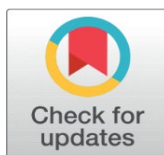
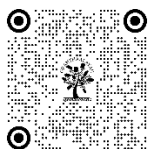


ESSENTIALITY OF UNDERSTANDING AND FOLLOWING AN INDIAN PHILOSOPHY FOR THE UNIVERSE IN PRESENT TIMES

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Received 20 October 2024
Accepted 11 November 2024
Published 19 November 2024

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DOI
[10.29121/ShodhShreejan.v1.i1.2024.5](https://doi.org/10.29121/ShodhShreejan.v1.i1.2024.5)

Funding: This research received no specific grant from any funding agency in the public, commercial, or not-for-profit sectors.

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ABSTRACT

This contemporary world recognized by rapid technological advancements, environmental crises, global and social unrest. The essentiality of understanding and adhering to Indian philosophy particularly to vedas and upnishads cannot be overstated. The upnishads and vedas with their keen insights into nature of reality, self and the universe offer a comprehensive framework for addressing modern challenges. Central principles such as Brahman, Atman, Dharma, Karma and Ahimsa provide valuable guidance and fostering global harmony, sustainable living and personal wellbeing. The upnishads and vedas insights emphasizes on interconnectedness of all life. These doctrines highlight moral responsibility, ecological balance and existence of unity which are necessary for creating sustainable world. This philosophical approach offers pathway to personal, social, environmental and global growth, ethical governance more harmonious and enlightened community, demonstrating its enduring relevance and transformative potential in present times.

Keywords: Indian Philosophy, Modern challenges, Global Harmony, Sustainable living

1. INTRODUCTION

“Bharatkhand”, “Aryavarta”, “Bharat”, “Hindustan” and “India” These are the names by which our country proudly called. Our country is having a long civilizational, transformational, social, technical – technological, architectural, art – craft, educational, medicinal, scientific, spiritual history with evidence. Only our country has a culture embraced with enormous knowledge and application system to live a life, nourish and cherish a life. [Bijalwan \(1977\)](#)

Despite a continuous onslaught of foreign invasions our country's knowledge practices remain intact. Our Rishis- Munis, Tapasvis are gathered all knowledge by their experiences, practical implications with the grace of God. Bhartiya philosophy show the way and lighted that to live, nourish and grow a life to the salvation of soul.

Our country is having wide range of knowledge system in which 4 Vedas, 4 Upvedas, 6 Vedangas, 6 Darshanas, nearly 300 Upnishads (13 upnishads are currently available) 18 Puranas, 24 Uppuranas, Shrimad Bhagvad Gita, Shrimad Bhagvad, Ramayana and Mahabharata which popularly known as Shastras (Holy Scriptures). Provides in depth and practical knowledge of Dharma, Artha, Kama and Moksha. These shastras are divide into two parts "Shruti" and "Smruti" our rishis gathered knowledge by hearing from their ancestors and remembering it on daily basis for the years in gurukul.

That detailed and profound knowledge guide us to make our life much better than we are living currently. In today's time people of this world are living in a state of confusion and burning in the fire of envy. He is surrounded by anger, greed, ego and lust which causing him to often engage in actions he should not.

Today's rulers merely satisfy and nurture their own egos and to prove their dominance over others, are instigating wars that could lead to destruction of the world. History depicts a clear picture that in last 5600 years i.e. 3600 BCE world saw 292 years only without wars. Till now world has seen 14,500 biggest wars that resulted in fatal destruction that leads annihilation 80% of population that exist currently. [Mahadevan, B. \(n.d\).](#)

We witnessed two biggest wars recently between Ukraine – Russia, Israel – Palestine which causes death of more than 1,70,000 innocent people. This is only a trial but in actual numbers currently 32 countries are under war situation.

Today people are living in deep despair and frustration. The tendency to bring down one's own brother has awakened; neighbors are envious to each other. The spirit of "Vasudhaiva Kutumbakam" (Maha upnishad 6-72) seems to be confined only in books. We may wonder if a ray of hope will ever appear in this world, but the radiant sun of hope is right within our reach and its known as Indian knowledge tradition, which transforms human into divine being and provides upward progress not only in spiritual way but in social and global too.

Indian philosophy with its profound insights and timeless wisdom offers a unique perspective of the nature of existence the self and the universe. In current global scenario where humanity faces unprecedented challenges such as social inequalities, existential anxieties and wars the teachings of Indian philosophy particularly found in vedas and upnishads provide invaluable guidance.

The upnishads which are the culmination of vedic thoughts emphasis on holistic understanding of self and universe. One of the key teachings of the upnishads is the interconnectedness of all life and promoting sense of unity, love and peace.

