



ISSN: 3049-2017  
 IJMh 2026; 3(1): 99-102  
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 www.themultijournal.com

Received: 29-01-2026  
 Accepted: 14-02-2026  
 Publish : 16-02-2026

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## The Practice Method of Mahatma Buddha's Eight fold Path : A Perspective

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### SUMMARY :-

According to Mahatma Buddha while living in this world, man cannot live without doing work even for a moment. Man's life depends on how he reduces it. He is completely free to do this work. Whether he should do less efficient or efficient actions. Karma is the reason for our origin. Man gets results according to his deeds, virtuous deed and also get punished. There is a state of binding and a state of construction.

Regarding the Practice of Yoga in religion, we have discussed in detail the Eight fold path told by Mahatma Bhuddha, how a human being can attain Nirvana while living his normal life. This is the main focus of this Research.

### Main Word :-

World, Actions, Karma, Religion, Nirvana

### Introduction :-

Buddhism consider's avidya or ignorance to be the cause of suffering in this world. The root cause of man's suffering in his world is Ajna it self. To remove these sufferings, attainment of knowledge is necessary. According to Buddhism.

The meaning of effort, hard work and enterprise is only when the person is free from command. The results of the actions done in ignorance are never benefited because in ignorant good and bad there is difference between good and bad. No one can differentiate Buddhism four Noble Truths ignorance of the truth is called Avidya Says.

According to Buddhism, When we discuss the practice of Yoga. It is necessary to have knowledge of the four noble Truths. The things which the Aryans know as true are called the Noble Truths. These four Noble Truths are mainly based on the teachings of Mahatma Buddha this is the summary of the teachings of Mahatma Buddha, when for the first time he saw an old patient an old person and a deceased person, at this time a feeling arose in his mind that there is only sorrow in the world. there is such sorrow in the world.

Why do the sorrows of life happen and to get rid of them. he did many spiritual practices and finally. On the strength of his self cultivation, he attained Bodhi, which showed him the true light of knowledge.

After attaining Bodhisattva mahatma Buddha first Preached these four noble truths to his disciples in sarnath, this incident is called Dharma Chakra Pravartan. According to Mahatma Buddha, these for noble truths are as follows.

- (1)Dukh Arya Saty
- (2)Dukh Samuday Arya Satya
- (3)Dukh Nirodh Arya Satya
- (4)Cessation of suffering Gamini Propounded Arya Satya

Yoga Sadhana of Mahatma Buddha is contained in the fourth Noble truth. cessation of suffering Gamini prapadya. what pratipadya means is the path that leads to the cessation of suffering cessation of suffering will happen only when we destroy the Karma of suffering. Mahatma Buddha observed that there are some people who want to remove the karma of suffering through strict fasting and there are some people who consider a life full of luxury to be the cause of suffering.

Mahatma Buddha did not like both the paths because both were paths leading to extremes. what is the path by which all karmic sufferings are destroyed and then he followed the noble eight fold path. it is also called the best path, it has eight paths. its eight paths are divided into three parts.

### **(1) Pragma (2) sheel (3) Samadhi**

Which are as follows :-

- (1) Right vision
- (2) Right resolution
- (3) Right Action
- (4) Right Vaak
- (5) Right Aajivika
- (6) Right exercise
- (7) Right Smiriti
- (8) Right Samadhi

The above Eight fold path includes the sheel of wisdom and samadhi. The fourth Noble truth is the means by which Nirvan is attained. Buddhism believes that the attainment of Nirvana does not come easily. it is the supreme essence of life that is achieved through great sacrifice and penance. Mahatma Buddha discussed the eight fold path to achieve this. This path told by Lord Buddha is called the middle path.<sup>(1)</sup> Mahatma Buddha has called the Noble Eight fold path the path of nectar. wisdom seal and samadhi This is the corner stone of Buddhism<sup>(2)</sup>

### **Pragma :-**

Pragma means knowledge. Wisdom originates from seal and samadhi. The name of the state of equilibrium between our mind and truths is wisdom. wisdom is also called knowledge with efficient mind.<sup>(3)</sup> The highest state of wisdom is the right enlightenment. The destruction of ignorance is possible only through wisdom. attains many types of accomplishments. His sense become divine.<sup>(4)</sup> and that suffering knowledge is accomplishment. His senses become divine and that suffering knowledge is accomplished through philosophy. when a yogi sees with wisdom that all sanskars are impermanent all sanskars are sorrow, all religions are non-self, then there is cassation<sup>(5)</sup>

### **Sheel (Modesty) :-**

Mahatma Buddha has given great emphasis on the conduct of modesty. Modesty means good conduct. Modesty is the coordination of our thoughts and actions. Modesty is purity of body. speech and mind. It a man follows the Path old morality then he can benefit himself and the society. Mahatma Buddha has given five virtues for common people which are as follows:-

- (1) Do not do violence to any living being.
- (2) Not stealing means not taking someone else's thing as your own.
- (3) Not committing adultery means staying away from sexual misconduct
- (4) Not telling the truth.
- (5) Do not consume intoxicants.

