



“Analysis of the Role of Scriptural Education in Promoting Environmental Health”

By

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Abstract: Subjects like environmental health and personality development have no terminus; they are like a fathomless sea. The deeper you go into them, the deeper insight you gain into them. When it comes to Environmental Health, the general idea that cross one’s mind confines them to land, air, water, forest and so on only, but it is beyond them as the word environment also includes people, animals and plants. When man is a component of environment, he undoubtedly contributes to making or marring ‘**Environmental Health**’, in which his healthy-unhealthy mind plays a crucial role. Mind is the capital of man and has direct relation with education. A man is how his mind is and his mind is how it has been educated. Looking at the environment at large, it is obvious that we are living in an unhealthy environment where mental-health of people is below the belt. In this paper, it has been shown that man is not sparing a thought for himself and people around him let alone land, air and water. The need to resort to the ‘**Scriptural Education**’ has been felt to save the environment as it ameliorates mental, moral, physical and spiritual conditions of a man he is made of; he is not a body only. Through ‘**Scriptural Education**’, a man becomes completely educated and begins to understand in “**Milk of Human Kindness**”. Through it, he will begin to place duty and Virtue above his vested interests. Thus, for healthy environment, the first and foremost thing is healthy mind which can proceed from Scriptural Education only.

Introduction:

1) Scriptural Education: ‘**Scriptural Education**’ is a means of bringing about mental, moral, physical and spiritual growth of a man resulting in his becoming a complete noble man. **It firmly tells that he, who does not agree to the terms of the Creator of this environment and behaves self-indulgently, gradually aggravates environmental health.** Scriptural Education is quite different from Academic Education as it works upon holistic personality of man whereas academics work upon body only which enhances materialism. It establishes man’s faith in the almighty and is a means by which the almighty speaks to mortals. It also discloses likes and dislikes of Him. He who wants to listen to the almighty should peruse his Scriptures. It has solution to all the problems. ‘**Patience**’, which is not a commodity, also comes out of it. It is also a way to recognize deities even if they are in human disguise. It is so comprehensive that it touches all the aspects of life. It had been the way of living life before Science came to power. It can cure environmental health and make the earth worth living in.

2) Environmental Health: In general, the phrase ‘**Environmental Health**’ refers to the condition, quality of land, air and water in or on which people, animals and plants live. But, if it is perceived at large, the phrase ‘**Environmental Health**’ refers to the physical and mental well-being of the natural world in which people, animals and plants live. Here, we need to understand that environment is made of not only movable-immovable things but unseen things also. And when it comes to human beings, conditions caused by them cannot be spared from being discussed as these conditions are spoiling the health of the environment we live in.

3) Role of Scriptural Education in environmental health: Our Scriptures are like an ‘**Owner’s Manual**’, which educates the owner how to drive a motor vehicle and sustain it. In the same way, Scriptures educate us how to live on this earth while sustaining environmental health at large. Only Scriptural Education

works upon mental-moral, physical-spiritual growth of man and develops them thereupon man rises above his vested interests and tends to think of environmental health. He begins to have consideration for land, air, water, people and every other existing thing in this world. Scriptural Education is the only means of communication with the almighty God who communicates with us through Scriptures. It can play a vital role in restoring the lost primacy of father, mother, Guru and of course, a woman's dignity. It provides you with wisdom and foresightedness and you have clarity of vision. It tells that all the movable and immovable things in this creation are on the basis of their virtue, not on anything else. Thus, being virtuous is desirable. It unites people as it has no room for any sort of division. The Varna system does not talk about them. The four Varnas are based on virtues only. It impresses upon us that '**Duty**' (Dharma) is above 'self-interest' and so duty must be done in all the circumstances. It also places health above wealth, which is the right order. This way, Spiritual education plays a crucial role in ameliorating environmental health by encompassing everything.

Purpose: The purpose of presenting this paper is to project that polluted minds are more dangerous than polluted land, polluted air and polluted water or any other polluted thing, that polluted minds are doing the same harm to the environment which is being done by polluted land, air and water, which is not heaving into view, and therefore, mind must be first dealt with prior to anything else. If we contrive to redress this polluted mind, rest of the things shall be redressed spontaneously resulting in a healthy environment.

