

frlcr ea cks) /kel dk mn;

डॉ. केशरी नन्दन मिश्रा

एसोसिएट प्रोफेसर (इतिहास)

हेमवती नन्दन बहुगुणा राजकीय पी.जी. कालेज, नैनी, इलाहाबाद, उत्तर प्रदेश, भारत।

or&ku frlcr dk l kldfrd rFkk /kfeD ifjn'; nks ed; 'kDr; ka }kjk fu/kkZjr fd; k x; k gS % Hkkjrh; cks) /kel dc ipkj dka }kjk ftUgkaus frlcr dc nif"Vdks k o thou 'ksyh dks iHkkfor fd; k gA cks) /kel dc dkj.k gh frlcr ea l k{kjrk dh 'kq vkr gA frlcrh; f'k{k dc vxnrka us vi uh f'k{k Hkkjrh; cks) fogkjka l s gh i klr dhA ykekokni bfrgkl ka ea frlcrh; jkt'kkgh vks) dN ugha cFyd dFkkvka ea l qkkj djus ds fy, , d i "Bhkrfe gS ; k T; knk l s T; knk og <kpk gS ftl ea cD) /kel dc egku l arka dc thou vks) dfr; ka dks xFkk x; k gA l kroha vks) vkBoha 'krkCnh ea frlcr ea cks) /kel ds vxue us , f'k; k dh l cl s cMh cks) l H; rkvka ea l s , d dks tle fn; kA frlcrh cks) /kel frlcrh i Bkj vks) Hkkjrh] us ky] Hkw/ku] ea kfy; k] : l vks) phu ds l k kurd : i l s frlcrh {ks=ka ea i ui kA ; g pkj ce[k Ldmyka }kjk cLr fd; k x; k Fkk] cR; d fo'kSk 'kkL=] /; ku i ja jk vka vks) ekLVj&vk/kkZjr oakkoyh ij tkj nrs FkA l Hkh pkj Ldmy iw kZ cf'k{k.k c.kk yh dks vkReKku ds i kl j [kus dk l eku nok djrs gA cM+ s ekus ij frlcrh egkj.k cks) /kel ds vuq k; h gA i kja fjd : i l s os otk; .k xFkka ds , d cM+ frlcrh l xg ds Hkhrj ik, tkus okys rkf=d fofo/krk ds xw+ vH; kl ka dh Hkh 'kq vkr djrs gS ftl ea l kurd vks) ns kh frlcrh j puvka ds vuqkn 'kkfey gA bfrgkl

cks) /kel frlcr ea 8 oha 'krkCnh ds var ea , d ce[k mi l Fkfr cu x; kA bl s Hkkjrh l s frlcrh राजा, ट्रिसेन डेटसन कस fuea.k ij yk; k x; k Fkk] ftUgkaus nks cks) vkpk; ka dks frlcr ea vkef=r fd; k Fkk vks) frlcrh ea vuqkfnr egRoiw kZ cks) xFk FkA l cl s igys Hkkjrh ea ukynk ds eBk/kh'k 'kkfrj{krk Fk] ftUgkaus frlcr ea igyk eB cuk; k FkA muds ckn inel Hko Fk] tks vk/; kRed 'kfa; ka dks nij djus ds fy, vi uh cD) vks) 'kfa dk mi ; ksx djus ds fy, vk, Fks tks u, eB ij dke jkd jgs FkA 6 oha 'krkCnh ds var ea LFkfr cks) /kel bzi w fl ) kFkZ xks-e 1/2 }kjk] , f'k; k ds vf/kdk k ns kka ea , d egRoiw kZ /kel gA cks) /kel us dbZ vyx&vyx : i ka dks xg.k fd; k gS yfdu cR; d ekeys ea cD) ds thou ds vuqkkn mudh f'k{k vks) fgLVhfpax dh Hkkouk ; k l kj ftUga /kE ; k /kel dgk tkrk gS l s vkdf'kr djus dk c; kl fd; k x; k gA D; k gekjs ikl muds thou dk , d k dh ys[kk gA cD) dk tle 1/4 h, A 563 bzi w 1/2 fgeky; dh rygVh ds ikl yf'cu h uked LFkku ea gvk Fkk] vks) mUgkaus cukj l 1/4 kjukFk ea ds vkl ikl i <kuk 'kq fd; kA mudk l keku; Kku vk/; kRed] cks) d vks) l keftd fd.o ea l s , d FkA ; g og ; x Fkk tc l R; dh ryk'k djus okys ifo= 0; fa; ka }kjk ifjokj vks) l keftd thou ds R; kx ds fg n vkn'kZ igys 0; ki d gks x, Fk] vks) tc mi fu"kn fy [ks x, FkA nku ka dks ofnd vfXu ; K dh daeh; rk l s nij tkus ds : i ea ns[kk tk l drk gA

