

"Tapping Into The Wisdom Of The Past: Solutions For Youth Issues In Hindu Scriptures".

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Abstract

The paper "Tapping into the wisdom of the past: solutions to youth issues in Hindu scriptures" focuses on the use of ancient wisdom in solving modern-day problems. It highlights the relevance of ancient texts and teachings in today's world and how they can be used to promote positive change and progress. This paper discusses the importance of understanding the principles and values of ancient wisdom traditions and how they can inform our approach to contemporary issues such as mental health, relationship anxiety, detachment, etc.

Keywords – Hindu, youth, Hindu Scriptures, Modern World Problems

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I. Introduction

There is a saying in Hindu scriptures that goes,

"नवजातं न दुष्टजातं न प्राप्य तपसा शुद्धिम् । एतत्सर्वं विदित्वाऽऽत्मानं अकरोष्यविरात् ॥"

which can be translated to "One cannot achieve purity through new birth, nor by being born in a good family, nor by performing austerities. By realizing the self, one becomes pure.

This saying suggests that modern problems do not necessarily require modern solutions, and that the solutions to our problems can be found within ourselves. It emphasises the importance of self-realisation and inner transformation as a means of finding peace and overcoming difficulties, rather than relying solely on external solutions.

The Bhagavad Gita teaches the concept of detachment (vairagya) and urges individuals to focus on their duties (dharma) instead of running after material possessions, a problem that many people face even today. The Upanishads emphasize the importance of self-realization and finding one's true purpose in life, which can help individuals discover the lack of direction and purpose in life that many modern youths experience. Manu Smriti advocates the need for moderation and self-control in all aspects of life, including the use of technology and social media, which are modern problems that affect many people today.

II. Background

Hinduism is one of the oldest religions in the world, with its roots in ancient India. Dharma has a vast collection of scriptures including Vedas, Upanishads, Puranas and Bhagavad Gita. These texts contain valuable insights into various aspects of life including spirituality, morality, ethics and social norms. In this research paper, we will explore how we can learn from the Hindu scriptures in the modern world and how the Vedas and Shlokas can guide us in our daily lives.

His teachings have been passed down through the generations in the form of scriptures. These scriptures contain a wealth of knowledge and wisdom that can be applied to our lives in the modern world. In this research paper, we will explore some key teachings from the Hindu scriptures and how they can be relevant to our lives.

Problems of youth in modern world:

Mental health

"Mana eva manushyanam Karanam bandha mokshayoh"

Meaning - This shloka from the Brihadaranyaka Upanishad highlights the power of the mind in determining our fate. It states that the mind is both the cause of our bondage and the key to our liberation. By controlling the mind, we can achieve freedom from mental suffering and attain spiritual growth.

One of the central teachings in Hinduism is the concept of mind and its relationship to body and soul. The mind is considered a powerful force that can influence one's thoughts, feelings and actions. Therefore, maintaining a healthy mind is essential for spiritual growth and well-being.

Hindu scriptures also emphasize the importance of practicing meditation and mindfulness to achieve mental clarity and inner peace. The practice of yoga, which includes physical postures, breathing exercises and meditation, is considered an effective means of achieving mental and spiritual balance.

Solutions -

- **Karma Yoga:** Karma Yoga is the path of selfless action. It involves taking actions without attachment to consequences, with the intention of serving others. This practice helps reduce stress and anxiety by shifting focus away from self and others.

- **Bhakti Yoga:** Bhakti Yoga is the path of devotion. It involves cultivating deep love and devotion to a chosen deity or aspect of the divine. This practice helps reduce stress and anxiety by providing a sense of purpose and meaning in life.

Relationships

"Yatra naryastu puujante ramante tatra Devata, yatra itaastu na puujante sarvaastatrafalaah kriyaah"

This shloka also emphasises the importance of equality in relationships. It suggests that both partners should be treated with respect and equality, and that the relationship should be based on mutual love and understanding. In Hinduism, the ideal relationship between a girl and a boy is one that is built on the foundation of love, mutual respect, and equality.

