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N Sai Prashanthi

Student, Microbiology,

Osmania University, Hyderabad,

Telangana, India

Bhagavad Geeta-scientific concepts on material to spiritual evolution

N Sai Prashanthi

Abstract

Bhagavad Geeta is one of the important spiritual text which emphasizes on brahmavidya, jeevana vidya and yoga Vidya. It mainly focussed on various ways through which living beings can attain perfection. According to this, the evolution of life starts at material level and it reaches poornatva by attaining spiritual growth. In Various yogas of Geeta, Krishna explains ways to attain it, and the universality of all living organisms as well as materials which has universal base.

Keyword: Bhagavad Geeta, spiritual evolution, universality, yogas, brahmavidya

Introduction

Bhagavadgeeta which means words which were given by Lord himself in the battle field where Arjuna got stuck up in confusion whether he can kill his own relatives, but Krishna had given him guidance to follow dharma and to fight to protect it.

bhagavadgita has 18 chapters and around 700slokas. Each and every chapter narrates various aspects of god, devotee and how to reach him.

Our scriptures such as Vedas, Upanishads, puranas focus on universe, creation and facts about physical world. Sages described various facts about universe in various ways and they divided education into two

1. Para Vidya
2. Apara Vidya

They describe about spiritual and worldly matters.

In bhagavadgita, krishna explained about both in various yogas, formation and evolution of universe, life and how humans can attain perfection in worldly affairs as well as spiritual enlightenment.

Scientific facts

In the second chapter of geetha, lord talks about soul in which he says that Soul cannot be created or destroyed by fire, air, water and any kinds of weapons. according to some researches soul is a form of energy which resides in body. And that energy cannot be created or destroyed but it can change into another form.

According to science, universe is formed from an atom by an explosion. this theory is Big Bang theory.

In this theory, the universe which existed in atomic form is transformed into expanding universe.

Fine form--->gross form

Soul is the energy which forms the body molecules and combine them not vice versa. because of which particular person will get personal configuration and intellect. when body does not fit for soul, it leaves and take up another body accordingly.

According to scriptures, the universe is formed by the combination of matter and energy, and matter is formed from energy. we consider it as god, so Krishna says in Gita that

"I'm the reason for creation and destruction of everything"

Corresponding Author:

N Sai Prashanthi

Student, Microbiology,

Osmania University, Hyderabad,

Telangana, India

Modern science proposes string theory recently, but Krishna says this in 7th chapter of Geetha,

"mayi sarvamidam proktam sutre maniganayiva"

which means the entire universe is arranged in a cosmic string.

According to science, the living organisms on earth are related to each other and have common principle and it has a common ancestor too, Krishna says in the same 7th chapter that he is the base principle in all living organisms, which Means he is the energy because of which the life is continuing to exist.

Our universe will have five basic elements because of which everything is existing on earth.

1. space (Shabda)
2. air (Shabda, Sparsha)
3. fire(shabda, sparsha, Roopa)
4. water(shabda, sparsha, roopa, rasa) 5.
5. earth(shabda, sparsha, roopa, rasa, gandha)

Each basic element has peculiar qualities which are listed above.

There are other senses like mind, ego and intellect which work in subtle level and jnana indriyas and karma indriyaas work in physical level and all are connected to Self, the Atman.

Self <---- mind < sense organs

Krishna says in Gita that he resides as particular energy or power or capacitance to do something, he is the power in the fire to heat. he is the power in the water to cool. he is present everywhere in universe and protects it.

When we think of one question how this universe came into existence. Science tried to answer the question by Big Bang Theory.

But in Gita, lord says in the 9th chapter maya tatamidam sarvam jagad avyakta murtina

To understand this clearly, before the super explosion happened, there is a single atom which is called singularity. it exploded and universe formed but why it had exploded and what was there before explosion. science could not answer. but answer is this, the universe was in unmanifested form and it became manifested by will of god and universe came into existence. when the time is over again it will reach to unmanifested form.

This can be understood very easily by using a seed and plant, the metamorphosis between seed and plant. The same explained in various slokas of 9th chapter

At the beginning of new kalpa, everything is manifested and at the end, everything becomes unmanifested, goes into god. science calls it as sathyapadārtha by which everything is being controlled. and in religion it is being called as god.

In the same chapter, Krishna says that god or the supreme power is the director of entire universe but does not involve directly in the creation. he assigns this duty to material nature and provides seeds of life into it. so the production, evolution of living and non living things happen in nature. different species arise from different bija(everything is involved in it). all living organisms came from same source but level of manifestation is different from one to another.

supreme energy <---- material nature <---- manifested universe.

in the 10th chapter of Gita, lord says that he is the super soul in living beings and he is the reason for beginning, the origin, and evolution as well as destruction of living organisms which is managed by material nature. this fact was supported by sage Patanjali "Jatyantara parinama prakrutya puraath"

The reason behind evolution is internal nature of living organisms which is a portion of the prakriti. everything which is expressed in nature with perfection, that capacity is god.

