





Reviving the Indian Legacy through Classical Literature: A Comprehensive Study

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Abstract

Indian classical literature is one of the dazzling diamonds in the treasure trove of world literature. It has its captive aura and a lot of significant cultural values with profound wisdom. Classical Indian tales are noteworthy mesmerizing tapestries that transport us to a world of enchantment and wonder. It serves as a gateway to the great Indian history, culture, tradition, and values of Akhand Bharat. These classical tales contain alluring characters, beneficial teachings, vital lessons, and epic adventures. These tales have been conceded from generation to generation and truly showcase the glory of India. In this research, we delve into the rich tapestry of Indian literature, exploring its diverse genres, themes, and cultural attributes. Through a comprehensive analysis of an epic poem like the Bhagavad Gita by Vyasa, the readers will be enlightened with Lord Krishna's teachings, which guide various aspects of present-day life. The authors attempt to stimulate the fundamental attributes in human beings such as duty, righteousness, self-realization, and the nature of the soul. This paper also sheds light upon the victory of goddesses over demons through the prominent characters such as Devi Mahtmaya (Sapshati) and Chandi Path of MarkandeyaPurana by Markandeya and the authors endeavor to inspire women worldwide with these classical tales. By examining these literary masterpieces, we unfold the universal themes and timeless prudence that resonates with readers worldwide. This research paper contributes to exploring the classical tales with a modern perspective and presents them with a revisionist lens.

Keywords: Classical tales, epic, Teachings of lord Krishna, righteousness, self-realization.



Quality Education

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Introduction to Bhagavad Gita

Bhagavad-Gita also known as Gitopanishad is a poem written in the Sanskrit language called God's Song in Hindu mythologies. It has 700 verses and 18 chapters in total. It is a well-propounded Hindu scripture that delves into various aspects of life and spirituality. It is a guided book that assists one in uncovering the truth behind life and its purpose. Bhagavad Gita is a part of the epic tale Mahabharat also known as Jaya Samhita. Bhagavad Gita is a dialogue exchange between Lord Krishna and Prince Arjun. It consists of the teachings of Lord Krishna where Krishna imparts his divine knowledge and guidance to Arjun during critical moments on the battlefield. This dialogue explores deep philosophical concepts like duty, righteousness, self-discovery, dharma, and the nature of the soul. This dialogue serves as a source of inspiration, heavenly wisdom, and spiritual growth. It's a fascinating journey into the depths of wisdom and spirituality.

Karam Yoga

Karam yoga is also known as Yoga of Action, the word action here does not mean action in general but it's a selfless action. Having said that, Karma yoga is the act of selfless behavior and service. This yoga advocates the importance of actions free from any kind of expectation in return for that action. It emphasizes selfless service and a nonjudgmental mindset. In the world of give-and-take relationships, Karam yoga teaches us to act with compassion, love, and care without expecting anything in return. This helps us to master the art of detachment and mindfulness. By practicing Karam yoga we can make the world around us beautiful and fulfilling in every possible way. It is vital for every individual's well-being to just focus on the action rather than wandering their minds around fixating on outcomes and responses. In the 21st century, the world is in a race of being better than the other person and in this race, we are lacking compassion and empathy. Karam yoga must be practiced in our day-to-day work and this will help us to concentrate on what can give rather than focusing on what will get in return for our actions. Karam yoga assures us that this mindset will help us lead a better and more meaningful life ahead.

Bhakti Yoga

Bhakti Yoga is also known as Yoga of Devotion. This holds a quintessential place in Hindu philosophy and is considered to be a special form of yoga. Bhakti yoga is the path of devotion and expressing love to the divine power. The practitioners of this yoga experience divine protection, assurances, and spiritual enlightenment. This kind of yoga is for both believers and nonbelievers as it not only connects you with the almighty but also helps you to encounter your highest self. Among the Hindus, people tend to practice this yoga in the form of chanting, singing hymns, praying, and participating in Hindu rituals. There are different stages of life that every individual tends to experience and while going through those phases in life one can have identity crises. Bhakti yoga can be practiced at any stage of life matter you are a child, adult, or elderly. It helps to combat new-age problems such as stress, anxiety, and identity crises. It cultivates the sense of self-realization, ensures emotional well-being, and fruitfully transforms the vision of life. Bhakti yoga allows individuals to connect with the divine and their highest self, fostering a sense of love, devotion, and spiritual fulfillment.