fr{crh ck) /ke/ ds Hkhrj l eng

**Nyingmapa:** inel हकव द्वारा स्थापित, यह सबसे पुराना संप्रदाय है, जो तिब्बत बुक ऑफ द डेड  
dh f'k{kvkka ds fy, if'pe ea fo[; kr gA

dkxk; q k: fryksi k 1988&1069% }kjk LFkfi r] dX; iq ijájk dk urRo djekik ykek }kjk fd; k  
tkrk gA dX; ik ds egROI wZ f'k{kdkka ea ujki k] ekjik vkj feykjsi k 'kkfey gA

l D; i k: xkupkd xYi ks 1034&1102% vkj muds cV/s xrk fuXi ks 1092&1158% }kjk cuk; k x; kA

xyki k: 1n iq; fo|ky; 1/2 RI kx [kki ykcl kx ædik 1/4 t s ts fjui kps Hkh dgk tkrk g& 1357 &  
1419% }kjk LFkfi r] ; g ijájk nykbZ ykek ds urRo ea gA

vkLFkk ds igy

ykek

ykek , d f'k{kdk gkrk gA os vDI j , d eBokl h l enk; ds , d ofj "B l nL; gkrs g& , d fhk{kq  
; k , d uu & yfdu ykxka dks j [kuk vkj fookfgr ykx Hkh ykek gks l drs gA os cgr ckj fi Nys  
ykek vka ds i q tle yrs gA

ck) xFkka vkj n'ku ea l h [kk tkus ds l kFk&l kFk] ykek vka ea vDI j vuqBku ea fo'k'sk dks ky gkrk  
gA

nykbZ ykek

nykbZ , d exkys 'kcn gs ftl dk vFkl egkl xj g\$ vkj nykbZ ykek dh c) dh xgjkBZ dks  
l nfhkr djrk gA

; g f[krkc thrus okys igys nykbZ ykek] rhl js nykbZ ykek] l kae X; kRI ks FkA 1/4 mudh eR; q ds ckn  
nks fi Nys vorkj ka dks "nykbZ ykek" uke fn; k x; k FkA 1/2

nykbZ ykek 1/2002] ruftu X; kRI ks dk tle 1935 ea venk} fr{cr ea gqk Fkk vkj pknsgoa nykbZ  
ykek gA

djekik ykek

djekik dk vFkl gs og tks c) dh xrfof/k djrk gA orBku vorkj 1/2002] 17 oka djekik gA nks  
ब्यक्तियों को 17 वें क्रमापा घोषित किया गया है ऑर्गेन त्रिनले दोर्जे को आम तौर पर आधिकारिक तौर  
ij 17 oa djekik ds : i ea ekU; rk nh tkrh g\$ gkykfd , d cfr }á}h ck) l eng f=uys Fk; s nkj ts  
ds cfr vi uh fu"Bk nrk gA

r=

fr{crh ck) /ke/ r= l s cgr cHkkfor Fkk] vkj ; g tfVy vuqBkuka vkj crhdka vkj rduhdka ds  
/ku ea yk; k x; k gA