In the 10th chapter of Gita, lord explained about his Vibhuti in entire universe, people, gods etc.

he is lion among animals he is crocodile among jalacharas he is prahlada in rakshasas According to Gita, 13th chapter our Self will have two parts kshetra-body, kshetrajna -soul. when soul is bound by kshetra, we forget our true connection with supreme. this body can be considered as field where we work. it is composed of material nature. kshetrajna, who is knower of body. soul is connected to body through mind, soul is the cause of material manifestation where all materials like atoms and molecules joined by the energy which is soul. Around this soul, panchakoshas are formed because of which living beings are existing.

Entire body is belong to annamaya kosha, the body is formed from Annam that means food.

all other koshas belong to subtle body, and connected to soul. we can easily distinguish between the two kshetra jnana - science kshetrajna jnana- spirituality According to science, mutation in DNA causes evolution of living organisms but when those mutations are beneficial to the species, they are selected by nature, the same fact is mentioned in Gita that material nature is managing entire evolutionary process.

Particular person will have particular configuration, behavior and thought process, science cannot give explanation here. In Gita, the lord says that the soul will move from one body to another after death. it carries the subtle body, the thoughts, entire consciousness to another body so that it is understood here the creation does not have end, it is continuation, where soul is transferred into another body.

So as one soul enters from one body to another body, the super soul or consciousness in the universe is constant and it transfers into another kalpa, by which it can be understood that microcosm and macrocosm are running on same plane.

When evolution starts at unicellular organism and reached to human. Human evolution is the level by which the evolutionary process at physical level is stopped, another evolution is started which is spiritual level. This can be understood very easily that when we observe person to person directly. we can see different types of people who have different ways of life.

When it comes to the matter of spiritual evolution, gita says there are three types of nature

1. Sathvik
2. Rajasik
3. thamasik

The evolution of mind starts from thamasik nature to rajasik nature to sathvik nature which can be done by self effort.

These points are mentioned in Gita in the 6th chapter lord says "we must raise ourselves by ourselves our Atman is our own friend and our atman is our own enemy"

According to scriptures, the goal of life is to attain freedom, the liberation from birth and death cycle. To attain this,

various ways are mentioned in Gita. so it is called as Brahma vidya.

1. Karma yoga
2. Dhyana yoga
3. Bhakti yoga
4. Jnana Yoga these four ways are the paths to attain goal of life.

When a person wants to follow karma yoga, he must act in the world and do not think about fruits of action, always think about god while living in the world.

When a person follows jnana yoga, he must think about reality of life, about truth and untruth.

Dhyana yoga describes about meditation, how a person can focus, how to control mind and benefits of controlling mind.

Bhakti yoga is all about devotion, qualities of a devotee, how to be devoted to god.

Gita is not only a spiritual text, it is one of most wonderful scripture which consists of various facts about how to lead a balanced life, maintain calmness and peace in life. It is beneficial to students to get knowledge, "shraddhavaan labhathe jnanam"

1. A person who has shraddha, will obtain knowledge, who has shraddha will perform work with excellence.
2. We must work for work's sake and think that we are worshipping god so the excellence in work can be obtained. "yoga karmasu kaushalam" A work should be done without thinking of results, then it will be successful when our efforts are good.
3. When anyone faces problems in life. one should keep one's mind like a lamp in a windless place. one should keep one's mind steady, strong and think that we are Atman, it cannot be affected by external world. one should consider happiness and sorrow are same, success and failure are same, pleasure and pain are same. then they will be considered as yogi, who has balanced mind will be successful in life.
4. Those who have control over diet, sleep, recreation and each and every activity in day to day life will become successful in life.
5. Those who have single pointed mind will become successful and whose intelligence is not coordinated will not get success in life.

These are some examples of leading day to day life with balance. so it is called as jeevana vidya and yoga Vidya poornatva can be achieved by a person when they perfectly manage external world and internal thoughts when spirituality is the base to one's life along with one's personal works the worldly works will obtain bliss. evolution starts at material level and it reaches to spiritual level with continuous progress. And also retrogressive according to the consciousness created by organism.

Bhagavadgita is mainly focussed on motivating a person who was devastated in the battle field. Krishna made Arjuna know the reality and made him ready to fight. He had given Arjuna knowledge and wisdom to understand fact. Gita can be used to motivate people, inspire people to go forward and reach poornatva in life.

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