



## Ekadashi: A Scientific Sustainable Traditional Spiritual Fasting for Society

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### Abstract:

*Let me begin this ritual with a personal experiment: during 'ekadashi', I remain flabbergasted with the supreme energy in the body and the mind. This Vedic tradition is a struggle for existence and this ritual is concerned within the physical and social culture of our lives. 'Ekadashi' is a fasting system of the body and worshipping Lord Krishna, avatar of Lord Bishnu with chanting mantra to make a divine relationship with Lord Krishna. 'Chanting mantra' will vibrate in every cell of blood and destroy the toxic system of the body and sinful thought and sight in our everyday existence, then, this system will construct a detoxified body and a new anti-sinful lovable philosophy to the society. And also it makes us free from stress, anxiety, high blood pressure and high tension. 'Self-purification' happens by reading the verses of The Srimad Bhagavad Gita. This ritual assists to eliminate ninety percent of diseases of the body. 'Ekadashi' becomes a spiritual scientific sustainable traditional fasting in every dark fortnight and bright fortnight every twelve months. By taking the leftovers of Lord Krishna, I break the fast in the next morning and also read the Srimad Bhagavad Gita. This system provides me with a spiritual sustainable magnetic power to the body to live happily without taking medicine. This system also gives me an 'aesthetic pleasure' to the mind and my senses become free from any kind of disease. Peace comes to the mind as a blessing of Lord Krishna. This is not only the way to the redemption of sin to reach heaven but also a scientific system to release our body from different kinds of disease. The full body and mind become a fit body and free from any other negative influences. Peace and spirituality knock at the door of the heart to carry on and to digitize this system to live for others. This article about 'Ekadashi' fasting will remain as an anecdote to the masses to live peacefully and fitly in society.*

**Keywords:** Devotees, Ekadashi Fasting, Worshipping, Chanting Mantra, Lord Krishna, Knowledge Of The Srimad Bhagavad Gita, Society, etc..

### Introduction:

'Ekadashi Fasting' is a sustainable traditional fasting on the eleventh lunar day in every dark fortnight and bright fortnight in Hindu calendar. Every month has two auspicious 'ekadashi' in different names. Every 'ekadashi' has different blessings of Lord Krishna in different months. From the early morning wake up and taking bath, the devotee starts worshipping with white sandal wood paste, white flowers and holy basil leaves, chanting mantra with love and faith and reading the Srimad Bhagavad Gita with self-realization, but must not eat rice, grains and beans on this day. This traditional fasting helps the devotee to detoxify the body. Liver, kidney, heart, lungs and blood also become purified and the whole body and mind realize the

beatitude. The devotee eats basil leaves, fruits and sufficient water. Water therapy helps the devotee to reduce stress, anxiety, high blood pressure, high per tension, dehydration, pain and inflammation of the body. Blood sugar also remained controlled. In this scientific way we live happily and peacefully for so long without taking rare medicine. The whole day “Hare Krishna, Hare Krishna, Krishna, Krishna, Hare Hare, Hare Ram, Hare Ram, Ram, Ram, Hare, Hare,”<sup>1</sup> ‘Harinama’ maha-mantra is singing and bringing celestial peace in heart. And throughout the day the devotee also chants the bej mantra, “Om Kleem Krisnaya Namaha”<sup>2</sup> to avoid stress, anxiety, high tension, the negative thoughts and make a spiritual love relationship with Lord Krishna. The devotee supremely has believed that he or she must realize the beatitude from their beloved home conditions. Meditation on Lord Krishna helps me the ups and down of life, then begin the life with the blessing of Lord Krishna. The philosophy of society is developed and I feel a heavenly relationship with the near and dear one in society. Naturally, I have realized peace to the soul. The spiritual knowledge of the Srimad Bhagavad Gita always remains with my practical movement to reach the supreme consciousness of the mind. Spiritual Knowledge of Gita helps me to go ahead by reading more and more. The devotee must do charitable works like giving leftovers and knowledge of Lord Krishna. Self- realization and self-purification assist to achieve liberation (moksha) from the bondage of karma and Samsara. The traditional fasting is completed in the next early morning after taking holy basil leaves, water, and fruits as leftovers of Lord Krishna, the supreme God of Hindu. Then, start the day as a natural day by taking food and doing work.

