



Ancient Vedic Mantras and Rituals





Shrimad Bhagavad Gita Chapter-2 Shalok-59 | श्रीमद् भगवद्गीता अध्याय दो-श्लोक उनसठ | PDF

Chapter 2 – Sankhya Yoga Verse 59

Sanskrit Verse

viṣhayā vinivartante nirāhārasya dehinaḥ |
rasa-varjaṁ raso 'pyasya paraṁ dṛiṣṭvā nivartate || 59
||

Simple Meaning

O Arjuna!

A person may refrain from sense objects, just as one abstains from food, but the inner desire for them may still remain. However, when one experiences a higher spiritual joy, even that lingering attraction naturally disappears.

Detailed Explanation

Temporary Withdrawal from Pleasures

Lord Krishna explains that simply staying away from sense objects does not guarantee true freedom.





A person may avoid worldly pleasures through discipline, fasting, or restraint, but the subtle craving for them can still remain hidden in the mind.

Desire Can Remain Within

External renunciation alone is not enough. Even if a person stops engaging in certain pleasures, the inner taste or attraction for them may continue. This means the senses may be controlled outwardly, but the mind can still secretly long for those experiences.

The Meaning of “Rasa”

The word *rasa* here refers to the subtle enjoyment, attachment, or emotional pull toward sensory pleasures. This inner taste is deeper than physical action—it is the mental attraction that keeps a person tied to worldly experiences.

Higher Experience Removes Lower Desires

Krishna reveals the real solution: when a person experiences something higher—spiritual truth, inner peace, divine connection—the lower attractions begin to fade naturally. Once the soul tastes a greater joy, worldly pleasures lose their grip.

True Renunciation Comes from Fulfillment

Real freedom does not come through suppression alone.





It comes when the heart is fulfilled by something more meaningful and lasting. When inner satisfaction arises, cravings reduce without force.

Transformation, Not Mere Control

This verse teaches that spiritual growth is not about fighting desires endlessly, but about transforming consciousness. By shifting attention toward the higher self, desires lose their power.

Who Truly Overcomes Desire?

A person who has seen the higher reality (*param dṛiṣṭvā*) no longer depends on temporary pleasures for happiness. Their joy comes from within, and therefore they are naturally detached.

Wisdom in Daily Life

This teaching reminds us that habits and temptations cannot be removed only by avoidance. Long-term change happens when life is filled with purpose, inner peace, and deeper fulfillment.

Key Points

- External restraint may remove action, but not desire
- Hidden cravings can remain in the mind



True freedom comes from experiencing higher joy

Spiritual fulfillment naturally dissolves lower attractions

Lasting detachment comes through inner transformation

Profound Spiritual Meaning

Krishna explains that suppressing desires without inner awakening only creates temporary control. The deeper liberation happens when the soul discovers a higher truth and greater bliss.

The deeper message is:

Lower desires fade only when a person experiences something greater than them.

Word-by-Word Meaning

viṣhayāḥ – Sense objects

vinivartante – Withdraw / cease

nirāhārasya – Of one who abstains

dehinah – Embodied being

rasa-varjam – Leaving behind the taste / desire

rasaḥ – Attraction / subtle enjoyment

api – Even

asya – His



param – Supreme / higher

dṛiṣṭvā – Having experienced / seen

nivartate – Ceases completely

Message of the Shloka

Avoiding worldly pleasures may control external behavior, but inner attachment remains until one discovers a higher source of happiness. True detachment is born not from denial, but from experiencing the deeper joy of spiritual realization.

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