In Hinduism, relationships are seen as an essential aspect of life and considered the foundation of a stable and happy society. Ancient texts such as the Vedas, Puranas and Mahabharata provide valuable guidance on various aspects of relationships, including love relationships, friendships and family relationships.

In modern times globalization, technology and social media have brought significant changes in relationships. However, the basic principles of relationships as described in Hindu scriptures remain unchanged. These principles include the importance of mutual respect, trust, communication and compassion.

Solution -

In Hindu scriptures, the ideal relationship between a girl and a boy is based on mutual respect, love and understanding. Ancient texts emphasize the importance of building relationships on the foundation of trust, honesty and integrity.

The concept of arranged marriage is also prevalent in Hinduism, where parents or elders play an important role in choosing partners for their children. While arranged marriages are not mandatory, they are seen as a way to ensure compatibility and longevity in a relationship.

Additionally, Hindu scriptures also emphasize celibacy and self-control, especially for young adults who are not yet ready for marriage. The Bhagavad Gita, for instance, emphasizes the importance of channelling one's energies towards spiritual growth rather than preoccupation with physical desires.

FOMO

"Tyaktva svadharmam caranambujam harer" -

Meaning:

This shloka from the Bhagavata Purana warns against the dangers of pursuing material pleasure at the expense of our spiritual well-being. It teaches us to prioritise our relationship with the divine over worldly pleasures, and to avoid the trap of FOMO by staying true to our own dharma (duty or purpose).

In Hinduism, the concept of missing is related to the idea of attachment and desire, which is believed to be the root cause of suffering. According to Hindu scriptures, the feeling of missing out arises when a person is attached to a particular outcome or experience and has a strong desire for it

Solution -

The Bhagavad Gita, one of the most important Hindu scriptures, teaches that one should strive to perform one's duties without being attached to the consequences. This means that one should focus on doing what is right and necessary in the present moment, without worrying about the consequences or feeling a sense of loss if things do not go as planned.

Materialism

Materialism in Hindu scriptures refers to excessive focus on material possessions, wealth and material pleasures. It is seen as a negative and spiritually harmful attitude that can lead to attachment, suffering and loss of perspective on the true nature of reality.

In Hinduism, materialism is seen as a form of ignorance or avidya, which prevents us from recognizing our true nature as spiritual beings and realizing the ultimate goal of life, which is to attain moksha or liberation from the cycle of birth and death.

The concept of materialism is addressed in various Hindu scriptures, including the Bhagavad Gita and the Upanishads. For example, the Bhagavad Gita teaches that attachment to material things leads to suffering and that true happiness and fulfilment come from integrity and devotion to the Divine. It emphasizes the importance of spiritual knowledge, self-control and detachment from worldly desires to attain a state of peace and equanimity.

In modern times, detachment can be interpreted as a way to reduce the impact of materialistic values and the pressure of modern society on one's life. It is a tool for removing attachment to material possessions, desires and outcomes, which can lead to stress, anxiety and dissatisfaction.

The following shloka from the Bhagavad Gita (2.47) explains the concept of detachment:

"Karmanyevadhikaraste ma phaleshu kadachana, ma karmaphalaheturbhurma te sango 'stvakarmani"

This shloka translates to "You have a right to perform your prescribed duty, but you are not entitled to the fruits of action. Never consider yourself to be the cause of the results of your activities, and never be attached to inaction."

This verse emphasizes the importance of performing one's duties without being attached to the consequences. It encourages individuals to focus on their efforts rather than results, and not be swayed by success or failure. This troupe can help individuals stay calm and balanced in the face of challenges and not get carried away by material possessions or achievements.