### **Objectives**

- I. Fasting detoxifies the body.
- II. Spiritual self- purification is developed in the mind.
- III. All senses and body remain released from disease.
- IV. Aesthetic philosophy to the society will be built in heart.
- V. Knowledge of the Srimad Bhagavad Gita always assists to reach the supreme consciousness of the mind in practical life.
- VI. Violence is transformed into non-violence.
- VII. People live peacefully and fitly in society with rarely taking medicine.
- VII. The devotees have realized the union of the soul with Lord Krishna with devotional love and faith.

### **Ekadashi Fasting**

‘Ekadashi’ is celebrated twice on the eleventh day of the dark moon and the bright moon on the lunar day of every month in the Hindu calendar. There are twenty four ekadashi in one year. ‘Ekadashi’ fasting is a scientific traditional sustainable system to detoxify the bodies of the devotees. This fasting is for everyone. From the Geographical point of view, the atmospheric pressure is changed in every new moon (Amavasya) and the full moon (Purnima). This natural system happens for the orbital paths for the combination of the sun, the moon and the earth. The atmospheric pressure is low in ‘ekadashi’, so this is the best period to refresh the body because the body never feels pain when the system of cleansing is done. The liver is detoxified easily.

Devotees must avoid eating of rice, grains and beans on this auspicious day, after worshipping, chanting the mantra of Lord Krishna and reading the verses of The Srimad Bhagavad Gita, the devotees eat basil leaves, fruits and water (phalahar). This scientific traditional fasting for twenty four hours is needed for everyone to cure stress, anxiety, high per tension, liver problems, lungs and heart issues, Kidney problems, blood sugar, high blood pressure, cholesterol, pancreatitis and cancer too. All these diseases attack our body for on this

auspicious day because like natural ebbs and flows our body becomes low in blood pressure, but if the stomach is remained empty, the body must collect its energy from the body fat and the dead cell, then the body destroys the germ cell of the different diseases. According to the Bangalore Press conference, “Fasting improves blood flow or circulation and the body’s capacity to eliminate toxins, resulting in a better overall health. One feels more energetic and alert and is more resistant to all forms of diseases or illness. It even slows down the aging process, which is a little more due to the accumulated effects of our bad habits or wrong ways of living. A day of fasting feels one, self control and discipline. It greatly helps to break those addictions that are destroying us and helps us start to acquire new and positive habits.”<sup>3</sup> Negative thoughts will be removed from the mind. The mind is on a spiritual path to feel divine peace. The basil leaves are used as natural medicine antioxidants to reduce inflammation, fight bacteria, and boost immunity. These aromatic leaves decrease the stress of the mind and are also full of vitamins A, C and K as well as magnesium and iron. In this way the devotee will remain cured from the diseases like, cancer, acidity, high blood pressure, blood sugar, Parkinson, cholesterol, eye’s disease, scurvy, blood circulation, inflammation of the body, stress of mind, etc only taking of basil leaves as leftovers of Lord Krishna, The natural medicine basil leaves make a harmony of ‘Sattva’(mind) ‘Atma’ (soul), and ‘Sareer’(body). According to Medical News today,”....the Phytochemicals in holy basil may help to prevent certain type of skin, liver, oral and lung cancers”<sup>4</sup>

So according to the dietician Gillian Culbertson RD, LD, “Basil contains nutrients and compounds that can help stave off chronic diseases, including cancer, diabetes, heart disease, and arthritis,”<sup>5</sup> the lines give us a practical lesson of life that religion is science.

On this fasting day the devotees eat fruits like bananas, apples and water. Fruits help to develop the health and the mind. These fruits help to think naturally. This type of fasting reduces the stress, anxiety and negative thought the body gets long stability in the immunity system. The whole day the devotee must drink water to save his/her body from dehydration. Water therapy (hydrotherapy) helps the devotee to release liver, kidney and heart from various diseases. It balances the temperature of the body and body weight, cures arthritis, muscle injuries and chronic pains. The bounce of water reduces pain and joint pressure in the body, improves mobility and flexibility then, increases strength and cardiovascular health. Water therapy makes a pressure to move the fluids in the blood and reduces the inflammation in the body, and blood pressure becomes normal. At last this water therapy gives mental relaxation and reduces anxiety from the mind. The devotee is blessed with a happy and peaceful life by observing an auspicious ekadashi fasting.

