

What Does Abhidhamma mean to us?

Lecture (6)

Getting to know our body

An overview of matter or material qualities (*rūpa*)

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Understanding *rūpa*

matter, material quality, material property, materiality, corporeality
material, form

rūpa < *ruppati* - transforms, deforms, changes, perishes, etc.

“Matter is so called because it undergoes changes due to adverse physical conditions like heat, cold, etc.”

“It is deformed by cold, heat, hunger, thirst, flies, mosquitoes, wind, sunburn and creeping things, etc.”

“sītenapi ruppati, uñhenapi ruppati, jigacchāyapi ruppati, daṃsa, makasa, vātātapa, sarīsapa, samphassānampi ruppati.”

Ref: *Samyutta Nikāya, khajjanīya sutta*

An overview of material qualities (*rūpa*)

5 Sections

- 1) enumeration of matters (*rūpa samuddesa*)
- 2) classification of matters (*rūpa vibhāga*)
- 3) causes/ conditions of matters (*rūpa samuddesa*)
- 4) grouping of matters (*rūpa kalāpa*)
- 5) arising/ occurrence of matters (*rūpa pavattikkama*)

1) enumeration of matters - 28 matters

✓ 28 matters are classified into two main categories:

1) 4 *mahābhūta* - primary elements, great essentials

2) 24 *upādāya rūpas* - dependent matters (derivatives)

✓ mahābhūta -primary elements, great essentials, great appearance

1) *pathavī dhātu* - earth element/ element of extension

2) *āpo dhātu* - water element/ element of cohesion

3) *tejo dhātu* - fire element/ element of heat

4) *vāyo dhātu* - air element/ element of motion

✓ These four serve as fundamental constituents of the matter and are inseparable in every substance, from the most minute particle to the most massive mountain, etc.

- ✓ *mahābhūtas* are ‘primary elements’ (*dhātu*) in the sense that they bear their own intrinsic nature (*attano sabhāvaṃ dhāreti*).
- ✓ *mahābhūtas* are ‘great essentials’ as they are indispensable for the existence of all material phenomena, that are present internally (within individual) and externally (in our environment).
- ✓ *mahābhūtas* are ‘great appearance’ because the massive substances are the manifestations of the nature or existence of these four matters.

nature of primary elements

- ✓ This physical body is composed of four primary elements:
 - *Cātumahābhūtika ayaṃ kāyo.*
- ✓ nature of earth element (*pathavī dhātu*)
 - like the earth, *pathavī* serves as the foundation for the existing material phenomena
 - earth being basis for trees, mountains, buildings etc. to exist
 - quality inherent in the earth
 - *pathavī* < to expand or to spread out
 - Nature: firmness (*kathina*), hardness (*thaddha*) & softness
 - lightness & heaviness

32 components of our physical body (*koṭṭhāsa*)

- ✓ 20 parts predominant in earth element (hardness & softness)
 - head hair, body hair, nails, teeth, skin (skin pentad)
 - *kesā, lomā, nakhā, dantā, taco (taca pañcaka)*
 - flesh, sinews, bone, marrow, kidneys (kidneys pentad)
 - *maṃsaṃ, nhāru, aṭṭhi, aṭṭhimiñjaṃ, vakkaṃ*
 - heart, liver, membranes, spleen, lungs (lungs pentad)
 - *hadayaṃ, yakanāṃ, kilomakāṃ, pihakāṃ, papphāsaṃ*
 - bowels, mesentery, gorge, dung, brain (brain pentad)
 - *antaṃ, antagunaṃ, udariyaṃ, karīsaṃ, mattaluṅgaṃ*

- ✓ nature of water element (*āpo dhātu*)
- that spreads or permeates (*āpeti pattharati*)
- trickling, oozing, dripping (*paggharaṇa lakkhaṇā*)
- intensify or increase co-existent matters (*paribhūhana rasā*)
- composes or coheres different particles (*saṅgaha/ābandhana paccupaṭṭhānā*)
- holding or sticking things together or cohesion
- water element cannot be physically sensed, but must be known inferentially through cohesion
- oceans, lakes, rivers, growth of the trees, etc.

