



# Franz Kafka's Metamorphosis: A Study From Psychological Cannon And A Response From Indian Philosophy And Yoga Point Of View

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## *Abstract*

The Metamorphosis as a short story has achieved a ground breaking success as a gem in a cascade of world literature. It's wide acknowledgement not merely as a literary product but a replica of modern life. Human being is the greatest creature on earth but his deplorable state in the so called state machinery and in mechanical society reduced to merely an insect identity. It opens many avenues of interpretation out of the surface story with its bizarre and awkward appearance. From psychological, sociological, political, medical science, and philosophical point of view Metamorphosis could be assessed with its unique appeal. It presents the horror in the mirror of society about the modern man's life and living. The protagonist's transformation into an insect upholds the crisis of individual identity and entity of modern man. Gregor Samsa's alienation and helplessness state both in family and in society reminds us apprehension about the future of modern human being. This paper endeavours to find the causes of Gregor Samsa's transformation into insect in the backdrop of individual crisis and a response to it from Indian philosophy and yoga point of view. Indian philosophy never admits that insect like life and living. It always enlightens the potential of human soul and human being. Indian philosophy may be a beacon to save the humanity in future.

## *Introduction*

Franz Kafka is one of the mesmerizing and enigmatic writers of Modern era. His writing is unique and left a lasting impression on readers to meditate over his writing so far. Kafka's literature means what is against thralldom in society and state. Kafka's agony not only for Jews but also for the people of the world. That's why kaka's literature has timeless appeal. Kafka's lonely helpless and hopeless Hero appears on the stage apparently in simple and easy way but in the backdrop of their lies complex psychological and social structure. Kafka's hero wants to live-happily in the society. But nobody accepts him or his situation, nor that he protests or revolts against anybody or anything, yet his mental climate is crowded with a dark spell of fear and anxiety. If there is not enough oxygen to breathe in. His hero is suffering to live here in his own way in this world. The world seems to him a symbol of pain and suffering. There is a bleeding in his lungs, yet he is capable of upholding inhumane and impudent images of man to his successive generations to search the meaning of it.

## *The psychoanalysis in the Metamorphosis*

"What I needed was the little encouragement, a little friendliness, A little help to keep my future open, instead you obstructed it, admittedly with the good intention of providing me to go down a different path." This is said by Kafka to his father in one of his letters kafka's inner psyche precedes him in depicting such character like Gregor Samsa. In personal life he faced many complex situations of modern life. He tried to come out of it but couldn't. He once opined "I am in a cage, in search of a bird". He struggled consistently with his very self. He felt that he or his work was never good enough. He was self analytic, self obsessed, an introvert. His demeanor was quiet and reserved. Kafka kept himself aloof both from his family and religion. He was not merely deeply moved and influenced by the hard reality of the world around but put him away from the so-called social system. Through his writing kafka entered in such a world where the influence of social decadence was firmly and noticeably visible. Kafka's world cannot be discerned in surface eyes. So it deems to be as dark. The more one reads Kafka, the more one contemplates, returns to him and his work, and a piece of puzzle only to start anew. Kafka was complex, deep, emotional, surreal, and psychological.

Franz Kafka's *Metamorphosis* is a monumental artifact which upholds the mirror of arid and inflicted soul of modern life. Modern men's senses become desultorily clumsy, mind fragmented, and Soul morbid. Modern mechanical and corporate lifestyle made Gregor Samsa, the central character of *Metamorphosis* is weary, lonely, and unbearably exhausted. These wearinesses are accumulated in his life day after day to lead a titanic break down in his life. He suffers from existential crisis He is helpless to his situation. He deems to be a burden to his life, family, and society. He could no longer bear and move on in the journey of his life and activities. His mind and physique desire to get rest but have no respite. Gregor Samsa is a coward, a failed salesman. Around his failure he becomes a slave to his family. He feels nobody wants him. Nobody feels sympathy for him. There is no empathy around him. He is rejected from everywhere. So one day he heard his sister saying her family that they have to recover from this insect life. The story begins with this line-" Gregor Samsa awake one morning from uneasy dreams he found himself transformed in his bed into a gigantic insect."