Fasting in speech and mind helps the devotee to digitize the peace in society. Fasting in speech helps to stop the chronic annoyance, sleep disturbances, fatigue, serious cardiovascular diseases, mental stress, anxiety, etc. Society will develop without destructive speech. The Gita knowledge in the speech of the devotee will help to develop the society. The devotees construct a charitable work for society on this day.

In the month of January the devotee celebrates ‘Sattila Ekadashi’ to destroy the sins in the mind and gets the blessing of Lord Krishna. In February the ‘Jaya Ekadashi’ the devotee realizes redemption and heavenly bliss and in ‘Bijaya Ekadashi’ he or she has brought success in every work. In the month of March ‘Amlaki Ekadashi’ the moksha and long life are acquired by the devotee and in ‘Papmochani ekadashi’ again he destroys his/her sins and gets a new born life. In the month of April the devotee has fulfilled his/her every wishes in celebrating the ‘Kamda Ekadashi’ and developed the good luck in ‘Baruthini Ekadashi’. In May ‘Mohini Ekadashi’ the the redemption of fascination is happened and in ‘Apara Ekadashi’ the plentifulness of virtue is rewarded to the devotee. In June ‘Nirba/ Padmini Ekadashi’(mal month) result is not grow, and “Deveshyani Ekadashi’ Lord Krishna laid in his flowery bed for sleep (Jognidra). In July ‘Kamika Ekadashi’ destroys all the sins of the devotee and in ‘Putrada Ekadashi’ lord Krishna bless the devotee with happiness of son. In August ‘Aja Ekadashi’ lord Krishna bless the devotee with supremacy of life and in ‘Padmini Ekadashi’ Lord Krishna change his side of sleeping. In September ‘Indra Ekadashi’ the forefathers are released from bondage of sins and ‘Papankush Ekadashi’ Lord Krishna destroy all sins in the mind of the

devotee. In October 'Rama Ekadashi' supremacy of wealth is blessed to the devotee and in 'Debutan Ekadashi' Lord Krishna arise from long sleep. In November 'Utpanna Ekadashi' all sins are destroyed and in 'Mokshada Ekadashi' the devotee has got liberation (moksha) from the mundane world. In December 'Saphala ekadashi' the devotee again has rewarded the supremacy of wealth and in the Poush Putrada Ekadasi' pray for son as his her child. I have celebrated all this 'ekadasi fasting' and get every rewards of Lord Krishna. This article is a positive message for all who must observe these 'ekadashi fasting' to live with love and to get redemption from all bondages of life in society.

## **Worshipping**

Worshipping is a spiritual religious ritual from the ancient period to give reverent honor and faith to God. At first the devotee must spread the water of the Ganga to remove the negative energy. The devotee must wear a white dress to control his or her mind and sit on a red asana before the altar of Lord Krishna to worship with water of the Ganga, sandal wood paste, white flowers, and basil leaves. Then, the devotee becomes self-purified by saying the mantra, "Om apabitan pabitra ba sarbabtha gathapi ba/ Jah smareth pundarikasham sa bahyabhatarah suchih,"<sup>6</sup> by speaking the mantra 'Om Bishnu, Om Bishnu and Om Bishnu' with drinking water for cleansing morally, mentally and spiritually at the commencement of worship. The mantra "Om Bishnu, om Bishnu, om Bishnu" signifies 'Brahma', 'Bishnu' and 'Maheswar' removing all the obstacles during worship.

White color dress is the symbol of innocence, peace, purity, perfection, honesty, cleanliness and beginnings. While worshipping Lord Krishna with love and faith, the devotee must abstain from the suppression, anxiety, grief and also the death of near and dear one. This act makes a celestial connection with the devotee and Lord Krishna.