Janana Yoga

The word Janana means wisdom in Sanskrit language and Janana Yoga is called the Yoga of knowledge or wisdom. Self-discovery and self-growth are the aspects of this yoga and it also helps us to focus on inner peace and harmony. The practitioners of this yoga dive deep into sacred Hindu texts, teachings, and intellectual discussions to introspect their actions and lead a life in a more relevant way. It is well said that knowledge is like an ocean, vast and infinite. The further you venture, the deeper you realize it goes. Janana Yoga helps us to practice discernment to gain insights into the true nature of self and the universe. This path requires the destruction of ego and selfish behavior so that one can make room for knowledge and wisdom. Janana yoga is by far the most fascinating yoga according to me as it focuses on gaining knowledge to seek a deeper understanding of self and the ultimate reality. It's a path that encourages deep thinking, introspection, and the pursuit of wisdom. Through the practice of Janana yoga, one can practice a multitude of positive effects on the mind, heart, and soul. In addition to that with the pursuit of wisdom and uncovering the mysteries of existence, it is possible that the individual can be freed from illusion and achieve liberation.

Dhyana Yoga

Dhyana yoga is also known as Yoga of meditation or the path of yoga which focuses on meditation and contemplation. The word Dhyana is derived from the Sanskrit language which means meditation. Meditation is a process of training your mind and redirecting your thoughts with a positive mindset. Meditation is considered to be a workout for the brain so that the person practicing meditation can combat negative thoughts and emotions which can lead to self-destruction in many ways. Dhyana yoga has numerous benefits in today's world such as mental clarity, stress reduction, better physical and mental health, increased self-awareness, and most important of all spiritual enlightenment. Dhyana yoga helps us to master emotions and thought processes as every day we deal with all sorts of people which can directly or indirectly affect our emotions. Meditation increases the vibrations and this can lead to inner stillness. To practice Dhyana yoga, one must find a quiet place that leaves no place for daily life chaos and then focus on the inner self in a way through breathing work or visualizations. Dhyana yoga not only improves concentration but also helps to control the temperament as it fosters inner peace. Dhyana yoga not only encourages a path of meditation and calmness but also unlocks the doors of wisdom and serenity.

Introduction to Durga Saptashti

Durga Saptashti or the Devi Mahatmya is a centuries-old text recited by many Hindus, especially during Navratri. It is among the loftiest of puranic compositions and is a part of the Markandeya Purana (one of the oldest 18 Maha Puranas in the Hindu tradition). The Durga Saptashti is also popularly referred to as the Chandi Patha or simply as the Chandi. It is a sacred text in Hindu mythology, composed of 700 verses that celebrate the power and divine qualities of Goddess Durga. The text narrates the stories and battles of Goddess Durga against various demons, showcasing her strength and victory over evil forces. Durga Saptashti is considered a significant part of Hindu culture and is often recited during the auspicious festivals of Navratri. It is believed that by chanting or reading these verses, one can invoke the blessings of Goddess Durga and attain strength, courage, and spiritual growth. The text serves as a source of

inspiration and devotion for millions of devotees worldwide. Durga Saptashasti holds immense significance not only in the realm of mythology but also in the study of literature and spirituality. It provides a deep insight into the portrayal of the divine feminine and the concept of Shakti (divine power) in Hindu culture. The text presents a collection of stories that depict the battles of goddess Durga against various demons, symbolizing the eternal struggle between good and evil. The tales showcase the strength, courage, and determination of the goddess, serving as a source of women's empowerment and resilience.

Historical Context

The historical context of the Durga Saptashasti can be traced back to ancient times. It is believed to have originated from the Markandeya Purana, which is one of the eighteen major Puranas in the Hindu Scripture. The Puranas were written over centuries with the earliest composition dating back to around 300 BCE. The complication of Durga Saptashasti within the Markandeya Purana showcases the rich tapestry of Hindu mythology and the reverence of Goddess Durga. The stories and battles narrated in the text reflect the cultural, religious, and philosophical beliefs of that era. Over time, Durga Saptashasti has become an integral part of Hinduism, is celebrated during festivals, and is cherished by devotees.

