

## ASPECT OF DHARMA IN KARMAYOGA

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### ABSTRACT

Karmayoga is a path of liberation given in Bhagavad Gita. Karmayoga means a path of liberation through selfless actions. Selfless actions are those which are free from desire of fruit (success or failure). But the main aspect of karmayoga is that what types of karma one should do and which types of karma one should not do in life that he can follow the path of karmayoga. In Hinduism there is the concept of 'Dharma' which is very important part of karmayoga. 'Dharma' explain that which karma are suitable for karmayoga that leads to satisfaction, peace at mind and harmony of society. So karma according to 'dharma' are only those karma that opens the path of liberation through action (karmayoga).

**Keywords :** Dharma, Karma, Karmayoga.

### INTRODUCTION:

#### Dharma:

According to Hindu, Buddhist and Yogic concept 'dharma' is referring to a law or principle which govern the universe. If a person is not following the laws of dharma in his life he will suffer from many problems in his life and can not attain the ultimate goal of his life i.e. moksha (liberation). There are four main philosophical principles in hinduism (four purushartha) that are 1. Dharma, 2. Artha, 3. Kama and 4. Moksha. These are the four proper goals or aims of human life. "Object of human pursuit"<sup>1</sup> Here Dharma means righteousness and moral values. Artha means prosperity and economic values. Karma means pleasure, love and psychological values and moksha is considered the ultimate goal or aim of human life. Moksha means liberation, spiritual values and self-actualization. "Purushartha is also referred to as Caturvarga".<sup>2</sup>

'Dharma' is the first aim of life and all the three goals depends on it. Because without 'Dharma' we can not attain rest of three goal or aims of life. So Dharma is most important concept and Indian literature emphasize that dharma is foremost. "If dharma is ignored, artha and kama profit and pleasure respectively lead to social chaos."<sup>3</sup>

According to Hindu, Buddhist and yogic concept, referring to a law or principle which governs the universe is called 'dharma'. Commonly 'Dharma' is as a law of righteousness and satya (truth), giving order to the customs behaviours and ethics which make life possible. 'Dharma is based on 'Rta'. 'Rta, the order that makes life and

universe possible”<sup>4</sup> In vedic religion ‘Rta’ means the order, rule and truth. “Rta is the principle of natural order which regulates and coordinates the operation of universe and everything which it”<sup>5</sup> Rta is responsible for all the moral, sacrificial and natural orders. Conceptually, Rta is closely allied to the injunctions and ordinances thought to uphold it. Collectively referred to as Dharma, and the individual actions in relation to those ordinances referred as ‘karma’. “Rta and ‘dharma’ are parallel concept, the former being a cosmic principle, the later being a moral sphere”.<sup>6</sup>

Dharma is the order which play an very important role in protection and support the cosmos. Dharma is equivalent to natural law, social order, the sense of duty and right ordering of human heart. Commonly right ordering of human heart is called conscience. Here the role of conscience is very important in selection of action or karma. Commonly conscience is a part of mind that tells the right and wrong. Conscience is a cognitive process that elicits emotion and rational associates us based on an individuals moral philosophy and value system.

“Your conscience is what makes you feel guilty when you do something bad and good when you do something kind”.<sup>7</sup> Commonly a man have an conscience that play a very important role in selection of action (karma) on the base of morality and values. According to ‘dharma’ the actions should be based on the conscience (inner voice) and that actions do not disturb our mental peace and social harmony. Dharma commonly translated as “righteousness’, ‘merit’ or ‘religious and moral duties’ governing individual conduct.”<sup>8</sup> Dharma includes morality, law, costoms, duty, right justice, virtue, morality, ethics, good work . Dharma is that behaviour which is considered necessary for order of things in the universe and all life in nature, society, family as well as at the individual level. This behaviour should be base on morality. The opposite word of ‘Dharma’ is ‘Adharma’. “Adharma means that which is against the nature, immoral, unethical, wrong or unlawful.”<sup>9</sup>