"In ancient Rome, red was considered the color of Venus, the goddess of love and beauty, desire, sex, fertility, prosperity and victory."<sup>7</sup> So the devotees believed that when they sit on the red color asana the strong intense feeling of love and gratitude will bestow to Lord Krishna. After 'Abhishekam' with water of the Ganga and white sandal wood paste, Lord Krishna takes His asana with the prayer of worshipper, "Idam Aasanam namah kling Srikrishnay nibedayami namah",<sup>8</sup> then, He is worshipped by the devotee with white flowers at the feet of Him. At the beginning the bell is ringing and the conch is sounded three times for the invocation of the Lord Krishna. During worship with white flowers and basil leaves the devotee speaks the mantra, "He Krishna karuna sindhu din bandhu gagatpate/Gopesh Gopika-kanta Radhakanta namastute".<sup>9</sup> Then, the devotee received a blessing like peace, perfection, honesty, cleanliness in heart and must also begin his or her new work (Karma Yoga) in real life to reach (Raj Yoga) supreme feeling of the heart. The sandal wood paste is the symbol of purity and spiritual tranquility. Its mild aroma brings inner peace of emotional balance in spiritual connection with Lord Krishna by destroying the negative thoughts of the mind. At last with sandal paste the basil leaves, the devotee gives to the feet of Lord Krishna to surrender his or her devotional love and gratitude. In Hindu ritual, light scented stick, oil lamp is used to signify illumination and lightening of camphor to produce a pure fragrant flame while arti symbolizes the burning of ego and negative energy to realize the spiritual purity, self-purification and enlightenment. During aarti the devotee is fully spiritually devoted to Lord Krishna by ringing the bell and conch for three times. The ringing bell symbolizes the creation of an auspicious atmosphere and positive vibrations by destroying evil spirits and thoughts of the mind. In this auspicious time the devotee starts the divine prayer of liberation (moksha). The scientific symbol is that as the bell is made of metal which produces a distinct sound symbolizes the presence of divine energy, i.e positive energy. The sound conch for three times during arti is the symbol of purification of environment, invitation of divine, first sound signifies the purification of the surrounding and the mind of the devotee, second time is the invocation to the divine energy of Lord Krishna, the last sound protects the atmosphere by removing negative vibration. At last of worship the devotee must pray to the Supreme God Lord Krishna to surrender his or her ego and pride. The prayer helps to reduce anxiety, stress and hypertension. The devotee connects the body with peaceful hope and aspiration. At the completion of

worship, the devotee starts chanting mantra and bows to Lord Krishna to take basil leave as leftovers of Lord Krishna and also spread the blessed water on his her whole body to feel an infinite internal peace in heart.

## **Chanting Mantra**

The term 'mantra' originates from Sanskrit meaning an instrument of mind. Chanting mantra is the speaking words in the mind for meditative, spiritual purpose. Chanting mantra brings one's calmness of the mind by removing the negative energy of the mind. On this auspicious day the devotee chants one hundred and eight times (108) the mantra "Om Kleem Krishnaya Namah."<sup>10</sup> The vibration of this mantra invokes divine energy, love and protection. "Om" sound brings universal consciousness. "Kleem" main(bij) mantra related to attraction, love and desire. "Krishnaya" is the supreme God Lord Krishna. "Namaha" bowing down or surrendering to Him to connect with the divine power. The spiritual development happens with the frequent vibration of the same mantra. The number 108 refers to the cosmos with the significance of 1 is the symbol of god, 0 indicates emptiness and 8 represents infinity. The mantra has cosmic and mathematical significance, the distance between the earth and the sun is approximately 108 times the sun's diameter, and the moon's distance is ~108 times its diameter so, the universe is surrounded by this auspicious number. The astrological and numerical meaning, there are 12 zodiac houses and 9 planets ( $12 \times 9 = 108$ ) numerically 27 lunar mansions (nakshatras) are multiplied by 4 (padas) parts equaling 108, by this number the nakshatras make a supreme connection with each other to digitize the astrological power in astrology. Human anatomy and energy is also developed by the number, there are 108 lines to connect the heart chakra. Every line is full of spiritual energy for the vibration of the mantra. The body and mind are free from any negative thoughts. The devotee gets rebirth on the auspicious day by removing all negative thoughts. The spiritual significance is that there are 108 Upanishadas and 108 Shakti Pithas and many deities have 108 names. Lord Krishna has 108 names. In the chanting period of 108 times I feel the divine connection with the Lord Krishna and remove the negative thoughts and cherish a calm supreme consciousness of the mind. 108 times surrender to Lord Krishna means free from all bondages, negative power and destruction. Finally the devotee is blessed with a divine peace and the ultimate liberation is (moksha) realized in heart.