Below are some diseases Environment is suffering from:

1) Suicide: Education is "**Mental-Moral Development**"; "**obedience**" and "**faith**" are its parents and this way it obviously refers to one's "**Mental-emotional Health**". People, in India, have been preferring demise to life for the last few decades. They are losing life for no convincing reason. A boy lost his life because his father did not buy him slippers of the color he liked and at once he demanded. Students lose life when they fail, wife-stricken husbands are losing life; loan ridden people also lose life. People are happily losing life in India for various reasons. Where are we heading to? Their doings do not justify their being educated, as educated people do not surrender in the face of failure, in the face of adversity and that modern society is missing that which former society had which prevented losers from losing life and taught them to deal with adverse circumstances and that missing factor is "**Scriptural education**" which lies in our Scriptures only. Ancient society, perhaps, knew that rise and fall are not at all permanent, friends and foes are also not permanent and therefore, I believe, Shri Ram did not commit suicide when he was deprived of kingdom of Ayodhya and his wife. Pandavas did not kill themselves when their kingdom was fraudulently taken, when they failed to protect Draupadi. Raja Surath and Merchant Samadhi did not die when they were left without resources. Vanar Sugreev did not lose his life when his own brother Bali took his wife by force. The point is nobody dies after any reason. Life never stops, it goes on. The list of the brave is endless; the point is that "**you are invariably a product of your choice**". And in making a right choice, Scriptural-education, which is entirely different from academic and professional educations, which do not tell how to live life while dealing with adversities, plays a crucial role. Thus, it seems that above mentioned survivors had deep faith in the words of Shri Krishna who taught Arjun that those who commit suicide get into a more troublesome situation they were not when alive.

2) Rape: Every problem originates either from ignorance or from lawlessness and they end either in education or in stringent punishment. Women, since their genesis, have remained at threat. In every age they have undergone persecution. But, in these few decades, rapes have become rampant. In order to eradicate rapes, there are only two resorts, the first and most effective resort is capital-punishment which does not seem to be the feature of contemporary law and therefore they are outnumbering. And second is that, children, at their early age, should, by their parents, be imparted Scriptural Education simultaneously with academic education. If you read your scriptures, you will find that Vidurji, Bharat, Bhishm Pitamah and many more have categorically said not to harm women, not to rape them, not kill them. Even a dacoit namely Kayavya knew that women are not to be beaten, raped and killed. But there is no telling about modern man.

3) Festering Father-Son relationship: A son, as Raja Yayati defines, is he who obeys parents, serves their interest and causes '*Sukh*' to them. He never defies and disrespects parents. But in modern times, it is seen that father-son relationship is strained because precedents of arcane Sons like Kach and Puru are not taken into consideration, because self-indulgence is enhancing, because '**Duty**' (Dharma) has perhaps come to an end. But

earlier it was not there. Kach was the eldest son of Dev Guru Brihaspati who sent his son Kach to Demon Guru Shukracharya in order to learn Mrit Sanjeevani because he could not resuscitate deities killed by demons whereas Acharya Shukracharya resuscitated demons killed by deities. Kach came to Acharya Shukracharya, introduced himself, greeted him and uttered, **“I have come to learn Mrit Sanjeevani from you and observing Brahmacharya, I will do you a service for one thousand years.”** Acharya accepted him and began to train him. For the first five hundred years, demons did not come to know as to why Kach had come and during the remaining five hundred years demons killed him thrice but Shukracharya resuscitated him every time. Thus, having been a sufferer and trained, Kach departed for his abode after one thousand years. The second precedent is that of Puru. Yayati was tenth in the lineage of Bramhaji. He had five sons namely, Yadu (**the root person of Yadavs**) and Turvasu from his legitimate wife Devyani, the daughter of Shukracharya and Druhyu, Anu and Pooru from his wife's bondswoman Sharmishtha, who was the daughter of demon king Vrishparva, whom he was not married to. When Shukracharya came to know that his son-in-law Yayati has produced three children out of wedlock, he cursed him and he immediately lost his youth but he was allowed to borrow youth from one of his sons. Yayati, turn by turn, approached all his sons but none but Pooru, his fifth son, landed him his youth for one thousand years after which Yayati returned his youth to him along with his kingdom. Thus, we see that the suffering of Kach and Puru was worse than that of Shri Ram and Laxman, Pandavas and Shravan Kumar who, for their parents, underwent suffering for fourteen years. Shri Ram did not undergo the sufferings caused by old age and that too, for one thousand years. But in modern times, scenario has changed. For the realization of sonly duties, Scriptural Education is the only way. Only it can prevent children from sending parents to old age home.

4) Festering Husband-Wife relationship: Duty and Interest are adverse to each other. They can't come to terms. When you do your duty, you don't serve your interest and vice versa. A man doing his duty serves social interest only, there is no such thing as personal interest then. Nowadays, almost every relationship is strained because interest has begun to be placed above duty. As far as husband wife relationship is concerned, it is again because interest is being placed above duty. Markandeya Rishi, at the behest of Yogmaya, has written the supreme duty of a wife at page no. 35 in Durga Saptashati that a wife is she who reads the mind of her husband and behaves accordingly. And the same message has been given by Shakespeare in Othello. Draupadi, Damyanti, Urmila, Mandodari, Tara, Ruthi Rani Umade and many more had strong and justifiable grounds of leaving their husbands but none of them did so because they all were duty bound not interest-ridden. The institution **“Marriage”** is at threat, only Scriptural Education can rescue it.

