



**SNS COLLEGE OF TECHNOLOGY**  
**An Autonomous Institution**  
**Coimbatore-35**



Accredited by NBA – AICTE and Accredited by NAAC – UGC with 'A+' Grade  
Approved by AICTE, New Delhi & Affiliated to Anna University, Chennai

**DEPARTMENT OF ELECTRONICS & COMMUNICATION ENGINEERING**

III YEAR/ VI SEMESTER

**19HST105 ESSENCE OF INDIAN TRADITIONAL KNOWLEDGE**

**UNIT I ANCIENT INDIA & STATE POLITY**  
**Āshrama or the Stages of Life**



## Āshrama or the Stages of Life



- The **Ashrama system** denotes the Hindu scheme of life according to which different stages in the life of an individual are well ordered.
- The average life span of an individual is considered to be **100 years** and it is divided into four stages each stage having a time span of **25 years**.

These four *āshramas* are:

### 1. **Brahmacharyāshrama** or the **Stage of Studentship** —

- This is the first stage of life.
- It is meant for acquiring knowledge, developing discipline and moulding character.
- This stage starts with the ceremony called **upanayanama** or investiture with the sacred thread. Now the person became a **brahmachārīna**, leading a celibate (unmarried life) and strict life as a student at the home of his teacher.



## 2. *Grihasthāshrama* or The Stage of Householder —

- This stage starts at marriage when the student has completed his studentship and is ready to take up the duties and responsibilities of household life.
- In this stage the individual gets married, earns money and begets children. The individual pursues wealth (*artha*) and pleasure (*kāma*) within the limits of the moral law (*dharma*).

## 3. *Vānaprasthāsharma* or The Stage of Retirement from Active Life—

- After discharging all the duties and obligations as a householder, the individual enters into the *Vānaprastha* stage.
- It consists of the third quarter of person's life.
- In this phase, after retiring from active life, the individual dedicates himself to a life of spiritual contemplation.
- He leaves his home and goes to the forest to become a hermit.



#### 4. *Sanyāsāshrama* or The Stage of Renunciation or Wandering Mystic—

- This is the last stage of life.
- Now the individual leaves his hermitage and becomes a homeless wanderer (*sanyāsin*) with all his earthly ties broken.
- The *sanyāsin* aspires and acts to attain liberation only.



# THANK YOU