## **There are many benefits for the chanting mantra.**

The devotees must forget the sorrows and sufferings of lives. The jealousy is fully removed from the heart. The physical body is also free from high blood pressure, the mind from deep tension. According to the International Journal of Yoga 2022, September 5, "stress is more persistent than ever because of the accelerating pace and rapid change of modern life. Stress can be caused by many reasons, including the inability to cope with work pressure, economic conditions or family issues, which may lead to adverse conditions such as anxiety, fear, anger, or depression. Eventually, chronic stress may affect the heart and brain functions. Thus, many mantra meditation or chanting studies often deal with the outcome of stress, anxiety, and depression altogether. During mantra meditation or chanting, the body and mind can enter a state of profound rest. Heart and respiration rates typically decrease during chanting of mantra."<sup>11</sup>

Above all, maximum diseases attack the body for deep unspeakable tension, but the chanting mantra helps to cure these diseases from the body. I remain free from all kinds of problems of the body and mind for chanting mantras. Now Also I feel that I get supreme consciousness of the mind and get alert if any danger happens to me. Lord Krishna always appears to me and gives me the knowledge to overcome the danger. I hope all of the masses of the society must chant this mantra. They must realize self-purification and achieve the supreme consciousness of the mind. In the world people live peacefully by practicing mantra chanting, according to the National Library of Medicine, "In 2012, the US National Centre for Health statistics conducted an NHIS Adult Alternative Medicine Supplement Survey with nationwide valid samples from 32, 875 households, consisting of 34,525 adults. The 2012 survey data disclosed that 1.6% of the valid respondents had practiced Mantra meditation in previous 12 months, which represents 3.6 million adults in the USA 8 International journal of Yoga."<sup>12</sup>

And also help us to remain fully. "... to focus on four important health areas, including stress, anxiety, hypertension and immunity, to illustrate the versatility and delicacy of the health benefits obtained from practicing mantra meditation."<sup>13</sup>

People of the society wanted to live happily so they must practice the system of chanting mantra in daily life, the result is, "Each day, the participants perform 15- loud Om mantra chanting and 15 minutes prayer. The pretest GRS reading was 388.82+352.62 kilo-ohms (Mean+Standard Deviation), while the post test reading was 817.53+449.83 kilo ohms. Johnson and Lubian indicated that stress relaxation is accompanied by high skin resistance, which reaches maximum during sleep".<sup>14</sup> The supreme result of mantra chanting therapy is the reduction of high blood pressure, hypertension, stress and anxiety, therefore developing an immunity system.

## **Meditation**

Meditation is a practice of the mind to develop the serenity of the mind and makes a psychological connection of the soul with God by removing the negative thoughts. Meditation is a concentration on a particular object for only one to five minutes if you easily remove the obstacles of thoughts. Everyday meditation helps one to live with sound sleep, low blood pressure, controlled emotion and proper spiritual scientific knowledge. In 'ekadashi' the devotee meditates on Lord Krishna to achieve the goal of practical ambition by controlling the emotional bad thoughts. On this auspicious day through meditation the devotee develops cognitive power, reduces mental stress, blood pressure and headache, and also constructs a connection with self realization of the soul to reach the supreme bliss or Samadhi. Without meditation the devotees can't reach the infinite world. Then the devotee feels peace in heart.

According to Upanishad, meditation is "a profound, active process of withdrawing the mind from sensory distractions to focus internally aiming to realize the unity of individual soul (Atman) with the ultimate reality Brahman".<sup>15</sup> In Chandogya Upanishad meditation means "upasana", Svetasvatara Upanishad means "dhyana Yoga" to see the divine self, Katha Upanishada says Meditation on "Om" as the self.

