

Yogesh Mahajan

Research Scholar, Prestige Institute of Management and Research, Indore

Manish Joshi

Associate Professor, Shivajirao Kadam Institute of Technology and Management, Indore

Abstract

This paper aims at exploring the ancient wisdom of Shrimad Bhagvad Gita in fighting with corona pandemic. The entire world is suffering from corona pandemic and it has badly affected mankind in terms of death of people, personal health, financial instability etc. Not only has corona affected human life, it has also devastated the world economy. Every country is experiencing economic slowdown which has caused unemployment problems in many sectors. In a nut shell this pandemic has shattered people's life in all aspects and now human beings are waiting for some wisdom which can lead them through these difficult times; and here comes the divine knowledge of Shrimad Bhagvad Gita which is given by Lord Krishna to his disciple Arjun in the battlefield of kurukshetra. Shrimad Bhagvad Gita is the source of ultimate knowledge, which can bring spark in the depressed mind and raise their fighting spirit. The entire paper is dedicated to gain some insight from Shrimad Bhagvad Gita which can be helpful to heal devastated mankind in this worst time and give clear vision for a brighter future.

Keywords: Shrimad Bhagvad Gita, Covid-19, Depression, Anxiety

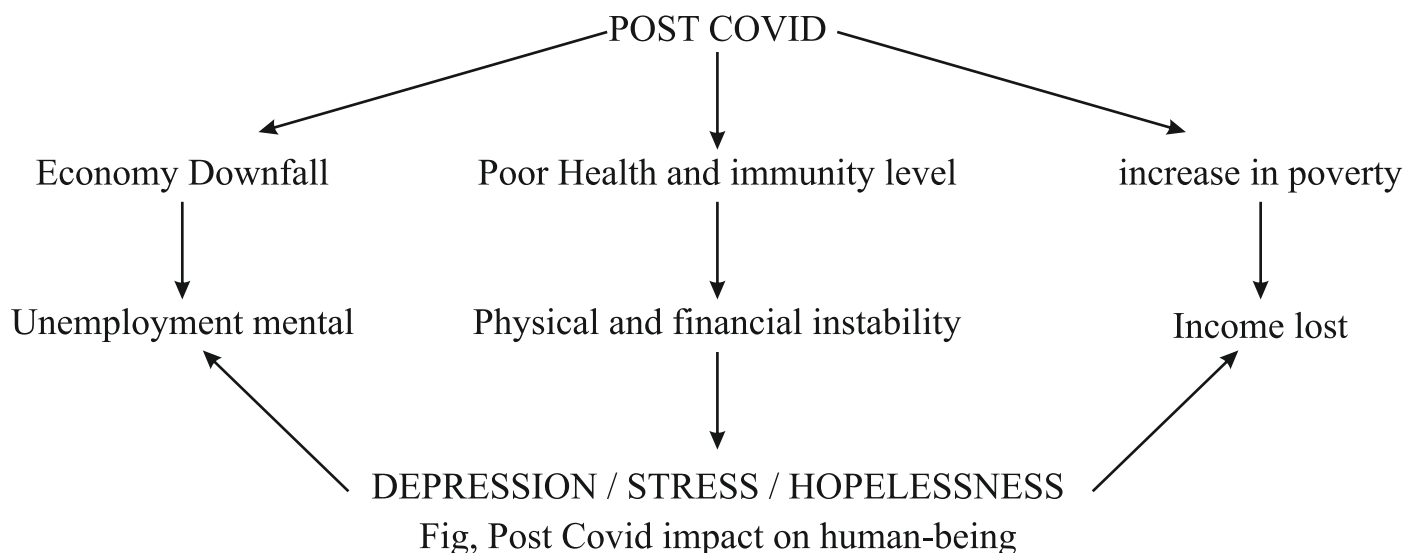
Introduction

Covid-19 and World Health: The world economy has drastically changed due to the corona pandemic. The virus spread from china to across the world and the worst part of this corona pandemic is that it has caused millions of deaths and infected billions of people all over the world. As per the data released by world health organization the total cases of covid-19 across the world were 17,49,18,667. Globally 3,782,490 peoples have lost their lives due to corona pandemic [1]. A majority of the population is suffering from post-covid consequences. In India the second wave of covid-19 has caused a severe damage to public health. The total number of covid-19 cases in India is standing on 2,93,59,155 and 3,67,081 Indians have lost their battle against corona virus [2]. It has severely damaged the immunity level as well as the mental power of people to fight against any disease or circumstances.