- ✓ 12 parts predominant in water element (cohesion & fluidity)
- bile, phlegm, pus, blood, sweat, fat (fat sestad)
 - *pittaṃ, semhaṃ, pubbo, lohitaṃ, sedo, medo*
- tears, grease, saliva, mucus, oil of the joints, urine (urine sestad)
 - *assu, vasā, kheḷo, siṅgānikā, lasikā, muttaṃ*

- ✓ nature of fire element (*tejo dhātu*)
 - heat and cold (temperature) (*uṇhatta lakkhaṇā*)
 - body warmth (*usmā tejo*)
 - making things mature, ripen, cooked (*paripācana rasā*)
 - supply of softness (*mudu, bhāvānuppādāna padaṭṭhānā*)

✓ 4 types of heat

- | | |
|--|----------------------------|
| 1) heat that causes fever | (<i>santappana tejo</i>) |
| 2) burning heat | (<i>dahana tejo</i>) |
| 3) heat that causes aging/ affliction of disease | (<i>jīraṇa tejo</i>) |
| 4) digestive heat | (<i>pācaka tejo</i>) |

✓ nature of air element (*vāyo dhātu*)

- motion, pressure, movement
- distention, expanding, stiffness
- 6 types of air elements

- | | |
|------------------------------------|---------------------------------|
| 1) air that moves up | - <i>uddhaṅgama vātā</i> |
| 2) air that moves down | - <i>adhogama vātā</i> |
| 3) air that moves in the belly | - <i>kucchisaya vātā</i> |
| 4) air that moves in the intestine | - <i>koṭṭhāsaya vātā</i> |
| 5) air that moves in the limbs | - <i>aṅgamaṅganusārino vātā</i> |
| 6) air that breaths in and out | - <i>assāsapassāsa vātā</i> |

- ✓ Our so called body is composed of these 42 elements:
 - 32 body parts
 - 20 predominant in the earth element
 - 12 predominant in the water element
 - 4 elements predominant in the fire element
 - 6 elements predominant in the air element
 - This understanding helps dispel the wrong view of being or individual (*satta*) and soul (*jīva*), but mere existence of only nature.
 - *Nissatta nijjīva sabhāva dhammā samvijjanti.*

➤ 24 dependent matters (*upādāya rūpa*) are divided into 10 groups.

- 1) sense-organs (*pasāda rūpa*) - 5
- 2) object matters (*gocara rūpa*) - 7 (4+3 *mahābhūta*)
- 3) matter of sex (*bhāva rūpa*) - 2
- 4) matter of heart (*hadaya rūpa*) - 1
- 5) matter of life (*jīvita rūpa*) - 1
- 6) matter of nutrition (*āhāra rūpa*) - 1
- 7) matter of limiting (*pariccheda rūpa*) - 1
- 8) matter of communication (*viññatti rūpa*) - 2
- 9) matter of distinction (*vikāra rūpa*) - 5 (3+2 *viññatti*)
- 10) characteristic matter (*lakkaṇa rūpa*) - 4

➤ sense-organs (*pasāda rūpa*) - 5

- refer to the sensitive part of each organ (capture the object)
- serve as the base for the sense consciousness

1) sensitive matter of the eye (eye sensitivity) - *cakkhu, pasāda*

2) sensitive matter of the ear (ear sensitivity) - *sota, pasāda*

3) sensitive matter of the nose (nose sensitivity) - *ghāna, pasāda*

4) sensitive matter of the tongue (tongue sensitivity) - *jivhā, pasāda*

5) sensitive matter of the body (body sensitivity) – *kāya, pasāda*

- Abhidhamma explains two kinds of eye

1) eye ball (composite eye) - *sasambhāra cakkhu*

2) sensitive eye - *pasāda cakkhu*

➤ sense-objects (*gocara rūpa*) - 7/4

- serves as the objects of the sense consciousness

- 1) visible form - *rūpa* (*rūpārammaṇa*)
- 2) sound - *sadda* (*saddārammaṇa*)
- 3) smell - *gandha* (*gandhārammaṇa*)
- 4) taste - *rasa* (*rasārammaṇa*)
- 5) tangibility - *phoṭṭhabba* (*phoṭṭhabbārammaṇa*)

- tangibility is a combination of three: earth, fire & air element
- water element is subtle, so cannot be physically touched but to be known through the inference (*anumāna*)
- Note: *mahābhūtas* are already listed, sense objects are taken as four when they are counted together with *mahābhūtas*.

