



ANGER

GREED

EGO

Deceit

**POSSIBLE PHYSIOLOGICAL AND SPIRITUAL  
EFFECTS OF PASSIONS**



### **PHYSIOLOGICAL EFFECTS:**

- Increased body tension and stress leading to high blood pressure.
- Potential heart blockage, stroke, heart attack, paralysis, and premature death.
- Loss of vital energy, hormone imbalance, and weakening immune system.  
Breakdown of body's ecosystem.

### **SOCIAL EFFECTS:**

- Activation of negative feelings like anxiety, agitation, irritation, and depression.
- Disordered mental faculties and loss of mental peace.
- Loss of memory power, materialism, and severed family relations.

### **SPIRITUAL EFFECT:**

- Attachment leads to destruction and accumulation of intensive karmas.
- Absence of spiritual practices.
- One suffers endless cycles of birth and death.
- Inherent qualities of soul become obscure, which hinder the attainment of eternal peace and happiness.

We are not helpless victims of our Kashayas. We have our inner spiritual consciousness which, when awakened due to our right karmas, can guide us through the right path. Our endeavour should be to turn these passions into Karuna, Maitri, Forgiveness, Contentment and Love. The art of life is to reduce the complexity into simplicity. In simplicity, as our ascetics have shown, is a great virtue. Contemplating on Kashayas is beneficial in our daily reflections as overcoming these passions is the starting point on the road to moksha.





# KASHAYAS

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# PASSIONS IN JAINISM



THE MESSAGE OF PARYUSHAN IS WINNING OVER THE INNER ENEMIES SUCH AS KASHAYAS - (PASSIONS), AVERSIONS AND DESIRES.