

Relevance of Ramayana in our Daily Lives in the Context of the Present Situation

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Abstract: *Rishi Valmiki was the first to forge the grand form of Itihasa and to create a unique prosodic pattern for the epic literary genre of the Ramayana. As time goes on, people experience stress, frustration, mental and physical illnesses, a lack of brotherhood, a lack of religious practice, a lack of love for the natural world and its creatures, and a lack of moral and ethical principles. Objectives:* The study aims to determine how applicable the Ramayana is to modern society and how it affects our daily lives. **Methods:** This study has taken a qualitative approach and is descriptive, drawing on secondary data for its design. **Results and Discussion:** Several key takeaways from the Ramayana are examined, including how Dharma affects our lives. People acquire skills such as accountability, social duty, authenticity, and other related ones. **Findings:** The computerised lives of people in the modern era can be drastically changed by the timeless relevance of ancient epics such as the Mahabharata and the Ramayana. **Conclusion:** In actuality, the Ramayana offers insightful lessons that we can apply to our day-to-day existence without any complicity. All situations—individual, familial, and broader aspects of social and professional ambiguities—can benefit from these solutions.

Keywords: Ramayana, frustration, tension, brotherhood, dharma, Mahabharata, computerized life.

INTRODUCTION

The fundamental ideas of dharma (duty), loyalty, honour, and the victory of virtue over evil are all embodied in the Ramayana. It imparts moral principles and valuable life lessons. Indian literature, art, and culture are influenced by the Ramayana. Its lessons still serve as an inspiration to millions of people worldwide. The Ramayana and Mahabharata are the most common cited works on

indigenous approaches to international relations within the context of Bharat (Parashar 2013, Narlikar and Narlikar 2014, Shahi 2018, Bisht 2019). We consider ourselves extremely fortunate to have been born in Bharat Varsha, as the country is a treasure trove of knowledge in many different fields. Our ancient texts, such as the Ramayana, Mahabharata, Bhagavad Gita, Purana, and Vedas, have preserved this knowledge, which makes Bharat unique among nations. These scriptures teach us how to live a healthy, stress-free life in addition to inspiring us to create or discover new things. Here, we attempt to benefit from the Ramayana. For the rest of the world, the Ramayana is an epic that Maharishi Valmiki wrote in Sanskrit, most likely in the eighth century BCE. It narrates the life story of Prabhu Shree Ram, the Supreme Being who became the most esteemed Hindu deity. The Ramayana is a seven-part epic that spans nearly 500 chapters and 24,000 verses, making it one of the longest and most ancient literary works. Rama, who is thought to be Lord Vishnu's seventh incarnation, was born in Ayodhya as the son of Mata Kaushalya and Raja Dashratha. The central theme of this fabled religious epic is the life story of Prabhu Shree Ram, particularly the period between his banishment and go back to Ayodhya [1].

One of the most venerated and well-known texts in the Hindu religion, it narrates the epic story of Prabhu Shriram. Rama was born in Ayodhya as the son of Kaushalya and Raja Dashratha. He is believed to be Lord Vishnu's seventh incarnation (Balkaran and Dorn 2012, 664). Even though he was a king, Prabhu Shriram had a difficult life filled with suffering, which he shared during and, to some extent, even after their fourteen-year banishment with his brother Lakshmana and his adored wife Mata Sita. But considering the greatest trials and tribulations of life, Rama consistently exhibited extraordinary courage, patience, virtue, generosity, and ethical decisiveness. The protagonist of the fabled saga Ramayana, Lord Shri Rama, was instrumental in establishing the fundamental ideas and religious convictions of Hinduism. Thus, the lessons from the Ramayana are crucial for living a fulfilling life even in the current environment. These are a handful of the most significant life lessons found in the "Ramayana".

Present Situation: People's problems with stress, frustration, mental and physical illnesses, a lack of brotherhood, a lack of religious practice, a loss of love for the natural world and its creatures, and a lack of moral and ethical principles are becoming worse as time goes on. Addiction is rising while devotion is falling. Since everyone wants to be happy, happiness is something that they search for constantly. Whether they are young or old, American or Indian, Hindu or Christian, or male or female, everyone aspires to happiness. Unfortunately, though, the search for true joyful knowledge is becoming more and more dismal as people look everywhere and lose hope. Under these circumstances, ten to fifteen minutes a day dedicated to studying the Ramayana can disclose the actual path to a happy life. It will change if we apply the lessons of the Ramayana to our daily lives. One can gain a better understanding of life by reading the Ramayana, but when the lessons are applied, true transformation happens. Whether for good or bad, everyone wants a large amount of money in today's world. The level of greed never ceases to increase. Now and then, they also try to make money illegally. Every day, the amount of greed grows. They will act on this without second thought. It gives us advice on how to control our appetites in daily life. The location of