- ✓ matter of sex (*bhāva rūpa*) – 2
- ✓ femininity – *itthibhāva* & masculinity (*pumbhāva*)
- source of material qualities from which the idea of male & female are derived
- mark, sign, work, structure, gait, way of walking, deportment, etc.

- ✓ matter of heart (*hadaya rūpa/ hadaya vatthu/ vatthu rūpa*) -1
- ✓ *hadaya* – mind; *vatthu* – seat – *hadaya vatthu* (seat of mind)
- spreads in/ lies on the blood inside the heart
- seat or base of mind except 10 sense consciousness: seeing, hearing, smelling, tasting and touching consciousness
- 10 sense consciousness depend on 5 sense organs or 5 bases

- ✓ matter of life - *jīvita rūpa*
- jīvitindriya - *jīvita* - life + *indriya* - faculty (life-faculty)
- performs the function of protection/ vitality
- protects kamma-born matters - *kammaja rūpa*
- it lies on all parts of the whole body

- ✓ matter of nutrition - *āhāra rūpa*
- nutritive essence (that sustains the body) - *ojā*
- food ingested by making into morsels (*kabaḷīkārāhāra*)
- *āhāra* - that brings its effect

➤ 4 types of *āhāra* – that brings effect (1 *rūpa* & 3 *nāma*)

1) *kabaḷīkāra āhāra* – food that brings about material group (of which the eighth is *ojā*, contextually termed ‘*ojaṭṭhamaka*’).

2) *phassa* – contact, a mental state that brings about feeling (*vedanā*)

#*phassa paccayā vedanā* – mental contact conditions mental feeling#

3) *manosañcetanā* - volition/ motivation, the mental state *cetanā* that brings about rebirth (*paṭisandhi*)

#*saṅkhāra paccayā viññāṇa* – creative *kamma* conditions rebirth#

4) *viññāṇa* - consciousness that brings about mind (*nāma*) & body (*rūpa*) at the moment of rebirth-linking (*paṭisandhi*)

- #*viññāṇa paccayā nāmarūpaṃ*

- second, third & fourth pertains to the *Paṭiccasamuppāda* (Dependent Origination/ Dependent Arising)

✓ matter of limiting (*pariccheda rūpa*) - 1

- space element (*ākasa dhātu*)
- limits or separates material groups (*rūpa kalāpa*)

✓ matter of communicating/ signifying (*viññatti rūpa*) – 2

- the sign of body and speech that cause one's ideas to be known to others
- though not real matter but included in matter as it arises depending on the matter
- bodily intimation - *kāya viññatti*
- vocal intimation - *vacī viññatti*

- matter of distinction (*vikāra rūpa*) - 5 (3+2 intimations)
- physical lightness - *kāya lahutā*
- physical softness - *kāya mudutā*
- physical adaptability - *kāya kammaññatā*

- characteristic matters (*lakkhaṇa rūpa*)
 - 1) initial appearance (first arising) - *upacaya*
 - 2) continuity (later arising) - *santati*
 - 3) decay - *jaratā*
 - 4) impermanence - *aniccatā*

✓ 18 Real matters

- 4 great essentials, 5 sense organs, * 4/7 object matters,
- 2 matters of sex, 1 matter of heart,
- 1 matter of life & 1 matter of nutrition
- possess intrinsic nature - *sabhāva rūpa*
- concretely produced matter being produced or caused by four conditions: *kamma*, *citta*, *utu* (temperature) & *āhāra* (nutriment) - *nipphanna rūpa*
- can be the objects of insight meditation - *sammasana rūpa*

✓ 10 non-real matters

- Special modes, qualities or behaviour of matters
 - matter of limiting - 1
 - matter of communicating - 2
 - matter of distinction - 5 (3+2)
 - characteristic matter - 4
- do not possess intrinsic nature - *a,sabhāva rūpa*
- not produced or caused by four conditions - *a,nippphanna rūpa*
- cannot be the objects of insight meditation - *a,sammasana rūpa*

✓ Classification of matters (*rūpa vibhāga*)

✓ Singlefold method (*ekaka naya*)

