

## A STUDY ON STOCK MARKET THROUGH THE LENS OF THE BHAGAVAD GITA

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### **Abstract:**

मात्रास्पर्शास्तु कौन्तेय शीतोष्णसुखदुःखदाः ।  
आगमापायिनोऽनित्यास्तांस्तितिक्षस्व भारत ॥

*The Bhagavad Gita shloka 2.14 teaches us the evanescence of happiness and anguish in life and how they're like the making over seasons of winter and summer. Just like how winter and summer come and go, happiness and anguish also arise and vanish in due course. Thus, we should learn to accept both happiness and torture with imperturbability and not let them disturb our inner peace. We should cultivate the capability to tolerate the ups and downs of life without being overwhelmed by them. This requires a sense of detachment and a deep understanding that everything in life is temporary and transitory. By cultivating this station, we can remain peaceful and steady in the face of life's challenges.*

This article explored the correlation between the stock market and Bhagavad Gita. This article is discussed about the origins of both the stock market and Bhagavad Gita, highlighting the historical events that shaped them. We also are trying to identify several similarities and parallels, such as the **concepts of risk and uncertainty, the role of emotions in decision-making, and the importance of knowledge and wisdom.** Furthermore, we are examining the **impact of Bhagavad Gita teachings on investment strategies and the psychological impact of stock market fluctuations.** Finally, we will emphasize the potential benefits of **integrating spiritual teachings with financial practices, finding balance and detachment in the face of market volatility.** Overall, this article trying to demonstrates the relevance and interconnectedness of these two seemingly disparate domains. **Integrating spiritual teachings with financial practices** can have several benefits for investors. By incorporating principles from Bhagavad Gita, investors can **develop a balanced and detached approach towards the stock market.** This can help them navigate through volatility and make informed **decisions based on wisdom and knowledge rather than being driven by emotions.** Additionally, spiritual teachings can provide investors with a sense of purpose and **inner peace, which can contribute to their overall well-being and long-term success** in the stock market.

**Keywords:** Bhagavad Gita, financial practices, decision-making, stock market, uncertainty, spiritual teachings, Matra Sparsh, kham mano buddhi, Sammoh, buddhinash

## **INTRODUCTION:**

The stock market is a financial marketplace where buyers and sellers trade stocks and other securities. It provides individuals and businesses with opportunities to invest and grow their wealth. The stock market is influenced by various factors such as economic conditions, company performance, and investor sentiment. Understanding how the stock market works and its correlation with other aspects of life, such as the teachings of Bhagavad Gita, can provide valuable insights for investors. The Bhagavad Gita is a sacred Hindu scripture that is part of the ancient Indian epic, the Mahabharata. It is a conversation between Prince Arjuna and Lord Krishna, who serves as his charioteer and spiritual guide. The Bhagavad Gita addresses fundamental questions about life, duty, and the nature of reality, providing deep insights into the human condition. Its teachings have been revered for centuries and have had a profound impact on spiritual seekers and philosophers around the world. In this article, we explore the correlation between the stock market and the wisdom imparted by the Bhagavad Gita.

## **PURPOSE OF THE ARTICLE**

The purpose of this article is to explore the correlation between the stock market and Bhagavad Gita, two seemingly unrelated domains. By examining their historical origins and identifying similarities and parallels in concepts and teachings, we aim to shed light on how the principles of Bhagavad Gita can potentially influence investment strategies and help investors navigate the unpredictable nature of the stock market. Through this exploration, we hope to highlight the potential benefits of integrating spiritual teachings with financial practices and provide a fresh perspective on the relationship between these two domains.

## **HISTORICAL PERSPECTIVE**

### ***The origins of the stock market***

The stock market has a long history that can be traced back to ancient civilizations. The concept of trading and investing in assets dates back to the time of the Mesopotamians in the 3rd millennium BCE. Over time, various financial markets emerged in different parts of the world, such as the Amsterdam Stock Exchange in the 17th century and the New York Stock Exchange in the 18th century. These early markets laid the foundation for the modern stock market we know today, where investors can buy and sell shares of publicly traded companies.

