



ōṃ śrī paramātmanē namaḥ atha pañchamō'dhyāyaḥ | karmasannyāsayōgaḥ

arjuna uvācha

sannyāsaṃ karmaṇām kṛṣṇa punaryōgaṃ cha śaṃsasi |
yachChrēya ētayōrēkaṃ tanmē brūhi suniśchitam || 1 ||

śrībhagavānuvācha

sannyāsaḥ karma yōgaścha niḥśrēyasa karāvubhau |
tayōstu karma sannyāsāt karma yōgō viśiṣyatē || 2 ||

jñēyaḥ sa nitya sannyāsī yō na dvēṣṭi na kāṅkṣati |
nirdvandvō hi mahābāhō sukhaṃ bandhāt pramuchyatē || 3 ||

sāṅkhyayōgau pṛthagbālāḥ pravadanti na paṇḍitāḥ |
ēkamapyāsthitaḥ samyak ubhayōrvindatē phalam || 4 ||

yat sāṅkhyaiḥ prāpyatē sthānaṃ tadyōgairapi gamyatē |
ēkaṃ sāṅkhyam cha yōgaṃ cha yaḥ paśyati sa paśyati || 5 ||

sannyāsastu mahābāhaha duḥkha māptu mayōgataḥ |
yōgayuktō munir brahma nachirēṇādhigachChatī || 6 ||

yōgayuktō viśuddhātmā vijitātmā jitēndriyaḥ |
sarva bhūtātma bhūtātma kurvannapi na lipyatē || 7 ||

naiva kiñchit karōmīti yuktō manyēta tattva vit |
paśyañ śṛṇvan sprṣaṇ jighran aśnan gachChan svapañ śvasan ||
8 ||



pralapan visrjan gr̥hṇann unmiṣan nimiṣannapi ।
indriyā ṇīndriyārthēṣu vartanta iti dhārayan ॥ 9 ॥

brahmaṇ yādhāya karmāṇi saṅgaṃ tyaktvā karōti yaḥ ।
lipyatē na sa pāpēna padmapatra mivāmbhasā ॥ 10 ॥

kāyēna manasā buddhyā kēvalai rindriyairapi ।
yōginaḥ karma kurvanti saṅgaṃ tyaktvātma śuddhayē ॥ 11 ॥

yuktaḥ karmaphalaṃ tyaktvā śānti māpnōti naiṣṭhikīm ।
ayuktaḥ kāma kārēṇa phalē saktō nibadhyatē ॥ 12 ॥

sarva karmāṇi manasā sannasyāstē sukhaṃ vaśī ।
navadvārē purē dēhī naiva kurvan na kārayan ॥ 13 ॥

na kartṛtvaṃ na karmāṇi lōkasya sṛjati prabhuḥ ।
na karmaphala saṃyōgaṃ svabhāvastu pravartatē ॥ 14 ॥

nādattē kasyachit pāpaṃ na chaiva sukr̥taṃ vibhuḥ ।
ajñānē nāvṛtaṃ jñānaṃ tēna muhyanti jantavaḥ ॥ 15 ॥

jñānēna tu tadajñānaṃ yēṣāṃ nāśita mātmanaḥ ।
tēṣāṃ āditya vajjñānaṃ prakāśayati tatparam ॥ 16 ॥

tadbuddhayas tadātmānas tanniṣṭhās tatparāyaṇāḥ ।
gachChant yapunarāvṛttiṃ jñāna nirdhūta kalmaṣāḥ ॥ 17 ॥

vidyā vinaya sampannē brāhmaṇē gavi hastini ।
śuni chaiva śvapākē cha paṇḍitāḥ samadarśinaḥ ॥ 18 ॥



ihaiva tairjitaḥ sargaha yēṣāṃ sāmyē sthitaṃ manaḥ ।
nirdōṣaṃ hi samaṃ brahma tasmād brahmaṇi tē sthitāḥ ॥ 19 ॥

na prahr̥ṣyēt priyaṃ prāpya nōdvijēt prāpya chāpriyam ।
sthira buddhi rasammūḍhaha brahmavid brahmaṇi sthitaḥ ॥ 20 ॥

bāhya sparśēṣ vasaktātmā vindat yātmani yatsukham ।
sa brahmayōga yuktātmā sukha makṣaya maśnutē ॥ 21 ॥

yē hi saṃ sparśajā bhōgā duḥkha yōnaya ēva tē ।
ādyantavantaḥ kauntēya na tēṣu ramatē budhaḥ ॥ 22 ॥

śaknōtī haiva yaḥ sōḍhum prāk śarīra vimōkṣaṇāt ।
kāma krōdhōdbhavaṃ vēgaṃ sa yuktaḥ sa sukhī naraḥ ॥ 23 ॥

yō'ntaḥ sukhō'ntarārāmaha tathāntar jyōtirēva yaḥ ।
sa yōgī brahma nirvāṇaṃ brahmabhūtō'dhigachChatī ॥ 24 ॥

labhantē brahma nirvāṇam ṛṣayaḥ kṣīṇa kalmaṣāḥ ।
Chinna dvaidhā yatātmānaḥ sarvabhūta hitē ratāḥ ॥ 25 ॥

kāma krōdha viyuktānāṃ yatīnāṃ yata chētasām ।
abhitō brahma nirvāṇaṃ vartatē veditātmanām ॥ 26 ॥

sparśān kṛtvā bahir bāhyān chakṣuś chaivāntarē bhruvōḥ ।
prāṇāpānau samau kṛtvā nāsābhyantara chāriṇau ॥ 27 ॥

yatēndriya manōbuddhihi munirmōkṣa parāyaṇaḥ ।
vigatēchChā bhaya krōdhaha yaḥ sadā mukta ēva saḥ ॥ 28 ॥



bhōktāraṃ yajña tapasāṃ sarva lōka mahēśvaram ।
suhṛdaṃ sarva bhūtānāṃ jñātvā māṃ śāntimṛchChatī ॥ 29 ॥

ōṃ tatsaditi śrīmad bhagavadgītāsu upaniṣatsu brahmavidyāyāṃ
yōga śāstrē śrīkrṣṇārjuna saṃvādē karma sannyāsa yōgō nāma
pañchamō' dhyāyaḥ ॥5 ॥

ShreeKrishnaarpanamastu!!