Symbolism and Empowerment

In Durga Saptashasti, several symbols represent empowerment and hold deep significance. The goddess Durga herself is a powerful divine symbol of feminine strength, courage, and divine energy. Her multiple arms symbolize her ability to multitask and handle various challenges with ease. The weapons she carries represent her readiness to protect and defend righteousness.

The battles that the goddess fought serve as a reminder that one must confront and overcome obstacles in order to achieve victory and spiritual growth. The triumph of Goddess Durga over the demons signifies the triumph of righteousness over wickedness, inspiring individuals to stand up against injustice and oppression.

Additionally, the festival of Navaratri, during which Durga Saptashasti is often recited, celebrates the nine forms of Goddess Durga. Each form represents a different aspect of the divine feminine energy, such as wisdom, courage, and compassion. This highlights the multifaceted nature of women and their inherent strength. Through its symbolism, Durga Saptashasti empowers women by showcasing the strength and resilience of the Goddess, encouraging women to embrace their power and potential. It serves as a source of inspiration for women worldwide, reminding them of their inherent worth and the ability to overcome challenges.

The battles fought by Goddess Durga against the demons in the text symbolize the eternal struggle between good and evil. These battles serve as a metaphor for the challenges and obstacles we face in our lives. They remind us that we must confront and overcome these obstacles to achieve victory and spiritual growth. The triumph of Goddess Durga over the demons signifies the triumph of righteousness over wickedness.

The festival of Navaratri, during which Durga Saptashasti is often recited, celebrates the nine forms of Goddess Durga. Each form represents a different aspect of the divine feminine energy. For example, the form of Goddess Saraswati represents wisdom and knowledge, while the form of Goddess Kali represents power and transformation. This highlights the multifaceted nature of women and their inherent strength in various aspects of life. By exploring the symbolism and

empowerment in Durga Saptashati, we gain a deeper understanding of the text's significance and its impact on individuals, particularly women. It encourages us to embrace our inner strength, confront challenges, and strive for righteousness.

Influence and Cultural Significance

Durga Saptashati is part of Markandeya Purana and is considered to be a powerful hymn dedicated to Goddess Durga. The text chronicles the divine exploits of Durga, showcasing her various forms and manifestations. It narrates the story of her ultimate triumph over evil forces. Each verse depicts the valor, strength, and compassion of the goddess, inspiring devotees to seek her blessings and protection.

Durga Saptashati is not only revered for its spiritual significance but also for its cultural impact. It has shaped the Hindu culture and traditions in many ways. Navratri is a festival among the Hindus which is dedicated to Goddess Durga's victory over demons. During these festivals, it's a ritual that whoever is fasting, that person must read Durga Saptashati so that they can be enlightened spiritually. It is believed among Hindus that chanting hymns and prayers can evoke divine energy within yourself. This kind of devotion leads an individual toward enlightenment, power, prosperity, and spiritual growth. Furthermore, the text serves as a source of inspiration seeking inner strength and empowerment. It teaches valuable life lessons, such as the importance of courage, determination, and righteousness in overcoming obstacles and achieving success. Through the stories and teaching presented in Durga Saptashati, readers are encouraged to embrace their power and tap into their inner divinity.

Empowerment and Feminine Glory

Durga Saptashati beautifully portrays the empowerment and feminine glory of the goddess Durga. The text celebrates her strength, courage, and divine qualities, showcasing her as the epitome of feminine strength. Her victory inspires many women to fight for their rights and stand up for their rights. This book highlights various characters of goddess Durga which represents different aspects of femininity. From Mahakali's fierce and warrior to Mahalakshmi's nurturing and compassionate form, showcases the multifaceted nature of femininity. It emphasizes that women possess inherent strength, wisdom, and the ability to overcome challenges. The book's celebration of feminine glory extends beyond individual empowerment. The goddess's battles against demons symbolize the collective fight against societal evils and injustices. The text inspires women to support and uplift each other, fostering a sense of sisterhood and solidarity. The text serves as a powerful source of inspiration for women worldwide, reminding them of their inherent power and worth. It highlights the multifaceted nature of femininity and encourages women to stand up against injustice, foster unity, and strive for their goals. Ultimately this text inspires women in every corner of the world with its powerful narrative that encourages them to embrace inner strength, confront challenges head-on, and foster a sense of unity in the face of adversity. Women worldwide connect with these qualities, finding inspiration in the idea that they too can overcome challenges in their lives.