r= Hkjr ea mRi lu gqk vkj fgnw vkj ck) nksuka ijájkvka ea fn [kkBZ nrk gA ; g fr{crh ck) /ke/  
dks , d tknBZ rRo vkj LoxhZ c.f. k; ka dk , d l e) i k/Dkfy; ks ykrk gA ; g fofHku cdkj dh  
vk; kFRed rduhdka ts sea= eMy] l ekjkg vkj ; kx dh dbZ fdLeka dks Hkh ykrk gA

jl e fjokt

vuqBku vkj l jy l k/kuk ts sea= fr{crh ck) ka ds l kFk ykdfc; gA buea l k"Vka c. kke] c) dh  
cfrekvka ; k ckf/kl Roka dh i s'kd'k djuk] l koZtfud f'k{kvkka vkj l ekjkgka ea Hkx yuk 'kkfey gA

frlcrh efnj l ekjkg vDI j 'kkj vks us=ghu gMfkyh gkrs gftl ea ihry ds ok]] >ka> vks  
?kfm; ky gkrs gftl vks vks pkfjd : i l s r s kj fd, x, fhk{kp/ka }kjk l xhr vks qHkko'kkyh ti  
gkrk gA ; g gMfkyh : i l s fMtkbu fd, x, efnjka vks eBka ea gkrk gA  
frlcr dcl hekUr {ks=ka ea l dtr gs fd u dby cks) vfhkys[k o ifo= l kefxz kj vfi rq cks) mi ns'k  
Hkh igys l s mlga kkr FkA frlcr dcl dnyhu ifjokj cks) fo}ku dpej tho dcl j {kd crk, tkrs gs  
tk fd 350 A- ea d p ea tles Fks rFkk phuh cks) &/kel dc fo[; kr vupknd rFkk uohdrkz FkA  
frlcrh; ikjEifjd dFkk dc vuq kj frlcr dk igyk jktk U; k=h&pu&iks , d Hkkjrh; jktdpej  
Fkk] tks fd ; q) ea ijkLr gkus dc i'pkr fgeky; dh vks Hkkx x; kA frlcr dc bfrngl xFk bl  
?kVuk dk 127 bziw ea gkuk fu/kkjr djrs gA ; g cks) /kel dk frlcr ea iFke vkxeu FkA

cq) dk thou  
, frngfl d cq) 1/4tle ds le; fl ) kfkz uke vks vkerkij ij 'kkD; efu cq) ds uke l s tkuk tkrk  
g% b7 k l s yxHkx ikp 'krkcnh igys mlkjH Hkkjr ea jgrs FkA og , d jktdpej Fkk ftl us ije  
'kkfr vks mPpre Hkykbz dh [kkt djus ds fy, , d fo'kSkkf/kdkj qlr 'kkgh thou dks R; kx  
fn; kA mlga i'hl l ky dh mez ea Kku ds mPpre Lrj dk , gl kl gvrkA dfBu l k/kuk , dkxz  
/; ku vks xgu fparu ds ek/; e l s og , d iwkz txr ck.kh cu x; k & , d cq) A mlgkaus rc  
vLI h o"lz dh vk; q ea pkyhl o"lz dh vk; q rd dbz f'k"; ka dks vk/; kRed efa dk exz fl [kk; kA  
ckn ea fhk{kp/ka vks uuka ds l emk; ka us [kpn dks mudh f'k{kkvka dks l j f{kr djus vks cuk, j [kus ds  
fy, l efi r fd; k] ftl l s cks) /kel ds : i ea tkuk tkrk gA

