

# THE SELF-CONTROL ACCORDING TO THE TEXT OF *WRASPATI TATTWA* TEACHING AS IMMUNE STRENGTHENING IN OVERCOMING THE COVID-19 PANDEMIC

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## Abstract

This study aims to examine aspects of self-control contained in the text of the *Wrhaspati Tattwa* teachings as an effort to maintain health. This study was designed in an interpretive qualitative type by analyzing the source text of the data, namely the *Wrhaspati Tattwa* text. Based on this research, there are two new findings were found. *First*, the text of the *Wrhaspai Tattwa* holy scripture is one of the sources of Hindu religious teachings in Indonesian society. The teachings conveyed in the *Wrhaspati Tattwa* holy scripture have a Śiwaistic pattern which teaches that there are two aspects that are taught in the form of *cetana* and *acetana*. *Cetana* is an aspect related to Śiwa *tattwa*, while *acetana* is a material principle that is equated with *Maya tattwa*. *Cetana* in this teaching is considered as the ultimate reality, namely God Almighty, while *acetana* is the basis of all material elements. Second, the teaching of the *Wrhaspati Tattwa* text of the about self-control is emphasized on the aspect of *astanga yoga*. *Astanga yoga* teachings are a way that can be taken to discipline oneself in order to realize union with God Almighty. Self-discipline involves ways to gain inner peace that are very beneficial for strengthening the body's immunity in avoiding the spread of the Covid-19 pandemic that is currently engulfing the world.

Keywords: self-control, *wrhaspati tattwa*, immunity, pandemic covid-19

## I. Introduction

The increasing spread of the Covid-19 pandemic in a number of countries in the world has become an important part of all mankind to find ways to suppress the rate of development of this deadly disease. People in various parts of the world are trying to find ways that can be used to stop the spread of the Covid-19 pandemic, both by medical and non-medical methods. The methods applied to medically overcome the Covid-19 pandemic have been carried out in accordance with the medical field of expertise. The handling of the Covid-19 pandemic that has been carried out non-medically has also been carried out in a number of regions in certain ways, such as using traditional medicines and some using a base of belief system.

How to cope with the spread of the Covid-19 pandemic using a belief system is very interesting to do a more in-depth study. This is done by people who embrace religion and take the teachings contained in their holy scriptures as guidelines for realizing a healthy life, including avoiding transmission from the Covid-19 pandemic. This can be seen in the life of the Hindu community in Lombok who rely on the teachings of Hinduism as a guide in maintaining health. The Hindu community in Lombok has a strong belief in the truth of the Hindu religious scriptures, both the Vedic scriptures and the compiled holy scriptures that take the core teachings in the Vedic scriptures. The holy scripture, such as the *Wrhaspati Tattwa*, is used as a source of guidelines for carrying out Hindu religious teachings, including in this regard it is used as a guide for healthy living behavior.

The *Wrhaspati Tattwa* scripture is one of the holy holy scriptures inherited from the heyday of the Hindu kingdom on the island of Java. The holy scripture of *Wrhaspati Tattwa* refers to the Tim Penyusun (2000) is a holy scripture with a *Śiwatattwa* pattern. This holy scripture is classified as the oldest *tattwa* scripture compared to other *tattwa* scriptures. The *tattwa* scripture teaches that the Lord who is the ruler of the universe is called Lord Śiwa. *Śiwatattwa* teachings teach that Śiwa is the supreme ruler and the other Gods are manifestations of Śiwa. This teaching developed in the *nusantara* (the name *nusantara* is the name in the historical period of the archipelago in the Southeast Asia region which is now mostly part of Indonesia) since the civilization

of the Hindu kingdom in Java experienced its heyday. The *Wrhaspati Tattwa* holy scripture is used as a guide in Hindu religious life until now.

