

**BHAGAVAD GITA AND INDIAN ETHICS PREACHING OF  
GREAT PHILOSOPHER ADI SANKARA**

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**66. Indulging the Moral and Ethical Dimensions of Bhagavad Gita in Human Actions –  
Philosophical Thoughts on Bhagavad Gita's Dharma, Karma and Yogas**

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**Abstract**

The Bhagavad Gita, often referred to simply as the Gita, is a 700-verse Hindu scripture that is part of the Indian epic Mahabharata. It is composed in the form of a dialogue between Prince Arjuna and Lord Krishna, who serves as his charioteer. This sacred text holds immense historical and cultural significance, offering profound insights into the philosophy of life, duty, and ethics. The Gita introduces the concept of karma, which refers to the law of cause and effect governing human actions. Each action has consequences that impact an individual's soul and spiritual journey. The Bhagavad Gita starts on the battlefield of Kurukshetra. A great war looms. Prince Arjuna surveys the battlefield. He sees relatives on both sides. This sight disheartens him. He doubts the morality of fighting. He shares his concerns with Shri Krishna. Shri Krishna offers insight and guidance. Their exchange covers ethics, duty, and life after death. Shri Krishna's teachings in the Gita go beyond mere counsel. They provide a philosophical foundation for living a meaningful life. The Gita's teachings encourage self-awareness and responsibility. Karma Yoga promotes acting with integrity, without attachments. This approach reduces stress and increases satisfaction in work and life. The Gita's appeal lies in its ability to blend deep philosophical insights with practical advice. Its teachings on karma, dharma, and yoga offer a blueprint for living that is both fulfilling and morally sound. Hence the present study focuses on the facts Indulging the Moral and Ethical Dimensions of Bhagavad Gita in Human Actions.

**Keywords:** Bhagavad Gita, Karma, Krishna's teachings, Mahabharata, Morality

**Introduction**

The Gita provides a detailed analysis of desires and emotions, highlighting the crucial role of these elements in both spiritual development and human behavior. To achieve mental equilibrium and inner tranquility, Lord Krishna teaches Arjuna how to regulate his desires and emotions (Sivananda, 1980). Contemporary theories of emotion regulation and cognitive behavioral methods for emotional well-being align with the Gita's teachings on psychological state management (Feuerstein, 1974). The Bhagavad Gita, often referred to simply as the Gita, is a 700-

verse Hindu scripture that is part of the Indian epic Mahabharata. It is composed in the form of a dialogue between Prince Arjuna and Lord Krishna, who serves as his charioteer. This sacred text holds immense historical and cultural significance, offering profound insights into the philosophy of life, duty, and ethics. The Gita introduces the concept of karma, which refers to the law of cause and effect governing human actions. Each action has consequences that impact an individual's soul and spiritual journey. The Bhagavad Gita starts on the battlefield of Kurukshetra. A great war looms. Prince Arjuna surveys the battlefield. He sees relatives on both sides. This sight disheartens him. He doubts the morality of fighting. He shares his concerns with Shri Krishna. Shri Krishna offers insight and guidance. Their exchange covers ethics, duty, and life after death. Shri Krishna's teachings in the Gita go beyond mere counsel. They provide a philosophical foundation for living a meaningful life. The Gita's teachings encourage self-awareness and responsibility. Karma Yoga promotes acting with integrity, without attachments. This approach reduces stress and increases satisfaction in work and life. The Gita's appeal lies in its ability to blend deep philosophical insights with practical advice. Its teachings on karma, dharma, and yoga offer a blueprint for living that is both fulfilling and morally sound.

### **Philosophy of the Bhagavad Gita**

The Bhagavad Gita explores rich themes. These guide individuals spiritually. They also offer ethical frameworks. Let's discuss the three central concepts: Dharma, Yoga, and Karma.

### **Dharma: Duty in the Bhagavad Gita**

Dharma is a pivotal theme. It signifies duty, righteousness, and moral order. Arjuna faces a crisis of dharma. He must decide between fighting his kin or avoiding conflict. Shri Krishna advises him on the importance of duty. Every individual has a role. Fulfilling this role upholds cosmic and social order. Shri Krishna emphasizes that neglecting duty can lead to disorder. He must fight, Shri Krishna argues. This duty aligns with his warrior nature. Shri Krishna's counsel helps Arjuna see beyond personal grief. He understands his role in the larger cosmic plan. Shri Krishna also explains that dharma varies. It depends on one's role in society. Each person's dharma is unique. Understanding and executing one's dharma is key. This understanding leads to spiritual growth. It also ensures societal stability.

