



Sanatan Dharma and Its literature in prevention Of Stress and lessens anxiety to combat present day life style

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Abstract

The oldest religion exists without founder is the Sanatan Dharma. It is rooted with the eternal way of life. In the course of time under many religions has risen and merge with it. Under political, social challenges many evil customs entered due course and similar to the self-renewal purified itself through Internal reforms Standing straight and strongly rooted to its principle, fluidity, logical expansions rather than rigidity and dogmatic actions. Sanatan Emphasizes on dharma universal principles and how life is lead. Sanatan dharma guides people through ethical and spiritual way comprehended by living guidelines through ancient literatures like Ramayan and Mahabharata. It shows the duty struggles and following the path of righteousness in every situation. Lord Rama was never considered as king and the supreme god head due to it his birth, rather than the action which he proved to be godhead. A controlled person a, listener, a healer, a friend who priorities other first who proved equality by actions. A balanced person even in toughest situations not moved from the path even at the stressed situation. Rama is 'Sanatan' which means eternal not only of Hinduism but when the character is analyzed in detail it helps us to deal with toughest situation prevent distraction and also a stress reliver. Often different incident from lord Rama's life shows different dimensions in different field.

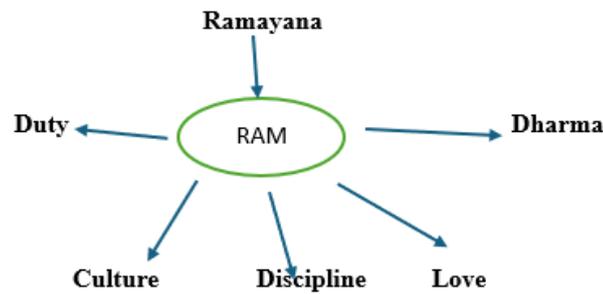
Keywords: Sanatan Dharma, Ramayana, Mahabharata, Rama, Stress Management

Introduction

Ramayana was originally written by Sage Valmiki later it was written in colloquial language by Goswami Tulsi Das as Ramcharitmana for easy asses for the locals. Due to various invasions geopolitical divergent from the roots of Sanatana dharma. Ramayan has also been translated in various other languages. Different language but same incidents this shows that from ancient time different kingdoms various stories but the character Ram is still insightful. Lessons of Ramayana can still be incorporated in our daily life^[1]. In all situations Ramayana lessons can benefit us. As this decade proceed prone to mental stress has also increased. During Pandemic repeat telecast of Ramayana was streaming on various channels. Research shows Ramayana is a beneficial solution for personal social professional and solution of broader aspect. Many instants from Ramayana have been hypothetically examined which prove codes of conduct of dharma can regulate our psychological stress passively^[2]. Digitally, technologically surrounded life of modern people can provide solution from previous circumstances and solution from the literature. Teachings of Ramayana shows Dharma effects people life from being over righteousness and misuse of liberty to torture. Rama in Ramayana shows accountability of a person in society, personal skill and being an authentic human even \also had to prove by his action^[1]. It has been ages but no one can still defy the fact that Ram is supreme adherence of social moral and ethical value in all respect. Ram was never considered a god by birth his deeds the patronage of virtue compassionate inclination in righteousness of ethical behavior Ramayan and Ram can strong with ethical principle and helps us to believe in morally acceptable way and handle stressful situations.^[2] Ramayana is deeply rooted in the path of loyalty, honor duty. Ramayana inspires and inculcates valuable life lessons in situations of life. It shows the ray of hope in the oddest situations. Ramayana and Ram are the cultural heritage of our country Ram has endless contribution in enriching our cultural social and

moral heritage.^[4] On philosophical, moral scientific and logical point of view Ram can act as an ultimate healer a guide. Ram in Ramayana undergoes and faces various

situations and every situation shows his new dimensions his wisdom his compassion along with his bravery.^[3]



Review of Literature

Ramayana teaches us to live a life of stress free it is the actual source of inspiration of discovery in every field of live. From this writing we are attempting to show how thousands of years texts story has been translated in different versions why and its hypothetical analysis still shows how we are psychological is benefited. Ramayana has 24000 verses and 7 segments. In the ancient literature Ram is portrait as lord the supremo. The story reveals around Ram who as born in Ayodhya as the son of king Dasharatha and Kaushalya. The plot revolves around Ram, his childhood, compassion, banishment, exile, duty and utmost level of dharma according to Hinduism. Although being a prince Life of Ram has suffering in different stage of life and the way he handled every situation with utmost patience and undistracted is the lesson for life. Lord Ram not only directed or advised convictions of Hinduism but enacted and practiced in his life. Ramayana has several characters Ram and his 3 other brothers Bharat, Lakshman, Satrugna.^[4] How they chose their own dharma but never carried away by greed lust. Other Characters King Janak the father-in-law of Rama. Goddess Sita the wife of Rama her evolution her disappearance. Life lead by ma Sita her decisions boldness duty compassion and the utmost the strength and backbone of Prabhu Sri Ram. Among all the characters Lord Rama the protagonists established that extraordinary courage, generosity, virtue in all turbulence of life^[5]. As we read every instance of Ramayan, we will find fulfilment in life in depressed and pressure situations. The situations in Ramayana and Ram's response to it act as a tranquil in current stressful environment. We can only write few instant but reading and mesmerising Ramayan has more significant life lessons.^[6] In the first growing developing world, competition, virtualisation, lack of moral ethics, frustration in corporate world moving out own root culture is the problem of mankind. Mostly in densely populated country like ours and availability of such a literature can act as a guide from frustration, stress and anxiety.^[7] Life style of the people has changed a lot still we are searching for happiness. All over the world even in arising economy we are unsatisfied and losing hope. On such a situation if we dedicate a few minutes in reading Ramayana and try to enact in the way can relief stress. Most because of our anxiety and stress is we think our self in a race and want to be best and dominated of others in this process we sometimes engage in unlawful act unnecessary enmity and demise for our actual happiness. Stress has adverse effect in mental and physical health condition.^[8]

