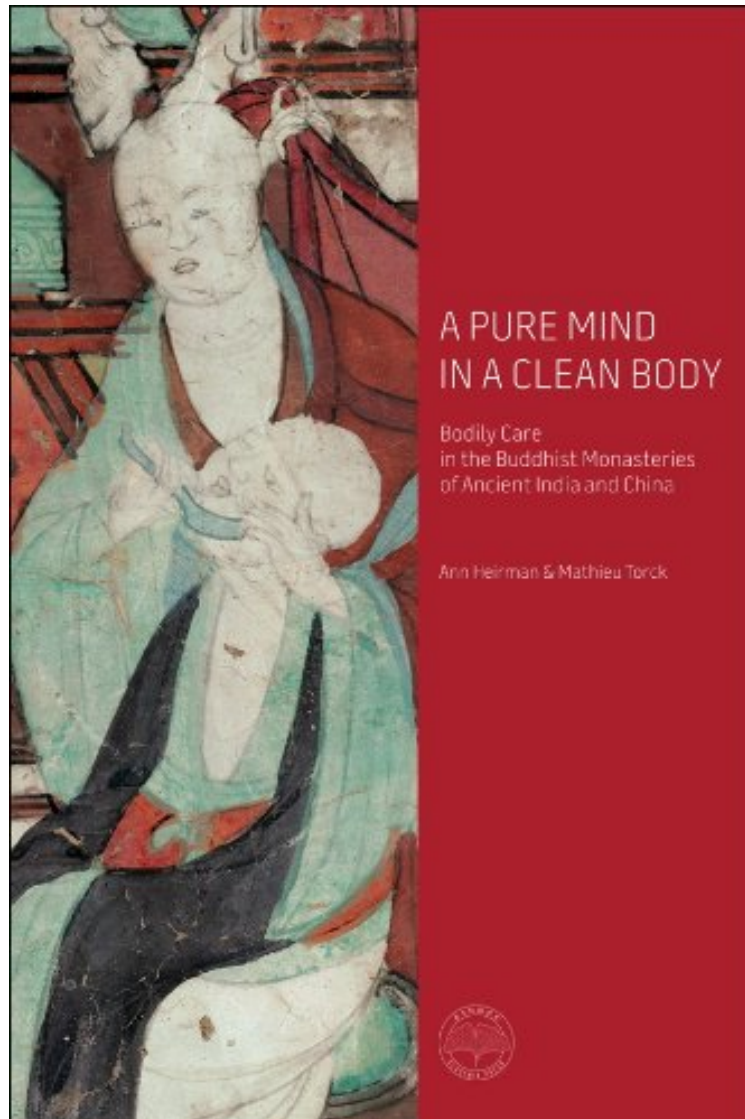


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A Pure Mind in a Clean Body: Bodily Care in the Buddhist Monasteries of Ancient India and China

Ann Heirman, Mathieu Torck

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Buddhist monasteries, in both Ancient India and China, rightfully attract the attention of many scholars, discussing historical backgrounds, institutional networks or influential masters. Still, some aspects of monastic life have not yet received the attention they deserve. This book therefore aims to study some of the most essential, but often overlooked, issues of Buddhist life, namely, practices and objects of bodily care. For monastic authors, bodily care primarily involves bathing, washing, cleaning, shaving and trimming the nails, activities of everyday life that are performed by lay people and monastics alike. In this sense, they provide a potential bridge between two worlds that are constantly interacting with each other: monastic people and their lay followers.

About the Author ANN HEIRMAN is Professor of Chinese Language and Culture at Ghent University, Belgium and has published extensively on Chinese Buddhist monasticism and the development of disciplinary rules. MATHIEU TORCK is Teaching and Research Assistant of Chinese Language and Culture at Ghent University, Belgium. His publications deal with topics from research fields such as the history of nutrition and food culture in China, Chinese medical traditions and maritime and military history.