

Diseases, Sinful Activities and Healthcare

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Abstract-- The four fundamental characteristics of the living world are birth, death, old age and diseases in this universe. Human being is the most precious creation of this living world. Diseases are courses to human body. Modern medical science developed technology to cure diseases. Medical science provides solutions to all diseases. But is there any way to decrease disease. Perhaps answer is negative. Number of diseases increase day by day. Everyday new viruses and new diseases are identified. That is why there are big lines of patients in front of every hospital throughout the year. No one is brother about caring. Human being suffers seriously due to diseases. In Bhagabat Gita, it is given that people are suffering because of their past activities. Then what types of activities are causes of sufferings. Newton's third law says every action has equal and opposite reaction. Therefore if action is suffering, then reaction is also suffering. So Sufferings can be avoided by modifying our activities. Pure activities are like cleaned and decent surrounding whereas sinful activities are like polluted surrounding. Iskcon educates the devotees to follow some principles by which they can keep themselves away from sinful activities. These principles are purifiers of human body. In this article some scientific discussion has been made how diseases are caused by sinful activities. Therefore avoidance of sinful activities will be the reducer of diseases

Keywords-- Medical science, sinful activities, regulative principles, Newton's third law, human being, healthcare, Mahamantra.

I. INTRODUCTION

The material world is made up of five gross materials earth, air, water, fire and ether [1]. The gross sufferings by human beings are birth, death, disease and old age [2]. This universe is governed by natural laws. Newton's third law is law of actions and its reactions. [3]. Iskcon is an international society trying to educate the world people about the sinful activities and their consequences through the teachings of bhagabat Gita and scriptures [4][1]. For the universal human development Iskcon is following four regulative principles [5] [6] which are pillars of peaceful and harmonious human society [7].

Four regulative principles are "dwita pani striya suna". No gambling, no intoxication, no illicit sex, no killing. These are major sinful activities in Kaliyug. By avoiding these entirely, one can lead a devotional life. A true devotee has purified human body. Viruses, germs spread in a contaminated body. It rarely resides in a pure body.

According to Newton's law wrong activities have negative reactions. These wrong activities called sinful activities are activities against natural laws. So if we do anything against natural laws as reactions we get sufferings.

II. ISKCON IS AMBASSADOR OF HEALTH CARE

In mid-1965 Vaktivedant Swami prabhupadtra travelled to America in order to spread hare Krishna movement in western countries[4][8]. He establishes Krishna consciousness Society called Iskcon, International Society for Krishna consciousness [9] [10]. The primary task of the society is to spread Hare Krishna Mahamantra throughout the world [11]. Everyone should chant mahamantra in order to reach at ultimate destination. To chant the mantra the primary requirement is to obey four regulative principles, that is "NO" to 1) intoxication, 2) illicit sex, 3) meat eating, and 4) gambling [8]. Those who are involved directly or indirectly in these four activities are sinful. These are measure platform for sinful activities. So saying 'NO' to these four categories of activities, one makes him or her free from sinful activities. Committing these activities is against the various universal laws governing this universe. So reactions of these activities are mainly diseases suffered by human being. So Iskcon is a biggest health center where four regulative principles are Medicare [12]. Obey the four regulative principles and free oneself from all types of diseases.

III. SINFUL ACTIVITIES LEAD TO DISEASES

According to Newton's law

$$f(\text{action}) = \text{reaction}$$

$$f: \{\text{sinful activities}\} \rightarrow \{\text{diseases}\}$$

Newton's third law is a universal law. It says that every action has equal and opposite reaction. The action of killing any living being is an action of giving suffering to that living being. Suppose someone is cutting the throat of a bird. Think how much pain that bird will suffer before dying. Then reaction of this suffering is also suffering. Therefore the person who killed the bird must suffer and suffering must be painful. Now the question is, this suffering is immediate or takes some time. Let us discuss about a student's action.

Time span for getting a job as a reaction of his studies (action) is so to say at least 10 years or more than that. It is not immediate. So if Newton's third law is true, then suffering given to others must be a suffering (reaction) to the person who caused the suffering. Only the time taking place of such reactions may be immediate or take some time.

So conclusion is suffering is there. It is sure. As discussed in Bhagavat Gita [1] people are suffering because of their past activities. If we will be agreed to Bhagavat Gita and Newton's third law, then disease is a suffering it is not at all a happy reaction must be a reaction of some of the wrong past activities (sinful acts). Though it is not practical, but can be practically realized. So conclusion is our sufferings are due to our past wrong deeds. Wrong deeds are sinful activities that are deeds against the natural laws. An animal has got his life according to God grace. Killing it is against natural law. Who am I to take its life? Tobacco is injurious to health. If we take it we may cause damage to throat, mouth and liver, lead to cancer. Avoidance of sinful activities leads to decline of sufferings. No to intoxication have rare chances of having cancer. That means obeying the four regulative principles leads to health care.

IV. AVOIDANCE OF SINFUL ACTIVITIES LEADS TO HEALTH CARE

Sinful activities mean actions against (violating) natural laws. Reaction is the functional output of an action. So functional outputs of sinful activities are mainly diseases. Conclusion is one should act against natural law. If we obey all the natural laws, life will be very tough. One has to take renunciation (sanyas). In Bhagabatam, it is told that even a sanyasi commits six types of sinful activities. Complete avoidance of sinful activities is impossible. That is why Iskcon ask everyone to chant Hare Krishna mahamantra in order to counteract the sinful activities. A pure human body has no suffering. A human body is pure only if he is free from sinful activities. One is free from sinful activities means following the four regulative principles. Following four regulative principles, taking prasadam and chanting Hare Krishna mahamantra makes one pure.

We use chemicals to purify a contaminated environment. Is it good to allow one environment to be contaminated or keep the environment clean from the very beginning is good? Care is better than cure. A pure environment is never a hub of harmful species. A good environment is never the shelter of devils. When body is pure, germs, virus etc. couldn't reside inside the body. Then how does this body become home of diseases.

No disease means, no medical treatment or rarely any medical treatment required. So the best health care is to free oneself from sinful activities. Body free from sinful activities means body free from diseases.

V. FUTURE SCOPE

In this article discussion is carried on for the avoidance of sinful activities with the help of scientific reasoning. But there is rarely any discussion about chanting of mahamantra. In future extension the discussion of chanting of Mahamantra can be added.

VI. CONCLUSION

So the best health care is to free oneself from sinful activities. People should be well educated about sinful activities. Caring is always better than cure. Instead of Opening so many hospitals, medical institutes, if Government of every country comes hand to hand with Iskcon and try their best to make every human being sin free, then long lines before every hospital everyday can be minimized or completely abolished. Human being becomes disease free.

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