Buddha says that it is necessary for every human being to accept these precepts according to mahatma Buddha, there should be some standard of life for every man by which he can measure his good and bad. There are fallen people every where in the world. There are two types of fallen people. One is the fallen ones whose life has no measurement and punishment. The second fallen are those whose life has some measure of punishment. One whose life has no measurement and punishment does not know that he is fallen even after falling that is way he always remains sinful. On the other hand, those whose life has some measure of punishment always try to rise above their sinful state why, the answer to this is that he knows that he is degenerate, has fallen this is the big difference between punishment and not having any measure of improvement in life for a man. It is such a big thing that a man has fallen below his level. Not there As if there is not standard in man's life.<sup>(6)</sup>

### **SAMADHI :-**

Samadhi means concentration of efficient mind. Samadhi is the cessation of all the unskillful activities of the mind. The mind of a person who has attained samadhi becomes calm. The human mind becomes concentrated and capable of performing skillful actions and human mind is oriented towards efficient deeds. Due to which he gets the goal of samadhi. purification of mental disorders is possible only through samadhi. samadhi destroys suffering. "In Samadhi, all the unskillful tendencies of the mind are destroyed. The mind becomes concentrated. It becomes calm and by being oriented towards skillful actions. wisdom benefits.<sup>(7)</sup>

Three types of samadhi have been described :-

- (1) Shunyata Samadhi
- (2) Uncaused Samadhi
- (3) Aparanhit Samadhi

In this way we see that the above mentioned eight paths are included in morality, Samadhi and wisdom. Mahatma Buddha has divided the Noble Eight fold path into wisdom. Virtue and Samadhi Now we will discuss the Noble Eightfold path in the yoga practice of Buddhism.

### **Right View :-**

Mahatma Buddha first explained the Eight fold path right view which is the first and foremost. Most of the illusions, disorders and defects come into human life due to illusory vision. It is necessary to solve them first. That is why Mahatma Buddha explains the practice of right vision. Right vision means correct vision. With proper vision we see things as transitory the world is full of sorrow and changeable.

Sarvam dukham, sarvam Anatmam, sarvam is impermanent

Mahatma Buddha believes that everything is impermanent everything is momentary and everything is anatma. Having this view is the right view. In fact knowledge of

the four noble truths is right view. This is the first step on the path of liberation, without which neither modesty nor samadhi will be attained. It is only as a result of vision that we attain modesty. "Monks. The moment an Arya Shravaka recognizes evil conduct, recognizes virtuous conduct and recognizes the root cause of virtuous conduct then his vision is called right. <sup>(8)</sup>

Right view means that man should be free from false beliefs. Man should be free from all such false notions which are imagination of man's mind and which have no relation to man's experience or reality. Right vision means that man's mind should be free, man's thoughts should be free.

### **Right Resolution :-**

Right resolution means making the right resolution our mind is a mine of concepts and options. Many types of resolutions keep happening continuously. The practice of right resolution our mind is a mine of concepts and options. Many types of resolutions keep happening continuously.

The practice of right resolution inspires us to have the right concept. In this world every human being has something he wants some things which are important. Right resolution means that our hopes and desires should be of high level and not of low level and should be worthy of our health. Right resolution is also of three types – (1) Naiskramay Samyak Sankalp (2) Avyapad Samyak Sankalp (3) Non Violence right resolution

**(1) Naiskramay Samyak Sankalp :-** Naiskramay means coming out. According to Mahatma Buddha, this whole world is a house of sorrows, the one who tries to be free from these sorrows is the one who has a selfless resolution.

**(2) Avyapad Samyak Sankalp :-** It means hatred or malice. According to Mahatma Buddha no human being should have any feeling of hatred or malice towards any person in this world. Man should have a feeling of love and compassion towards all people.

**(3) Non Violence right resolution :-** Not having thoughts of killing or taking life towards other people is non-violence. Right resolution thus right solution means renunciation. There is no place for any kind of violence, retribution anger or hatred in it.