1.1. OBJECTIVES OF STUDY

- 1) To understand the essentiality of Philosophical thoughts and knowledge of Vedas and Upnishads as per current times.
- 2) To understand the applicability of Vedas and Upnishads wise thoughts with current scenario of the world.

2. RESEARCH METHODOLOGY

This research includes gathering data from secondary resources in which data is collected from various books on Upnishads, Vedas, various journals, research papers, articles are included. [Jayanti \(n.d\)](#)

2.1. HISTORICAL REVIEW

- 1) From every sentence deep original and sublime thoughts arise and the whole scripture is pervaded by a high, holy and earnest spirit. In the whole world there is no study except that originals, so beneficial and so elevating as that of Upnishad and therefore Upnishad have been solace of my life. It will be solace of my death.

Arthur Schopenhauer (German Philosopher)

- 2) It is already becoming clear that a chapter which had a western beginning will have an Indian ending. If it is not to end in the self-destruction of human race. At this supremely dangerous moment in history the only way of salvation of mankind is the Indian way.

Dr. Arnold Toyanbee (Famous Historian - England)

- 3) In my opinion, the upnishads are the highest fruits of human mind.
Dr. Annie Besant (Former member of London school board and first lady president of Indian National Congress in 1917)
- 4) We have more educated people that any time in history, yet humanity is diseased humanity. It is not the knowledge we need our humanity as in need of something spiritual.

- Dr. Benjamin

2.2. NECESSITY OF UNDERSTANDING AND FOLLOWING AN INDIAN PHILOSOPHY

Understanding and following an Indian philosophy can offer valuable insights into various aspects of current situation of the world. To begin with, it provides different perspective on existence of all life and enriching the global discourse on this. In addition to, it offers practical wisdom on issues like ethical governance, social and global harmony, environmental stewardship, annihilation of unity and peace which are increasingly relevant in today's world which full of technology buy less of humanity. At last, it cultivates and fosters cross cultural understanding and appreciation, promoting dialogue and harmony in addressing common challenges faced by humanity. [Kumar \(2016\)](#)

2.3. NECTAR OF VEDAS AND UPNISHAD ESSENCE

Vedas and Upnishads described in detail about developing humanity in human and taught us the concept "Live to let Live" let us partake a few drops of that nectar.

ईशावास्यम् इदम् सर्वम् यत्किञ्चित् जगत्याम् जगत् ।

तेन त्यक्तेन भुञ्जिथाः मा गृधः कस्यस्विद धनम् ॥ (Ishavasya Upnishad -1)

It states that see God everywhere, in each and every life. Be free from Ego and Envy. Do not covet wealth of anyone.

ईश्वर सर्व भूतानाम्, हृद्देशेर्जुन तिष्ठति । (Shrimad Bhagvadgita)

Everywhere, Every life God is there.

मनुर्भवः O Human become Human

पुमान् पुमांसं परिपातु विश्वतः ।

A human protects human with every kind of efforts.

मित्रस्याहम् चक्षुषा सर्वाणि भूतानि समीक्षे ।

I saw every living creature on this earth with a view of friend that they are my friends....

Where one sees the divine in every living how can the thought of violence even arise? In such times eternal principles of Vedas and Upnishads teach us that....

सर्वे सुखिनः भवन्तु, सर्वे सन्तु निरामयाः।

सर्वे भद्राणि पश्यन्तु, मा कश्चिद् दुःख भाग्भवेत् ॥ (Brihदारanyaka Upnishad 1.4.14)

May all be happy, may all be free from illness, may all see what is auspicious, may no one suffer.

सं गच्छध्वं सं वदध्वम्, सं वो मनासी जानताम् ।

देवा भागं यथा पूर्वं सं जानाना उपासते ॥ (Rigveda 10.191.2)

Let us go together, let us speak together. Let our minds apprehend alike. Common be our prayer, common be the end of assembly. Common be the resolution, common be our deliberations. Alike be our feelings, unified be our hearts, common be our intentions, perfect be our unity.

अयम् निजः परो वेति गणानाम लघुचेतसाम् ।

उदार चरितानाम तु वसुधैव कुटुम्बकम् ॥ (Maha Upnishad 6.72)

This is mine, that's another's is the reasoning of narrow-minded individuals, for the noble hearted however the entire world is one family.

समानी व् आकूतिः समाना हृदयानि च ।

समानमस्तु वो मनो यथा वः सुसहासति ॥ (Rigveda 10.191.4)

May our intentions be the same, may our hearts and minds be the same, so that we may live well together.

सर्वं खलु इदम् ब्रह्मम् । (Chhandogya Upnishad 3.14.1)

All this is exist that is divine (Brahman)

ॐ सहनाववतु सहनौभुनक्तु, सह वीर्यं करवावहैः ।

तेजस्विना वधितमस्तु मा विद्विषावहैः ॥ ॐ शान्ति, शान्ति, शान्तिः (Katha Upnishad 2.2.15)

May he protect us, nourish us, May We work together with great energy, May Our study be vigorous and effective, May We not hate each other.

