

An Analytical Study of Āhāraja Rūpa In Theravāda Abhidhamma
¹Khine Su Wai, 2021

Abstract

Āhāraja rūpa is a type of material phenomena formed when the internal nutriment combines with the external nutriment. Many scholars have studied about āhāraja rūpa as part of a chapter in Abhidhamma but there are few specialized studies about it. This research analyzed the concept and practice of āhāra (food, nutrition) in Buddhism for the cultivation of physical and material development. The textual analysis was made to identify āhāraja rūpas that occur in the intakes of nutriments and outline the repulsive nature of nutriments. The data were collected from Abhidhamma Piṭaka. The research indicated the contemplation of repulsiveness for reducing kilesā can help people keep a healthy mind and body. It is hoped that this research will contribute to reduction of craving for food and attachment to nutriment thereby facilitating insight meditation.

Key words: Āhāraja rūpa, nutriments, repulsiveness, kilesā

¹ Khine Su Wai, an MA student of Global Peace University, Mandalay