➤ All (28) matters are

- rootless or do not associate with roots - *ahetuka*
- with conditions or depend on 4 conditions - *sapaccaya*
- objects of taints (craving, wrong view, delusion) - *sāsava*
- conditioned (by *kamma*, *citta*, *utu* & *āhāra*) - *saṅkhata*
- mundane (pertain by nature to 5 clinging aggregates) - *lokiya*
- pertain to sense-sphere (object of sensual craving) - *kāmāvacara*
- cannot aware of/ take the object - *anārammaṇa*
- not to be abandoned (like mental defilements) - *appahātabba*

Classification of matters (twofold analysis)

No.	Name of matter	composed factor		remaining matters	
1	internal (<i>ajjhattika rūpa</i>) essential in life	5 sense organs	5	external (<i>bāhira rūpa</i>)	23
2	base of mind (<i>vatthu rūpa</i>)	5 sense organs + 1 heart matter	6	not base of mind (<i>avatthu rūpa</i>)	22
3	door of mind (<i>dvāra rūpa</i>)	5 sense organs + 2 communication	7	not door of mind (<i>advāra rūpa</i>)	21
4	faculty (<i>indriya rūpa</i>) controlling power	5 sense organs + 2 sex matters + 1 life matter	8	non-faculty (<i>anindriya rūpa</i>)	20

Classification of matters

No.	Name of matter	composed factor		remaining matters	
5	gross matters (<i>oḷārika rūpa</i>) easily understood; close to wisdom eye	5 sense organs + 7 object matters	12	subtle (<i>sukhuma rūpa</i>)	16
6	near matters (<i>santike rūpa</i>)	5 sense organs + 7 object matters	12	far (<i>dūre rūpa</i>)	16
7	with impingement or striking (<i>sappaṭigha rūpa</i>)	5 sense organs + 7 object matters	12	non-impingement or non-striking (<i>appaṭigha rūpa</i>)	16
8	matters as result of <i>kamma</i> (<i>upādinna rūpa</i>)	18 <i>kammaja rūpas</i>	18	not result of <i>kamma</i>	10

Classification of matters

No.	Name of matter	composed factor		remaining matters	
9	matter seen with the eyes (<i>sanidassana rūpa</i>)	visible object or form or colour	1	matters cannot be seen with the eyes (<i>anidassana rūpa</i>)	27
10	matter receiving/ taking object (<i>gocaraggāhaka rūpa</i>)	5 sense organs	5	matter not receiving/ taking object (<i>agocaraggāhaka rūpa</i>)	23
11	inseparable matters *(<i>avinibbhoga rūpa</i>)	4 <i>mahābhūtas</i> + form, smell, taste, nutrition	8	separable matters (<i>vinibbhoga rūpa</i>)	20

Causes of matters (*rūpa samuṭṭhāna*)

cause	produced matters		<i>kammaja</i>		<i>cittaja rūpa</i>		<i>utuja</i>	<i>āhāraja</i>	causes	
			spec:	com:	spec:	com:	com:	com:		
<i>kamma</i>	sense-organs, sex, heart & life	9	9						<i>ekaja</i>	11
<i>citta</i>	intimation	2			2					
<i>citta & utu</i>	sound*	1				1	1		<i>dvija</i>	1
<i>citta, utu & āhāra</i>	Lightness, etc.	3				3	3	3	<i>tija</i>	3
<i>kamma, citta, utu & āhāra</i>	*8 inseparables & 1 space	9		9		9	9	9	<i>catuja</i>	9
causeless	4 characteristics	4								4
	Total	28	18		15		13	12	total	28

✓ Causes of matters (*rūpa samuṭṭhāna*)

1) *kamma (cetana)* - 25 past *kamma*

- unwholesome consciousness (*akusala kamma*) 12
- sense-sphere wholesome consciousness 8

(*kāma, kusala* or *mahākusala*)

- fine-material sphere wholesome consciousness 5

(*rūpa kusala kamma*)

- Any of these *kamma* arises with us (beings) - internally
- producing 18 kammaja-born matters (*kammaja rūpas*)
- starting from arising moment (*uppāda*) of rebirth-linking mind (*paṭisandhi citta*)
- at every mental moment

3 phases or stages	life-span of (<i>nāma</i>)	life-span of matter (<i>rūpa</i>)
arising moment <i>uppāda khaṇa</i>	1 sub-moment	1 sub-moment
existing moment/ presence <i>ṭhiti khaṇa</i>	1 sub-moment	49 sub-moments
dissolution moment <i>bhaṅga khaṇa</i>	1 sub-moment	1 sub-moment
Total	3 sub-moments (1 mind/ thought moment) *1 <i>cittakkhaṇa</i>	51 sub-moments (17 mind/ thought moments) *17 <i>cittakkhaṇa</i>

