

Contents

<i>Illustrations</i>	xi
<i>Acknowledgements</i>	xiii
<i>Preface</i>	xvi
<i>A note on transliteration</i>	xx
<i>Preliminary guidelines on pronunciation</i>	xxi
Introduction	1
<i>Preamble</i>	1
<i>“Hinduism,” “Hindu,” and “India” defined</i>	4
<i>The geographical distribution of Hindus</i>	5
<i>The Indian subcontinent</i>	5
<i>The Indus Valley Civilization</i>	8
<i>Indus Valley religion</i>	10
<i>The Āryans</i>	12
<i>Āryan and non-Āryan influences</i>	14
<i>A brief history of Hinduism</i>	17
1 Vedic religion	24
<i>The Vedic Saṃhitās</i>	25
<i>Vedic deities</i>	26
<i>Ṛta and cosmic order</i>	27
<i>The Brāhmaṇas</i>	28
<i>Vedic rituals (yajña)</i>	28
<i>Soma</i>	33
<i>The Āraṇyakas</i>	33
<i>The Upaniṣads</i>	34
<i>Ātman and Brahman</i>	36
<i>Śruti and Smṛti</i>	37
<i>Other Vedic literature</i>	38
<i>Astrology</i>	39
<i>Āyurveda</i>	40

2 Karma and cosmology	45
<i>The Hindu conception of time</i>	45
<i>The Hindu Calendar</i>	47
<i>The Hindu universe</i>	48
<i>Karma, Saṃsāra, and Reincarnation</i>	50
<i>Mokṣa</i>	52
3 Hindu social organization and values	55
<i>Dharma and the Dharma Śāstras</i>	55
<i>The four classes of Hindu society</i>	57
<i>The caste system</i>	60
<i>The Untouchables</i>	65
<i>Purity and pollution</i>	66
<i>Auspiciousness and inauspiciousness</i>	70
4 Dharma and the individual	76
<i>Hindu rites of passage (saṃskāra)</i>	77
<i>Investiture with the Sacred Thread (upanayana)</i>	78
<i>Marriage (vivāha)</i>	80
<i>Householder's saṃskāras</i>	84
<i>Final Sacrifice (antyeṣṭi)</i>	86
<i>The four goals/aims and the four stages of life</i>	89
<i>Women in Hinduism</i>	94
<i>Vowed ascetic observances (vrata) and auspiciousness (saubhagya)</i>	96
<i>Marriage and pativrata</i>	97
<i>Satī and the status of widows</i>	99
5 The Sanskrit language	105
<i>Pāṇini and the Aṣṭādhyāyī</i>	109
<i>The sphoṭa theory of language</i>	109
<i>Structure of the Sanskrit alphabet</i>	110
<i>Mantra and the theology of sound</i>	111
6 Indian philosophical schools	115
<i>The wandering philosophers</i>	119
<i>Orthodox versus heterodox schools</i>	120
<i>The heterodox philosophies</i>	121
<i>The six orthodox systems</i>	123
7 The Epics (Itihāsa)	136
<i>The Rāmāyaṇa</i>	137
<i>The Mahābhārata</i>	144

8	The <i>Bhagavad Gītā</i> and the rise of <i>bhakti</i>	154
	<i>The Bhagavad Gītā</i> 154	
	<i>The householder versus the renouncer</i> 157	
	<i>The Bhagavad Gītā's three yogas</i> 158	
	<i>Jñāna yoga</i> 158	
	<i>Karma yoga</i> 160	
	<i>Bhakti yoga</i> 162	
	<i>South Indian Hinduism and the rise of devotionalism</i> 165	
	<i>The Ālvārs and the Nāyanārs</i> 166	
9	Major Hindu theistic sects	172
	<i>Śaivism</i> 172	
	<i>Vaiṣṇavism</i> 177	
	<i>Śāktism</i> 180	
10	Hindu deities and Purāṇic mythology	188
	<i>The Purāṇas</i> 188	
	<i>The decline of the Vedic deities</i> 190	
	<i>Śaiva deities: iconography, myths, and festivals</i> 192	
	<i>Vaiṣṇava deities: iconography, myths, and festivals</i> 199	
	<i>Śākta deities: iconography, myths, and festivals</i> 205	
	<i>Other deities</i> 213	
11	Hindu art and worship rituals	222
	<i>A note on orthodoxy</i> 225	
	<i>Domestic worship and pūjā</i> 227	
	<i>Darśana and temple worship</i> 230	
	<i>The Hindu temple</i> 234	
	<i>Some noteworthy temples</i> 236	
	<i>Sacred specialists</i> 239	
	<i>Hindu pilgrimage</i> 242	
12	Vedānta	249
	<i>Śaṅkara's radical non-dualism</i> 250	
	<i>Rāmānuja's qualified non-dualism</i> 252	
	<i>Madhva's dualism</i> 253	
13	Tantra	257
	<i>The origins of Tantra</i> 257	
	<i>Characteristic elements of Hindu Tantra</i> 258	
	<i>Śaivism in Kashmir</i> 260	
	<i>Non-dualistic tantric philosophy</i> 261	
	<i>Kuṇḍalinī yoga</i> 263	
	<i>The Left Hand Path</i> 265	

	<i>Goddesses and women in tantra</i>	266	
	<i>Symbolism of tantric mantras and yantras</i>	266	
14	Reform and revitalization		273
	<i>Some early critiques of Hinduism and its responses</i>	274	
	<i>Islam in India (a brief history)</i>	275	
	<i>Hinduism under Islam</i>	276	
	<i>Religious syncretism (e.g. bhakti, Sufism, tantra) in North India</i>	277	
	<i>The British in India (A brief history)</i>	280	
	<i>Hindu responses to Christianity</i>	282	
	<i>Related developments</i>	285	
	<i>Hinduism in universalistic religion</i>	286	
	<i>Hinduism and humanism</i>	288	
	<i>Hinduism and politics</i>	290	
15	Hinduism beyond India		301
	<i>Hinduism in Nepal</i>	306	
	<i>Hinduism in South-east Asia</i>	308	
	<i>Hinduism in Indonesia</i>	309	
16	Hinduism and the West		314
	<i>Diaspora Hinduism</i>	315	
	<i>Hinduism for the West</i>	316	
	<i>Some contemporary teachers of Hinduism to Westerners</i>	323	
17	Select themes in Hinduism		329
	<i>Hinduism and ecology</i>	329	
	<i>Some noteworthy figures in contemporary Hinduism</i>	332	
	<i>Hinduism and modernity</i>	333	
	Appendix I		341
	<i>A timeline of Hinduism</i>	341	
	Appendix II		346
	<i>A: Pronunciation guide and general glossary</i>	346	
	<i>B: Pronunciation guide and glossary of people's names</i>	361	
	<i>C: Pronunciation guide and glossary of place names</i>	368	
	<i>D: Pronunciation guide and glossary of texts</i>	374	
	Further reading		380
	Index		382