“Dharma is ‘right living’ defined by the practice of universal ethics and personal morals’.<sup>10</sup>

### **Karmayoga**

The concept of karmayoga is discussed in detail in Bhagavad Gita. Karmayoga means ‘discipline of action’ and it focuses on the adherence to duty (dharma) which remaining detached from rewards. It means that one should do his karma or actions (according to dharma) without the attachment to the fruits means doing duties in unselfish manner. Bhagawad Gita (chapter 3 shloka 7) defines it as “Those karma yogi who control their knowledge senses with the mind, O! Arjuna and engage the working senses in working without attachment, are certainly superior.” Those one do his duties without the attachment to karma phala (fruits) keeping control over senses and mind than these types of karma does not bound them. “When one work in the world, with the body but keeps the mind attached to God, know it to be karma yog. When one engages in

spirituality with the body, but keep the mind attached to the world, know it to be hypocrisy'. (Bhakti Shatak verse 34).

According to situations and conditions there may be different karma for different peoples. So one should do their duties in awareness regarding his conditions and situations. "By performing their prescribed duties, king Janak and other attained perfection. You should also perform your duties to a set an example for the good of the world' (Bhagavad Gita, Chapter 3, Verse 20).

Action should be done in awareness because ignorant people perform their duties which the attachment to the fruit or results, this will cause bondage in materialistic world. But wise people perform his duties without attachment to result that leads to liberation. Karma or action depends on individual nature and one should prefer their duties in accordance with his nature. This is given in Bhagavad Gita chapter 3, Verse 33.

"Even wise people act according to their nature, for all living beings are propelled by their natural tendencies" in Bhagavad Gita. The 'swa' means 'self' and 'dharma' means responsibilities, duties, thoughts, actions that are appropriate to personal nature. Karmayoga is very essential for the purification of mind but it should be done skillfully (Bhagavad Gita chapt. 2, verse 50). "One who performs their duties endowed with wisdom without the attachment can get rid of both good and bad reactions in his life itself. This is karmayoga is path for spiritual liberation when one should perform his karma according to his nature, without attachment to outcome (niskama karma), in accord to dharma and in unselfish way these type of karma are useful in purification of mind and leads to liberation. "To a karma yogi, right action is a form of prayer"<sup>11</sup>

Swami Vivekananda described karma yoga as a mental discipline that allows person to carry out his/her duties as a service to entire world, as a path of enlightenment.<sup>12</sup>

According to Swami Vivekananda our actions should be such a type that are good for the world and not produce any negative effect on world. These type of actions produces harmony and peace on personal and social level.

#### **RESEARCH METHODOLOGY:**

In this research paper qualitative research approach is used qualitative research aims to explore, discover, understand or describe phenomena that have already been identified but are not well understood. In this research the data is collected from the karma-yoga literature such as Bhagawad Gita, Mahabhart, Research paper etc. The data is analyzed to understand the 'Dharma' and what is the 'Dharma' in context of karma yoga.

#### **RESULT AND DISCUSSION:**

After proper understanding and analyzing the data regarding 'Dharma', 'Karma' and 'Karama Yoga' it gives the result that 'Dharma is that which is right way of living or the path of rightness 'Dharma' is based on 'Rta' (responsible for proper functioning of

the natural, moral and sacrificial orders). In karma yoga karma should be based on Dharma. That type of karma brings peace and harmony on personal and social level.

## CONCLUSION

Dharma is an very important part of karmayoga; because in karma yoga there are actions or karma which are the tools for practical application of karmayoga, But it is very important to understand which type of karma one should perform in karmayoga. The criteria for karma or actions in karmayoga is 'Dharma'. Actions or karma should be in accord 'dharma'. Dharma is the universal law and actions should be done according to this law. Everything in this universe performing their activities according to this universal law.

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