Addiction

Modern-day addiction can be understood in the context of Hinduism as attachment or excessive desire for material possessions, sensual pleasures, and worldly desires that can hinder spiritual growth and inner peace. Hindu scriptures warn against such addictions and provide guidance on how to overcome them. One of the shlokas that explains this concept is from the Bhagavad Gita:

"Yadagre chaanubandhe cha sukham mohanam atmanah, nidraalasya pramaadottham tat tamasam udahritam." (Bhagavad Gita 18.39)

This shloka explains the three types of happiness described in the Hindu scriptures, which are happiness in the mode of goodness, passion, and ignorance. Happiness in the mode of goodness is that which leads to self-realization and spiritual growth. Happiness in the mode of passion is derived from sensory pleasures and material possessions, but it can lead to addiction and attachment, ultimately causing suffering. Happiness in the mode of ignorance is delusional and leads to laziness, sleep, and ignorance, hindering spiritual growth.

Solutions –

- **Engage in self-reflection:** Take time to think about your addiction and its impact on your life. This can help you identify the root causes of your addiction and develop coping strategies.
- **Seek help from a Guru or spiritual teacher:** In Hinduism, Gurus or spiritual teachers are highly respected for their wisdom and guidance. A guru can help you develop a deeper understanding of your addiction and provide you with practical tools and techniques to overcome it.
- **Follow the principles of non-violence:** Ahimsa is the principle of non-violence, which includes not only physical violence but also mental and emotional harm. By practicing non-violence, you can develop more compassion and empathy, which can help you overcome addiction.
- **Engage in service or selfless service:** Helping others is a powerful way to overcome addiction. By focusing on the needs of others, you can develop a sense of purpose and meaning in your life, which can help you overcome the emptiness and dissatisfaction that often underlies addiction.
- **Cultivate faith and devotion:** Finally, cultivating faith and devotion can help you overcome addiction. By focusing on a higher power or divine force, you can find the strength and courage to overcome your addiction and live a more fulfilling life.

Anxiety

Anxiety or chinta in Sanskrit is a common psychological condition that affects many people today. According to Hindu scriptures, anxiety is a state of mind characterized by excessive worry, fear, and nervousness. The ancient texts of Hinduism provide valuable insights into the causes and cures of anxiety.

Another cause of anxiety, according to Hindu scriptures, is a lack of faith or trust in a higher power. The Upanishads teach us that we are not only physical bodies but also spiritual beings. By connecting with our inner

divinity, we can develop a sense of faith and trust in a higher power that can help us overcome our fears and anxieties.

In the Bhagavad Gita, Lord Krishna teaches Arjuna about the importance of controlling the mind and focusing on the present moment. In Chapter 6, Verse 26, Lord Krishna says, "From wherever the mind wanders due to its flickering and unsteady nature, one must certainly withdraw it and bring it back under the control of the self." This verse emphasizes the importance of mindfulness and self-awareness in managing mental states like anxiety.

shloka from the Bhagavad Gita that emphasizes the importance of mental health is "One should elevate, not degrade oneself with one's mind. The mind is one's friend and one's enemy too" (BG 6.5). This shloka teaches us that our mind can be our friend or our enemy, depending on how we use it. By elevating our thoughts and focusing on positivity, we can promote mental well-being, whereas negative thoughts can lead to mental health issues.

Solution –

- **Self-inquiry:** Some Hindu scriptures teach that anxiety stems from our attachment to external circumstances and our identification with the body-mind complex. The Upanishads, for example, teach the practice of self-enquiry or "neti neti" (not this, not that) in order to realize the true nature of the self as pure consciousness. By recognizing that we are not limited to our thoughts, feelings, and physical body, we can reduce anxiety's grip on our minds.

Jealousy

One of the most relevant shlokas that address this issue is from the Bhagavad Gita, Chapter 3, Verse 26: "Na buddhi-bhedam janayed ajnanam karma-sanginam, joshayet sarva-karmani vidvan yuktah samacaran."

Translation: "Let not the wise disrupt the minds of the ignorant who are attached to fruitive action. They should not be encouraged to refrain from work, but to engage in work in the spirit of devotion."

This shloka emphasises the importance of not disrupting the minds of those who are attached to their actions and fruits of those actions. Jealousy can arise when we compare ourselves to others and become attached to the results of our actions. The wise should not discourage others from working, but instead, encourage them to perform their duties with devotion and detachment from the fruits of those actions.