2) *citta* (consciousness) - 75 consciousness

- unwholesome consciousness - 12
- Rootless consciousness (except 10 sense consciousness) - 8
- sense-sphere beautiful consciousness** - 24
- fine-material sphere consciousness - 15
- immaterial sphere wholesome & functional consciousness- 8
- supramundane consciousness - 8
- example: a sense-sphere resultant consciousness arises with us
- producing 15 mind-born matters (*cittaja rūpa*)
- starting from arising moment (*uppāda*) of life-continuum consciousness (*bhavaṅga citta*)
- at every arising moment

3) utu (temperature) – heat & cold (*tejo dhātu*)

- that arises with us (internally)
- producing 13 heat-born matters (*utuja rūpa*)
- starting from existing moment (*ṭhiti*) of rebirth-linking mind (*paṭisandhi citta*)
- at every existing moment*
- also arises/ exists in non-living things/ inanimate things – externally
- at every existing moment*
- *Rūpas* are strongest at the existing moment as it lasts or stays for 49 sub-moment
- thus produces or bring effect at that existing moment

4) *āhāra* (nutritive essence) – *ojā* (*āhāra rūpa*)

- that arises with us (internally)
- producing 12 nutriment-born matters (*āharaja rūpa*)
- at the moment the food is swallowed (spreading of external food)
- having support from the internal nutritive essence
- every moment it reaches the existing moment (*ṭhiti*)
- *Rūpas* are strongest at the existing moment as it lasts or stays for 49 sub-moment
- thus produces or bring effect at that existing moment

Among 4 conditions, *kamma* and *citta* are *nāma* and they are strongest at the arising moment, thus it produces or bring effect at the arising (*uppāda*) moment

4) 21 material groups (*rūpa kalāpa*)

- ✓ Matters do not exist singly, but in groups called '*rūpa kalāpa*'.
- ✓ Just as mental states, matters also possess four characteristics:
 - ✓ arising together - *ekuppāda* (*eka* + *uppāda*)
 - ✓ ceasing together - *eka, nirodha*
 - ✓ having a common base - *eka, vatthuka*
 - ✓ co-existence - *sahavutti*
- ✓ Matters are grouped based on four conditions:
 - ✓ material groups born of *kamma* (*kammaja kalāpa*) - 9
 - ✓ material groups born of mind (*cittaja kalāpa*) - 6
 - ✓ material groups born of heat (*utuja kalāpa*) - 4
 - ✓ material groups born of nutriment (*āhāraja kalāpa*) - 2

material groups born of <i>kamma</i> (<i>kammaja kalāpa</i>) 9 & composed factors			
1	vital nonad (<i>jīvita navaka</i>)	8 inseparables + life	9
2	eye decad (<i>cakkhu dasaka</i>)	8 inseparables + life + sensitive eye	10
3	ear decad (<i>sota dasaka</i>)	8 inseparables + life + sensitive ear	10
4	nose decad (<i>ghāna dasaka</i>)	8 inseparables + life + sensitive nose	10
5	tongue decad (<i>jivhā dasaka</i>)	8 inseparables + life + sensitive tongue	10
6	body decad (<i>kāya dasaka</i>)	8 inseparables + life + sensitive body	10
7	female decad (<i>itthibhāva dasaka</i>)	8 inseparables + life + femininity	10
8	male decad (<i>pumbhāva dasaka</i>)	8 inseparables + life + masculinity	10
10	basis decad (<i>vatthu dasaka</i>)	8 inseparables + life + heart base	10

material groups born of citta (<i>cittaja kalāpa</i>) 6 & composed factors			
1	pure octad (<i>suddhaṭṭhaka</i>)	8 inseparables	8
2	bodily intimation nonad (<i>kāyaviññatti navaka</i>)	8 inseparables + bodily intimation	9
3	verbal intimation decad (<i>vacīviññatti dasaka</i>)	8 inseparables + verbal intimation + sound	10
4	un-decad pf lightness, etc. (<i>lahutādi ekādasaka</i>)	8 inseparables + lightness + softness+ adaptability	11
5	do-decad of bodily intimation, lightness, etc. (<i>kāyaviññatti lahutādi dvādasaka</i>)	8 inseparables + bodily intimation + lightness + softness + adaptability	12
6	tri-decad of verbal intimation, sound, lightness, etc. (<i>vacīviññatti sadda lahutādi dvādasaka</i>)	8 inseparables +verbal intimation + sound+ lightness+ softness+ adaptability	13

