

# Gita: The Essence of Life

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## ***Abstract:***

*The Bhagavad Gita forms a section of the sixth book of the Mahabharata, an important Sanskrit epic in the Hindu tradition that recounts a lengthy struggle and brief war between two sides of the Bharata family the Pandavas and the Kaurvas over their kingdom of Hastinapura. The Gita recounts a dialogue in the moments leading up to the war between the Pandava warrior Arjuna and his charioteer and trusted advisor, Krishna, who turns out to be a worldly incarnation of Vishnu, a god who serves as the Supreme Being in many forms of Hinduism. However, Arjuna and Krishna's dialogue is actually recounted through a frame story: Sanjaya, an advisor to Dhritarashtra (the Kauravas' father and the blind king of Hastinapura), and reports this dialogue to the king after the Pandavas have already won the war.*

**Keyword:** Gita, Lord, Arjun, Mahabharata, war.

## **1. Introduction:**

The Bhagavad Gita ("Song of God" or "Song of the Lord") is among the most important religious texts of Hinduism and easily the best known. It has been quoted by writers, poets, scientists, theologians, and philosophers – among others – for centuries and is often the introductory text to Hinduism for a Western audience. It is commonly referred to as the *Gita* and was originally part of the great Indian epic Mahabharata.

The Gita is a dialogue between the warrior-prince Arjuna and the god Krishna who is serving as his charioteer at the Battle of Kurukshetra fought between Arjuna's family and allies (the Pandavas) and those of the prince Duryodhana and his family (the Kauravas) and their allies. This dialogue is recited by the Kauravan counselor Sanjaya to his blind king Dhritarashtra (both far from the battleground) as Krishna has given Sanjaya mystical sight so he will be able to see and report the battle to the king.

The Kauravas and Pandavas are related and there are mutual friends and family members fighting on both sides for supremacy of rule. Accordingly, when Arjuna sees all his former friends and comrades on the opposing side, he loses heart and refuses to take part in a battle which will result in their deaths as well as many others. The rest of the text is the dialogue between the prince and the god on what constitutes right action, proper understanding and, ultimately, the meaning of life and nature of the Divine.

The *Gita* combines the concepts expressed in the central texts of Hinduism – the Vedas and Upanishads – which are here synthesized into a single, coherent vision of belief in one God and the underlying unity of all existence. The text instructs on how one must elevate the mind and soul to look beyond appearances – which fool one into believing in duality and multiplicity – and recognize these are illusions; all humans and aspects of existence are a unified extension of the Divine which one will recognize once the trappings of illusion have been discarded.

The Gita inspired the Bhakti ("devotion") Movement which then influenced the development of Buddhism, Jainism, and Sikhism. Krishna explains the path of selfless devotion as one of the paths toward self-actualization, recognition of the truth of existence, and liberation from the cycle of rebirth and death; the other two being jnana ("knowledge") and karma ("action"). The Hare Krishna Movement of the present day is an expression of Bhakti, and the Gita remains their principal text.

In the Geeta total, 720 shloks and 18 adhyay, 1<sup>st</sup> is Arjunvishadyog, 2<sup>nd</sup> is sankhyayog, 3<sup>rd</sup> is karmyog, 4<sup>th</sup> is Dnyankarmsanyasyog, 5<sup>th</sup> is Karmsanyasyog, 6<sup>th</sup> is Aatmsanyamyog, 7<sup>th</sup> is Dnyanvidnyanyog, 8<sup>th</sup> is Aksharbramhyog, 9<sup>th</sup> is Rajvidyajarajguhyayog, 10<sup>th</sup> is Vibhutiayog, 11<sup>th</sup> is Vishwarupdarshanyog, 12<sup>th</sup> is

Bhaktiyog, 13<sup>th</sup> is Kshetrakshetradnyavibhagyog, 14<sup>th</sup> is Gunatrayvibhagyog, 15<sup>th</sup> is Purushottamyog, 16<sup>th</sup> is Daivasursanmpdvibhagyog, 17<sup>th</sup> is Shradhatrayvibhagyog, 18<sup>th</sup> is Mokshsanyasyog.



## 2. Importance:

The Gita is important because of the following reasons -

1. It is the distilled essence of all Vedic knowledge. Shankaracharya compared the Vedas to be like a reservoir of water and the Mahabharata as the lotus which has grown in that water and the Gita is the fragrance of that lotus.
2. The Gita deals with five basic topics which are very essential for understanding life. These five are - What is this material nature? What is time? What is karma? Who is the controller? and finally Who am I?
3. Traditionally Vedic wisdom was the domain of rishis and munis. Today you are very less likely to get the urge to give up your material life and wander in the forest searching for wisdom, but the Gita dispensed with this requirement by making Arjuna a warrior and a householder the recipient of Vedic knowledge.
4. The 700 concise verses of the Gita are your perfect guide to enter the Vedic school of metaphysics.

## 3. Objective:

Gita have many objectives but main is “Human well” lord shree Krishna told 7<sup>th</sup> and 8<sup>th</sup> shlok from 4<sup>th</sup> adhyay in gita,

*“yada yada hi dharmasya glanir bhavati bharata |  
abhyutthanam adharmasya tadatmanam srjamy aham” ||*

*“paritranaaya sadhunam vinasaya ca duskritam |  
dharma-samsthapanarthaya sambhavami yuge yuge” ||*

I am coming, I am coming, when there is a loss of religion, then I am coming, when the iniquity increases, then I am coming to protect the gentlemen, to destroy the wicked I am coming in to establish religion and I am born in the age of era.

**Word meaning**  
**Shlok 7**

Yada = when  
Yada = when  
Hi = indeed  
Dharmasya = of religion/duty  
Glani = decay  
Bhavati = is  
Bharata = O Bharata (name of Arjuna)  
Abhuthanam = rising up  
Adharmasya = of sin/chaos (note, the word "Dharma" means "religion", "a+dharma" means "not religion" or something against religion.)  
Tada = Then  
Atmanam = Myself  
Srijami = Create ("Srijami" means "I create")  
Aham = I

**Shlok 8**

Paritrana= to protect/save  
Sadhunang =of the good or good people  
Vinashay = to destroy/for the destruction  
Cha = And  
Dushkritam = of the evil or evil-doers  
Dharma = religion  
Sangsthapan = to establish  
Arthay = to/for the sake of  
Sambhabami = I am born  
Yuge = In age



**4. Features:**

1. Lord shree Krishna told Gita to Arjun in 3 hours.
2. Gita is Religion book.
3. Gita have total 700 shloks.
4. Gita is told when Mahabharata starts.

5. Gita wastold by shree Krishna.

## 5. Conclusion:

The Bhagavad Gita is many things: a story of the meeting of the human Arjuna with the divine Krishna, a poem on the cosmology of life, an exposition of yoga philosophy, a song devoted to God. Gandhi, in his interpretation of the Bhagavad Gita, called it “a big knowledge-feast. It is the very amrita [sweet nectar] of knowledge.” The Bhagavad Gita is a guide to enlightenment.

### References:

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