5) Truth: Shri Ram's utterance **“Pure mind gets me, impure mind hates me”** clearly tells that there is no advantage in telling a lie, however we see lie prevailing. But earlier how **‘Truth’** prevailed in the days of yore can be understood by this event: Brahmin Sudhanwa and votary Prahlad's son Virochan came in conflict for a princess Keshini claiming their being better than each other. Both staked their life and it was decided that he who loses will die and in order to decide who is better, they both agreed to resort to Virochan's father Prahladji as Sudhanwa was confident that Prahladji would never lie even for his own son. Prahladji got shocked when he saw them coming together and asked his son Virochan if he had befriended Brahmin Sudhanwa. Virochan disclosed that they had staked their life for Keshini and that he was to decide who was better. Now Prahladji came into a dilemmatic situation and asked Brahmin Sudhanwa to disclose the repercussions of telling a lie or giving a wrong judgment and when Sudhanwa enlightened him about outcomes of wrong judgment, Prahladji uttered: Virochan:

- 1) Sudhanwa's father Rishi Angira is better than me.
- 2) Sudhanwa is better than you.
- 3) His mother is also better than yours. So today, you have lost to Sudhanwa. Now he is the master of your life. And then he demanded his son back from Brahmin Sudhanwa. And Sudhanwa returned him his son Virochan on saying that the son is being returned because he (Prahladji) did not flinch from speaking the truth even at the cost of losing his only son. **Even Yogmaya has clearly said that Sins such as lie cause pandemics and other natural disasters at the end of page number 166.** Thus, it is intelligible that **‘Truth’** can improve environmental health.

6) Festering Health: People are perishing untimely. They are perishing while dancing, while doing gym, while standing and so on. Recently, a groom died of cardiac arrest while sitting on his bridal horse after having been to dance. We need to know that Our Scriptures tell: **“सततम शरीर रक्षणम्”**. There are man-made disasters along with natural disasters. Natural disasters can't be averted but man-made disaster can be. Diseases also affect

environmental health. But if we deal with them proactively, below mentioned diseases shall not come into effect;

- 1] Alzheimer's Disease
- 2] Parkinson's Disease
- 3] Neuron problems
- 4] Brain Tumor
- 5] Brain Hemorrhage
- 6] Cerebral palsy
- 7] Migraine
- 8] Insomnia
- 9] Giddiness
- 10] Eyes
- 11] Teeth
- 12] Hair growth/fall
- 13] Ears
- 14] Thyroid
- 15] Heart Attack
- 16] Cardiac Arrest
- 17] Lungs
- 18] Asthma
- 19] Respiratory System
- 20] Stress
- 21] Anxiety
- 22] Constipation
- 22] Indigestion
- 23] Blood Pressure
- 24] Sugar
- 25] Paralysis
- 26] Cancer
- 27] Osteoporosis
- 28] Anti-aging
- 29] Spinal chord
- 30] Skin Diseases
- 31] Allergies



- 32] Liver
- 33] Kidney
- 34] Natural Detoxifier
- 35] Cervical
- 36] Sciatica
- 37] Sinus
- 38] Varicose Veins
- 39] Piles
- 40] Gout
- 41] Absent Mindedness
- 42] Clots
- 43] Hernia
- 44] Epilepsy
- 45] and firmness to the ground

7) Conclusion and Suggestion:

- 1] Professional life should be lived in accordance with Academic Education to earn and fulfill needs.
- 2] Personal life should be lived according to Scriptural Education for being a complete noble man.
- 3] Social life should also be lived according to Scriptural Education to have **“Milk of Human Kindness”** and **“Poetic Justice”** in order to ameliorate and maintain environmental health.
- 4] Man, until and unless does not learn to practice good behavior with fellow human beings, he cannot practice good behavior with natural resources as well, so, for the well-being of both, Scriptural Education is direly needed.
- 5] Parents should begin to impart Scriptural Education to their children at their early age so that their interest in it could be piqued.

Source(s): In order to present my propositions, I (The author) have resorted to secondary sources that are short versions of Valmiki **“Ramayana”**.

“Mahabharata” by Ved Vyasji briefed by Gita Press, Gorakhpur.

and **“Shri Durga Saptshati”** by Markandeya Rishi.