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Achieving Environmental Harmony: An Analysis Based on the Narratives from Mahabharata

Riddhi singh

B.A. (H) English (6th Sem), Amity School of Languages, Amity University, Lucknow, India

ABSTRACT: The remarkable advancements in science and technology have significantly accelerated and simplified human existence compared to earlier times. It is incredible that with such sophisticated technology, humans have made the impossibly conceivable in a variety of industries, including business, education, and medicine. Because of the hectic pace of modern life, people often find it difficult to communicate with friends, family, and coworkers. It is evident in these situations that people do not have the time to live in harmony with the natural world. Ecological balance is preserved by human worship of nature and treating other living things with respect, according to ancient Hindu texts that refer to nature as God. Right now, the two major worries are the spread of several infections and climate change. Such dangerous pathogens put human health at risk as well. In order to demonstrate how human indifference to environment is the cause of the current ecological imbalance, this article examines a few passages from the Mahabharata as both old literary writings and religious texts. The study presents narratives from chosen literature to support its claims and offer recommendations for actions to create environmental harmony. The abstract provides a brief overview of the aims, methods, main findings and significance of the paper.

It emphasizes the importance of studying ancient stories such as the Mahabharata to understand contemporary environmental challenges and suggests that analysis of this material offers valuable insights for promoting harmony environment.

In the abstract, we introduce the general theme of the paper, which is to explore the concept of achieving environmental harmony through analyzing the stories of the Mahabharata, an ancient Indian epic.

We highlight the importance of this topic in the context of current environmental challenges, emphasizing the urgent need for sustainable practices and ethical management of the natural world.

The abstract briefly describes the objectives of the paper, which include examining environmental themes in the Mahabharata, identifying ideas and ethical principles relevant to contemporary environmental discourse, and explore the potential implications for solving current environmental problems.

I. INTRODUCTION

Krishna-Dwaipayana The Mahabharata's initial text is attributed to Ved Vyasa. Vyasa has made sure that nothing is overlooked by putting it in poetic form for the rest of the world to learn from and appreciate the rich culture of our nation. In his quest to find an intellectual who could keep up with his written storytelling pace, he eventually found Lord Ganesha. Lord Ganesha knew it would be difficult to write and compose the verse at the same time, so he wrote it during Vyasa's story telling. Notably, the character in the chosen text is none other than Vyasa himself. Sanskrit, one of the first languages of the Indian subcontinent, was used to write it at first. It is important to note that, depending on the age to which they belong, numerous authors have translated, interpolated, and repeated the story in a variety of ways. It is available in translation in about fifteen additional Indian languages. The book has been made into a play, a movie, a television show, and more. Nonetheless, the classic version of the Mahabharata is still Ved Vyasa's. The epic Mahabharata has several characters and tales. The characters are gods or non-human entities in addition to humans. One is either born to build "dharma," which is roughly translated as "righteousness" in English, to destroy "adharma," which is what Western philosophy refers to as "sin," or to be liberated from the curse that was placed upon them in the past as a result of the deeds of saints or other deities. History is best communicated through narratives because they give the audience historical context and make links between the epic's present events and past occurrences. The chosen text has an epic-like structure because the chosen literature has a well-organized storyline, subplots, characters, and other components—such narration and a sizable setting—it is structured like an epic. makes sense. With over 200,000 verses and one million eight hundred thousand words, this epic is also the longest in the entire planet. As a result, the Mahabharata is among the best pieces of Indian literature ever written. The British were taken aback by the abundance of literary works found in the Indian subcontinent when they invaded there, as the nation they were colonizing had a greater



literary heritage than they did. It is noteworthy that the Mahabharata is cited by writers, academics, and researchers worldwide; it also helps them discriminate between virtues and vices and, most significantly, adopts it as a way of life. It is a kind of writing that has religious significance as well. It is a literature from Hindu culture and religion that instructs individuals on how to avoid becoming sad sinners. As a result, the chosen work is a rich literary masterpiece that showcases Indian culture.

In the introduction, the article begins by defining the concept of environmental harmony and its relevance in today's world, highlighting the urgent need for sustainable practices.