happiness is revealed in the Ramayana. It comes with a user manual, just like when we purchase a new machine. The handbook demonstrates how to make the most of that device and use it to its greatest advantage. Therefore, the Ramayana serves as a manual that teaches us how to make the most of our lives to find true happiness. Nowadays, people are more confused and perplexed; it becomes more crucial for both the individual and society as a whole to restore stability and happiness in life. We are currently looking for methods to integrate the Ramayana into our daily lives in order to reap the greatest benefits.

The Ramayana for the whole of mankind: The widely held belief is that only Hindus are permitted to read and practise the Bhagavad Gita, the Ramayana, and the Mahabharata. The lessons found in the scriptures are beneficial to everyone, regardless of their nationality or place of religion. It is not a religious text that is exclusive to any one demographic. It gives us guidance on leading a moral life. The main objective of these scriptures is to lead humanity away from the suffering of this world. Every man encounters difficulties in a variety of ways. These books, which comprise all of Vedic knowledge, are the most important Upanishads in Vedic literature. All obstacles in life can be overcome by someone who reads the Ramayana regularly and attentively.

For many years, people in Bharat and Southeast Asian nations—particularly Thailand, Cambodia, Indonesia, and Malaysia—have drawn extraordinary inspiration from the Ramayana in terms of social, sociological, political, and creative domains. In the countries of Southeast Asia, particularly Thailand, Cambodia, Indonesia, and Malaysia, Ramayana has shaped public works and provided subjects for all forms of creative expression, including sensation, dance, music, painting, and modelling. The Ramayana has elevated these nations' ingenious public works and provided themes for every branch of their craftsmanship, including figure drawing, dancing, music, and painting (Abidin, Joebagio & Sariyatun, 2018). Intermingled with other notable varieties of the Ramayana, such as Adhyatma Ramayana (Sanskrit), Tulsidas Ramayana (Hindi), Kamba Ramayana (Tamil), Ezhuttachan Ramayana (Malayalam), and other variants in each of the regional vernaculars of the states of Bharat as well as in the languages of South East Asia, including Burmese, Cambodian, Thai, Javanese, Khotanese, Laotian, Malay, Indonesian, and Tagalog. In Malaysia, the Ramayana is known as Hikayat Seri Rama, in Indonesia as Serat Rama, in Thailand as Ramakien, in Myanmar as Yama Pwe, and in the Philippines as Maharadia Lawana (Bhattacharjee, 2017). Ram Rajya is often mentioned as an ideal state. Theoretically, one could explain why it is called Rama Rajya, but a thorough comprehension of Ram Rajya demonstrates effective management (Mastanvali, 2016). Granted everything, everyone deserves glorious association, even though achieving it is difficult. Best practices are routinely benchmarked for the execution of state-run associations. The Ramayana can serve as a workable guide for both ideal states and ideal association practices (Singh, 2017).

Objectives

The study aims to examine the Ramayana's applicability to modern society and daily life.

METHODS AND MATERIALS

Design and methodology: The study's design is primarily descriptive, drawing on secondary data, and it employs a qualitative methodology. The information is acquired from secondary sources of historical Indian knowledge, such as texts, including the Ramayana, articles, websites, and online journals that have been published at various points in time.

Analysis: To ensure the necessary presentation and conclusion, the various materials gathered from the various sources have been carefully examined, validated, and arranged methodically under the relevant heading.

RESULT AND DISCUSSION

'The Ramayana' contains a lot of life lessons and morality. Some of the lessons are discussed below.

1. The relationship between Dharma, Artha, Kama, and Moksha: Two common wastes of human life are artha, or materialism, and kama, or sensory pleasures. The story of the "Ramayana" makes it clear that morality or Dharma should never be sacrificed in the name of achieving these two objectives. The ultimate goal of life is Moksha, also called liberation, which is only possible by giving up Kama and Artha and leading a life that is completely devoted to following the Dharma.

