



Ancient Vedic Mantras and Rituals





Shrimad Bhagavad Gita Chapter-4 Shalok-1 | श्रीमद् भगवद्गीता अध्याय चार-श्लोक एक | PDF

Chapter 4 – Jnana Karma Sannyasa Yoga Verse 1

Sanskrit Verse

Śhrī Bhagavān Uvācha:

Imaṁ Vivasvate yogaṁ proktavān aham avyayam |
Vivasvān manave prāha manur Ikṣhvākave 'bravīt ||1||

Simple Meaning

Lord Krishna said:

I taught this eternal and imperishable science of Yoga to Vivasvan, the Sun God. Vivasvan passed this sacred knowledge to Manu, and Manu then instructed King Ikshvaku. Thus, this divine wisdom was preserved through the sacred teacher-disciple tradition.

Detailed Explanation

The Eternal Origin of Yoga

In this opening verse of Chapter 4, Lord Krishna



reveals that the knowledge of Yoga is not a new philosophy but an eternal truth that has existed since the beginning of creation.

He explains that He first imparted this imperishable wisdom to **Vivasvan (the Sun God)**, establishing that spiritual knowledge originates from the Supreme Lord Himself.

This shows that the teachings of the Bhagavad Gita are timeless and remain relevant for every generation.

The Sacred Guru–Disciple Tradition

Lord Krishna explains that Vivasvan transmitted this divine knowledge to **Manu**, the father of mankind, who then passed it on to **King Ikshvaku**, the founder of the Solar Dynasty.

This demonstrates the importance of the **Guru–Shishya Parampara (teacher-disciple tradition)**, through which authentic spiritual wisdom is carefully preserved and transmitted from one generation to another.

When this tradition remains intact, the purity and true meaning of spiritual knowledge are maintained.

The Significance of Vivasvan, Manu, and Ikshvaku

Vivasvan represents the Sun, the source of light and life.

Manu symbolizes the origin of human civilization, while King Ikshvaku represents righteous leadership and the application of spiritual principles in society.



By mentioning them, Lord Krishna emphasizes that Yoga is not meant only for sages living in forests but also for rulers, householders, and all people who wish to live according to Dharma.

The Meaning of Imperishable Yoga

Lord Krishna calls this Yoga “**Avyayam**” (**imperishable**) because its principles never change.

Time, culture, and circumstances may change, but truth, righteousness, selfless action, devotion, and spiritual wisdom remain eternal.

Those who sincerely practice this divine Yoga attain inner purity, wisdom, and lasting peace.

Jnana Karma Sannyasa Yoga in Practice

This chapter teaches that true spiritual life is based on combining wisdom with selfless action.

Knowledge without action remains incomplete, while action without wisdom may lead to attachment.

When actions are performed with devotion, discrimination, and surrender to God, they become a means of liberation rather than bondage.



The Importance of Preserving Divine Knowledge

Lord Krishna begins this chapter by reminding humanity that divine wisdom should never be forgotten.

Whenever this sacred knowledge declines, confusion and unrighteousness increase.

Therefore, every sincere seeker should study, practice, and pass on this eternal wisdom so that it continues to illuminate future generations.

Key Points

- Lord Krishna first taught this eternal Yoga to Vivasvan, the Sun God.
- Vivasvan transmitted the knowledge to Manu.
- Manu passed the divine wisdom to King Ikshvaku.
- Spiritual knowledge is preserved through the Guru–Shishya tradition.
- The Yoga taught in the Bhagavad Gita is eternal and imperishable.
- Divine wisdom is meant for all humanity, not only saints and sages.
- Knowledge combined with selfless action leads to liberation.



- The Bhagavad Gita teaches timeless spiritual principles.

Profound Spiritual Meaning

This verse reveals that divine knowledge originates from the Supreme Lord and is transmitted through an authentic spiritual lineage. It teaches that eternal truth never becomes outdated and continues to guide humanity toward righteousness. By approaching this sacred wisdom with faith, humility, and devotion, a seeker gradually develops spiritual understanding, performs actions without attachment, and advances toward Self-realization and liberation.

Word-by-Word Meaning

Imam – This

Vivasvate – To Vivasvan (the Sun God)

Yogam – The divine science of Yoga

Proktavān – Taught, instructed

Aham – I

Avyayam – Imperishable, eternal

Vivasvān – The Sun God

Manave – To Manu

Prāha – Spoke, taught



Manuḥ – Manu

Ikṣhvākave – To King Ikshvaku

Abravīt – Told, instructed

Message of the Verse

Lord Krishna teaches that the science of Yoga is eternal and originates from the Supreme Lord Himself. It has been preserved through the sacred Guru–Shishya tradition, beginning with Vivasvan, continuing through Manu and King Ikshvaku, and now revealed once again to Arjuna. By studying, practicing, and preserving this timeless wisdom with faith and devotion, one progresses toward righteousness, spiritual knowledge, inner peace, and ultimately liberation.



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