According to Vedantic Meditation, "From darkness leads us to light, from non- being to being, from death to lead us to immortality. Brihadanyaka Upanishada 1.3.28.<sup>16</sup> Meditation helps us to bring from ignorance to knowledge. To know himself, he must meditate on himself. Self- knowledge is the realization of infinity. The soul only realizes the "Brahma" through meditation.

According to Swami Vivekananda, "meditation is a sort of prayer and prayer is meditation. The highest meditation is to think about nothing. If you can remain one moment without thought, great power will come. The whole secret of knowledge is concentration. Soul best develops itself by loving God with all the heart."<sup>17</sup>

So to realize the spiritual knowledge to the soul the devotee must meditate on Lord Krishna in an auspicious 'ekadashi'. Being calm and controlling emotional thoughts, the devotee starts to analyze the verses of The Srimad Bhagavad Gita. Without proper meditation the analysis remains ignorant. The keen analysis is made by the devotee and digitized also in society.

Every day I meditate on the third eye to see the infinite world and make a connection to Lord Krishna. Meditation on this holy 'ekadashi' gives me a new stance.

There are so many positive practical results on meditation for lives-

1. "A 2017 review of 45 studies suggests various forms of meditation can help to decrease psychological markers of stress.

Other research suggests that meditation may also improve symptoms of certain conditions that are impacted by stress, including:

- Irritable bowel syndrome
  - Post –traumatic stress disorder
  - Fibromyalgia
2. An older 2014 meta-analysis including nearly 1300 adults found that meditation may decrease anxiety. Notably, this effect was strongest in those with the highest levels of anxiety.
  3. A 2015 study found that people who completed a meditation exercise experienced fewer negative thoughts in response to viewing negative images than those in a control group.
  4. In a 2019 study 153 adults who used a mindfulness meditation app for two weeks experienced reduced feelings of loneliness and increased social contact compared with those in a control group.
  5. Even meditation for a short period each day may benefit you. One study has found that meditation for just 13 minutes daily enhanced attention and memory after 8 weeks.
  6. An older 2014 review found preliminary evidence that multiple meditation styles can increase attention, memory and mentally quickness in the older volunteers.
  7. A meta-analysis of 22 studies on this form of meditation demonstrated its ability to increase people’s compassion towards themselves and others.
  8. A 2018 study involving 60 people receiving treatment for alcohol use disorder linked practicing transcendental meditation with lower levels of stress, psychological distress, alcohol cravings, and alcohol use after 3 months.
  9. An older 2014 study compared mindfulness based meditation programs and found that people who meditated stayed asleep longer and had improved insomnia severity, compared with those who had an unmedicated control condition.
  10. For example, a 2017 review of 38 studies concluded that mindfulness meditation could reduce pain, improve quality of life, and decrease symptoms of depression in people with chronic pain. And also a large 2014 meta-analysis of studies enrolled nearly 3500 participants linked meditation with decreased pain.
  11. A 2015 meta-analysis of 12 studies enrolling nearly 1000 participants found that meditation helped to reduce blood pressure. It was more effective among older participants and those with higher blood pressure before the study.
  12. People practice many different forms of meditation, most of which don’t require specialized equipment of space, you can practice with just a few minutes daily like focused- attention meditation and open monitoring meditation.”<sup>18</sup>

### **Knowledge of the Srimad Bhagavad Gita**

The devotees must go through the Srimad Bhagavad Gita on this auspicious day. The proper concentration and knowledge are realized to the devotee. Knowledge of the Srimad Bhagavad Gita is the way of life to reach the supreme consciousness of the mind and brings us from ignorance to Knowledge. In The Srimad Bhagavad Gita, the divine wisdom is shared by Lord Krishna to Arjuna in the battle field of Kurukshetra, ‘Karma Yoga’ (Niskama Karma) is without rewards to carry on your work to complete. ‘Dharma’ (duty) is the complete responsibility of the work without results. Lord Krishna advises us that ‘karma is dharma’. ‘Jnana Yoga’ (Spiritual knowledge) is the realization of the eternal soul (Atman) leading to self-realization.

‘Bhakti Yoga’ (Devotion) is surrender to God with love and faith. Knowledge of the Srimad Bhagavad Gita is the advice to all masses in society.