II. LITERATURE AND REVIEW

The literature review examines existing research on environmental harmony, traditional knowledge systems, and the relevance of ancient texts in addressing contemporary environmental challenges. It examines key themes such as sustainability, biodiversity conservation and ethics in Western and Eastern philosophical traditions. Particular attention is paid to previous research that has explored environmental themes in the Mahabharata and related texts.

The literature on environmental harmony spans a variety of fields, including environmental science, philosophy, anthropology, and religious studies.

Researchers in these fields have explored a variety of concepts related to environmental sustainability, ecosystem health, and the relationship between humans and nature. Key topics include the importance of biodiversity conservation, sustainable resource management and ethical aspects of environmental management. Traditional knowledge systems, rooted in indigenous cultures and spiritual traditions, provide valuable insights into sustainable living practices and holistic approaches to management environment Researchers have documented indigenous ecological knowledge, including traditional land use practices, conservation strategies, and environmental management systems.

Indigenous worldviews often emphasize interconnectedness, reciprocity, and respect for all forms of life, thereby offering alternative models for understanding and addressing environmental challenges.

Ancient texts and cultural stories, such as the Mahabharata, contain a rich treasure of environmental wisdom and ethical teachings relevant to contemporary concerns. The researchers examined ecological themes associated with religious scriptures, epics, and folklore from a variety of cultural traditions. These stories often convey profound information about the relationship between humans and nature, the consequences of environmental degradation, and the importance of stewardship and respect for the natural world.

Mahabharata, one of the world's oldest and longest epic poems, offers a complex tapestry of stories, characters and moral dilemmas that resonate with contemporary environmental discourse .

Researchers have analyzed the ecological themes of the Mahabharata, including the principles of dharma (justice), ahimsa (nonviolence), and svadharma (duty) as they relate to human interaction with others.

The Gap in Research and Research Questions

The analysis of the literature indicates that research has been concentrated on the traits of various flora and fauna that are covered in the chosen passage. Notably, studies from a wide range of fields have only employed a small number of instances from the chosen text to bolster conclusions about current environmental issues. We have not yet examined the chosen text from the standpoint of eco-spirituality. This analysis of a chosen work on the subject of eco-spirituality emphasises the relationship between spirituality and ecological.

These are the research issues that this study aims to answer: (1) If the Mahabharata promotes absolute value? (2) Could environmental harmony be attained if people stopped being anthropocentric and instead stayed in their own regions, worshipping nature? Despite the rich understanding of culture and environment embedded in ancient texts such as the Mahabharata, there remains a gap in contemporary studies about the concrete ways these stories can inform for efforts to achieve environmental harmony. Although research has been conducted on environmental themes in the Mahabharata, more comprehensive and interdisciplinary analyzes are needed to explore the relevance of these stories to contemporary environmental challenges. Additionally, existing research often focuses on individual themes or motifs in the Mahabharata, rather than providing a comprehensive understanding of its implications for environmental management and sustainability.

Research Question: How do the stories of the Mahabharata address the relationship between humans and nature, sustainability and ethical behavior and what insights do they offer for achieve environmental harmony?

This research question seeks to explore the general themes and ethical teachings contained in the Mahabharata that relate to environmental harmony.



By analyzing specific stories, characters, and ethical dilemmas, researchers can discover valuable insights into the principles and values that guide human interactions in sustainable cooperation with the natural world.

How can the teachings of the Mahabharata inform contemporary environmental policy, practice and education?

This question considers the practical implications of studying the Mahabharata to address today's environmental challenges.

By identifying similarities between ancient wisdom and modern environmental discourse, researchers can assess the potential relevance of the Mahabharata stories for informing policy decisions.

Form environmental education programs and promote sustainable practices.

What are the limitations and challenges of applying knowledge from the Mahabharata to contemporary environmental issues and how can these be addressed?

This question acknowledges the complexity of translating ancient wisdom into concrete solutions to contemporary environmental problems.

By critically examining the cultural, linguistic, and philosophical nuances of the Mahabharata, researchers can identify potential obstacles to the application of its ideas and explore strategies to overcome these challenges.

