

Bhagavad Gita Scientifically Advanced Approach Towards Life – A Review

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Abstract: Bhagavad Gita is an ancient scripture and Epic of Human civilization initially written by Maharshi Ved Vyas in Sanskrit. Considering its significance in every aspect of human life, the book has been translated into 300+ languages worldwide in recent years. There are various aspects on which Krishna considered the deepest science as a base and explained to Arjuna the details of why he should fight this battle. While explaining this, He has ensured that all statements are scientifically correct. It is often found that our science level is not as advanced even now, as it was considered at that time. Some of the scientific considerations and reference which are referred in Bhagavad Gita are a) Divya *Drushti* of Sanjay is live telecast 2) 'Science/*Vidnyan*' word reference 3) Anxiety Depression that Arjun was going through with dry mouth 4) Law of conservation of Energy of thermodynamics 5) Self-awareness and Control of sense organs like tortoise 6) Mind is one important organ and Stability of mind is the key 7) Concept of thousand plus Suns 8) Origination and Destruction of Human Being 9) World may be an illusion/maya 10) To control oneself is control using Amygdala 11) Formula of food sleep and behavior for healthy life 12) Meditation, Pratyahar and Yoga now is being proven by latest science 13) Composition of Universe 14) Destruction and Genesis of world 15) Maya or Matrix 16) Mind is an invisible controlling organ 17) Hate, rivalry creates bad hormones 18) Seed of living being has come from living being 19) Soul travel through various species 20) Air carries emotions like Brownian motion and absorption phenomenon of desires, wills in air 21) Healthy and Un-Healthy diet.

Keywords: Science in Bhagavad Geeta, Bhagavad Geeta Science, Geeta and Life.

1. Introduction

Vedanta philosophy accepts the "Prasthan Traya" texts, which include the Upanishads, The Bhagavad Gita, and the Brahma Sutra, as authoritative and primary sources that teach the means to strive for salvation. The Bhagavad Gita was considered the prime gist of all Vedas and Upanishads. Bhagavad Gita scriptures were penned with extraordinary scientific temperament and having science much more than what we have at present. We have reached Bluetooth and WIFI, radio waves only, whereas Bhagavad Gita has scripted telecasting through the power of the Eyes of Sanjay and cosmic rays existing across the cosmos. It has much more advanced science than we are up to now. A few of the verses of the Bhagavad Gita are discussed and approached with the current limited level of science that we have.

Considering this approach Bhagavad Geeta also touches the

level of science where we still have to reach to.

2. Unfathomable Science in Bhagavad Geeta

A. First Time word "*Vidnyan*" / Science

Some key scientific bases have been explained well in the past by Dr. Dantu Muralikrishan [1] (Synthesis of Living beings, Food and medicine, Creation of Universe, End of Universe, Energy and Soul, Polymorphism and behavior, the science of yoga and meditation, counseling therapy. Bhagavad Geeta is still an unexplored script for human life. It can have a social, human, and epigenetic angle, all based on a scientific base.

Science word was not even born when the Bhagavad Gita came into existence 5000+ years ago. However, Krishna in 7.2 verse indicated that "*Vidnyanam*" means science.

jñānam te 'ham sa-vijñānam idam vakshyāmyaśheshataḥ yaj jñātvā neha bhūyo 'nyaj jñātavyam-avaśhiṣhyate(7.2)

This means I shall now reveal unto you fully this knowledge and science wisdom, knowing nothing else remains to be known in this world.

"*SaVidnyanam*" word means science. However, our modern science did not exist when Bhagavad Geeta was conveyed by Krishna.

B. Is it scientific Treatment of Thanatophobia

Thanatophobia is a well-established psychological variation of having a fear of losing our relatives and friends. The treatment of Thanatophobia is to make a person fully aware of the reality so that person will know that life goes this way.

When Arjuna said O Krishna, seeing my relatives arrayed for battle here and intent on killing each other, my limbs are giving way, and my mouth is drying up in verse (1.28). This was nothing but Thanatophobia with Anxiety and a kind of depression. The verse for this is

drishtvemam sva-janam krishna yuyutsum samupasthitam sidanti mama gatrani mukham cha parishushyati

Shrikrishna understood that Arjuna got the stress of killing his relatives and gurus, i.e., suffering from Thanatophobia and

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having a fear of losing whom they love. You see, the treatment given nowadays is similar, and counseling as referred to in [2],[3]. Similarly, Shrikrishna went to the root of it and explained to him the deep science and treated Thanatophobia to face the condition of Arjuna. This has been done to safeguard the principle of punishing wrong attitudes and not to worry about the same.