A deep psychological inside into enquiry in the metamorphosis raises few psychological symptoms of disorders which modern science terms psychotrumatic and repetitive compulsive disorder as we notice in Gregor samsa's drastic change into life. One has only to run one's mind over the more significant literature of Kafka's generation, from st. Mawr and the Westland to Ulysses and Manhattan transfer to realize how prominent a part this view of modem European Civilization has displayed in determining the artist's attitude to his material. The primary obsessive actions of compulsion neurotics, says Freud, "are really all together magical nature". In another context he notes that in so far as the neurosis are caricatures of social and cultural Creations, the compulsion neurosis is like a caricature of a religion. The pertinence of the Freudian analysis to kafka's personal psychology as well as to the psychology of the art is self evident. Freudian ideas can be applied to literature as in Kapka's text *Metamorphosis* though by no means essential to their appreciation, psychoanalysis can help us to the origin of specific symbols in his stories as you notice the metamorphosis in the first paragraph delineates how Gregor samsa awakes one morning to find himself changed into an enormous insect; and from that point the story is developed in a logical and realistic manner. The analysis and the interpretation of dream is one of the key aspects of psycho analysis search analysis has shown that dreams usually symbolised brothers and sisters as small animals or insects. *Metamorphosis* is a story of a family life. One of its sub themes is the displacement of Samsa by his sister. It seems to us that this allows if we take into consideration the dream technique of displacement and condensation, for the, understanding of the story as a mixture of wish and guilt thoughts. Samsung wishes himself into the covated and responsible position of family provider, the slowing the father to the humiliating state of chronic dependence which in real life is his own. The guilt- compulsion, however, to annul this imagine pleasure by comparing him to suffer himself the grotesque fate which he had prepared for the sister. For the protagonist there is no scope to avoid the Kafka's catastrophic world. In psycho analysis dream has its own interpretation. The workings of the subconscious and the unconscious minds are paramount

importance to Kafka's character. Kafka succeeds in joining two planes, in "hammering" them together until both are equally real and yet equally unreal. His intrinsic ambivalence found here it's Idea expression. His myths unfold like dreams, and like dreams and banish the sense of "perhaps" and are predominantly made up of visual images. Their terror is like nothing so much as the sensation of drawing. It is the terror of sinking so deeply into workaday reality that, magically transform, it turns into a dream, an illusion. Gregor Samsa in metamorphosis arouses the emotion of pity and terror about the predicament of modern life. Pathos is the pathos of loneliness and exclusion. The enigmatic illusion in Samsa's life is a reality relation underlied in the form of Dreams.

Kafka portrays an image of a world without a center. There is no point of beginning and an end. It is awesomely present absent. People in Kafka's society are alienated both from society and themselves. With the advance of modern technological epoch in which Kafka lived presents a perplexed and anxiety that embody modern life's frustrations and anxieties and dark moods. Humans are moving away far from the touch of nature with every day needs meet or, when confronted by the totalitarian oppression, out of touch with society. Eugene O'Neill's the Hairy Ape laments that "I am not in heaven, I am not on earth, but taking the worst from both the worlds".It is something of the image ,situation, and spirit, if not the flavour of Kafka's tragic gloomy state.

For Kafka, humanity has only glimmering of its formerly blessed state yet desperately endeavors to regain it.kafka depicts such an absurdity in characterization in his writing combining the unreality of dream state with an image of dark vacuumness and insipid, indifferent attitude and expression to the occasion. His characters are hard pressed in social milieu in modern western state and tries to emancipate from it but could not. From every corner horrible and apprehensions enslave man and it dehumanizes his entity into industrial mechanical Kafka's story of metamorphosis resembles the parable. It is simple yet enigmatic. Kafka's text maybe viewed psychologically as an answer of son's reports to deal with an accusing father. Kafka's protagonist Gregor Samsa pizza man going about normal dramatic business when violent and inexplicable eruption warns him that his life has gone astray. He awakens one morning to discover that some incomprehensible change has occurred to him.No makes out him.no one recognizes his situation. No one feels empathy for him.The absurdity Kafka portrays deeply rooted in psychological implications and interpretations. Kafka's personal life too covered with dark images that resonate his personal struggle ,his deep dissatisfaction with his bureaucratic job and turbulent tension in daily life. Gregor's sudden bizarre state adds another layer to sombre depiction,underscoring Kafka's sense of being trapped in both body and circumstances. Kafka's work often seems bleak,contains playful absurdity .once one grasps this absurdity it can evoke surprising laughter an acknowledgment of life's contradictions. This irony, embedded in his narratives,suggests that Kafka understood not only as a struggle but as an odd dance with fate. His characters suffered endless frustrations in day after day life. And paid with him down. Mentally everafter. Kafka's metamorphosis exhibits a poignant look at the protagonist Gregor Samsa's struggle for survival both in society and to self and it has an enduring relevance in today's world.