Solution –

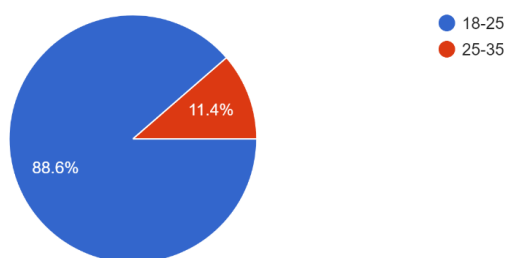
Cultivation of Positive Qualities: The scriptures emphasize the importance of cultivating positive qualities like compassion, generosity and humility to overcome jealousy and other negative emotions. By focusing on the well-being of others and recognizing the inherent worth of all beings, we can overcome the illusion of separateness and develop a more positive and spiritually beneficial attitude.

- **Focus on the present moment:** Jealousy often stems from worrying about the future or dwelling on the past. Hindu scriptures encourage living in the present moment and being mindful of one's thoughts and feelings.

- **Practice gratitude:** Hinduism teaches that cultivating a sense of gratitude for what you have can help overcome feelings of envy toward others.

Analysis –

Age Group
44 responses



44 Responses

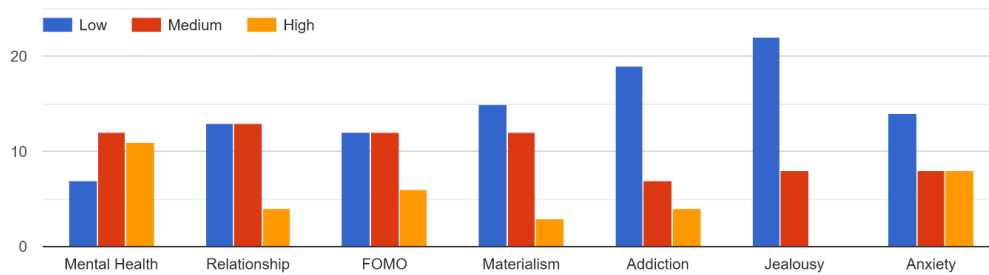
(Self-Research)

Interpretation -

88.6% responses are from age group between 18-25 years, which is the ideal targeted area of our research.

11.4% responds are from age group between 25-35 years.

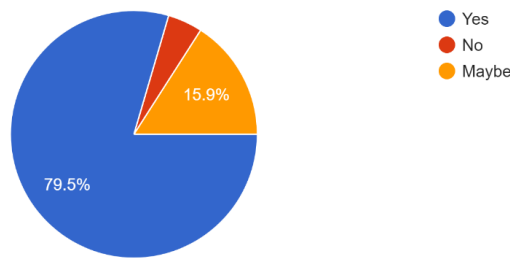
On the scale of Low - High at what level do you face these problems



**44 Responses
(Self-Research)
Interpretation**

It has been interpreted that level of jealousy is lower than other parameters whereas the percentage of mental health is highest among others.

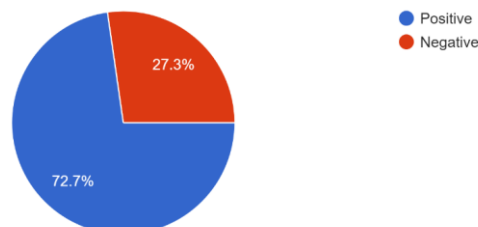
Are you familiar with the teachings of Hindu scriptures?
44 responses



**44 Responses
(Self-Research)
Interpretation –**

Out of 44 responses 79.5% are familiar with the teachings of Hindu Scriptures. And 4.5% are not familiar with the teachings of Hindu Scriptures. 15.9% are not fully known the teachings of Hindu Scriptures.