Covid-19 and Indian Economy: The Indian economy which was already running at slow pace (4% growth in FY 2019-20) has been thrashed away by the pandemic effect (The Indian GDP was shrank by -7.3% during FY 2020-21). As per the UN data the world economy could shrink by approximately one percent in 2020 [3]. It can easily predict the consequences of this recession on the basis of experience of consequences of 2009 recession when the world GDP was contracted by 1.7%.

Covid-19 and Unemployment: According to the Centre for Monitoring Indian Economy (CMIE) data, the unemployment rate was recorded at 6.9 per cent in February 2021 which is slightly better than 7.8 per cent in the same month last year and 8.8 per cent in March 2020, during which lockdown was imposed. The unemployment rate in India was 5.36% in 2019[4]. which has risen to 7.11% in 2020, which was worst in last 29 years [5]. The unemployment rate was once at 23.52% in April 2020. In the recent time it stands at 12% in June 2021[6]. The increasing rate of unemployment has created atmosphere of uncertainty. And the by-product of this economic slowdown is depression and hopelessness in public.

Covid-19 and Poverty Rate: Poverty rate in India is doubled due to corona pandemic. It has risen from 5.9 crores to 13.4 crores. As the income is one of the major determining factors for demand in the economy so it has significantly affected the demand in the country [7]. People are experiencing depression, stress, emotional instability during corona pandemic. These symptoms can last for several months. So in total this situation can be summarised as –



Post Covid Conditions and Shrimad Bhagvad Gita: The corona pandemic has proved itself the biggest threat to human life and economy. All countries whether belongs to rich, poor or middle-income category has been affected severely by this pandemic. People are more depressed, anxious, stressed and hopeless than ever. This situation demands for special wisdom which can resolve the problems faced by mankind today. As the Jagadguru Shankaracharya says-

“ज्ञानवहिनिः सर्वमतेन मुक्तनिभजती जन्मशतेन” II 17 II

Meaning: There is no liberation without knowledge even if someone does worship to God for hundreds of lives. In India there is abundance of philosophical literature and almost every Indian talks about the spiritual knowledge because it is deeply seeded in the minds of Indians by the rishis and spiritual gurus like Swami Vivekanand, Swami Dayanand Saraswati, Maharshi Arvind etc. But Shrimad Bhagvad Gita is somehow different and unique. Many scholars and spiritual guru advocated about the effectiveness of Shrimad Bhagvad Gita to solve all problems of human beings. Arjun was also depressed, anxious and nervous at the beginning of war but after Krishna's

preaching he regained his consciousness and became prepared for the war. Shrimad Bhagvad Gita touches every aspect of life. Everything whether it is health, food, action, yoga, mind etc. are thoroughly discussed in the Shrimad Bhagvad Gita. One can seek guidance over these issues from Shrimad BhagvadGita and hence for the post covid problems like depression, anxiety and hopelessness Shrimad Bhagvad Gita could be the reservoir of ultimate wisdom.

Shrimad Bhagvad Gita and Physical Health -when it comes to food; Shrimad Bhagvad Gita says –

**नात्यश्नतस्तुयोगोऽस्तनिचैकान्तमनश्नतः।
नचातस्वप्नशीलस्यजाग्रतो नैव चार्जुन ॥६-१६॥**

There is no possibility of one's becoming a yogi, O Arjun, if one eats too much, or eats too little, sleeps too much or does not sleep enough. The quantity of food and sleep must be balanced and excess or deficiency of any of them would never be good for body and mind[11].

**युक्ताहारवहिरस्ययुक्तचेष्टस्यकर्मसु।
युक्तस्वप्नावबोधस्ययोगो भवतदिः खहा ॥६-१७॥**

He who is temperate in his habits of eating, sleeping, working and recreation can mitigate all material pains by practicing the yoga system. One must be disciplined in every action like sleeping, eating etc to achieve the highest efficiency. Everything must be balanced. To achieve sound physical health these are the essential prerequisite which must be completed[12].

