PHILOSOPHICAL BOOK CHAPTER · BLOOMSBURY

Aparigraha-Dharma: Bridging Spirituality and Sustainability

Puneet K. Bindlish

Chapter 20 in The Bloomsbury Handbook of Hindu Ethics · 2026

CENTRAL PROPOSITION

Non-attachment. Responsible sufficiency.

An indigenous ethical perspective on possessions, purpose and ecological life.

Read the research

01 Background and question

Sustainability debates often concentrate on economic growth and technological fixes. This chapter examines the deeper assumptions behind accumulation and consumption, asking how Aparigraha-Dharma can connect inner transformation with social and ecological responsibility [1,2].

RESEARCH QUESTION

How can aparigraha be understood within its indigenous philosophical context and contribute to sustainability?

02 Conceptual framework

Aparigraha

Non-attachment and freedom from accumulation

Dharma

Responsible action within a relational order

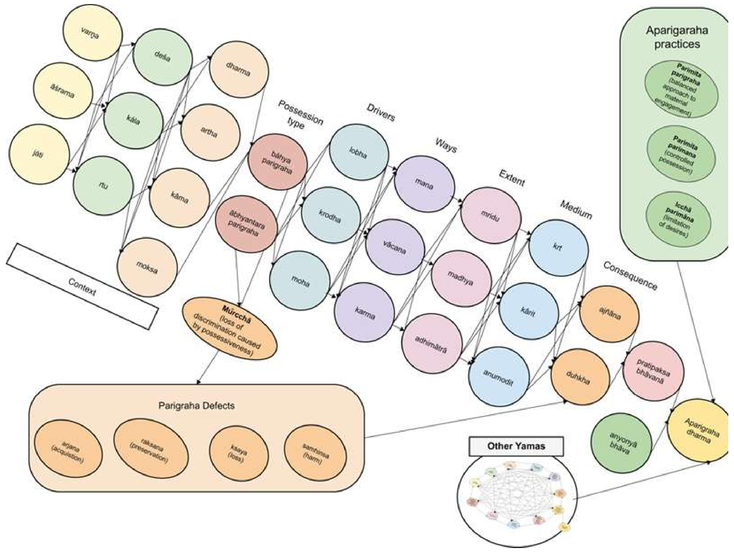
The chapter treats possessions, motives, context and practices as interconnected. Aparigraha is interpreted through dharma, rather than reduced to a simple count of material belongings [1].

03 Evidence and method

An integrative philosophical interpretation draws on Nyāya, yogic texts and sustainability literature. Attention to śabda śakti, or the capacity of words to convey meaning, supports analysis beyond narrow translations such as minimalism [1,3,4].

04 Original integrative conceptualisation

The original diagram relates context, forms of possession, other yamas and aparigraha practices within one framework [1].



Original Figure 20.2, "Integrative conceptualization of Aparigraha-Dharma", reproduced from the supplied chapter [1].

Meaning

Interpret the concept within its philosophical tradition.

Context

Consider place, time, circumstances and responsibilities.

Practice

Relate non-attachment to everyday choices and shared life.

05 Findings and contributions

A Preserve conceptual depth

Translations centred only on non-possession or non-greed can miss spiritual, ethical and communal dimensions [1].

B Consider attachments and context

Place, time, circumstances and responsibilities shape the meaning and practice of aparigraha [1].

C Link inner and systemic change

The chapter connects changes in desires and habits with responsible consumption, sufficiency and wider social relations [1].

06 Discussion

Aparigraha-Dharma invites reflection on what is acquired, why it is retained and how it relates to duties and well-being. Its contribution is a philosophical reorientation of sustainability, including the purposes that economic activity serves [1,2].

07 Limitations and next steps

The framework is conceptual. The chapter does not measure environmental outcomes or establish a causal pathway from spiritual practice to sustainable behaviour; contextual application needs further study [1].

CONCLUSION

Aparigraha-Dharma places possessions and consumption within an ethic of non-attachment, responsibility and interconnected life [1].

SELECTED REFERENCES

[1] Bindlish, P. K. (2026). Aparigraha-Dharma: Bridging Spirituality and Sustainability. In P. K. Penumala & A. Sharma (Eds.), The Bloomsbury Handbook of Hindu Ethics (pp. 281-298). Bloomsbury.

[2] Alcott, B. (2005). Jevons' paradox. Ecological Economics, 54(1), 9-21.

[3] Bindlish, P. K., Nandram, S. S., Gupta, R., & Joshi, A. (2018). How to prepare the researcher for indigenous context: An integrative approach. International Journal of Indian Culture and Business Management, 17(2), 221-237.

[4] Nandram, S. S., Bindlish, P. K., Sukhada, & Shrestha, A. K. (2022). Spirituality Led Ethical Decision Making with Yogic Yamas and Niyamas. Journal of Management, Spirituality & Religion, 19(3), 237-257.