Philosophical Insight

Durga Saptashati holds immense importance when it comes to the philosophical world. It uncovers those aspects of life that can provide profound insights into spirituality, individuality, wisdom,

and human experience. The very first chapter of the book which is Prathama Charitra, Introduces the story of Mahishasura and the birth of Goddess Durga which eventually embarks on her glory over the evil. The second chapter which is Madhyama Charitra describes the battles between the goddess and demon army of Mahishasura. The third chapter which is Uttama Charitra portrays the fierce battles between the goddess and various powerful demons. The fourth chapter Chaturtha Charitra highlights the divine intervention of other gods and goddesses in the battles. Panchama Charitra depicts the goddess manifestation as Katayani and her victory over a demon who was almost impossible to defeat, Raktabija. Shashtha Charitra showcases the goddess's battle against demons Shumbha and Nishumbha, these two demons were the first devotees of the goddess who turned against her for her power. Saptama Charitra illustrates the goddess's triumph over the demon army led by Raktabija's clones. Ashtama Charitra focuses on the goddess's battle against the brothers of demons Chanda and Munda. Navama Charitra describes the goddess's fierce encounters with demon generals like Dhumralochana. Dashama Charitra depicts the victory of the goddess over the demonic king Mahishasura. Ekadasha Charitra depicts the goddess's battle over demon Rajtabija's final form. In the twelfth chapter, Dwadasha Charitra highlights the goddess's defeat of the demon Shumbha and her return to her divine form. The thirteenth and the last chapter Trayodasha Charitra conclude with hymns of praise for the goddess and benefits of reciting Durga Saptashati. These chapters provide a rich tapestry of mythological tales and symbolize the power of the divine feminine.

Conclusion

Bhagavad Geeta and Durga Saptashati are two epic texts of Hindu spirituality that deal with an individual's overall growth and development, which must be embodied when feeling stuck and powerless at any stage of life. These two texts are great for the discovery journey as they challenge us to introduce ourselves, work with disabilities, and often embrace our flaws. Durga Saptashati was written around 400-600 CE and this indicates that at that time gender equality and there was an acceptance for the no discrimination policy. Moreover, Bhagavad Geeta's teachings encourage us to find strength within ourselves, face problems with courage, and keep our patience and control uptight in times of adversity.

In today's world where women are breaking barriers and making significant contributions in various fields of life, the teaching of Durga Sapshati continues to resonate and inspire. It reminds us of the importance of courage, resilience, and the ability to overcome challenges. The text also inspires us to enable a sense of balance in our lives so that we can step into our full potential with the help of inner strength. In a world that still grapples with gender inequality, Durga Saptashati serves as a reminder of the power and significance of the feminine spirit.

The Bhagavad Gita is like a timeless guidebook that offers valuable insights for navigation for various aspects of life such as keeping calm in chaos, dealing with obstacles and complexities of the journey, righteousness in your intention as well as action, and most importantly spirituality. For example, the concepts in Bhagavad Gita can be applied to modern-day dilemmas, such as ethical decision-making in the workplace, finding balance and harmony in this chaotic world, prioritizing mental health, and dealing with others with kindness. The concept of Dharma in the Bhagavad Gita can be put forward in the professional world. Dharma is the concept of duty, having said that it indicates duty done with integrity and honesty. Bhagavad Geeta advocates the fact that to find peace in the world one should first incorporate peace within them. The text

encourages individuals to self-analysis, self-work, and self-development. Lastly, Bhagavad Geeta is not just a text it's a philosophy that not only helped natives to conquer their insecurities and build confidence but it also helped people worldwide including many famous personalities.

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