According to Swami Vivekananda, “The Bhagavad-Gita is the best commentary we have on the Vedanta philosophy- curiously enough the scene is laid on the battlefield, where Krishna teaches the philosophy to Arjuna, and the doctrine which stands out luminously in every page of the Gita is intensely active, but in the midst of it, eternal calmness. This is the secret of work, to attain which is the goal of the Vedanta.”<sup>19</sup>

In the mundane world we all wait for the result of the work. Whenever we can’t get a result, all of us suffer from the sorrow of failure. Here Lord Krishna gives us the knowledge in chapter four and verse- fourteen-

“Na mam Karmani lipanti na me karma-phale spriha

Iti mam yo bhijanati karmabhir na sa badhyate”. (Chapter-4 Verse 14)<sup>20</sup>

Actions never bind him because he has no wish for the result of the work, also says that those who understand this must not wait for the rewards. The ultimate message for society is that we never wait for the rewards of duty.

When we feel problems in the mind, we can’t go ahead, in this situation Lord Krishna, the supreme God send a blessed solution which we have achieved in the verses-

“Jada jada hi dharmasya glaanir bhavati bhārata

Abhyutthanam adharmasya tadatmanam srijamyaham

Paritrānaya sādhanam vināshaya cha duḥkṛitam

Dharma-santhapanarthaya sambhavami yuge yuge” (chapter 4, verse-7-8)<sup>21</sup>

The supreme God advises us to continue our duty, because he appears always whenever there is the destruction of righteousness and rise of unrighteousness (‘adharmasya’) at that time He descend Himself to liberate the devotee and annihilate the evil, rebuild the religion and he appears as ‘avatar’ in different figures in the millennium after millennium.

Everyday we must realize the advice of Lord Krishna to get the blessing of the supreme God. We are always the devotees of ‘dharma’ (duty) and must avoid the ‘adharmā’ (evil duty) and also any problem will disappear with remembering these verses of the Srimad Bhagavad Gita.

What is the real nature of us, Lord Krishna, the supreme God advised to Arjuna,

“Vidya-vinaya-sampanne brahmane gavi hastini

Shuni chaiva sha-pake cha panditah sama-darshinah” (chapter-5 verse-18)<sup>22</sup>

When we learn divine knowledge, we see all living beings are equal to Brahmin, a cow, an elephant, a dog and a dog eater. Only divine knowledge of Lord Krishna destroys the caste system, and gives a moral lesson that ‘God’ is omnipresent. Lord Krishna always advised us to love and respect all living beings.

And also say in chapter-5, verse sixteen,

“Jnanena tu tad ajnanam yesam nasitam atmanah

Tesam aditya-vaj jnanam prakayati tat param.” (Chapter-5, verse-16)<sup>23</sup>

The Knowledge of the Srimad Bhagavad Gita destroys the ignorance and makes the devotee Arjuna Krishna consciousness like the sun illumines the darkness in the world. So we must study the verses of the Bhagavad Gita to remove our ignorance in society.

”Sattavam sukhe sanjayati rajah karmani bharata

Jnanam avrtya tu tamah premade sanjayaty uta”. (Chapter-14, Verse-9)<sup>24</sup>

In the fourteenth chapter of nineteenth verses, the supreme God explain, ‘sattva’ (goodness), ‘rajas’ (passion), and ‘tamas’ (ignorance) combine the soul, Sattva connects one to accept happiness, ‘rajas’ to action and ‘tamas’ leads to ignorance.

The devotee must digitize the spiritual knowledge of the Srimad Bhagavad Gita to the masses in society as a charitable worker.

When we want to realize peace in the mind we hanker after here and there, but Lord Krishna in chapter Twelve and verse twelve gave a proper knowledge about supreme peace in the heart. So to come and read,

“Shreyo hi jnanam abhyasja jnanad dhyanam vishisyate

Dhyanat karma-phale-tyagas tyagachchantir anntaram.” (chapter 12, verse-12)<sup>25</sup>

The etymological meaning is that, knowledge is supreme in the place of practice of anything, meditation in the mind is also much better than knowledge and also where there is nothing better than the renunciation of fruits of works, supreme peace comes in the mind when the devotee or any person makes free from the rewards of the actions.

