

Jainism and Buddhism

Chapter 3: Jainism and Buddhism · Topic 1

Key Concept

Mahavira, the founder of Jainism, emphasised non-violence (ahimsa), truth, and asceticism as paths to spiritual liberation (moksha).

Buddha (Siddhartha Gautama) founded Buddhism, teaching the Four Noble Truths and Eightfold Path as ways to overcome suffering and achieve enlightenment.

Both religions rejected the rigid caste system and complex rituals of Vedic Hinduism, appealing to many who sought simpler spiritual paths.

Jainism and Buddhism significantly influenced Indian philosophy, art, and culture, and Buddhism spread widely across Asia.

Quick Revision Notes

- Mahavira founded Jainism.
- He emphasised non-violence, truth, asceticism.
- This leads to moksha (liberation).
- Buddha founded Buddhism.
- He taught the Four Noble Truths and Eightfold Path.
- These help overcome suffering.
- Both rejected the rigid caste system.
- Buddhism spread widely across Asia.

Practice Questions

- 1 Research Mahavira's teachings.
- 2 Research Buddha's Four Noble Truths.
- 3 Discuss what non-violence (ahimsa) means.
- 4 Explain the Eightfold Path simply.
- 5 Discuss why these religions appealed to many people.
- 6 Research how Buddhism spread across Asia.