



# Relevance of Ancient Indian Wisdom - “Sarve Bhabantu Sukhinah” in the Present Pandemic Scenario

**Sanghamitra Dhal**

Asst Professor

School of Hotel Management, Siksha ‘O’ Anusandhan Deemed to be University, Bhubaneswar  
sanghamitrashm@soa.ac.in

**Mou Roy**

Asst Professor

School of Hotel Management, Siksha ‘O’ Anusandhan Deemed to be University, Bhubaneswar  
dutta\_mou@yahoo.com

## Abstract

This paper focuses on the challenges of COVID 19, the situation of pandemic that the entire world is going through. The paper tries to describe how cultural wisdom and Indian conventional facts can help us in addressing the society today and which is being hostile to us. It also presents related anecdotes from Indian epics, which are an essential part of Indian thoughts and cultural heritage. This article explores the possibility for enhancing the intrinsic value of a character in a society, focussing on how inner harmony and peace are essential for successfully changing the world situation at present. Further it also elaborates on how by integrating human values & ethics, underlined in the Indian epics will be incorporated in the individual, in the society as a whole in combating COVID 19 pandemic.

**Key words:** Ethos, wisdom, COVID 19, human values

## Introduction

*“Never let a good crisis go to waste.”*

- Winston Churchill

Indian wisdom is a study of ethical issues in the fields of individual and communal interaction within. The term is rarely used more normally to explain issue in science and arts, religious beliefs and cultural priorities. The professional fields deal with the moral values and include remedy, business, trading and commandment etc. It implies - degree of importance and it's objective to establish what deed is best to live or try to attempt to describe the native of the different action. The basics of living are being learnt on none other than through the achievement of language and the extensively urbanized literature collectively. The introspection of the self and the retrospection only at all times generate space for further expansion in any aspect in general and principled point of view. The growth of universal culture depends on the expansion of the words.

This highlights on each and every stage of the development process that is governed by the moral values with the extraordinary reference to the direction along with sustenance of the Indian culture.

For Indian way of life philosophy for the promotion of moral values, the epics like - The Mahabharata, The Ramayana, The Bhagawat Geeta and various forms of literature like – The Upanishads, The Aaranyakas have raised area and given the constant revival through their words. With a wonderful importance and enriched with rich literature, it shows that systematic and theoretical analysis on the values, morals and ethics through introspection and retrospection in the Indian wisdom.

### Indian Wisdom's Significance

- Holistic World Maintenance
- Welfare
- Special culture of work
- Self-confidence
- Concentration Provides
- Proven system of value

### Indian Wisdom Requires

- Mentality of management
- Organization to humanise
- Interiorizing leadership (self)
- Intuition Function (feelings) Self-introspection
- Theft of the brain
- Stepping Back
- Meditation - self dynamizing

The aim of Wisdom is to develop proper management, to ensure the growth, honesty and efficiency of human beings in everything.

General measures in Indian wisdom include –

- Daily practices of Yagasana, pranayam and meditation for at least 30 mins
- Indian spices, like – cumin, coriander, turmeric and garlic are recommended in cooking
- Drinking warm water throughout the day
- We are all one.
- Give without expecting anything in return
- You are what you think you are

In modern health literature, the ancient Indian definition and framework relating to health and holistic and right aspects have been overlooked. They prefer to borrow research and integrate it for the gain of their textbooks. In favour of the biochemical dimensions of psychological phenomena, the current pattern in health science is highly skewed, neglecting the fundamental entity, the mind. It is desperately important to correct their minds and bodies.

There always exist a mind and body relationship, which is as follows:-

#### **Mind and body relationship**

- Attributes of mind
- Self identity
- Field like properties
- Conscious – unconsciousness
- Energy as power
- Immaterial nature by virtue of its association with soul and physical body

Legacy of health is imbued with spirituality. By ‘ancestors’, it is meant that they are all indigenous cultures and esteem culture. They had an astonishing knowledge not only about health and disease but also knew the importance at the right food in preventing and managing disorder of the body.