हरिः ॐ द्यौः शान्तिरन्त रिक्षः शान्तिः पृथ्वीः शान्तिरापः शान्ति रोषधयः शान्तिः।

वनस्पतयः शान्तिर्विश्वेदैवाः शान्तिः ब्रह्म शान्तिः सर्वः शान्तिः शान्तिरेव शान्ति सा मा शान्तिरेधिः ॥

May this world, people, vegetation, every corner of the universe may prevail with peace, peace and peace. No one should engage in the practice that harms each other...

माता भूमि पुत्रोऽहम् पृथिव्यां...
(Atharva Veda 12.1.2)

Earth is my mother and I am her son.

संतो वतुं पृथिवी संतोष धी नि सर्वशः ।

संतु ना उर्जं दधातु सन्तु नाउर्जो धर्तारः ॥ (Yajurved 36.17)

May this earth be peaceful and full of vegetation. Everywhere may it grant us energy and strength and may people who support the earth blessed with strength.

अभयं सत्त्वसंशुद्धिर्ज्ञान योग व्यवस्थिति ।

दानम् दमश्च यज्ञश्च, स्वाध्यायसत्प आर्ज्वम् ॥ (Shrimad Bhagvadgita Ahyaya 16 shloka 1)

Fearlessness, purification of one's existence, cultivation of spiritual knowledge, charity, self-control, perform sacrifice, austerity and straight forwardness that's the character of a noble human.

अहिंसा सत्यम् क्रोधसत्यागः शान्तिरर्षेशु नामः ।

दया भूतेश्च लोलुप्त्वम् मा देवं हिर्चापलम् ॥ (Shrimad Bhagvadgita Ahyaya 16 shloka 2)

Nonviolence, truthfulness, freedom from anger, renunciation, tranquility, aversion to fault finding, compassion for all living entities, absence of greed, gentleness, modesty and determination. That's the character of divine human.

तेज क्षमा दृति शौचम् द्रोहो नातिमानिता ।

भवन्ति सम्पदम् दैवीभिजात्स्य भारतः ॥ (Shrimad Bhagvadgita Ahyaya 16 shloka 3)

Vigor, forgiveness, fortitude, cleanliness, freedom from envy and from the passion of honor these transcendental qualities belong to men endowed with divine nature.

त्रिविधं नरक स्येयंद्वार नाशनमात्मनमः ।

कामः क्रोध सज्जन्या लोभस्तस्मा द्वैतत्रयं त्यजेत ॥ (Shrimad Bhagvadgita Ahyaya 16 shloka 21)

There are three gates leading to this hell. Lust, anger and greed. Every sane man should give this up because they lead degradation of soul.

All the above inspiring mantras and quotes are giving us the following understanding....

1) Environmental Guardianship

The recognition of interconnectedness of all life forms engages in a sustainable and respectful approach to nature. The principle of ahimsa and reverence for all living beings can help to mitigate environmental destruction. [Shrimad Bhagvad Gita](#)

2) Social Harmony

The Upnishad vision of oneness can foster social cohesion and reduce conflicts by seeing other as extensions of ourselves, we can cultivate empathy and understanding.

3) Inner peace and wellbeing

The teachings of Upnishad offers profound insights into the nature of self and the mind. Promoting well being and inner peace practices such as meditation and self-analysis can alleviate modern psychological stresses.

4) Ethical living

Upholding the values of truth, nonviolence and respect for all can lead to a more ethical and morally grounded society. These principles are crucial in addressing corruption, inequality and injustice. [Shri Yogeshvarji \(n.d\)](#)

5) Global Interconnectedness

Indian philosophy's recognition of unity amidst diversity in foster global cooperation and understanding. It encourages respect for different cultures, religions and perspectives, promoting a more inclusive and harmonious world.

3. CONCLUSION

The essentiality of understanding and following Indian philosophy particularly the teachings of Vedas and Upnishads is paramount in addressing and resolving multifaceted challenges of the present times. The Vedas provide foundation of spiritual wisdom, ethical principles and cosmological insights that are timeless. The Upnishads as the culmination of vedic thought after great insight on self, ultimate divine power and interconnectedness of all existence. By integrating these ancient yet ever relevant teachings into our contemporary lives we can cultivate and fosters a deeper sense of Responsibility, Compassion, Unity, Harmony and Paving the way for more Balanced and Enlightened world. The wisdom of the Vedas and Upnishads provide a beacon of hope and a guiding light for humanity's progress towards a harmonious and sustainable future.

CONFLICT OF INTERESTS

None.

ACKNOWLEDGMENTS

None.

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