

आहार निद्रा āhāra nidrā

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आहार निद्रा भय मैथुनं च

सामान्यमेतत् पशुभिर्नराणाम् ।

धर्मो हि तेषां अधिको विशेषो

धर्मेन हीनाः पशुभिः समानाः ॥

ahāra nidrā bhaya maithunaṁ ca

sāmānyametataśubhirnarāṇām ।

dharmo hi teṣām adhiko viśeṣo

dharmena hīnāḥ paśubhiḥ samānāḥ ॥

Food, sleep, fear and sex are common among human beings and animals. *Dharma is the extra special among human beings. A Human being without Dharma is equal to an animal in status.**

अहार ahāra = food, निद्रा nidrā = sleep, भय bhaya = fear, मैथुनं maithunaṁ = sex, च ca = and, सामान्यम् sāmānyam = common, एतत् etat = this, पशुभिः paśubhiḥ = for animals, नराणाम् narāṇām = among human beings, धर्मः dharmah = virtue, morality, हि hi = indeed, तेषां teṣām = in them, among them, अधिकः adhikaḥ = extra, more, विशेषः viśeṣah = special, धर्मेन dharmena हीना hīnā = without Dharma, with virtue, पशुभिः paśubhiḥ = with animals, समान samāna = equal.

* धर्म dharma = moral, ethical, and righteous duty of a person for the welfare of the society.

स्वधर्म svadharmā is the duty of an individual dictated by his own consciousness with proper understanding.