cks) eku  
cks) /kel , d l fg".kq /kel gs tks vk/; kRed tkx: drk i'nk djus ds fy, 0; kogkfjd rjhdkA ij  
tkj nrk gs vks Lo; a ds fy, l Ppkbz [kkt us dk egRo j [krk gA ; g l; kj & nqkj] d#.kk l E; äo  
eu dh Li"Vrk] vks Kku dk [ktuk gA bl dh mEhn nq'k dks de djus vks fpdfRI k vks  
ifjorZu dks cukus ds fy, gs rkfd l Hkh ckf.k; ka dks mPpre 'kkfr 1/4uokz k/2 dk vutko gks l dA cq)  
ds vuq kf; ; ka us muds vk/; kRed fodkl vks dY; k.k ds fy, 1 dks l k/2 cq) dks iwkz f'k{kd ds  
: i e) 2 1/2 muds f'k{k.k 1/4ke/2 dks txr djus ds fy, ifo= exz ds : i e) vks 3 1/2 yekvk  
rYdq ] vks Bgjk; k 1/4 l 2kk/A 'kj.kkFkhz dh bu rhu oLrqvka dks l kelgd : i l s cks) /kel ea "rhu  
Toyl " dgk tkrk gftl vks cks) vk/; kRed cfrc) rk ds fy, vk/kkj gA

ykek dk egRo  
frlcrh cks) ij jk ykek ds egRo 1/4 l qur 'kcn x# ds frlcrh l ed{k/2 ij cgr tkj nrh gA bu  
vknj.kh; f'k{kdkA dks vDI j fjui kNs 1/4dherh , d/2 dk l Eeku fn; k tkrk gA l Hkh ykek v/; ; u  
dk , d yek dks l ijk djrs gs tks mlga Hkfo"; dh Hkredk ds fy, r s kj djrk gs tks fd nh{kk vks  
xk+ f'k{kkvka dk l cl s vPNk l kr gA ; kx; ykek Nk=ka dks fo'kSk f'k{kkvka ds ek/; e l s vks  
"l 'kfädj.k" ds ek/; e l s vk/; kRed Atkz cnku djrs gs rkfd Nk=ka }kjk fo'k"V çFkkvka dks  
l Qyrki d ijk fd; k tk l dA vks pkfjd : i l s vks vks pkfjd : i l s vk/; kRed vrqF"V  
vks Kku ds vkeu&l keus ekf[kd çl kj.k vkerkij ij ykek vks Nk= ds chp gkrs gA ykek  
vkdkk kh ds fy, Hkkoq Hkfä dk /; ku dfaer gs vks rhu Toyl 1/cq) ] mudh f'k{kkvka vks l x/2 ds  
l kFk&l kFk /; ku nrk ds xqka dks vi ukus ds fy, Lohdkj fd; k tkrk gA