Have you ever applied the teachings from Hindu scripture in your life? If yes, how has it impacted you?
44 responses

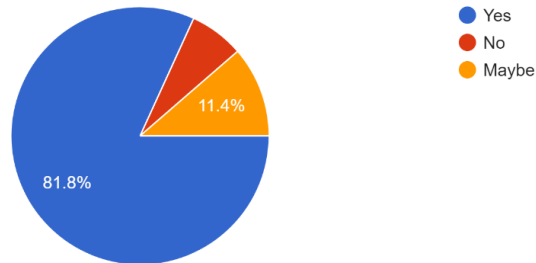


**44 Responses
(Self-Research)
Interpretation –**

Out of 44 responses 72.7% have applied the teachings of Hindu Scriptures and the outcome is Positive for them and 27.3% have applied the teachings of Hindu Scriptures and the outcome is Negative for them.

Do you believe that the qualities like mutual respect, trust, communication and compassion taught in Hindu scripture are still relevant in modern/ current relationships?

44 responses



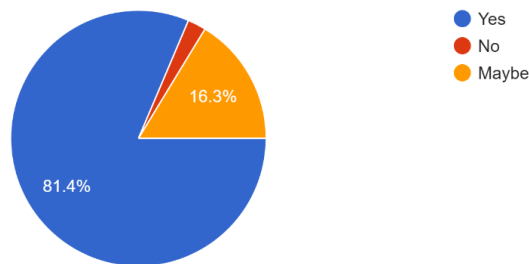
**44 Responses
(Self-Research)**

Interpretation –

It is observed that 81.8% believes that the qualities like mutual respect, trust, communication and compassion taught in Hindu scriptures are still relevant in Modern/ current relationships and 6.8% does not believe in this also 11.4% of respondents are not sure about this.

Do you believe self control and moderation are crucial in today's society, particularly when it comes to the use of social media and technology?

43 responses

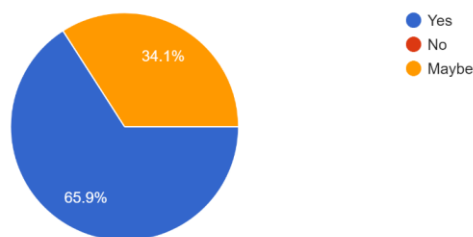


**43 Responses
(Self-Research)**

Interpretation –

81.4% of respondents agrees that self-control and moderation are crucial in today's society, particularly when it comes to the use of social media and technology and 2.3% of respondents disagrees with it also 16.3% of respondents are not sure about this.

Do you believe that the ancient wisdom teachings can aid in developing social growth and positive change?
44 responses



44 Responses (Self-Research)

Interpretation –

Out of 65.9% of respondents believes that the ancient wisdom teachings can aid in developing social growth and positive change, also 34.1% of respondents are not sure.

III. Conclusion –

This article discusses how the ancient teachings of Hinduism can be applied to solve problems faced by the youth in the modern world. It emphasizes the importance of understanding the principles and values of ancient wisdom to shape our approach to today's problems. The article discusses the teachings of Hindu scriptures on mental health, relationships, FOMO and materialism. He explains how practices such as Karma Yoga, Bhakti Yoga, Meditation and Yoga can be used to achieve mental and spiritual balance. This article discusses the importance of mutual respect, trust, communication and compassion in building relationships as well as the concept of arranged marriage. It highlights how the concept of loss is associated with attachment and desire and how materialism is seen as a form of ignorance that prevents us from realizing our true nature.

IV. Findings –

- Modern problems do not necessarily require modern solutions, and that the solutions to our problems can be found within ourselves.
- Maintaining a healthy mind is essential for spiritual growth and well-being.
- One should strive to perform one's duties without being attached to the consequences.
- Attachment to material things leads to suffering and that true happiness and fulfilment come from integrity and devotion to the Divine.
- It has been found that responses 79.5% are familiar with the teachings of Hindu Scriptures.
- It has been seen that 72.7% have applied the teachings of Hindu Scriptures and the outcome is Positive for them.
- 65.9% of respondents believes that the ancient wisdom teachings can aid in developing social growth and positive change.
- It is observed that 81.8% believes that the qualities like mutual respect, trust, communication and compassion taught in Hindu scriptures are still relevant in Modern/ current relationships.

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