Gregor samsa's family forsake him for his transformation into insect. He is helpless and wishes frantically to hold his own shadow of shadow. The shadow doesn't have any appeal to life nor arouse a curiosity. Gregor's isolation of state machinery, house hold cores build a shadow around him. The family members partly pin him never allows them to realise his situation moreover that shadow dreams the horror and hollocination waiting for the Impending end .that shadow borne in everybody's desolate curtain . This shadow haunts every time and from every corners. Gregor wishes if his Shadow would give him a company to standby visions borne in everybody's lonely presence. presence in all absence. The dark deep shadows distorts the reality of truth and sympathy embedded life. The shadow in life haunts him like oasis and changes its safe moments after moment to know who is his shadow fellow but wishes to live with it even after.

A retrospective study of kafka's life from reader response point of view shows that it has close affinity to *Metamorphosis's* protagonist, Gregor Samsa. Kafka has all odds and absurdities challenges against the opposed realities to cope up with in personal as well as professional life. Kafka's relevance today encouraging us to navigate the ambiguity of modern life with empathy and resilience. Kafka's

doesn't speak philosophy through his writing. Kafka's subject may be interpreted from various perspectives. From psychological canon the depiction of human's inner conflict and struggle with all adversities suggests his anguish and turmoil soul. Metamorphosis drags the attention of all generations since its composition. From medical psychological analysis and research fields it opens new horizon of interpretation.

The protagonist of *The Metamorphosis*, Gregor Samsa might have suffered in disease what in modern medical term is called Brain Fog. The term 'Brain Fog' is coined out of the mixed feeling of ennui, irritation, and idleness in life. Lack of sufficient rest and sleep causes the brain fog in man's life. The functions of the mind are severely affected in it. The symptoms of brain fog are reduced density, loss of memory, in distinct or colorless thoughts, extreme ennui and drowsiness, feeling oppressed, less self respect, poor performance in workplace, depressed attitude, inability to solve a problem or fail to organize things. Day dreaming is the outlet of his life. Lack of sufficient rest and sleep are the main causes of brain fog. The brain fog completely subdued the functions of mind. Besides diabetes, high blood pressure, low immunity power and the like also damage the physical health and thereby weaknesses may also lead to brain fog. Apart from it a long session of despondency in life is responsible for the brain fog. The many pressures in everyday routine also impact the mind immensely. The gradual increase of this excessive stress in modern life makes the human being not only weak but also cause the brain fog. Besides, various health related issues, complexities and lifestyle disorders cause the hormonal imbalance in physique and damages the mental health dangerously.

Yoga is an important medium to search the underlying meaning and causes on the backdrop of *Metamorphosis*. Yoga can enhance our quality of life. modern life is full of complexities and tension along with stress and frustration. Now-a-days it is tension casts a dark shadow among people around the globe. Besides food habits of modern life and anxious of private job make the modern life restless and insecure. Yoga could provides many physical benefits in modern life. Yoga also can improve immunity and resistance to disease. Yoga enhances our lifestyle modification.

