

The Legend of Singhasan Battisi: An Ancient Text with Mystical Powers

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Abstract:

Singhasan Battisi is a renowned compilation of ancient Indian folktales about the legendary throne of King Vikramaditya, who was famous for his wisdom, valor, and justice. It testifies to the worth of King Bhoja to ascend this throne through thirty-two tales told by one of the statuettes adorning the throne. Institutionally, the tales originated during the Gupta period-about the 4th to 6th century CE- and hence portray the moral and ethical values of ancient Indian society. They are arranged so as to bring out explicitly certain ideological themes: virtue, justice, wisdom, courage, loyalty. The stories themselves, besides being gripping narration, read equally profound lessons on moral rectitude, strategic Variables-thinking, bravery, and undeviating devotion. The text is not only a moralistic tract but a social document that provides insights into the value system underlaying the ancient Indian civilization. Singhasan Battisi is culturally important because it has impacted Indian art, literature, and performing arts in all its styles. The translation of stories into various regional languages and the modern rendition into television serial and theatrical modes continuously make them emotionally alive and subject to the contemporary opticality. This adaptation keeps the intrinsic message of the stories intact but initiates a sense of affinity to the sensibilities of the modern viewer.

The overall Singhasan Battisi still remains a classic in its own right, a rich cultural and moral heritage of India. Inspirational and educational in value, the stories themselves are timeless. They represent and reinforce the timeless virtues of humanity: beauty and truth, prudence and wisdom, justice and fair play. These stories are not merely enchanting folktales but a rich source of ethics and philosophy as well.

Keywords- Singhasan Battisi, Classic, Folktale, humanity.

Unraveled Singhasan Battisi

Singhasan Battisi, a very mysterious ancient text, is covering in enchantment and mystery. It has been a matter of total fascination for scholars, researchers, as well as enthusiasts for hundreds of years-divided. This mysterious manuscript contains highly useable wisdom, mysteries, and magical powers embedded in its stanzas, so much so that it is wealthy in knowledge and spirituality.

Origins of Singhasan Battisi

"Singhasan Battisi", or the "Throne of Thirty-Two Lions:", mentioned to have been actually created by wisem King Vikramaditya in order to impress the legendary sage, Baital; narrates stories of bravery, prudence, and the supernatural that reflect the good and bad sides of King Vikramaditya's journey in pursuit of enlightenment.

Deciphering through Symbolism and Messages of Singhasan Battisi

Hence, Singhasan Battisi or the thirty-two tales is a rich source of allegorical stories and moral lessons imparted therein to guide humanity vis-à-vis leadership, courage, and truth-seeking. Thirty-two parables narrated within the text appear to signify thirty-two virtues that a true leader must possess as part of his personality.

The Influence of Singhasan Battisi on Culture and Literature

Through generations, Singhasan Battisi has left its mark upon Indian culture and literature, consequently, the work has been subjected to numerous adaptations and renderings in multitude forms of art. Timeless wisdom and universal themes attract readers all over the world and hence find it extremely relevant even today.

Unlocking the Power of Singhasan Battisi for Modern Readers

In fact, today, when the sciences dealing with leadership and morality have been reduced to the perusal of periodicals and half a dozen manuals on correspondence courses taking up years to complete, the lessons of Singhasan Battisi remain pertinent on all accounts. This work invites the reader to delve deep into that useful book, to discover yourself and gather inspiration from the timeless wisdom that was given out to the humanity in the bygone era.

Reclaiming the Heritage of Singhasan Battisi

The legacy of Singhasan Battisi is that whenever we think of it, we, at the same time, are reminded of the immortal power of storytelling, but equally of strong content left in those ancient texts which can change our lives. When we research and value this magical manuscript, its wisdom offered to us by our ancestors; its message finds its way to enlightenment for many future generations.

This text, therefore, concludes that Singhasan Battisi is at once a record of the resigned acceptance with which ancient texts managers seem imbued and also a grim reminder that not all ancient texts are timeless pearls of wisdom.

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Effectiveness of Dietary Intervention Versus Amla Chawanprash on Anemia Among B.Sc. Nursing Students in Selected Nursing Colleges of Indore: A Comparative Study

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Abstract:

Anemia is one of the most common nutritional deficiencies affecting various social and socio-economic statuses. The prevalence of anemia among six groups as per the National Family Health Survey 5 (2019-21), is 25% in men (15-49 years) and 57% in women (15-49 years) 31% in adolescent boys (15-19 yrs.), 59% in adolescent girls, 52% in pregnant women (15-49 years) and 67% in children (6-59 months). The prevalence of anemia was 52.5% in Madhya Pradesh. The main aim of this study was to compare the effectiveness of dietary intervention versus Amla Chawanprash on anemia among adolescent girls in Nursing colleges of Indore. An experimental research design was used with a quantitative research approach to identify the prevalence of anemia among adolescent girls. The 30 adolescent girls with mild anemia were selected by purposive sampling technique. The study samples were divided through randomization into two experimental groups using a lottery method. Participants of both experimental groups were administered with dietary intervention and amala chawanprash along with routine hostel meals for 20 days respectively and follow-up was obtained after 15 days of therapy through venous blood sample. In the protocol of study, the experimental group of dietary intervention was provided with 100 gms of raw beetroot salad along with lemon juice for lunch and 50gms of chikki in the evening. The other experimental group was given 10 gms of amala chawanprash twice a day after lunch and dinner. The reliability of instruments that is venous blood sample was obtained by test retest and finding of Karl Pearson coefficient $r = 1.34$ shows that the tool is highly reliable. The study results revealed the t-value of the experimental groups were 2.791 and 1.008 that is less than the tabulated t-value of 2.15, which shows statistically non-significance. But the individual scoring proves the change in hemoglobin level. However, both the dietary intervention and amala chawanprash are equally effective, with a mean difference of 0.4 and 0.3 respectively. Result of the study revealed that there is change in the level of hemoglobin in both dietary intervention and the