AN 5.125 — Longevity (1st)

English translation by Bhikkhu Sujato.
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Text

Numbered Discourses 5.125

13. Sick

Longevity (1st)

“Mendicants, these five things impede longevity. What five? Doing what is unsuitable, not knowing moderation in what is suitable, eating food unfit for consumption, activity at unsuitable times, and unchastity. These are the five things that impede longevity.

These five things promote longevity. What five? Doing what is suitable, knowing moderation in what is suitable, eating food fit for consumption, activity at suitable times, and chastity. These are the five things that promote longevity.”