The teachings contained in the *Wrhaspati Tattwa* scripture related to health maintenance are conveyed in *slokas* that need to be studied for their meaning. There are a number of teachings conveyed in the *Wrhaspati Tattwa* scripture, especially those concerning the demands of a healthy life by building inner peace through yoga activities. Yoga is a teaching taught by Maharsi Patanjali, better known as the Patanjali Yogasutra. Referring to Sumawa, et al (1999) that yoga is a teaching systematized by Maharsi Patanjali which provides benefits for efforts to build self-control. This teaching is also known as the Patanjali Yogasutra. In line with that, Suamba (2000) also reveals that Yoga is a practical aspect of Hindu religious teachings which teach about self-control.

The teachings of Yoga in the *Wrhaspati Tattwa* scripture are known as *sad angga yoga*. This teaching is also a way to build attitudes of patience and sincerity as a way to improve self-quality. Self-control is one of the keys to realizing inner peace so that those who have been able to make it happen have a tendency to build mental strength in the world of health as a strength to balance the body's immunity. The balance of the body's immunity in the estuary will be able to overcome the diseases that attack the body. The balance of body immunity in a number of health studies is very good for avoiding the entry of diseases caused by the corona virus so that it has a very large opportunity to prevent the spread of the covid-19 pandemic.

## II. Research methods

This research is designed in interpretive qualitative research by analyzing the text of the *Wrhaspati Tattwa* scripture which is used as a source of Hindu religious guidelines in the people of the *nusantara*. The analysis of the text of the *Wrhaspati Tattwa* scripture is focused on the teachings that teach about self-control in order to realize a healthy life. The steps taken in this study were to identify the *slokas* related to self-control, then the results of the identification of the *slokas* (verses) were analyzed for translation to find the meanings implied in the *sloka* and finally linked the results of the *sloka* analysis with aspects related to health care.

The source of data in this study is the text of the *Wrhaspati Tattwa* scripture which was found from various places. There are a number of texts that examine the *slokas* in the text of the *Wrhaspati Tattwa* scripture which were carried out by earlier writers. In this regard, this research also conducted a comparative study to find and determine the writings that have translations that are in accordance with this research. The source of research data in the form of the text of the *Wrhaspati Tattwa* scripture will also be related to other scriptures that have the same topic as this research. Sources of data in this study also used secondary data sources obtained from a number of informants who were determined purposively or based on the goals to be achieved.

The data collection technique in this research is literature study (taken from the text of *Wrhaspati Tattwa's* teachings and other relevant sources). The main source of this research is the *Wrhaspati Tattwa* text found in several manuscripts written by several different people. In this regard, in this study the data collection technique was to collect literature containing the teachings of *Wrhaspati Tattwa*. The manuscripts in the *Wrhaspati Tattwa* text which were collected from various sources, such as libraries and some were obtained from private collections were then analyzed in the verses to find answers to the focus of the research problem.

The data analysis technique in this research is content analysis. The data analysis technique in the form of content analysis is a way of analyzing data by analyzing the contents of the *Wrhaspati Tattwa* scriptures related to health care. The content analysis used in this research is essentially to find values and meanings related to the research focus.

The technique of presenting the results of data analysis in this study was carried out in the form of narrative text. In this case, the *slokas* used as data sources were analyzed interpretively and linked to a number of theories or concepts and then presented in the form of narrative texts to make it easier to understand. In this regard, it is hoped that readers will find it easier to understand the values and meanings contained in the *slokas* which are used as the focus of study in this research.

## III. Discussion of Research Results

### 3.1 General Description of the *Wrhaspati Tattwa* Text

The *Wrhaspati Tattwa* scripture is one of the sources of Hindu religious teachings compiled during the heyday of the Hindu Kingdom on the island of Java. The *Wrhaspati Tattwa* scripture is categorized as a very old scripture compared to other scriptures. Judging from the aspect of the teachings of Śiwaistic style. The teachings conveyed in the *Wrhaspati Tattwa* scripture are presented in the form of a dialogue between a spiritual teacher and his student. The spiritual teacher who is used as a character in this scripture is Sang Hyang Iswara, while the spiritual disciple is Bhagawan Wrhaspati.