Human is considered as the most advance machine if we compare humans and mechanics, when a machine is not function properly, we take the guide of a hand book similarly if we considered the literature Ramayana as the guide of our life it will be an easy solution of all circumstances. The text apart from being religious guide our life in a moral way. This book has been written by saint of the oldest civilization by thinking of the future sufferings of mankind and deal with the difficult encounters in a morally acceptable way. Ram is not the character or epic of a blind faith religion. It has acceptance beyond India from extreme east middle east and south east Asia has historical evidence of Ram who is deeply rooted with India. Ram is the culture of India and the inspiration for the world. The ultimate goal of life the reason of birth has been clearly mention in Ramayana and is superficially enacted by Ram. Dharma, Artha, Kam, Moksha are the objective which on fulfilling gives us sanctity. Lust caste system blind faith and supporter of darkness is meant to destroy by nature. Hanuman the greatest devotee of Ram who is believed to be immortal, this signifies that surrender to the riotousness and true faith persists even in the doom's day. Ram has not been a lord just of blind faith but he proved himself that how lord should be. He abolishes all insignificant customs caste system by enacting and not by simply imposing. Lord Rama showed how his compassion can even bring life to the stone in Ma Ahalya's incident. Ram showed the journey of human life and which path should be taken to have a peaceful life. Ram is not only a guide of personal life but in a broader aspect, as a king, a son, a brother, a husband, a lord, and above all the supreme human being born on this earth till date and neither can be born. Human race can only follow the path he has gone through. Lord Ram showed if we are in the path of truth even the whole universe stands with us in the difficult challenge, we get this great instant after Mata Sita was taken away by Ravan. The best militant the celestials were unable to save Ravana, this shows how powerful you are by if you enact unlawful even the weakest has the power to take over you, instant Jatayu and the militant of monkeys. Ram was in exile he never has any clue where his beloved was but the whole nature every bit of abiotic stranded for him, the compaction of Ram has the ability to transform lifeless components to full of life. Ram Shows the capacity of a leader he has the capacity to control and civilized wilds before e ascent the throne as acing. He should his utmost dedication as a husband and still Ram Setu which beard so controversies stall still as evidence of love, surrender dedication. Ram signified even

depth of ocean problem, Troubles) its vast ness and unknown impossibilities will fail if our dedication has strong wings. In the context Ma Sita, the wife of Sri Ram showed the greatest patronage of patience. Ramayana is the text of mutual respect, understanding, love, devotion. Ramayana portrait Every role of us in the world We play throughout the life time. Ram and his brothers showed the wiseness duty respect to each other. The text also showed us to be aware of bad influencers Such as Manthara. Ram Showed The behaviour of king as well as how love is bestowed ^[9]. Ram Trusted his wife and kept the promise; he never gave his beloved place to anyone. Ram is that treasure of our culture which can't be erased away ^[10]. Even after 1000 years or more cultures kingdoms eradicated law advancement soared hid but Ram the son of this soil, the soul of India can never be erased.^[11] Lifestyle of Lord Rama Should be incorporated in daily life not for religious content but for personal development leadership moral life as a guide who can be a safe shelter in this betrayal world. Lord Ram the healer the developer a friend who think of himself later and secure us first as in Sugreev's case.^[14] Bharata brother of lord Ram refused the throne shows that we must not unrightfully conquer someone else's position. Lakshman shows the ultimate level of unconditional love, chose to accompany his elder brother and his wife rather living a pleasures life.^[13] On the other hand, Bharata lived like a hermit for fourteen years acting penance for unlaw full banishment of our lord. Ramayana shows the ultimate obedience, rule not through force.^[15] Lord Ram believes in equality he treated the tribe king as his friend. He abolished the traditional nobility, instead emphasises on equality. Ramayana instantly shows the advancement of medicinal property during that period. This instant shows the time during when Lakshman was hit by a deadly weapon. This In many context there are prove how man have the speed equal to the speed of light. Ramayana shows advancement in Indian Culture their technologies. It is also far ahead of modern science and astro physics.^[16]

Conclusion

Just being an epic, it is such a literature who deeply rooted in human nature. It deals with wisdom shows the original cause of human suffering. Ramayana is a lesson to be learn and implemented. During pandemic when the world face economic down fall, insecurities, on government advice Ramayan was played. This attracted millions of viewers, survey, scientific study show that it has a counselling benefit from anxiety, pacifies stress. Lord Ram encourages inclination toward right path. Ram show positive correlation to overcome and strengthen insecurities and interpersonal relationships. Ramayana focuses on self-realisation. There is no need for intense penance and living worldly pleasure we can overcome sufferings. Ram inspires by simplicity of behaviour and life he focuses on self-control and emphasizes on overcoming unlawful desires. The objective of writing is to contribute in overcoming stress by not being uprooted from culture. The study shows how on involving without literature does not make us backward instead it protects us from the adverse effect of modernisation. The toughest time in recent was pandemic we experience not very far, we saw people losing hope, death economic crisis. People constantly stayed at home with stagnant life style which cause stress, controversies no refreshment by Ramaya survey reviled high positive attitude of people and response.

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