material groups born of heat (*utuja kalāpa*) 4 & composed factors

1	pure octad (<i>suddhaṭṭhaka</i>)	8 inseparables	8
2	sound nonad (<i>sadda navaka</i>)	8 inseparables + sound	9
3	un-decad pf lightness, etc. (<i>lahutādi ekādasaka</i>)	8 inseparables + lightness + softness+ adaptability	11
4	un-decad of lightness, etc. (<i>sadda lahutādi dvādasaka</i>)	8 inseparables + sound+ lightness + softness + adaptability	12

material groups born of nutriment (<i>āhāraja kalāpa</i>) 2 & composed factors			
1	pure octad (<i>suddhaṭṭhaka</i>)	8 inseparables	8
2	un-decad pf lightness, etc. (<i>lahutādi ekādasaka</i>)	8 inseparables + lightness + softness+ adaptability	11

availability material groups

- Of 21 material groups, the first two from the *utuja* can be present externally (in non-living things/ in materials).
 - 1) pure octad (*suddhaṭṭhaka*) is present in all inanimate things.
 - 2) sound nonad (*sadda navaka*) can be present in sound of rain, wind, etc.
- 19 material groups except above two are available only internally (within individuals/ living beings)
- all 21 material groups are available internally
- There are no material groups available only externally (outside individual or present in all inanimate things) as 2 groups available externally are present internally too.

5) Arising of matter or occurrence of matters (*rūpa pavattikkama*)

4 kinds of beings

- 1) those born of an egg - *aṇḍja*
 - 2) those born of a womb - *jalābuja*
 - 3) those born in moisture - *saṃsedaja*
 - 4) those born by making their appearance - *opapātika*
- it includes devas, brahmas, beings in hell, *petas*, humans at the beginning of the world

✓ For those who are born in womb, for example, in human beings
3 *kammaja kalāpas* or 30 *rūpas* arise at the arising moment of rebirth
linking (*paṭisandhi*):

- body decad (*kāya dasaka*) - 10 *rūpas*
- male/female decad (*bhāva dasaka*) - 10 *rūpas*
- basis decad (*vatthu dasaka* – hadaya vatthu) - 10 *rūpas*

➤ With reference to Law of Dependent Arising, it is

- *Viññāṇa paccayā nāma rūpaṃ.*
- Depending on/ due to rebirth, there is mind & matter.
- mind – 1 *mahā vipāka/ kāma vipāka citta* + *cetasikas*
- matter - 3 material groups/ 30 matters

development of the foetus as *kammaja rūpa*

- 1) *kalala* - clear & very tiny drop of sesame oil or water
- 2) *abbuda* - foamy (reddish) water
- 3) *pesi* - soft piece of flesh
- 4) *ghana* - a lump of flesh
- 5) *pasākha* - branches (5 swellings for head & 4 limbs)
- 6) later followed by the growth of head hair, body hair, nail, etc.

➤ “*pathamaṃ kalalaṃ hoti, kalalaṃ hoti abbudā, abbudā jāyate pesi, pesi nibbattatī ghano, ghanā pasākhā jāyanti, kesā lomā nakhāpi ca.*”

Ref: *Samyutta Nikāya, Sagāthāvagga Pāḷi, Yakkha samyutta, Indaka sutta*

Summary

- matters do not exist singly or itself, but in a group
- basically composed of 8 matters which are inseparable
- two fundamental knowledges of insight (*vipassanā*)
 - 1) knowledge on discernment of mind & matter (*nāma rūpa pariccheda ñāṇa*)
 - 2) knowledge of the causality (*paccaya pariggaha ñāṇa*)
- dispels the wrong view of being (*satta*), soul (*jīva*), self (*atta*)
- gain analytical knowledge
- dispels the perception of compactness (*ghana saññā*) on function (*kicca*), combination (*samūha*), process (*santati*), object (*ārammaṇa*)