The text in the teachings of the *Wrhaspati Tattwa* scripture consists of 74 *slokas* that use Sanskrit and is commented on in Old Javanese. Referring to the Tim Penyusun (2000) that Sanskrit which was compiled in the form of sloka and Old Javanese which was arranged in the form of *gancaran* (free) which was intended as a translation of the Sanskrit. With regard to the nature of his teachings, according to Pudja (1990) the text of the *Śiwa Tattwa* teaching is a Śiwaistic teaching, dualistic theistic. The nature of this teaching teaches two elements, namely *cetana* and *acetana* plus the theistic element, namely Śiwa. The teachings taught in the text of the *Wrhaspati Tattwa* have similarities with the teachings taught by Samkhya philosophy and Yoga in the

Indian philosophical system.

The core teachings conveyed in the *Wrhaspati Tattwa* text in the form of *cetana* are equated with *Śiwa Tattwa*. On the other hand, the teaching of *acetana* is a material principle which is also equated with *maya tattwa* (Tim Penyusun, 2000). *Cetana* in the Śiwa school is assumed to be the highest reality, namely as God Almighty. *Cetane* permeates everything in the universe, while *acetana* is the material principle that forms the basis of all matter. Both of these principles are equally subtle and magical which is the source of existence in the universe (Sumawa, et al, 1996).

The text of the teachings of the *Wrhaspati Tattwa* in Hindu religious life in Indonesia is used as a source of religious guidance because it contains spiritual teachings that can guide Hindus to realize eternal freedom. The teachings conveyed in this scripture are categorized as guidelines that provide a way to realize the unity of *atman* (individual spirit) to Śiwa (universal spirit) according to the teachings of the *Śiwa Tattwa*. Despite the nature of his teaching which focuses on liberation (eternal liberation of the spirit after leaving this world), there are also important aspects taught regarding self-control. The teaching of self-control in the text of the *Wrhaspati Tattwa* is essentially to build inner peace which is very useful for improving the quality of human life.

The teachings on how to realize inner peace through yoga practice in the text of the *Wrhaspati Tattwa* teachings are very useful for realizing a healthy life, both physically and spiritually. Humans who are able to control themselves and can realize inner peace in terms of health are very useful for realizing the strength of immunity. The establishment of a strong immunity in the human body has important benefits for the body's resistance so that diseases that attack the body will not be able to. This is very useful for efforts to maintain body health in the midst of the widespread spread of the COVID-19 pandemic (Zulfa et al., 2021; Hussin et al., 2021).

### 3.2 Self-control according to the *Wrhaspati Tattwa* scripture

Self-control and ethics are very important to understand and implement in everyday life so that the tendencies of good human nature can be fostered, while the tendencies of bad human nature can be avoided. In this self-control teaching, the *Wrhaspati Tattwa* scripture teaches about *astang yoga* from Maharsi Patanjali, namely as a way to control oneself. The teachings of *yama* and *nyama* are the basis of yoga teachings, because these teachings contain ethics for self-discipline in realizing inner peace. The yoga teachings taught by Maharsi Patanjali were then also reviewed in a number of sacred texts compiled in the *nusantara*, especially during the heyday of the Hindu kingdom on the island of Java.

One of the sacred texts that discusses yoga compiled in the *nusantara* during the heyday of the Hindu kingdom on the island of Java is the *Wrhaspati Tattwa* scripture. The yoga teachings reviewed in the *Wrhaspati Tattwa* scripture involve the teachings of *astang yoga*, as presented in the following verse excerpt.

*Pratyaharastatha dhyanam, pranayamasca dharanam Tarkascaiva samadhisca, Sadangga yoga ucyate.*

Translation:

That's what *sad angga yoga* is called, that's actually people who want to find Sang Hyang Wisesa, let the black light don't be confused by you hearing this teaching, there is *pratyahara yoga* there is *samadhi yoga* called, that's *sad angga yoga* called.

Based on the verse above, there is a very important thing that is taught in the form of yoga which is carried out in eight stages called *sadangga yoga*. The teachings of *sadangga yoga* teach that if you want to get closer and get His grace, one should be able to face and pass a very heavy test or trial with a patient and sincere heart to accept it, because all tests given by God are an increase in the quality of *karma* (deed). In this regard, it is emphasized that in *sadangga yoga* the accumulation is in the inner serenity. This condition is the goal of implementing the teachings of yoga by controlling the movement of the mind.