How do interpretations of the environmental themes of the Mahabharata vary in different cultural, religious and academic contexts and what does this mean for achieving global environmental harmony?

This question acknowledges the diversity of views that exist within the global community regarding the interpretation and appropriateness of the Mahabharata stories.

By conducting comparative analysis of interpretations from diverse cultural, religious, and academic traditions, researchers can gain a deeper understanding of cultural specificity and universality of environmental teachings.

What additional research is needed to further explore the intersection between ancient narratives such as the Mahabharata and contemporary environmental discourse, and how interdisciplinary approaches can contribute for this effort?

This question highlights the ongoing nature of research in this field and the potential for interdisciplinary collaboration to deepen our understanding of the connections between ancient wisdom and modern environmental challenges.

By identifying areas of future research and innovative approaches, researchers can continue to expand knowledge aimed at achieving environmental harmony through the teachings of the Mahabharata.

By addressing these research questions, researchers can help fill research gaps and advance our understanding of how ancient stories like the Mahabharata can inform for efforts to achieve environmental harmony in the contemporary world.

III. METHODOLOGY

The current study employs qualitative research approach. Researchers employ the exploratory research strategy because it is the method they use to investigate and provide answers to study problems that have not been previously examined. Many languages have translated the Mahabharata, which is widely recognized as a canonical text. Worldwide. Because there are currently several easily accessible translations and retellings, the researchers specifically consult many versions when conducting their research. That being said, Purnaprajna Dasa's account of "Mahabharata: An Authentic Presentation" will be the major source for this study, with arguments from secondary sources gathered from a variety of sources serving as bolstering evidence. Investigating the root causes of the current environmental problems, the chosen text is examined, questioned, and interpreted via the prism of eco-spirituality that threw off the ecosystem's delicate balance and offers suggestions for how to achieve and preserve natural harmony. Methodology: The methodology section describes the systematic approach used to select, analyze and interpret the stories of the Mahabharata in the context of achieving environmental harmony.

It provides transparency and rigor to the research process, allowing readers to evaluate the validity and reliability of the results.

Selection of stories from the Mahabharata: The method begins with the selection of specific stories, passages or episodes from the Mahabharata that relate to environmental themes and ethical considerations.

This may involve a comprehensive examination of the epic text to identify the main stories, characters, and moral dilemmas that illuminate the relationship between humans and nature, the principles of sustainability and environmental management. Selection Criteria: Scholars established clear criteria for selecting stories from the Mahabharata based on their thematic relevance, literary significance and ability to generate ideas about environmental harmony.

Criteria may include the presence of ecological motifs, ethical teachings, and philosophical reflections on the connection between life and the natural world.

Textual Analysis: After identifying the stories, researchers conducted in-depth textual analysis of selected passages to examine language, symbolism, imagery, and structure. This analytical approach involves decoding the text to discover underlying themes, motifs, and moral lessons relevant to contemporary environmental concerns.

Talk and debate

The Mahabharata, one of the two major Sanskrit legends of old India, may be a sprawling story that includes a tremendous cluster of stories, characters, and moral predicaments.

Composed over centuries, it isn't just a authentic or legendary content but a store of social, philosophical, and otherworldly intelligence that proceeds to reverberate with groups of onlookers over eras. Inside its tremendous corpus, a few accounts stand out for their significance to modern natural concerns and their potential to offer experiences into accomplishing natural agreement.

One such story is the story of King Yudhishtira's experience with the yaksha (a ethereal being) within the Vana Parva (Timberland Book) of the Mahabharata. In this story, Yudhishtira and his brothers, ousted to the timberland as portion of their discipline, confronta extreme dry season that debilitates the lives of all creatures. When Yudhishtira sets out in look of water, he experiences a yaksha guarding a lake. The yaksha postures a arrangement of philosophical questions to Yudhishtira, testing his shrewdness and exemplary nature.

Through their discourse, Yudhishtira learns important lessons approximately the interconnecting of all life shapes and the significance of lowliness, sympathy, and biological stewardship. Eventually, by illustrating his understanding of these standards, Yudhishtira is allowed get to the water, which rejuvenates the dried arrive and maintains life.