### ***The origins of Bhagavad Gita***

The Bhagavad Gita, also known as the Gita, is a 700-verse Hindu scripture that is part of the Indian epic Mahabharata. It is believed to have been written between the 5th and 2nd centuries BCE and

is considered one of the most important texts in Hindu philosophy. The Gita is a conversation between Prince Arjuna and the god Krishna, who serves as his charioteer. It explores various philosophical and ethical dilemmas faced by Arjuna on the battlefield and provides guidance on how to live a righteous life. The teachings of the Bhagavad Gita have had a profound influence on Indian culture and spirituality, and its principles are still widely studied and followed today.

### ***Historical events that shaped both***

Both the stock market and Bhagavad Gita have been shaped by significant historical events. The stock market has evolved over centuries, starting with the establishment of the Amsterdam Stock Exchange in 1602. It has since grown into a global phenomenon, with various exchanges and financial institutions playing a crucial role in shaping its development. On the other hand, Bhagavad Gita, a sacred Hindu scripture, originated thousands of years ago during the epic Mahabharata. The teachings of Bhagavad Gita have influenced countless individuals and have been passed down through generations, impacting spiritual and philosophical beliefs. These historical events have laid the foundation for the stock market and Bhagavad Gita, making them integral parts of our society and culture today.

## **SIMILARITIES AND PARALLELS**

### ***Concepts of risk and uncertainty***

In both the stock market and Bhagavad Gita, there is a strong emphasis on understanding and managing risk and uncertainty. Just as investors must carefully assess the potential risks and rewards of different investment opportunities, individuals on a spiritual path must navigate the uncertainties of life and make choices that align with their values and goals. Both domains recognize the importance of being prepared for unexpected events and making informed decisions based on available information. By acknowledging and addressing the inherent uncertainties, investors and spiritual seekers can cultivate a mindset of resilience and adaptability.

### ***The role of emotions in decision-making and self-study is must:***

श्रेयान् स्वधर्मो विगुणः परधर्मात्स्वनुष्ठितात्।  
स्वधर्मे निधनं श्रेयः परधर्मो भयावहः ॥

The lessons from this verse are:

- It is better to perform one's own duties even if they have some shortcomings, rather than performing someone else's duties perfectly.
- Performing someone else's duties can lead to fear and uncertainty, while performing one's own duties brings fulfillment and contentment.

Emotions play a significant role in decision-making, both in the stock market and in life. In the context of the stock market, fear and greed are two emotions that can heavily influence investment decisions. When fear dominates, investors may sell off their stocks in a panic, leading to a market downturn. Conversely, when greed takes over, investors may make impulsive and risky investment

choices, hoping for quick and substantial returns. It is important for investors to recognize and manage their emotions, as emotional decision-making can often lead to poor outcomes. By cultivating emotional intelligence and practicing self-awareness, investors can make more rational and informed decisions, increasing their chances of success in the stock market.

**The importance of knowledge and wisdom**

**In Chapter 16, Verse 42,43,**

यामिमां पुष्पितां वाचं प्रवदन्त्यविपश्चितः |  
वेदवादरताः पार्थ नान्यदस्तीति वादिनः ||  
कामात्मानः स्वर्गपरा जन्मकर्मफलप्रदाम् |  
क्रियाविशेषबहुलां भोगैश्वर्यगतिं प्रति ||

*Those with limited understanding get attracted to the flowery words of the Vedas, which endorse ostentatious rituals for elevation to the heavenly dwellings, and presume no advanced principle is described in them. They glorify only those portions of the Vedas that please their senses, and perform pretentious ritualistic observances for attaining high birth, substance, sensual enjoyment, and elevation to the heavenly globes.*

In both the stock market and Bhagavad Gita, knowledge and wisdom play a crucial role. In the stock market, having a deep understanding of the market trends, financial analysis, and company fundamentals is essential for making informed investment decisions. Similarly, in Bhagavad Gita, acquiring knowledge about the self, the nature of reality, and the principles of righteous living is emphasized as a means to achieve spiritual enlightenment. Both realms emphasize the importance of continuous learning and the application of wisdom in decision-making.

**Greed nature destroying Investor's Money**

**In Chapter 16, Verse 21,**

त्रिविधं नरकस्येदं द्वारं नाशनमात्मनः |  
कामः क्रोधस्तथा लोभस्तस्मादेतत्त्रयं त्यजेत् ||

There are three gates leading to the hell of self-destruction for the soul—lust, anger, and greed. Therefore, one should abandon all three. Here greed is the main factor which directly correlates with stock market. Earning money in shortcut way create greed in market. This way destroys belief, trust, knowledge, relationship and even personal life of individual.

