

18) *Āvaraṇas Four.* (Covering, Protection). For earth the sea, for house the compound wall, for country the King, for women chastity.

19) *Āhārādīs Four.* (Food etc.). Āhāra (food), Nihāra (Evacuation), Maithuna (sexual act), Nidrā (sleep).

20) *Āhāravastus Four.* (edibles). Khādyam (eaten by munching with teeth and chewing), Peyam (that which is drunk), Lehyam (licked with the tongue) and Bhojyam (that which is not included in the above three).

21) *Ṛṇas Four.* (Obligations, debts). Debts due to Devas, Ṛṣis, Piṭrs and Men. One pays back one's debts to Devas by performing yajñas. By Svādhyāya (self-study) and tapas one pays the debt due to Ṛṣis; by procreation of children and libation offerings that due to Piṭrs and by truthfulness, hospitality etc. that due to people are repaid.

22) *Ṛtviks Four.* Adhvaryu, Udgātā, Hotā and Brahmā. The first of the four should be an erudite scholar in Yajurveda, the second in Sāmaveda, the third in Atharvaveda and the fourth in all the four Vedas.

23) *Kavis Four.* (Poets). He who boasts about himself in secret is called Udātta; he who cries down others and indulges in self-praise is known as Uddhata; he who proclaims others' merits is called Praudha and he who shows humility is called Vinīta.

24) *Kukkuṭaḡaṇas Four.* (Traits of the Cock). To rise early in the morning, to struggle for existence, to share whatever is got with relations and to work and earn one's own food—these are the qualities of the Cock.

25) *Grāhyas Four.* (Acceptables).

A. Nectar even from poison, good advice even from boys, good action even from enemies and noble and chaste brides even from low families are to be welcomed.

B. Literacy (learning of alphabets) should be accepted from brahmins, food from mother, pan from wife and bangles from King.

26) *Caturaṅgas Four.* Elephant, Horse, Chariot and Infantry.

27) *Āśramas Four.* Brahmacharya (student life), Gārhasthya (married life), Vānaprastha (anchorite, forest-life) and Sannyāsa (Renunciation).

28) *Yugas Four.* Kṛta, Tretā, Dvāpara and Kali.

29) *Vargas Four.* Dharma, Artha, Kāma and Mokṣa.

30) *Upāyas Four.* (Expedients). Sāma, Dāna, Bheda, Daṇḍa.

31) *Cikitsāpādas Four.* (Four elements in the treatment of patients). Vaidya (doctor), Rogin (patient), Auśadham (medicine) and Paricāraka (attendant).

32) *Jātis Four.* (Castes). Brāhmaṇa, Kṣatriya, Vaiśya and Śūdra.

33) *Tyājyas Four.* (things to be shunned).

A. Horse returning after bath, elephant in its rut, love-lorn bull and wicked scholar.

B. Evil action, unhealthy region, evil wife and bad foods.

34) *Dānas Four.* (Gifts). Gifts daily given without expecting return or result is Nityadāna. Gifts given to scholars (pundits) for the sake of alleviation of or redemption from sin is Naimittikadāna. Gifts given for welfare and prosperity is Kāmyakadāna. Offering made to propitiate God is Vimala.

35) *Nāyakas Four.* (Heroes) Dhīrodātta, Dhīroddhata, Dhīralālita, Dhīraśānta.

36) *Nārīs Four.* (Women). Padminī, Śaṅkhinī, Citrinī, and Hastinī.

37) *Pramāṇas Four.* (Means of valid knowledge), Pratyakṣa, Anumāna, Upamāna, and Śabda.

38) *Mokṣas Four.* (Salvation). Sālokya, Sāmīpya, Sārūpya and Sāyujya.

39) *Four Yogas.* Jñānayoga, Bhaktiyoga, Karmayoga and Dhyānayoga.

40) *Four Śatrus* (Enemies). Mother leading an immoral life; father who incurs debt; foolish son and beautiful wife.

41) *Four Śāstras.* Nītiśāstra, Tarkaśāstra, Manusmṛti and Kāmaśāstra.

NAMASYU. A King of Yayāti's family. (Bhāgavata, Skandha 9).

NAMBŪTIRIS. (Malayāla Brahmins). Logan says that the Nambūtiris were the batch of Aryans that settled down in Kerala after the Nairs. The historians like Śaṅkuṇṇi Menon and others have stated that the Nambūtiris had come to Kerala from the banks of the rivers Godāvāri, Narmadā and Kāveri. Famous historians have inferred that the progress of the Aryans to the south took place between 1000 and 325 B.C. But Thomas Fawls thinks that there were Nambūtiri priests and hermits in South India, during the time of Buddha. N.K. Datta, the author of the book "Aryanisation of India", is of opinion that during the time of the invasion of Alexander, the Aryans had spread all over India and Ceylon. Thus historians have not yet come to an agreement as to the correct period of the exodus of the Aryans to the south. Anyhow in the Geography of Ptolemy mention is made that half a degree east to Taibis there was a place called Brahmagāra. It may be assumed that Brahmagāra may be Brahmāgāra (settlement of Brahmins). It has been decided definitely that the period of Ptolemy was A.D. 2nd century, and in that case the Brahmins must have settled in the south before that period.

Though the period of the 'Saṅgha poets and their works' has been assessed differently by different scholars, the majority have fixed it as the first few centuries of A.D. In these Saṅgha poems the gods of the Aryans are praised. The gods Sūrya (the Sun), Candra (the moon), Varuṇa (god of water), Baladeva (Śrī Kṛṣṇa's elder brother) and Viṣṇu (Supreme God) are specially mentioned in 'Cilappadikāra'. The Saṅgha work 'Puranānūru' is an encomium to the purity of the Vedas and Agnihotra Brahmins (Brahmins who maintain the holy fire by burnt offering). In those days the King carried on the administration of the country with the advice of Brahmins. Economics, Grammar and law were taught in royal palaces. Pañcākṣara and such other spells, reading of the scriptures, Aryan ways of marriage, Recitations of Purāṇic stories etc. were prevalent in those days. Maṇimekhalā is stated to have reached the capital of the Cera King and learned Vedas and Śāṅkhya doctrines (one of the six systems of Indian Philosophy dealing with evolution) from the prominent teachers here. The diction of both the works 'Cilappadikāra' and 'Maṇimekhalā' is, to a certain extent, indebted to Sanskrit. Many of the Sanskrit poetic traditions are used in these poems. When these proofs are taken into account, it is not wrong to presume that in the period from 1st century to 5th century A.D. Aryan civilization prevailed in south India. If, during this period, Aryan civilization