C. *The Soul is a very High Level of Energy*

Various forms of energy exist and have been discovered till now. The soul is not like ATP (Adenosine Triphosphate [4]), Carbon or Petrol or Nuclear Energy; it is much higher than that. Because

Weapons cannot shred the soul, nor can fire burn it. Water cannot wet it, nor can the wind dry it. We are still yet to devise this energy level, which will need a higher level of detection and analysis. The verse in Bhagavad Geeta says

*nainam chhindanti shastrani nainam dahati pavakah
na chainam kledayantyapo na shoshayati marutah(2-23)*

Pratyahar like Tortoise pulling its head and appendages in

Self-awareness, self-regulation, and self-transcendence (S-ART): (S-ART): [5] A framework for understanding the neurobiological mechanisms of mindfulness has indicated how we should make ourselves aware of our sensations and how to reduce our energy consumption and keep ourselves balanced, keeping ourselves regulated.

*yada sanharate chayam kurmo 'nganiva sarvashah
indriyanindriyarthebhyas tasya prajna pratishthita(2-58)*

Shrikrishna advised the same. He said, "One who is able to withdraw the senses from their objects, just as a tortoise withdraws its limbs into its shell, is established in divine wisdom."

This is very well versed with the scientific fact that Tortoises are not social animals, and head banging or butting can signify mating rituals or dominance, which means energy expenditure. Many times, tortoises butt their heads and appendages to fight with another male tortoise. It means we give freedom to our sense organs, then they will spend energy like tortoises. Krishna has given an exact scientific example here. So, if we internalize our sense organs like a tortoise, we can save much energy and reverse our aging [23] given by Dr. Deepak Chopra Foundation recently indicated that the length of Telomeres chromosomes can be stopped by reducing using Kriyayog/Pratyahara. The same was depicted by Shrikrishna.

D. *A Controlling Mind is Controlling Everything*

Mind wandering and mindfulness are often considered divergent mental states with opposing effects on cognitive performance and mental health [6], [7]. It is researched that "What are the phenomenological characteristics of a restful mind? Wakeful relaxation may be easily cultivated with eyes closed and removed from external distractions. Yet, left to its musings, it is common for the mind to experience a relentless

stream of evaluative thoughts, emotions, or feelings without much effort. This research indicates how the mental stage can be stable when thoughts are controlled by every emotion.

Krishna in Bhagavad Gita has said the same thing in below Verse (2-56)

*dukkheshv-anudvigna-manah sukheshu vigata-sprihah
vita-raga-bhaya-krodhah sthita-dhir munir uchyate(2-56)*

One whose mind remains undisturbed amidst misery, who does not crave pleasure, and who is free from attachment, fear, and anger is called a sage of steady wisdom. Thus, Krishna explains how to relax your mind and what a stable mind is.

E. *Ecosystem and Relation of Body*

It is a well-established fact that Kingdom Plantae is an essential entity to the function of the biosphere. It includes green algae, mosses, ferns, vines, grasses, bushes, herbs, flowering plants, and trees. Most produce their food through photosynthesis. The importance of plants in the food chain dates back to ancient times. The first humans gathered wild plants for food. Unlike plants, humans and other animals are unable to manufacture their food. Therefore, they are dependent, directly or indirectly, on plants. Plants are found to be dependent on Sun and Rain Water, which is actually a result of the evaporation of water because of Summer.

Shrikrishna has very clearly explained the ecosystem and gives importance to it in the following verse of the Bhagavad Gita

*annad bhavanti bhutani parjanyaad anna-sambhavah
yajnad bhavati parjanyo yajnah karma-samudbhavah(3-14)*

It means all living beings subsist on food (plants), and rain produces food. Rains come from the performance of sacrifice (Yadnya, heat), and sacrifice is produced by performing prescribed duties to keep the ecosystem intact.

F. *Balanced personalities are those whose Amygdala does not get Hijacked*

What happens internally when you see or hear something that could get out of hand if not handled correctly? [9]. Sensation is received by our eyes, ears, nose, and mouth, and routed to the thalamus. Then, the thalamus acts as an "air traffic controller" to keep the signals moving. In a typical situation, the thalamus directs the impulse to the cortex for processing it. The cortex "thinks" about the impulse and makes sense. "Aha," it says, "this is It means I should" That signal is then sent to the amygdala, releasing a flood of peptides and hormones to create emotion and action. In what Dan Goleman labeled "The Hijacking of the Amygdala," the thalamus has a different reaction. Like any skilled air traffic controller, the thalamus can quickly react to potential threats. In that case, it bypasses the cortex -- the thinking brain -- and the signal goes straight to the amygdala. The amygdala can only react based on previously stored patterns.