Shrimad Bhagvad Gita and Stability of Mind (Mental Health):

**योगस्थः कुरु कर्माणसिङ्गन्त्यक्त्वा धनञ्जय।
सद्बुध्यसद्बुध्योः समो भूत्वा समत्वं योग उच्यते ॥२-४८॥**

Be steadfast in yoga, O Arjun. Perform your duty and abandon all attachment to success or failure. Such evenness of mind is called yoga. Yoga according to Shrimad Bhagvad Gita is not just one activity performed in the morning or evening. yoga is the way of living. Krishna says that be situated in the yoga first and then do all the activities. In this way mind would be at peace during the process and even after that (during results)[13].

**दुःखेष्वनुद्विग्नमनाः सुखेषु वृत्तिमयः।
वीतरागभयक्रोधः स्थितिधीर्मुनिरुच्यते ॥२-५६॥**

One who is not disturbed in spite of the threefold misery, who is not elated when there is happiness, and who is free from attachment, fear and anger, is called a sage of steady mind. The yogi is the one

who doesn't get distracted either from misery or from happiness. He is detached from everything and free from anger and fear[14].

The above statements can be fit in today's situation where almost everybody's mind is disturbed by their own or their family's physical health conditions or their financial loss due to post covid lockdown. Krishnasays, have stable mind and do not get disturbed by the victory or failure. Only a stable mind can deal with success or failure in a better way. Now question arises whether it is even possible to have stable/impartial mind. the arjun had same question then Krishna said yes, it is difficult but not impossible .and through the regular practice one can achieve control over the mind (अभ्यासेनतु कौन्तेय वैराग्येण च गृह्यते॥6.35॥)[15] and Krishna also explains how to do meditation and other activities to purify and control the mind. With the help of modern science, it has been well proved that meditation and certain way of lifestyle will not only reduce stress and depression but will also improve the quality of life, happiness and joy. With stable mind there will be no space for depression, anxiety, stress and hopelessness.

Conclusion

The Corona pandemic has had a destructive impact on human life. Only true knowledge and wisdom can bring peace and joy back into human life and Shrimad Bhagvad Gita is the ultimate source of that divine wisdom. By exploring this ancient knowledge one can surely enjoy every moment of life and be free forever from fear, anxiety, and depression. There is need to do further research about the Shrimad Bhagvad Gita's preaching so that the world can understand it in the way it was supposed to be.

Bibliography

- [1] <https://covid19.who.int/>.
- [2] <https://worldhealthorg.shinyapps.io/covid/>.
- [3] <https://www.un.org/pt/desa/covid-19-likely-shrink-global-gdp-almost-one-cent-2020>.
- [4] <https://www.macrotrends.net/countries/IND/india/unemployment-rate>.
- [5] <https://www.macrotrends.net/countries/IND/india/unemployment-rate>.
- [6] <https://unemploymentinindia.cmie.com/>.
- [7] <https://www.thehindu.com/news/national/coronavirus-pandemic-may-have-doubled-poverty-in-india-says-pew-study/article34110732.ece>.
- [8] (Brooks S.K., Webster R.K., Smith L.E., Woodland L., Wessely S., Greenberg N., Rubin G.J. The psychological impact of quarantine and how to reduce it: rapid review of the evidence. Lancet. 2020;395:912–920.
- [9] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7507979/>.
- [10] <https://www.sanskritschool.in/stotra/bhaja-govindam-stotra-lyrics-video/>.
- [11] <https://www.holy-bhagavad-gita.org/chapter/6/verse/16>.
- [12] <https://www.holy-bhagavad-gita.org/chapter/6/verse/17>.
- [13] <https://www.holy-bhagavad-gita.org/chapter/2/verse/48>.
- [14] <https://www.holy-bhagavad-gita.org/chapter/2/verse/56>.
- [15] <https://www.holy-bhagavad-gita.org/chapter/6/verse/35>.