Such is the teaching of the *Wrhaspati Tattwa* which teaches that it is the senses and mind that must be controlled to gain peace of mind. In *Wrhaspati Tattwa* the mind is called the *citta*, it can also be called *jnana* or heart, the object to concentrate the mind is Sang Hyang Wisesa who is also called Bhatara Śiwa or Sang Hyang Paramaatma. The explanation of self-control is as follows:

*Indriyanindriyarthebhyah, visayebhah prayatnatah Jnantena manasahrtya, pratyaharo nigadyate*

(*Wrhaspati Tattwa*. 54)

Translation:

The senses are all attracted to their desires, the *citta buddhi manah* is not allowed to wander anywhere, but is held firmly in the *citta* that is quiet and clean, that is the name *pratyahara*.

Based on the above verse, there are important things contained in it, namely self-control. Humans have ten senses namely the five senses and five senses, of all these senses should be able to be controlled by the mind or *Rajendrya*, for this mind should have wisdom and determination in deciding what the senses want, so that realization in the form of actions does not deviate from religious teachings .

The teachings taught in the verse above have very important values in order to realize a happy life. Happiness can be achieved by self-discipline through the application of the teachings taught in Hindu religious scriptures, especially *Wrhaspati Tattwa*. If the above teachings can be implemented properly, it will provide peace. Calm conditions provide an opportunity for

increasing immunity in the body, thus avoiding the Covid 19 outbreak that is hitting the world today.

*Nirdvandvan nirvikaranca, nisantamacalam tatha Yadrupam dhyayate nityam, tad dhyjnamiti kathyate.*

(Wrhaspati Tattwa.55)

Translation:

The mind that is concentrated, unchanging, calm and serene, still not shaken, not enveloped in anything that is called *dhyana yoga*.

Based on the above verse, a calm and steadfast mind can control oneself in the face of all trials that occur such as the Corona virus that attacks humans around the world. By being able to control oneself, one can live calmly and peacefully even during this Covid pandemic.

*Pidhyaya sarvadarani vayurantranigrhyate Mudhanam viyunobhidya pranayama nigadyate.*

(Wrhaspati Tattwa.56)

Translation:

All doors closed, eyes, nose, mouth, ears. The air that has been inhaled first, is exhaled through the crown. If the air is not trained through it, it can be expelled through the nose. It should be little by little, that is what is called *pranayama yoga*.

According to the verse of a person who is able to control all the senses, that person can expel air through the crown, but if he is not trained in self-control, then the air is exhaled through the nose. For that one should train oneself by inhaling, holding and exhaling which is called *pranayama yoga*

*Ongkaram hrdaye sthapyā, tattarlyne swtmakam, Ongkarah samdhrto yasmad, dharanam vai nigadyat.*

(Wrhaspati Tattwa.57)

Translation:

There is an Ongkara, according to his name, where it is in the heart, so that it is held firmly. If he disappears from being heard again while doing yoga, that is the atma student. In this case, Lord Śiwa has a sunya body. That is the name of dharana yoga.

This is confirmed again in the scripture Wrhaspati Tattwa.

*Akasa iva tadrupam, akasah santatam druvam Nihśabdām tarkayetnityam, sa tarka iti kathyate*

(Wrhaspati Tattwa. 58)

Translation:

Like the sky is Sang Hyang Paramaatmartha, his body with the sky is in him there is no heaven. Thus the essence of Sang Hyang Paramaatmartha is the same as clean clouds. This is the state of *tarka yoga*.

*Nirupeksam nirahkalpam, nihsprhe santamavyayam Alingamcintayet nityam, samadhistena kathyate*

(Wrhaspati Tattwa. 59)

Translation:

The mind is free from what is seen, free from what is formed, there is nothing to hope for, nothing to achieve, pure and clean, not covered by anything, because there is no more thinking about the body, free from the chess of kalpanas. The name of chess *kalpana* is knowing what is known, knowledge and knowing, that is the name of chess *kalpana*, all of which is not in the Yogiswara. That is what samadhi yoga is called.