Even while nurturing them in return, they are living in harmony with the Universe. Even in 21<sup>st</sup> century, we have wise elders who continue with their ancient practices, help those around them. The customs and rituals are related to the health among rural and tribal community of our country, like - Learning from the wisdom of the elders in the communities. It was built on them. Nature for a life of wellness but also strives to evoke and enhance the inherent divinity. Sharing practical examples, interesting tales and anecdotes help us along the learning odyssey.

Our ancestors had great knowledge about the factors that affect our lives and well-being. Using their commonsense, they keenly observed very minute details in their surroundings and natural forces and learnt to assimilate and use the knowledge which gained to give us an invaluable information.

Traditional Indian wisdom (Vedanta) encourages every human being to recognise their inner ability to harness their energies, leading to successful acts. Epics such as Ramayana and Mahabharata underline the need for self-discipline and the outlook of the person towards society and their duty as a contributing agent for

community welfare. In Bhagawad Gita, Ramayana and Upanishads, profound ideas related to human behaviour are embedded. Management fields such as governance, empowerment, and leadership have also been elaborately discussed in Indian Scriptures.

### **Indian Wisdom of Dharma**

Whether social or spiritual, the foundation of order is Dharma. The first and most important virtue for a person, according to Tritriya Upanishad, is to articulate the truth (satyam vada) and the other instruction is to practise virtue (Dharma cara). Therefore, Dharma is simply the truth-an definitive guide to the accurate life and the peace of society-to act. Indian wisdom of Dharma is expressed as a combination of philosophical comprehension and self-realization that can be accomplished for practical guidance in everyday life by adhering to the eternal dharma as prescribed by Vedic literature.

Kautilya says that the subject's happiness resides in the ruler's happiness and his welfare lies in their welfare. The science of conduct, or sadaachaara, is ethics. It is the analysis of what is right in actions or what is good. It illustrates the way human beings, as well as other animals, act towards each other.

Ethical wisdom practise would assist us to live in harmony with our neighbours, friends, families, community and the world. This is going to keep our consciences clean.

As a collection of traditional values, rules and norms that describe the appropriate, cultural experience in Indian wisdom is communicated between generations.

Leadership - Possibly the greatest impact on honesty is the example of company leaders. A popular failure is for individuals to indicate by their acts that it is possible to compromise ethical duties.

Ethos is the philosophical ideas and actions that apply to a party or society in question. It is a discipline that explores the moral or moral principles of society once again. In terms of the personal and social welfare, it means planned standards. Honesty, morality and transparency are also included.

Indian companies during COVID 19 (present pandemic scenario) is leading by ethical practices. It is during the adversaries that matter of an individual is tested and the same applies to companies. Covid 19 has presented enormous challenges to the entire nation. Though the ethical business decision is always important but ethics become even more signified when dealing with a crisis. Indian companies have once again preserved that they came by restoring to ethical practices in dealing with this unprecedented crisis. If the action agree with the ethical standards, then it is ethical, otherwise not.

*Vivekananda has said, "All the secret of success is there to pay as much attention to the means as to the ends. Ethics itself is not the end."*

### **Literature Review**

*Om sarve bhavantu sukhinahe*

*Sarve santu niramayah*

*Sarve bhabasini pasyanttu*

*Maacarchi dukha bhag bhavate*

*Om shanti.....shanti....shanti...*

(It means –

Om, May all be happy,

May all be free from others,

May All see what is Auspicious,

May no one suffer)

*Gandhiji has also beautifully quoted - “I bow my head in reverence to our ancestors for their sense of the beautiful in nature and for their foresight in investing beautiful manifestations of nature with a religious significance”.*

The wheel has more or less reached its complete circle. India was remembered as a Vishwa Guru and envied by the World. Well, with riches, India received it and showered with blessings all over. To revive its lost status, India is struggling.