”Sarva-dharman parityaja mamekam sharanam vraja

Aham tvam sarva-papebhyo moksayishyami ma shuchah.” (Ch-18, V-66)<sup>26</sup>

In the eighteenth chapter of sixty six verses Lord Krishna advises to Arjun, to reject all forms of (dharma) duty and entirely surrender to Him to reach liberation (moksha)

“Sraddhavan labhte gyanam tatparah samyatindriyah

Gyanam labhte param shanty achirrena adhigachati.” (Chapter-4 V-39)<sup>27</sup>

Lord Krishna advised supreme knowledge on acquiring spiritual peace. If we become a ‘sradhavan’(Devoted) to Lord Krishna must gain the supreme peace of the mind. Peace of mind helps us to reach immortality (moksha) from our mundane suffering.

Lord Krishna also advised us that,

“Yam hi na vyathayantyete purusham purusharshabha

Sama- dukha-sukham dhiram so mritatvaya kalpate.” (Chapter2, verse-15)<sup>28</sup>

The ultimate meaning of the verse is that the balanced man of sorrow and happiness must reach liberation. For which we struggle everyday. Moksha is the supreme goal of suffering. So we pray to Lord Krishna to make us a balanced man like Arjuna to reach the moksha of life. In the battle field of kurukshetra Arjuna remained balanced in sorrow and happiness.

The supreme knowledge of Gita was digitized through celestial song by Lord Krishna in the battle field-

“Tri-vidham narakasyedam dvaram nashanam atmanah

Kamah krodhas tatha lobhas tasmad etat trayam tyajet” (chapter 16, verse 21)<sup>29</sup>

The meaning of the verse is that self destruction happens when we enter through the gates of lust, anger and greed. Therefore we must avoid the three causes to reach moksha.

“The ultimate goal of the Srimad Bhagavad Gita is liberation (moksha) from the cycle of birth and death and union with the supreme God. Knowledge leads to self-transformation, spiritual evolution, and the realization of one’s oneness with the divine. It liberates one from the bondage of karma and samsara, leading to eternal bliss and fulfillment”.<sup>30</sup>

According to Swami Vivekananda, “please read the Gita everyday to the best of your opportunity.”<sup>31</sup>

## Conclusion

‘Ekadashi’ fasting not only purifies our functional system of our bodies, it must provide an ‘aesthetic’ philosophy to the society and also advises us to engage in non-violent work to reach the supreme consciousness of practical lives. Therefore, to detoxify the body without any medicine with positive thoughts in the mind, it is a supreme ancient Vedic ritual which is a sustainable spiritual tradition in the post modern life style. Worshipping Lord Krishna is the way to live in the supreme consciousness of the mind by avoiding family and social problems. In this way the life is saved by his/her auspicious work. Their lives are getting a new life. Chanting mantra is a type of mantra meditation which reduces stress, anxiety of the body, and cures sugar level, blood pressure and high tension. By detoxifying our bodies, water therapy helps us to cure from so many diseases like kidney, heart, infections in liver, blood circulation, dehydration, joint pain and inflammation, etc. ‘Ekadashi’ Meditation on this day helps the devotees to get free from stress, anxiety, high blood pressure, blood sugar, helps to sleep freely, and improves emotional health also. Meditation helps the devotees to cure their bodies from deep intensive stress, high blood pressure, and high tension. The devotees are blessed with the celestial peace which is the supreme goal of the work to observe every ekadashi. By making a bridge with a cured body and spiritual thoughtful mind, ‘ekadashi’ fasting, worshipping, chanting mantra and proper realization of the knowledge of The Srimad Bhagavad Gita assist every devotee to express his or her beatitude to the masses in society. Overall I remain with the blessing of Lord Krishna in life and my whole body is detoxified in every auspicious ‘ekadashi’, now totally free from all kinds of disease without medicine. The Gita Knowledge helps me in everyday life to realize that every situation is solved by supreme knowledge of the Gita.

My prayer in every ‘ekadashi’ ends in the verse of Brihadaranyaka Upanishad to bring peace in my soul,

“Om asato ma sadgamayo  
Tamaso ma jyotirgamayo  
Mrtyorma amrtam gamayo  
Om shanty shanty shanty”<sup>32</sup>

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