**Right Speech :-** Speaking appropriate and religious things is right speech or dharma. Not speaking false, untimely, harsh abusive words etc. is the practice of right speech. One should always speak the truth and love. Hurting others by speaking harsh words is also violence. As per our speech and words, so will be our knowledge, hence we should always speak sweetly and lovingly. Monks! what is right speech? A man stops telling lies and speaks the truth and he is a realist in this world. He wants to gossip, he wants to speak a lot, that is why he wants to meet me. Baat honi hai to dharmic conversation or Aryan Silence. <sup>(9)</sup> This

right speech means that a person speaks, only the truth, does not speak ill of other, does not abuse any one, does not speak harsh words to anyone. speaks politely with every one.

**Right Karma –** Doing the right action is the right sequence. Actions are the cause of bondage. It is only by doing karma that living beings die again and again. Karma is the cause of bondage. But if the samyaks are reduced then the essence does not get bound by them. Abstain from animal violence, do not take anything without giving. staying away from sensual pleasures not consuming intoxicants. <sup>(10)</sup>

In this way we see that Samyak Karmant teaches us appropriate behavior and every action of ours should be such that while doing it. we take care of the feelings and rights of others. Theft, Violence, malpractice. not doing such immoral and inauspicious acts like dishonesty etc. and continuing to do charity, sacrifice and service is proper karmant seva.

**Right Livelihood (Aajivika) :-** Right or correct livelihood is right livelihood. Right livelihood means proper style and means of living. every person has to earn his livelihood but there is a difference in the way of earning livelihood. there are some bad ways.

**Right Exercise (Vyayam) –** Right exercise is the main means of Buddhism, giving up wrong deeds and adopting good deeds is right exercise. Exercise also means effort. It is of four types.

- (1) Not producing unproductive unskilled actions.
- (2) To generate efficient deeds that were not produced.
- (3) To destroy the bad karmas generated.
- (4) To protect the good deeds generated.

The practice of right exercise connects both the internal and external, hence the practice of right remembrance and right samadhi is the same means of survival. Right practice is the practice between these two. Mahatma Buddha divided it into two parts do.

- (1) To give rise to good thoughts and feelings.
- (2) Stopping bad thoughts.
- (3) To purify the bad thoughts that have arisen.

This is the right exercise of Buddhism and some good ways, bad ways are those which cause harm to someone or cause injustice to some one. Good methods are those by which a person can earn his Living without harming anyone or doing injustice to anyone. Samyak Aajivika is for purity of personal and social life.

A person way of living should be pure, otherwise good thoughts and good resolutions will not be able to come in our life. we should follow the right path survival and abandon the wrong path.

**Samyak Smiriti :-** Samyak Smiriti means best memory or appropriate. Smiriti means remembrance. meaning, remembering the known things which we have actually

remembered is this form is samyak smiriti. for with drawal remembering the body as body, pain as pain, mental states as mental states is samyak smiriti.

Buddha believes that all our suffering is due to lack of proper memory, we forget the transience of the world and its eternality. Those elements which do not have soul are considered as soul impermanent elements are considered as eternal and considering the sad as happy is called the practice of right awareness. Right meditation has been given great importance in Buddhism, it is the only path to attain enlightenment and to experience pure and nina. Samyak Smiriti means being able to pay attention to everything. It is the constant awareness of the mind. Keeping an eye on the un whole some thoughts that arise in the mind is another name for samyak smiriti.

**Samyak Samadhi :-** The last stage of the Eight fold path is samyak samadhi. It has great importance in Buddhism. "Skilled concentration of mind is called samadhi. That is keeping the mind pure through emotion at the same time and dispassionate emotion is called Samadhi <sup>(11)</sup> Samadhi monks remain separate from worldly people. wisdom and concentration of mind are two parts of samadhi. Both there parts are based on Mahatma Buddha own experience Mahatma Buddha himself sat under the Bodhi tree with his mind concentrated and attained enlightenment. There are four types of meditation is Samyak Samadhi which are as follows.

- (1)The first meditation consists of live meditative organs namely vitarka, vichar, preeti, sukh ad concentration,.
- (2)Spirituality is the second meditation along with four meditation parts namly shamprasad preeti, sukh and concentration.
- (3)The third meditation includes the fire meditation organs consisting of neglect, memory awareness, happiness and samadhi
- (4)Adukha dry pain up eksha, parisuddhi smiriti and samadhi are the fourth meditation along with these for parts of meditation.

Thus we see the samyak samadhi is a kind of state of Nirvana A person who has attained Samyak Samadhi becomes free and his karmic rituals end. one become free from all desires.

His carryings are eliminated this is the yoga practice of Buddhism.

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