Very seldom do we find knowledge showing the power that India had in ancient times. India, a major performer has been a leading exporter of spices, textiles, sugar, crafts, and many more throughout the 17th century. India was also one of the first nations to accept money-based deal. It is worth remembering that for sometime, India's share in world trade was around 24.5 percent, equivalent to the entire European continent's share, for those shocked at the comforting supremacy India once had. That was India's strength.

No doubt why many, invaded us. This obsession about humans is there. For demonstrating our might, we want to beat the unbeatable. We fail to understand that constructing others, not burying them, is our true strength. But India was never a country like others. India never invaded anybody. But if you see the reality, regardless of so many invasions to our land, our splendour didn't get worn out. It was fading, but still exists.

Ecological balance is being spoiled by the COVID-19 pandemic. To honour and restore this harmony, one should not forget to remember the ancient Indian vision. Beyond 2,000 years ago, the ancient Vedic sages adopted a worldview that projected all living beings equal value. One finds the following Sanskrit hymn in the Rig Veda:

*Om tacchamyoravrinimahe gatunyajnaya gatunyajnapataye daivisvastirastunaha svastirmanushebhyaha urdhvamjigatubheshajam sham no astudvipade sham chatushpade Om shantihshantihshantih* (It means

(It means - the sage prays for all beings' welfare. He prays that plants should grow in abundance, particularly the medicinal herbs, such that all diseases can be healed and we can lead a safe life. The sage hopes eagerly that Almighty would shower peace on us and it will be happy for all the two-legged creatures and also the four-legged creatures. Ultimately the sage finishes the prayer with the same wish.

The fundamental visualization of ancient India, that respected environment and stressed the requirement for the melodious co-existence of all living beings, is epitomised by this prayer. To worship nature is part of our culture, as in every aspect, including plants and animals, the manifestation of divinity is seen. As such, an age-old tradition has been the preservation of the ecosystem and the conservation of ecological harmony.

Everybody is aware that China is the manufacturing centre of the world. And the world forgot to have a fallback option, in its greed to get cheap Chinese goods. When not the smallest of companies have a contingency plan, the world has struggled to have a substitute, an alternative. That's why during this pandemic there have been severe shortages of ventilators, medical and defending equipment supplies.

As reported by our Prime Minister, Modiji, we should not let this chance go. We need to move quickly and take advantage of this opportunity to alter some aspects about the nation that are difficult to modify.

It should be recalled that in November, in China's Wuhan, the first case of the "Chinese Virus" came to light. Name it the world's lackadaisical attitude or artifice, but China was first denied the outbreak of a virus and then brushed off conveniently.

The virus has been spreading like wildfire for months. But the Chinese government has refused to give the rest of the world a head.

### COVID 19 Challenges

It has been observed that the world's mightiest and richest countries are collapsing today. The planet was brought to a standstill by one virus. No one expected that the world's largest economy, the U.S., would be plunged into such a recession.

We Indians, mostly, until now, were in fear of the West. Because of culture, living conditions, health care systems, or standard of living in general, but the Asians have often been drawn en route for them by the Western countries. This pandemic, however, and in good numbers, is taking Indians back to their homeland. Perhaps this encourages the desire to get earlier to our genesis.

The world has now freely accepted '*Namaste*' as a method of greeting. There is a wealth of beliefs in Indian ideals that can modify it for the improvement. The world swears by the faith of Indians. Yoga, meditation, and the wisdom of ancient Indians reach far and wide. India's global view is shifting. India, for the greater good of humanity, must also use this opportunity to spread its behaviour and traditions on a big scale. One of the main measures of its power is its religious and conventional assets.

For example, take vegetarianism. We know that zoonotic diseases are the reproduction grounds of wildlife markets. Yet, even though this appetite has crippled us with the sources of viral pandemics in the past as well, most of us struggle to curb the avid desire to eat animals. Perhaps the time has come to encourage a holistic, vegetarian lifestyle. In the world, India now have a big population of vegetarians.