fr̄cr ea cks) /kel dk fodkl  
fr̄cr ea cks) /kel dk , d ync bfrgkl jgk gā fr̄cr ds igys l ekV] l kx l su xEi ks ¼l h,  
600&650 bLoh½ ds 'kkl udky ds nks ku] tc fr̄cr us igyh kj , d Lora= jkT; vks l kekT; ds  
: i ea [kpn dks LFkfi r fd; k] rks c) dh f'k{kqvka dks fr̄cr ea is k fd; k x; k FkA rhu l ekVka ds  
'kkl udky ds nks ku cks) /kel ds Qyus&Qyus l s igys ; g , d vks l nh Fkh: Vkbz l kx Mfj su  
¼l A 775¼ Vkbz l sukya ¼l A 812¼ vks Vt jkYkpsu ¼l A 838¼A ml le; ds nks ku egku  
vupkn i fj; kst uk, a 'kq dh xbz Fkha rkfd Hkkj rh; xFkka dks fr̄crh ea ntz fd; k tk l d} eBka dk  
fuekZ k fd; k x; k vks 'kkgh] dgyhurk] vks vkcknh us cks) /kel xg.k fd; kA  
vfire fr̄crh l ekV ¼ kkl udky 838&842½ cks) fojk/kh FkA mlgkaus /kel dk neu fd; k]  
ifj.kkeLo: i gr; k dj nh xbz vks 840 ds n'kd ds ckj tk ea 'kkgh od k dk i ru gks x; kA fr̄cr  
ea yxHkx nks 'krkfn; ka dk dkyk ; x Fk & 850 l s ckj tk Lrj rd bl nks ku dæ l jdkj ugha  
Fkha gkykfd bl vof/k ds nks ku fr̄cr ea cks) /kel thfor Fk] dkbz eB ; k egku vupkn  
ifj; kst uk, a ugha Fkh] vkf' kd : i l s D; kf' muds l eFku ds fy, dkbz egku l j {kd ugha FkA  
fr̄crh cks) /kel dks Hkkj rh; cks) /kel dh dbz i j jk, a fojkl r ea feyh] ftl ea eBokn ij tkj  
fn; k x; k Fk ¼ fr̄cr dHk nfu; k ea l cl s cM s cks) eBka dk ?kj Fk¼ , d ifj "kr fo}ku n'ku vks  
rkf=d vH; kl ds foLr : i A ml h le; fr̄cr us 'kfä'kkyh ykdf; i Fkka dh viuh i j jk dks  
tkjh j [kk] ftl ea igys l s gh ekstun cks) i sUFk; ku ea LFkkuh; norkvka dh , d foLr fofo/krk  
'kkfey FkA  
tgk rd fr̄cr ea cks) /kel dc bfrgkl dk izu g; ; g xks o'kkyh rFk mi yfC/k; ka l s ifj i wZ g;  
fr̄cr ea cks) /kel rhu i edk i {kka l s xqtjka vkjfehkd dky X; kjgoha 'krknh dc i wZ gksus okys  
fofHku vkanksyka l s l Ecfu/kr gā bl le; ftu l Eink; ka dk mnHko gvjk] mlga f=k³&e ; k  
i kphu l Eink; dgk tkrk gā le; chrus dc l kFk&l kFk ; s l Eink; , d&nil js l s utnhdh : i l s  
l Ecfu/kr gks x, A fr̄crh; cks) /kel dh fofo/k 0; oLFkqvka ea nk'kud rFk l s] kf'rd erHkn vo' ;  
gs fdUrq i R; sd i j jk dk l kjka k , d gh gā l Hkh c) dc ghu&; ku mins kq] pkj egku l R; ka o  
rhu f'k{kqvka egk; ku dc ckf/k l Ro vkdt{k dc l wZ rFk 6 i wZ kvka rFk otz ku dh 4 rkf=d  
ekxk dh ifof/k ij vk/kfjr gā egku nykbz ykek us fo'o er dks fr̄cr dh foMEcuk dc i {k ea  
djus dc fy, l k'kz fd; k gs ftl dc QyLo: i l a Dr jk"V" }jkj fr̄cr dc l eFku ea dbz i Lrko  
i kfjr fd, x, gā cks) /kel dc v/ ; ; u l s ; g Kku gkrk gs fd er fHku gks l drs g; fdUrq l R;  
, d gh gkrk gā  
l nOZ xFk l iph

- Bagchi, Prabodh Chandra. Bauddha dharma o sahitya. Kalikata,: Bharati Bhavana, 1929. Print.
- Bell, Charles Alfred. Tibet: past and present. Oxford: Clarendon Press, 1927. Print.
- Chanda, Ramaprasad. The Indo-Aryan Races. Rajshahi: publ. by the Narendra Research Society, 1916. Print.
- Conze, Edward. Thirty years of buddhist studies. Oxford: B. Cassirer, 1967. Print.
- Dasgupta, Shashi Bhushan. An introduction to Tantric Buddhism. Calcutta: University of Calcutta, 1958. Print.
- Gyatso, Dalai Lama. My land and my people. New York: McGraw Hill, 1962. Print.

- Hoffman, Helmut. The religions of Tibet. London: Allen and Unwin, 1956. Print.
- Majumdar, Ramesh Chandra. The History of Bengal . Dacca: University of Dacca, 1943. Print.
- Roerich, George N.. The blue annals. Calcutta: Royal Asiatic Soc. of Bengal, 1953. Print.