

Insights into Bhagavad Gita
By Swami Bhoomananda Tirtha

Essential Shlokas for Memorization – 175

Chapter 17 Shloka 15

अनुद्वेगकरं वाक्यं सत्यं प्रियहितं च यत् ।
स्वाध्यायाभ्यसनं चैव वाङ्मयं तप उच्यते ॥

anudvega-karam vākyaṁ
satyaṁ priya-hitam ca yat ।
svādhyāyābhyasanaṁ caiva
vāṅmayam tapa ucyate ॥

“Using words that are non-irritating, truthful, endearing and beneficial, and also studying scriptures regularly are said to be constituting austerity pertaining to speech.”



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