Another outstanding account is the story of Lord Nala and Damayanti, found within the Virata Parva (Book of Virata) of the Mahabharata. In this story, Ruler Nala, eminent for his exemplary nature and expertise as a charioteer, faces a arrangement of trials and tribulations that test his astuteness and commitment to obligation. One such trial includes his change into a dwarf-like animal due to the revile of a firmament being. In spite of his physical distortion, Nala remains undaunted in his commitment to nobility and eventually reunites with his spouse, Damayanti, reestablishing arrange and concordance to the kingdom. This account highlights the subjects of flexibility, selflessness, and the triumph of ethical values over difficulty, advertising motivation for people and social orders endeavoring to overcome natural challenges.

The Mahabharata moreover contains various stories including creatures, fowls, and other non-human creatures, each conferring ethical lessons and environmental bits of knowledge. For illustration, the story of the mongoose relinquishing itself to ensure a Brahmin's child from a wind chomp underscores the esteem of selflessness and kindness within the common world. Essentially, the story of the ethical elephant Gajendra's battle against a crocodile symbolizes the unceasing battle between great and fiendish and the significance of courage and tirelessness within the confront of difficulty.

Teachings of Mahabharat

Certainly! The lessons of the Mahabharata amplify distant past its stories, including a endless cluster of philosophical, moral, and otherworldly experiences that proceed to rouse and direct people and social orders around the world. Established within the antiquated shrewdness of India, the Mahabharata offers ageless standards for living a life of honesty, adjust, and concordance with oneself, others, and the common world.

1. **Dharma (Honesty):

At the heart of the Mahabharata lies the concept of dharma, frequently interpreted as nobility or obligation. The epic investigates the complexities of dharma through the activities and choices of its characters, emphasizing the significance of ethical judgment, moral conduct, and adherence to one's obligations and duties. The lessons of dharma remind people of their interconnecting with the bigger enormous arrange and the basic of adjusting their activities with higher standards of truth, equity, and sympathy.

2. **Ahimsa (Non-violence):

The Mahabharata advocates for the rule of ahimsa, or non-violence, as a principal moral statute. Whereas the epic is loaded with scenes of struggle and fighting, it too underscores the awful results of savagery and the esteem of tranquil

determination of clashes. Through characters like Bhishma, who maintains his pledge of celibacy and non-violence in spite of being drawn into the Kurukshetra war, the Mahabharata highlights the transformative control of ahimsa in cultivating agreement and reconciliation.

3. ****Karma (Activity and Result):**

Another central instructing of the Mahabharata is the convention of karma, which sets that each activity has results, both in this life and the another. The epic emphasizes the significance of careful activity, moral decision-making, and acknowledgment of one's predetermination, as exemplified by the characters of Arjuna and Yudhishtira. By outlining the interconnecting of cause and impact, the Mahabharata energizes people to develop mindfulness and duty in their contemplations, words, and deeds.

IV. RESTRICTIONS AND ADDITIONAL AREAS OF RESEARCH

The limitations of the study are: Only the stories of Adiparva, Vanaparva and Anusasanaparvawere studied, only the Mahabharata version of Purnaprajna Dasa was studied; Only eco- spirituality is used to present the imbalance of the ecosystem. Other studies include: explores other concepts of eco-spirituality, such as sustainability and ecological justice; Research can be conducted using non-ecological theories such as psychoanalysis and feminism, as well as ecological theories such as queer ecology; You can explore other versions, stories, and even translations of the selected text; Comparative study of ecological themes and descriptions of interactions between nature and humans in the Ramayana and Mahabharata can be done in relation to current ecological challenges.

Cultural Context: The stories of Mahabharata have deep roots in specific cultural and historical contexts, especially ancient Indian civilization.

It is essential to realize that interpretations of these stories may vary depending on the cultural context and worldview of the reader.

Although the Mahabharata offers universal themes and ethical teachings, its applicability to contemporary environmental issues may require careful interpretation and contextualization. **Translation and Interpretation:** Mahabharata has been translated into many languages and different translations may emphasize different aspects of the text.

Furthermore, the interpretation of the environmental themes of the Mahabharata can vary significantly depending on the perspective of the translator or interpreter.