### **Yoga: Paths to Spiritual Realization**

Yoga in the Gita goes beyond physical postures. It refers to paths to connect with the divine. Shri Krishna describes several types of yoga. These include Karma Yoga, Bhakti Yoga, and Jnana Yoga. Each path offers a route to spiritual realization. Karma Yoga is the path of selfless action. Shri Krishna teaches that one should act without attachment to results. This detachment leads to spiritual liberation. Bhakti Yoga involves devotion to a deity. It emphasizes love and surrender. Jnana Yoga is the path of knowledge. It involves understanding the nature of reality. Each yoga path is suitable

for different individuals. Shri Krishna advises choosing a path that aligns with one's nature. This alignment facilitates genuine spiritual progress.

### **Karma: Action and Its Consequences**

Karma is about actions and their effects. The Gita teaches that every action has consequences. These shape one's future experiences. Shri Krishna advises acting rightly without attachment to outcomes. This concept encourages ethical behavior. It promotes a focus on duty rather than personal gain. Shri Krishna's teachings suggest that pure motives lead to positive karma. This accumulation of good karma aids spiritual liberation. Karma also involves self-reflection. One must consider the moral implications of actions. This reflective process is essential for spiritual growth. It helps individuals make choices that align with dharma and promote harmony.

### **Dharma**

At the heart of the Bhagavad Gita lies the concept of dharma, which refers to the moral and ethical duties and responsibilities that individuals hold in life. In Hindu philosophy, dharma is not merely a set of rules but a guiding principle that varies according to one's age, caste, and occupation. The Gita emphasizes that adhering to one's dharma is essential for maintaining cosmic order and personal integrity. Each individual has specific duties based on their social roles, and fulfilling these duties is crucial for personal and societal harmony.

### **Moral Dilemmas Faced**

As the battle is about to begin, Arjuna experiences a profound internal conflict. He hesitates to fight against his relatives, teachers, and friends who are on the opposing side. This moral dilemma highlights the struggle between his personal emotions and his duty as a warrior. The implications of personal versus social ethics are central to Arjuna's conflict. He grapples with the emotional weight of killing loved ones, the fear of social chaos resulting from the war and the responsibilities he holds towards his family and the greater good.

### **Teachings on Ethics**

- **Selflessness:** Krishna emphasizes the importance of performing one's duty without attachment to the results. This notion of selflessness is encapsulated in the concept of nishkama karma.
- **The Nature of Right and Wrong:** Krishna explains that actions should be judged not merely by their outcomes but by their alignment with one's dharma. Krishna's teachings encourage Arjuna to rise above emotional turmoil and make decisions grounded in duty and righteousness.

### **Role of Selflessness and Sacrifice**

Selflessness, or nishkama karma, is a central theme in the Gita. Krishna teaches Arjuna that true moral action arises from performing one's duty without any desire for personal gain. This selfless approach leads to spiritual growth and fulfilment. Moreover, the idea of sacrifice is intricately tied to ethical decision-making. The Gita, teaches on Personal Sacrifice and Collective Welfare.

### **Impact of Actions on the Soul**

The Gita introduces the concept of karma, which refers to the law of cause and effect governing human actions. Each action has consequences that impact an individual's soul and spiritual journey.

The ethical implications of karma include:

- **Responsibility:** Individuals are responsible for their actions and must consider the ethical implications of their choices.
- **Karma and Spiritual Growth:** Positive actions aligned with dharma lead to spiritual advancement, while negative actions can hinder one's progress.

The moral teachings of the Bhagavad Gita transcend time and culture, offering guidance for contemporary issues. In modern society, the Gita's principles can be applied to various spheres:

**Leadership:** Ethical leadership requires selflessness and a focus on the greater good.

**Conflict Resolution:** The Gita teaches that understanding and addressing moral dilemmas can lead to peaceful resolutions.

**Personal Growth:** The emphasis on duty and selflessness encourages individuals to seek growth beyond their personal desires.

### **Conclusion:**

The Lasting Legacy of Morality in the Bhagavad Gita offers timeless ethical principles that continue to resonate in today's world. Its teachings on duty, selflessness, and the moral weight of actions provide a framework for navigating complex moral landscapes. As a reflection on the Gita's enduring influence on moral philosophy, it recognize its role in shaping ethical thought and behavior across cultures and eras. The Gita remains a beacon of wisdom, guiding individuals towards a life rooted in righteousness and selfless action.

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