**Market makes you ultimate fool if you think it's generate your desired result**

**In Chapter 2, Verse 62 & 63**

ध्यायतो विषयान्पुंसः सङ्गस्तेषूपजायते |  
सङ्गात्सञ्जायते कामः कामात्क्रोधोऽभिजायते ||  
क्रोधाद्भवति सम्मोहः सम्मोहात्स्मृतिविभ्रमः |  
स्मृतिभ्रंशाद् बुद्धिनाशो बुद्धिनाशात्प्रणश्यति ||

*While aiming on the objects of the senses, one develops attachment to them. Attachment leads to desire, and from desire arises outrage. Outrage leads to clouding of judgment, which results in*

*bafflement of memory. When memory is bewildered, the intellect gets destroyed; and when the intellect is destroyed, one is ruined.*

Legendary Warren Buffett has repeatedly urged investors to resist giving into fear during market mayhem. The investor views periods of worry and uncertainty as fantastic opportunities to snag bargains. Buffett has warned that panic-selling can be expensive, and may rob investors of long-term returns.

## **IMPACT ON INVESTORS**

### ***How the teachings of Bhagavad Gita can influence investment strategies***

The teachings of Bhagavad Gita can have a profound influence on investment strategies. Just as the Gita emphasizes the importance of knowledge and wisdom, investors can benefit from gaining a deep understanding of the stock market and making informed decisions. By incorporating the principles of detachment and balance taught in the Gita, investors can navigate the ups and downs of the market with a sense of equanimity. This can help them avoid making impulsive decisions based on emotions and instead focus on long-term growth and stability.

### **The psychological impact of stock market fluctuations**

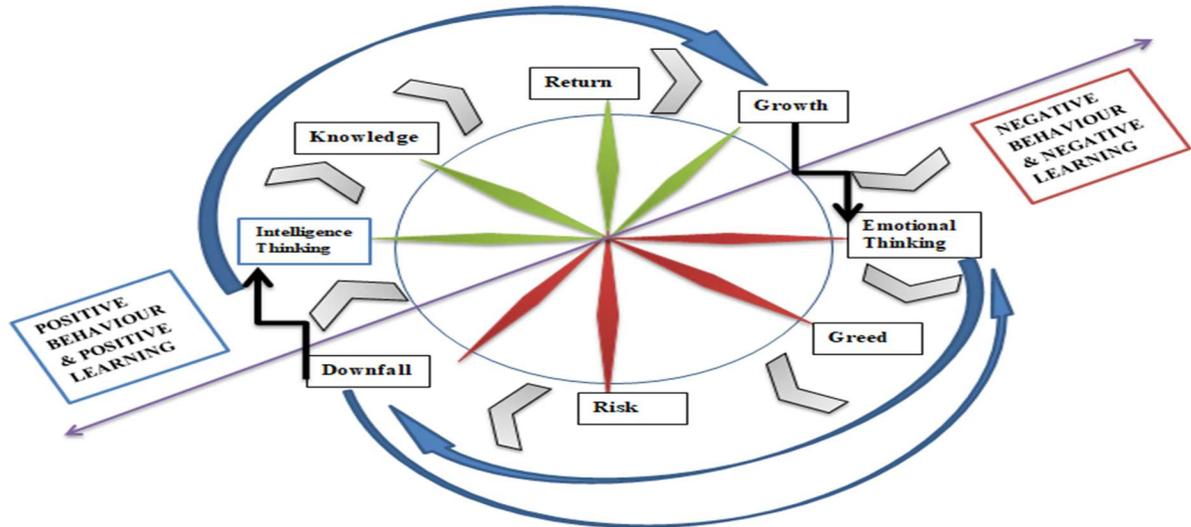
#### **In chapter 7, Verse 4**

भूमिरापोऽनलो वायुः खं मनो बुद्धिरेव च ।  
अहङ्कार इतीयं मे भिन्ना प्रकृतिरष्टधा ॥

