

## DVATTIṂSAKĀRO

Meditation on the Thirty-Two Impurities of the Body  
(Khuddaka Pāṭha)

**Atthi imasmiṃ kāye, kesā, lomā, nakhā, dantā, taco, maṃsaṃ, nahāru, aṭṭhi, aṭṭhimiñjā, vakkam, hadayaṃ, yakanam, kilomakam, pihakam, papphāsam, antam, antaguṇam, udariyam, karīsam, matthaluṅgam, pittam, semham, pubbo, lohitaṃ, sedo, medo, assu, vasā, khelo, siṅgānikā, lasikā, muttam ti.**

There are in this body, hairs of the head, hairs of the body, nails, teeth, skin, flesh, sinews, bones, marrow, kidneys, heart, liver, diaphragm, spleen, lungs, intestines, mesentery (bowels), stomach, excrement (faeces), brain, bile, phlegm, pus, blood, sweat, fat, tears, serum, saliva, nasal-mucus, synovial fluid and urine.