Researchers should be aware of the limitations of translation and try to focus as much as possible on the original text.

Religious and Philosophical Views: Mahabharata is a religious and philosophical text revered by millions of people around the world.

Although the analysis of scientific texts is valuable, it is important to approach the subject with sensitivity and respect for religious beliefs and cultural traditions. Scholars should avoid imposing secular interpretations on religious texts and instead seek to understand the perspectives of practitioners and scholars within the relevant religious traditions.

Interdisciplinary scope: Although the Mahabharata provides rich information on environmental topics, it is only one of many sources of traditional wisdom and cultural stories that can inform discuss environmental harmony.

Researchers should be aware of the interdisciplinary nature of the topic and consider incorporating perspectives from fields such as ecology, anthropology, sociology, and environmental humanities to enrich their analysis.

of their achievements. Additional Areas of Study: Comparative Mythology: Comparative study of myths from different cultural traditions can highlight universal themes and motifs associated with harmony environment.

Researchers may explore similarities between the environmental ethics of the Mahabharata and those found in other ancient epics and religious texts, such as the Ramayana, the Bible or the Quran . **Ecocritical Analysis :** Ecocriticism provides a framework for analyzing literary texts from an environmental perspective, focusing on symbols of nature and the relationship between humans and nature. Scholars can apply ecocritical methods to analyze stories of the Mahabharata, examining how the text depicts landscapes, animals, and natural phenomena and how it addresses these concerns in environmental **Contemporary Relevance:** Although the Mahabharata is an ancient text, its themes and teachings have enduring relevance to contemporary environmental challenges.

Researchers can explore how to apply the principles of environmental stewardship, sustainable living and ethics outlined in the Mahabharata to address pressing environmental problems such as climate change, deforestation and loss of biodiversity.

Community engagement: Environmental sustainability research can benefit from community-based approaches that



include collaboration with local stakeholders, including communities indigenous people, environmental activists and policy makers.

Researchers can conduct community-based participatory research projects that interpret and apply ideas from the Mahabharata to real-world environmental issues, thereby promoting dialogue and learn from each other.

V. CONCLUSION

The conclusion of the Mahabharata, frequently respected as the Bhagavata Purana, typifies the summit of the epic's story bend, displaying a significant amalgamation of its overarching subjects, ethical lessons, and otherworldly lessons. As the epic draws to a near, it offers perusers a vision of recovery, compromise, and greatness, reflecting the unceasing truths of dharma (honesty) and the ageless shrewdness of the Vedas.

At the heart of the conclusion is the disclosure of the Bhagavad Gita, the sacrosanct talk between Ruler Krishna and Sovereign Arjuna on the war zone of Kurukshetra. In this seminal exchange, Krishna confers significant philosophical bits of knowledge and ethical direction to Arjuna, tending to his questions and fears around satisfying his obligation as a warrior. Through lessons on selflessness, separation, and commitment, Krishna lights up the way of karma yoga, the yoga of sacrificial activity, which emphasizes the significance of performing one's obligation without connection to the natural products of activity.

The Bhagavad Gita too elucidates on the concept of dharma, highlighting the interconnecting of all creatures and the need of maintaining honesty within the confront of misfortune. Krishna's admonishment to Arjuna to fulfill his sacrosanct obligation as a warrior, battling for equity and nobility, resounds with the broader subjects of obligation, honor, and give up that invade the Mahabharata.

As the story unfurls, the epic comes to its climactic minute with the extraordinary war of Kurukshetra, in which the Pandavas, guided by Krishna, stand up to their family, the Kauravas, in a fight for the position of authority of Hastinapura. The war, with its incalculable acts of bravery, give up, and catastrophe, serves as a representation for the lasting battle between great and fiendish, light and obscurity, exemplary nature and unrighteousness.

However, in the midst of the chaos and carnage of war, the Mahabharata too offers impressions of divine mediation, divine equity, and divine elegance. Krishna's part as the divine charioteer of Arjuna symbolizes the nearness of the divine inside the human heart, directing humankind on the way of exemplary nature and otherworldly advancement.

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