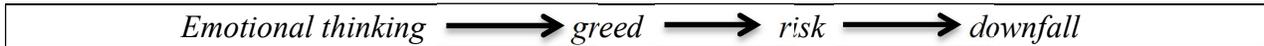
*Lord Krishna told about 8 nature components which involved Earth, water, fire, air, space, mind, intellect, and ego. These are eight components of nature energy. All Natural power indulges and circulates in these 8 elements. Albert Einstein was the first to propound the conception of Mass-Energy Equivalence in 1905. In his Annus Mirabilis papers, he stated that it's possible to convert mass into energy and numerically presented it by an equation  $E = mc^2$ . His Theory of Relativity replaced an earlier conception of the universe made of solid matter. Both these theories were contested in 1920 by Niels Bohr and other scientists with Quantum Theory, which proposes a dual particle- wave nature of matter. Ever since, the scientific community has been on the lookout for a single field or Unified Field Theory, which could rise on the relationship between matter and all forces of the universe. More than 5000 years ago, too long before the application of modern science, Lord Krishna had explained the perfect Unified Field Theory*

Stock market fluctuations can have a significant psychological impact on investors. The constant ups and downs of the market can create feelings of anxiety and uncertainty, leading to impulsive decision-making and irrational behavior. Investors may experience fear when the market is down, causing them to sell their stocks at a loss. On the other hand, they may feel greed when the market is up, leading them to make risky investments. It is important for investors to recognize and manage their emotions to avoid making emotion-driven decisions that can negatively affect their financial well-being. By applying the teachings of Bhagavad Gita, investors can learn to cultivate detachment and equanimity, allowing them to make rational and informed decisions even in the face of market volatility.

**STOCK MARKET 8 BEHAVIOUR CYCLE**



When investor enter in market, he is much with full of hope, positivity. His thinking also in very positive in nature. And game of risk and return start with this thinking. Normally emotional thinking limits the real way of thinking. Here Market also checks investor perception. And 95% investors fail at this initial stage. Many time emotional thinking in market blur vision of success in market. So this give birth Greed in human heart and heart beat goes in risk mode. As his decision is based on emotion, greed and risk, ultimate output in market make downfall value of portfolio. So investor cycle run between:



If he still not learn that why downfall occurred, he again move from downfall to emotional thinking and repeat the same mistake again & again. Investors are frequently driven by feelings similar as fear and rapacity, especially in aggregate. Genre can keep people buying and asking up prices, hoping for ever-big returns or gains, when requests are rising. This can in turn lead to asset bubbles that will finally burst. Once he knew Market perception and market behavior, he shifted from downfall to intelligence thinking. This situation give knowledge about market and now market give return with potential growth.

During Growth phase, investor must be alert, else line between positive and negative thing is very thin. Any mistake make again in downfall phase in market. **Legendary investor Jack Bogle** told **CNBC** in **2018** that buying stocks and holding them was the best way to invest because “*your emotions will defeat you totally*” if you try to sell your holdings to avoid losses and get back in afterwards. So “*Stay the course,*” .Don’t let these changes in the market, even the big ones [like the financial crisis] change your mind and never, never, never be in or out of the market. Always be in at a certain level.

### *Finding balance and detachment in the face of market volatility*

Finding balance and detachment in the face of market volatility is crucial for investors. The teachings of Bhagavad Gita can provide valuable insights in this regard. Just as the Gita emphasizes the importance of remaining detached from the outcomes of one's actions, investors can benefit from cultivating a similar mindset. By focusing on long-term goals, maintaining a diversified portfolio, and staying informed about market trends, investors can navigate the ups and downs of the stock market with a sense of calm and equanimity.

### CONCLUSION

In conclusion, the correlation between the stock market and Bhagavad Gita is a fascinating topic that highlights the interconnectedness of finance and spirituality. By integrating the teachings of Bhagavad Gita into investment strategies, investors can find balance and detachment in the face of market volatility. The psychological impact of stock market fluctuations can be mitigated by applying the principles of the Gita, which emphasize the importance of knowledge and wisdom in decision-making.

This integration of spiritual teachings with financial practices has the potential to bring about a more holistic approach to investing, where investors not only seek financial gains but also strive for personal growth and inner fulfillment. It is through this integration that individuals can navigate the complexities of the stock market with a sense of purpose and clarity, ultimately leading to a more fulfilling and prosperous investment journey.

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