In the following lines, Shrikrishna indicated that those who

go as per the Amygdala can control their mind as those whose amygdala is hijacked during their response processes become their enemy.

*bandhur atmatmanas tasya yenatmaivatmana jitah
anatmanas tu shatrutve vartetatmaiva shatru-vat(6-6)*

For those who have conquered the mind (control through the Amygdala), it is their friend. The mind works like an enemy for those who have failed to do so. Very clearly indicated the hijacking mind.

G. Balanced Intake [11], Balanced Sleep [10], and Balanced Behaviour/Work [12] are Key to Health

As given in the Harvard paper published above, sleep is essential for maintaining complete health, wellness, and healthy life. Similarly, research published [11] indicates that if your diet is balanced, you become a well-balanced and healthy personality. Research on the behavioural aspect [12] indicates that your behaviour and work determine your feelings internally and your ultimately hormonal concentrations and body health.

Shrikrishna, 5000 years ago, already explained the same to mitigate sorrow and make life happy.

*yuktahara-viharasya yukta-cheshtasya karmasu
yukta-svapnavabodhasya yogo bhavati dukkha-ha (6-17)*

Those who are temperate in eating and recreation, balanced in work, and regulated in sleep can mitigate all sorrows by practicing Yog.

Thus, it indicates how balance can impart happiness.

H. Composition of Universe

It is a well-established fact that there are 118 elements in the periodic table from (H Hydrogen) to (Og Oganesson) [13], [14]. However, in this list of components, there is no entry of (Space, mind, ego, and many more components on Earth). However, Krishna has mentioned elements at the coarse level and then details. However, our science has currently mentioned elements from Earth, water, and air only. There will be the existence of ether(space) and like that. You can see verse (7.4) of Bhagavad Gita.

*bhumir-apo 'nalo vayuh kham mano buddhir eva cha
ahankara itiyam me bhinna prakritir ashtadha(7-4)*

which means Earth, water, fire, air, space, mind, intellect, and ego—these are eight components of my material energy.

Still, we must figure out the components of the mind, intellect, and ego. That will be the future scope of research for determining elements.

I. Origination and Destruction of the World

It is a well-known fact and given in many research papers, including [15] that the origination of the world is from living beings. The same fact has been told and described by Krishna with the real fact that a living being is composed of life (*purush*) and Prakriti (PanchaMahabhootas). Also, it was mentioned that

the world will be moving towards destruction like a black hole and will come back to existence again.

*etad-yonini bhutani sarvanityupadharaya
aham kritsnasya jagatah prabhavah pralayas tatha(7-6)*

It means Knowing that all living beings are manifested by these two energies of Mine. I am the source of the entire creation, and into Me, it again dissolves.

The blackhole theory is completely mapped in this verse of Bhagavad Geeta

Considering the theory of destruction from the perspective of the Black Hole, as mentioned in [15], Lord Krishna has already given the destruction of the world mentioned in the following Shloka. It is considered that Krishna himself is a generator of this world as well as a destructor of the world, like a black hole where the complete world will be compressed in a black hole and again originate with renewed creatures in it.

*shri-bhagavan uvacha
kalo 'smi loka-kshaya-krit pravridhho
lokan samahartum iha pravrittah
rite 'pi tvam na bhavishyanti sarve
ye 'vasthitah pratyanyikeshu yodhah(11-32)*

Krishna said: I am mighty Time, the source of destruction that comes forth to annihilate the worlds. Even without your participation, the warriors arrayed in the opposing army shall cease to exist.

J. Species in a Universe

It was estimated that 100 million species on the basis of species we found in recent years. Further, it was found that there are 59508 species [17] detected and could be extrapolated to 8.7 million, which is very close to what is given in reference of the Bhagavad Gita (Padma Purana has already given 8.4 million species [24]

*mama yonir mahad brahma tasmin garbham dadhāmy aham
sambhavaḥ sarva-bhūtānām tato bhavati bhārata
sarva-yoniṣhu kaunteya mūrtayaḥ sambhavanti yāḥ
tāsām brahma mahad yonir aham bīja-pradaḥ pitā(14-3,4)*

In this verse, Krishna said that the total material substance, *prakṛiti*, is the womb. Krishna(I) impregnates it with individual souls, and thus all living beings are born. O son of Kunti, for all species of life that are produced, the material nature is the womb, and I am the seed-giving Father. After so many births, you get Human Birth, which is very precious. So, the concept of multiple births of the soul is very clearly mentioned by Krishna in Bhagavad Gita.

