



Ancient Vedic Mantras and Rituals





Shrimad Bhagavad Gita Chapter–2 Shalok–60 | श्रीमद् भगवद्गीता अध्याय दो-श्लोक साठ | PDF

Chapter 2 – Sankhya Yoga

Verse 60

Sanskrit Verse

yataḥ hyapi kaunteya puruṣhasya vipaśhchitaḥ
indriyāṇi pramāthīni haranti prasabham manah || 60 ||

Simple Meaning

O Arjuna!

Even a wise and disciplined person who is sincerely striving for self-control may find that the turbulent senses violently carry away the mind.

Detailed Explanation

Even Effort is Sometimes Not Enough

Lord Krishna explains that spiritual discipline is not easy. Even a knowledgeable and careful person, who is actively trying to control themselves, can still struggle because the senses are extremely powerful and restless.



The Nature of the Senses

The senses are described as *pramāthīni*—meaning turbulent, forceful, and difficult to control. They do not remain calm naturally; instead, they constantly pull the mind toward external objects and pleasures.

The Mind Can Be Overpowered

Even when a person is alert and practicing restraint, the senses can suddenly overpower the mind. This shows how strong habitual impressions and desires are, even in a conscious seeker.

Struggle of a Spiritual Practitioner

This verse highlights the real challenge on the spiritual path. It is not just about knowing what is right, but about dealing with the constant inner battle between discipline and desire.

Why Wisdom Alone is Not Enough

A person may be intelligent (*vipaśchitaḥ*) and understand what should or should not be done, but intellectual understanding alone cannot fully control the senses.

Senses Act Like Forceful Currents

The senses are compared to powerful forces that can drag the mind away, even when one is trying to stay steady. This shows how deeply rooted sensory attraction can be.



Need for Deeper Control

Krishna implies that true control requires more than effort—it requires higher awareness, inner stability, and spiritual grounding.

Key Points

- Even wise people struggle with sense control
- Senses are powerful and naturally restless
- The mind can be forcefully pulled away
- Knowledge alone is not enough for mastery
- Strong inner discipline and higher awareness are needed

Profound Spiritual Meaning

Krishna reveals that the spiritual journey is not simple suppression of desires, but a deep struggle with the nature of the senses themselves. Even sincere practitioners may falter if the senses are not truly mastered.

The deeper message is:

Self-control is not a one-time effort—it is a continuous inner discipline against powerful sensory forces.

Word-by-Word Meaning

yataṭaḥ – While striving / making effort

hi – indeed

api – even



kaunteya – O son of Kunti (Arjuna)

puruṣhasya – of a person

vipaśchitaḥ – wise / intelligent

indriyāṇi – senses

pramāthīni – turbulent / forceful

haranti – carry away / drag

prasabham – forcibly / violently

manaḥ – mind

Message of the Shloka

Even a knowledgeable and disciplined person may struggle to control the senses, because they are naturally turbulent and powerful. True mastery requires deeper inner strength beyond intellectual understanding.

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