

## **Ageing: A Buddhist Perspective**

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Gerontology is an academic branch, which studies the social, psychological and biological aspects of ageing. Gerontologists examine the adult behavior and discuss comprehensive capacities, perception, learning, abilities, problem solving, feelings, emotions, skills and social behavior of adult life. In Buddhism it is discussed as the concept of *Jara* (decaying). The Buddha explained it as one of the three characteristics which *anicca* describes impermanent as a result of which we can identify the decaying.

In this study, my objective is to compare and contrast both Gerontology and the Buddhist perspective, with reference to the concept of *Jara*. The comparative method is applied using primary and secondary sources. I expect to discuss that the concept of *Jara* in Early Buddhism, five *uppattibhavas* in *Indaka sutta* of *Sanyukta Nikaya* (*kalala, abbuda, pēsi, ghana* and *prasāka*) and ten decades (*dasaka*) in the Path of Purification (*Visuddhimagga*). Apart from the aforementioned, the problems and the potentialities will also be discussed.

In this study, my conclusion is that the concept of Gerontology in Buddhism is deeper and more spiritual than that of the western Gerontology. According to the Buddhist view ageing is not a problem.

Keywords : Gerontology, *Jara*, *dasaka*, *anicca*.