachment.

Practices:

- Use flower or natural fragrances in meditation.
- Practice awareness: Observe smell without judgment or craving.
- Avoid overstimulation by artificial perfumes and addictive scents.

### 4. रसना (Tongue - Taste)

Why important: The tongue is the most difficult to conquer. Food and speech both arise here. Overindulgence in taste or uncontrolled speech leads to downfall.

Practices:

- Practice mindful eating: Eat sattvic food, in moderation.
- Fasting or simple meals once a week to discipline cravings.
- Control of speech (Vāk Tapas): Speak without causing distress in other person, Speak truth, speak less, speak kindly.

### 5. त्वक् (Skin - Touch)

Why important: Touch relates to comfort, pleasure, and attachment. Excessive indulgence in sense of touch binds one to bodily pleasures.

Practices:

- Practice Asana: Train the body to remain steady beyond comfort-seeking.
- Endure heat and cold with patience (Titiksha).
- Reduce dependence on luxurious comforts; choose simplicity.

## Conclusion

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Mastery over the senses (Indriya Nigraha) does not mean suppression but disciplined regulation. When the senses serve the higher purpose of spiritual growth, the seeker moves from external distraction to internal realization.

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