Based on the above verse, it is explained that it is the mind that determines one's actions whether good or bad, all trials faced by humans should remain steadfast and focused on God Almighty, but not everyone can carry out because of the ability or use of a different person, if If you are able to control yourself and let go of worldly ties, you can practice yoga properly. In connection with the Covid-19 pandemic, if humans are not able to control themselves, their body immunity will decrease and this causes one's mind to become stressed and easily infected with the corona virus.

In the *Wrhaspati Tattwa* scripture about ethics is taught about *yama* and *niyama bratha* which are ethical teachings in yoga.

*Ahimsaa brahmacayanca, satyam avyavaharikam Aistanyamiti pancaite,*

*yama rudrena bhasitah*

(Wrhaspati Tattwa. 60 )

Translation:

Ahimsa's name is not murder, Brahmachari's name is not married, Satya's name is not telling lies, Ahyawaharika's name is not buying and selling, not committing sins because of intelligence, Asteya's name is not stealing, and does not take other people's property without the consent of both parties.

*Akrodha gurususrusa, saucam aharalaghavam Apramadasca pancaite,  
niyama pokirtitah*

(Wrhaspati Tattwa. 61)

Translation:

*Akrodha's* name is not angry, *guru susrusa's* name is *bhakti* to guru, *sauca's* name is always doing *japa*, cleaning the body, *aharalaghawa* is not eating much, and *apramada's* name is not negligent. (Aryani, 2020: 80-86).

The two verses above have the meaning that if humans are able to control themselves in their lives, then that person will not hurt all creatures, always holds the truth, does not want people's property rights, is not angry, loyal to chess guru, always remembers God, so that kind of person will be able to deal with the virus that hit him, so that his immunity increases and he can live calmly and happily.

So the conclusion from the description above is that the meaning of self-control is basically centered on *manah* or thoughts, then it is the mind that must be controlled, by being able to control the mind, then words and actions will be controlled, thus a person is able to control himself in everyday life, such as in the past. Covid 19 pandemic, if a person is not able to control himself, then that person will experience stress, emotion, and do not accept the reality that must be faced, so that the health protocols that have been set by the government do not accept what else is implemented, this will cause the spread of the Corona Virus to increase. which in turn can harm themselves and others. Vice versa, if someone is able to control himself in the face of the Corona Virus, it will be interpreted as a positive thing because it is a test from God, where humans must during this pandemic be able to introspect themselves or mulat sarire and always remain grateful even if a disaster or calamity is struck like this corona virus. attacking humans today. In religious teachings it is explained that by always being grateful, all trials or tests from God will be passed and in the future become a better person.

#### IV. Conclusion

Based on the results of this study, two conclusions can be formulated as research findings. *First*, the text of the *Wrhaspai Tattwa* scripture is one of the sources of Hindu religious teachings in Indonesian society. The *Wrhaspati Tattwa* scripture was compiled during the heyday of the Hindu kingdom in Java and is still used as a source of guidance in carrying out Hindu religious teachings. The teachings conveyed in the *Wrhaspati Tattwa* scripture have a Śiwaistic pattern which teaches that there are two aspects that are taught in the form of *cetana* and *acetana*. The *cetana* is an aspect related to Śiwa Tattwa, while *acetana* is a material principle that is equated with *maya tattwa*. The *cetana* in this teaching is considered as the ultimate reality, namely God Almighty, while the *acetana* is the basis of all material elements.

*Second*, the teaching of the text of the *Wrhaspati Tattwa* about self-control is emphasized on the aspect of *astangga yoga*. The *astanga yoga* teachings are a way that can be taken to discipline oneself in order to realize union with God Almighty. Self-discipline involves ways to gain inner peace that are very beneficial for strengthening the body's immunity. The human body that has strong immunity has the potential to maintain a healthy body from disease attacks. This is mainly done to avoid attacks carried out by the corona virus which has an impact on the covid-19 pandemic. In this regard, the teachings conveyed by the text of the *Wrhaspati Tattwa* scripture about self-control have a great opportunity to create a healthy life.

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