Here, Krishna refers to many different births, which is already explained as 8.4 million in Upanishads.

K. World is Matrix/May/Illusion

As per [32], whether reality is an illusion if we change the reference. Recently, Elon Musk has also mentioned the same

that the world is an illusion, and this was supported by Bill Gates. It also seems to be true when we are in dreams. So, the question arises whether reality is true or an illusion.

In the following verse, Krishna indicates that Prakriti is a kind of *Maya* that originated from him, and it will be taking a different form.

*sarva-bhutani kaunteya prakritim yanti mamikam
kalpa-kshaye punas tani kalpadau visrijamyaham
prakritim svam avashtabhya visrijami punah punah
bhuta-gramam imam kritsnam avasham prakriter vashat (9-7,8)*

At the end of one *kalp*, all living beings merge into My primordial material energy. At the beginning of the next creation, O son of Kunti, I manifest them again. Presiding over My material energy, I generate these myriad forms again and again, in accordance with the force of their natures.

L. Diffusion or Carrying Emotions Desire with Energy and Air and Soul

Water can carry the characteristics of drugs, e.g., in homeopathy. It is now detected that air can carry energy, and air can carry emotions [18]. Air can give that effect. The same thing has been in-depth given by Krishna while discussing with Arjuna how our desires and emotions are carried with our soul.

*shariram yad avapnoti yach chapy utkramatishvarah
grihitvaitani sanyati vayur gandhan ivashayat(15-8)*

As the air carries fragrance from place to place, so does the embodied soul carry the mind and senses with it, when it leaves an old body and enters a new one.

M. More than thousands of Suns in the Universe

Scientifically, our solar system is just one specific planetary system [16]—a star with planets orbiting around it. Our planetary system is the only one officially called the “solar system,” but astronomers have discovered over 3,200 other stars with planets orbiting them in our galaxy. That’s just how many we’ve found so far. There are likely to be many more planetary systems out there waiting to be discovered! Our Sun is just one of about 200 billion stars in our galaxy.

Krishna mentioned this in 11 chapters and Verse)12) of the Bhagavad Gita regarding a thousand Suns. Whereas this could not be imagined before regarding 1000 Suns. The verse in which it was mentioned is as follows

*divi surya-sahasrasya bhaved yugapad utthita
yadi bhah sadrishi sa syad bhasas tasya mahatmanah(11-12)*

If a thousand suns were to blaze forth together in the sky, they would not match the splendour of that great form.

N. Food is the Key

Human thinking is influenced by the kind of food humans consume, as described in Bhagavad Geeta. This is not written for humans only. So, human behavior and thinking are more

epigenetic and can be regulated. [19]. Shrikrishna has summarized all rules of consumption of food in brief, which can cause effects

*ayuh-sattva-balarogya-sukha-priti-vivardhanah
rasyah snigdha sthira hridaya aharah sattvika-priyah(17-8)*

Persons in the mode of goodness prefer foods that promote the life span and increase virtue, strength, health, happiness, and satisfaction. Such foods are juicy, succulent, nourishing, and naturally tasteful.

It is also true that too much Salt increases sodium and hence increases Blood Pressure; too much dry food may cause water scarcity in the body and gut, and too much hot food may cause harm in the epithelium layer of the upper portion of the gut, and hence such foods can cause diseases. The same thing is mentioned in Verse (17-9) of Bhagavad Gita.

*katv-amlalavanaty-ushna- tikshna-ruksha-vidahinah
ahara rajasasyeshta dukkha-shokamaya-pradah(17-9)*

Foods that are too bitter, too sour, salty, very hot, pungent, and dry are dear to persons in the mode of passion. Such foods produce pain, grief, and disease.

It is a fact that if we eat overcooked food, the vitamins and proteins will be destroyed into their decomposed products. If we consume polluted food, there are chances of GUI infection and diseases. If, by composition, the food is impure, then the components may not get digested in our body and lead to diseases. The same thing is mentioned by Krishna to benefit mankind in the following Verse of Bhagavad Gita.

*yata-yamam gata-rasam puti paryushitam cha yat
uchchhishtam api chamedhyam bhojanam tamasa-priyam(17-10)*

That means that foods that are overcooked, stale, putrid, polluted, and impure are dear to persons in ignorance.

3. Conclusion

This paper presented a review on Bhagavad Gita approach towards life.

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