India takes an important position in bringing yoga to the world, the most accepted Hindu philosophical practises, it's time that we also gave it vegetarianism.

This pandemic gives India a huge chance to shine and rise. It may be a junction point in the history of India. Currently, many countries look down on us. India has been disciplined for the faults, major otherwise small, time and again. No one is coming down on it. With particular focus on land acquisition laws and labour laws, we need some big economic reforms. It is important to quash red tape and bureaucracy. That said, to make 'Make In India' a success, there are many roadblocks.

Also, our religious conflicts should be held aside at this critical moment. The upshot is the foreign investors' scepticism to invest in India. There will soon be a break in the international status quo, and India must be at the forefront.

### **The change the world needs**

Covid 19 has presented enormous challenges to the entire nation. Though the ethical business decisions are always important but ethics become even more significant when dealing with a crisis. Indian companies have once again preserved that they came by restoring to ethical practices in dealing with this unprecedented crisis. Businesses are being led from the top end ethical decision making which is being considered to be the need of the hour by balancing the interest of various stakeholders. In different ways, companies have contributed in dealing with this unprecedented threat.

In 2020, World Health Day arrived at a time when the world was engaged in a battle against COVID-19 that has claimed thousands of lives and continues to exist. It is a chance not only to remind humanity to safeguard personal hygiene, but also not to misuse nature. The critical position of medical professionals, paramedical personnel, police staff, etc. is also an opportunity to be noted.

These are trying days for humankind. There will be a moment to find a solution to the turmoil when we come out from this struggle and begin to face the changed reality of economic recession and major life chaos.

### **Findings**

The average life expectancy has risen to 69 years, and because of communicable, maternal, neonatal, and dietary diseases, India's burden of illness has dropped tremendously. However, lifestyle modifications, have led to a massive rise in non-communicable diseases over the years. By promoting yoga and meditation as well as healthy dietary habits from a young age, awareness needs to be established.

In educating individuals, organisations such as the Indian Medical Association and Medical Institutions have taken the initiative and these topics should become part of the school curriculum. In disseminating information to the masses, the media also needs to play a more positive role.

Another important issue, particularly in the context of the current pandemic, is the requirement to take care of senior citizens because they are most vulnerable to contracting the disease. COVID-19 also reflected on the glaring urban-rural gap in healthcare facilities necessary for higher spending on health of general public. It is necessary to take this as an alarm. To some extent, Ayushman Bharat's flagship scheme aims to deal with this challenge by offering health benefit facilities to over more than 50 crore beneficiaries.

Yes, the precipice is for the global economy. But it's going to rebound.

Our usual lives, right now, have been put to a halt. However, they'll get over it. In order to learn how we can make the world a better place for our future generations, we must make use of this moment.

Also it is important for an individual to be humble, less self-centered, and sympathetic. One has to do it. And do this easily. Bear in mind, the world won't give us many opportunities to do so.

Most importantly, we must always remember the supremacy of faith in Almighty no matter where we are, no matter who we are, particularly during a time when the nation is surrounded by negativity.

People from different religions must gather together and spiritually be connected with the God to make India the best.

What the world needs most right now are prayers, and positivity. India is going to show these and lead the world by example.

### Conclusion

We have to note that any adversity brings a chance. And India needs to take this chance today. Now, it is time to recapture our fading glory. Now is the time for the re-emergence of India as the Vishwa Guru it once was. There is a need to pay attention to both the preventive and curative dimensions of public health. We have to fix lifestyle issues and search for holistic motivation.

The pandemic has provoked the world to re-examine the interconnectedness of man and nature. We must understand that with plants, birds, animals, and other living things, we share the earth. It seeks to bring various sectors together and integrate the skills of health professionals, scientists, veterinarians, virologists and ecologists, among others, to achieve optimal health outcomes in the development of policies and programmes.

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