2. The importance of a man only having one wife: Polygamy, or the custom of men getting married to several women, was common during the Ramayana period and was considered a social norm. King Dasaratha, the father of Rama, had numerous concubines living in his palace in addition to his three wives. Unlike his father, Prabhu Rama stayed married to Mata Sita, his only wife, and he was devoted to her. He carried himself with pride as the greatest king to have ruled over Bharat because of this behaviour. He provided future generations of men with a good example.

3. Upholding the truth and the necessity of keeping one's word: When Rama was little, Dasarata, his father, showed him a lot of love and affection. He would never want to be separated from his loving son. When Dasarata discovered that his third wife Kaikeyi intended for Rama to be exiled to the forest for 14 years and that she also desired for her son Bharata to succeed to the throne of Ayodhya, he was naturally appalled. Dasarata had been dealt a fatal blow, but he never used his authority as king to turn down her request. This is the outcome of his long-standing promise to Kaikeyi to grant her two boons whenever she asks for them.

4. Honouring a father's word of wisdom: Kaikeyi used her blessings the evening before Rama's coronation to banish him into the forest and prevent him from inheriting the kingdom as his rightful heir. Rama had every right to question such an injustice because he was a Kshatriya. Nor was he obligated to fulfil his father's unfair promises. But in keeping with his greatness, Rama gave in to both demands with complete mental equilibrium and without displaying any signs of disappointment. Respecting his father's words, "pitru vakya paripalanam," was one of the greatest dharmas in his eyes.

5. We Must Always Remain in Good Company: Your company shapes who you are and your character. We have been instilled with the value of companionship since we were young children, and the Ramayana is no different. Queen Kaikeyi, Dashratha's third wife, loved Rama more than her son, but her handmaiden Manthara filled her head with negative thoughts. Manthara reminded Kaikeyi to ask Dasarata for two heinous boons. The question now is: Did she ultimately gain anything? No. In actuality, she lost her adored husband Dasarata, who died soon after due to the anguish and shock of losing his beloved son Rama to military service. Kaikeyi's son Bharata, for whom she won the entire kingdom, chastised her for her heinous deed. As a King, he never once assumed control of the kingdom. Now take note of this difference: The news of these events infuriated Rama's brother Lakshmana, who was a real Kshatriya and had a very short fuse. He could not stand the injustice that Rama was subjected to. In addition to wanting Rama to defend his rights, he also wanted to go ahead and battle his father and put Kaikeyi in jail. But Rama never followed his advice. With soothing words, he calmed Lakshmana by emphasising the importance of upholding dharma. Lakshmana was calmed by Rama's advice, and this instilled in him a strong resolve to give up his luxuries of the palace and follow Rama into the forest.

6. Refusing to accept any unfairly obtained benefits: The son of Kaikeyi, Bharata, was also unable to accept the notion of giving his elder brother Rama the throne, which Rama had wrongfully inherited from his mother. On this matter, he was furious with his mother and chastised her for having requested such a favour. To restore the country to its rightful ruler, he ventured into the forest in search of his brother. Naturally, when Rama refused to give up, he took the shoes from Rama, wore them on his head, and put them on the throne of Ayodhya. As Rama's emissary, he oversaw national affairs until Rama's return from banishment.

7. The pointlessness of succumbing to questionable attractions: While in the forest, Sita became enamoured with a stunning golden deer. She desired for her spouse Rama to capture the deer. Lakshmana warned her that the deer might be a demon in disguise and that it was not a normal sight. But she disregarded his advice. Rama had to go behind the deer because of her constant pestering to get the playmate. Unfortunately, this caused her to become estranged from him, and the demon Ravana then took her by force.

8. The significance of exercising caution when speaking: Rama then vanquished the demon. Subsequently, in mimicking of Rama's voice, Maricha, the demon masquerading as the golden

deer, exclaimed, "Ha Lakshmana! Ha Sita!" and perished. When Sita heard it, she implored Lakshmana, who was keeping watch beside her, to go and assist Rama, who wasn't in any danger at all. Despite his best efforts, Lakshmana was unable to persuade her that Rama was okay. Sita became enraged and accused Lakshmana of wanting to have an extramarital affair with her while Rama was away. After hearing such a vile accusation, Lakshmana was so shocked that he left right away, leaving her by herself. Then Ravana took advantage of this to kidnap her. According to some Ramayana interpreters, Sita was only made to undergo the fire test by Rama (after escaping Ravana's control) as retaliation for her vile and impolite accusations made against the pious and saintly Lakshmana.

