

[The Science of Upanishads - Part 13: What Is Sanatan Dharma? How Does It Differ from Religions of The World? Or Is It a Religion At All?](#)

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The phrase **Sanatan Dharma** is a combination of two Sanskrit words, *Sanatan* which means

"Eternal", and *Dharma*, which originated from the word *Dhri*, which means "To Sustain or To Hold Together". It is both **Anadi** (without the beginning) and **Ananta** (without the end), and represents a code of conduct or a value system, with spirituality at its center, that holds everything together forever. Thus it does not denote any specific creed, cast or religion. Any spiritual pathway or vision that accepts the spiritual freedom of others may be considered as part of Santan Dharma. It is defined by the quest for cosmic truth, just as the quest for physical truth defines science. Its earliest record is the **Rigveda**, which is the record of ancient sages who by whatever means tried to learn the truth about the universe, in relations to Man's place in the Cosmos. They saw Nature — including all living and non-living things part of the same cosmic equation, and as pervaded by a higher consciousness. This search has no historical beginning; nor does it have a historical founder. In general, *Sanatana Dharma* proposes the practice of virtues such as honesty, refraining from injuring living beings (Ahinsa), purity, goodwill, mercy, patience, forbearance, self- restraint, generosity, and **asceticism**.

[Read Here for More on Sanatan Dharma](#)