9. The significance of opposing crimes against women: The elderly and once-powerful bird Jatayu saw Ravana forcibly kidnapping Mata Sita and taking off with her in his vehicle for his native Lanka. In a heroic battle with Ravana, Jatayu tried to free Sita. Sadly, he was unable to be successful in this endeavour. The bird gave its life in such a selfless endeavour. But before he passed away, Jatayu was able to tell Rama the news, and the old bird's bravery brought Rama to tears. Rama conducted the bird's funeral and last rites in the same manner as if he were its son.

10. Caste and creed are no obstacles to divine love: Guha, a humble fisherman, had great devotion for Rama. He assisted Rama, Lakshmana, and Mata Sita in navigating a boat across the Ganges river. Rama received him as if he were a brother, impressed by his service and devotion. Sabari was a low-caste old huntress who, upon learning of Rama's greatness, became an ardent devotee of the Lord. Rama happened to stop by Sabari's hut while he was exploring the forests for Mata Sita. Overwhelmed with love for Rama, the elderly woman supposedly offered him fruits after giving them a little nibble to ensure she didn't give her beloved Rama any sour fruits.

Rama showered Sabari with his grace and cared for her as if she were his mother.

We ought to acquire this trait as well. Everyone should always be treated equally, and caste, gender, age, or status should not be used as grounds for discrimination. Since the real person understands that all beings deserve the same treatment, we ought to treat animals with the same respect (Naik, 2018).

FINDINGS

The Ramayana is a timeless source of wisdom that points people in the direction of a good and moral lifestyle. The lessons it imparts are still relevant today and provide insightful guidance on navigating life's challenges. These significant Ramayana lessons ought to motivate us.

It was accurately said of this magnificent work of universal appeal that it would spread far and wide because rivers still flow and mountains still stand wherever there is human presence. There are numerous epics based on the Ramayana theme in all of the Bharatiya languages. Several languages, including Kamba Ramayanam in Tamil, Toravai Ramayanam in Kannada, Ranganatha Ramayanam in Telugu, Adhyatma Ramayanam in Malayalam, Bhava-rtha Ramayanam in

Marathi, Giridhar Ramayanam in Gujarati, Krittivasa Ramayanam in Bengali, Balaram Das Ramayanam in Oriya, and Madhava Kandali Ramayanam in Assamese are just a few examples of the numerous languages that have contributed to this intriguing theme.

If Rama represents justice, Bharata represents truth, Lakshmana represents duty, and Shatrughna represents humility. Since our proud modernity has been focused more on material prosperity, consuming earthly pleasures even at the expense of protecting and preserving the earth itself (which is gradually changing from the good old stature of ratnagarbha to an agnigarbha), and projecting oneself at the expense of other beings, the message of the Ramayana may have greater meaning for the modern world than for the ancient or mediaeval world [https://www.academia.edu/6102132/Relevance_of_Ramayana_in_Current_Scenario].

Suggestions

It is advised that in addition to teaching students about the Western approach and management studies, the lessons of the Ramayana should be incorporated into the management curriculum. A primary significance of Valmiki's Ramayana lies in its instruction on how to live a moral life while abiding by the laws of nature. A prime example of virtue, or Dharma, is Lord Ram. Lord Rama's ideal lifestyle serves as a reminder to modern managers about the moral principles of life. Two of the greatest Sanskrit epics of ancient India are the Mahabharata and the Ramayana (Pallathadka et al., 2020). They are significant works of Hinduism and Sanathana Dharma and were regarded as the Textbooks of Indian culture, ethics, and values. They are also regarded as the best manuals for management, skill development, leadership, and personal development. To live a happy and peaceful life, it is imperative that they be taught in contemporary textbooks and that their morals and lessons be applied in day-to-day activities [Pallathadka, Harikumar, et.al., 2022].

CONCLUSION

Beyond simply being an epic, the Ramayana delves deeply into morality, human nature, and the conflict between good and evil. It still has value in today's world because it provides timeless counsel and wisdom. The epic acts as a mirror, reflecting societal ideals and values and pressing us to maintain them in the face of hardship. Essentially, the Ramayana is a life lesson to be learned rather than just a story to be read. As a result, the ageless epic Ramayana offers a deep examination of Dharma and human values. It still has relevance in the modern world and acts as a moral compass, pointing people in the direction of righteousness. The Ramayana is an enduring spiritual guide, not just a story, because of its depth and wisdom.

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Dedication: I have dedicated this article in the name of Prabhu Sri Ram, Who governs the universe and enlightens the whole world through His science.

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