From psychological point of view the fear of missing out causes various apprehensions in modern life. The fear of failure enshrouds the life of modern man. It leads to many mental diseases. Kafka's protagonist had gone through this session year after year. Fear of failure, known as Asychiphobia, intrudes in daily life slowly but quite unknowingly. It is a type of anxiety disorder. Besides, the fear of failures leads to a repetitive compulsive disorder in Gregor samsa's life. He had gone through the session both in his professional and family life. His failure as a salesman cripples him both mentally and physically. Every time he was in apprehensions of something ominous going to happen with him. He was the sole earning member in his family. Kafka too in his personal life had met this same situation in his family. In "A letter to my father" kafka confesses about it how regarding profession the disagreement with his father appeared and he failed to persuade his father. Such aimless vision in life and indistinct thoughts appeared both in his life and writing. He had written, "it is fact that I do not have freedom of choice in selecting profession". The persistent fears of failure created some irrational images and horror in life and expressions. In Kafka's writing we notice the same 'dark side of Life' as we found Beaudlaire and Allen Poe,. Here lies the relevance of yoga to shade light on it and self medication and messages of Geeta could save soul and life. Gregor's life completely transform because he deems he turns into an insect and process and imaginary boundary with in himself to the point from which he couldn't return back into life anymore. Indian jugaadarshan and response to such insect life of Gregor Samsa. Karma Yoga, Bhakti yoga, and Gayan yoga are three pillars of Hindu philosophy. All three ways help us to recognise our in innerself and outer self and the potentiality of human being.

They are the exercises of hand, heart ,and intellect. Modern life is full of confusion and problems, blind Persuasion without having least idea about human beings entity. Indian yoga Darshan says man is the best creature on earth. failure of emotional control, tension, anxious emotional control tension, stress are associations of modern men's life. Apprehension of failure can produce emotional and behaviour symptoms which can drag the individual psychological lower level and crackdown completely in life. Modern man lost his right track of life. Follow the things near by him. Yoga

restaurants man to keep balance between Expectations and reality in addition to emotional and behavioral symptoms, people appear of failure may also experience physical symptoms including Rapid heart rate ,chest tightness ,trembling, dizziness, lightheadedness, sweating, and digestive problems. Yoga teaches the value of human being and its position in the universe. Yoga darshan in Geeta suggests the goal of life and the exercise of will power in positive vibe in human being. To realise once true divine self through ethical conduct and adherence to principal truthfulness non violence compassion and selfless action all imted achiving liberation. Hindu Darshan does an approved such insect life. Hindu Darshan always exist and glorifies human being as the best gift of God with huge possibilities and opportunities.

Sexual relationships in Kafka's fictional world often have a sadomasochistic quality. In metamorphosis we notice Sadomasochistic relationship both to his superiors at work and to the members of his own family. The role of Gregor Samsa's mother is passive, rather nondescript women whose primary function consists in lending emotional support to other characters, especially to the father and the sister as in Sigmund fried audible Triangle, C Bcom and object for whose attentions father and son complete. Gregor is the primary brainer for his parents and sister. He grows alienation from his family culminates in his death, which brings with it a kind of Ironic rebirth of this Samsa family, specially of Gregor sister Grete Samsa's marriage and hope.

From behaviorist analysis the causes and effects of frustration in life builds awkward shape of attitude. Frustration in modern life is a common company of modern man. Frustration in life dress the level of mine at the very low layer Samsa had gone through out the life of frustration Expectations and demands didn't go parallel in him and thereby he didn't find a balance . Gregor Samsa the protagonist in the short story could n't reach the Expectations in life from family or from Professional success. In his desires and dreams and the reality his frustration comes from his failures and ignorance fear of apprehensions had casted a dark shadow in his life for many years. frustration is a constant company in modern men's life. Frustration could lead to male adaptive daydreaming disease it is a where a man apprehensions in awakening . It is a distorted form of daydreaming sometimes it becomes so severe to a man's life. Yoga can help a individual to realize his own self and surrounding. Meditation is one of the aspects of yoga can soothe men's nerves and mind. It can be caused by many things in modern life including long days at work, unforeseen events, and unplant deadlines. Long term effects if left and managed, frustration can lead do uncontrolled anger, increased stress level, demotivation, depression, and discouragement. This was happened to Gregor Samsa in his personal and professional life. Yoga Nidra lowers a person's level of frustration, daily practice of Yoga Nidra slow down a person's level of stress blood pressure and anxiety. Yoga Nidra has Deep Impact on frustration and can reduce it to an normalcy. The practice of Yoga Nidra benefits us both mentally and physically while keeping our minds tranquil..

Amidst this Complex psychological situation in Gregor Samsa's life the messages of yoga could provide a satisfactory ray of hope into the mainstream life of its opulence and beauty. Yoga could pave a new avenue of meaning to this predicament of modern life and living. Modern man becomes blind and hollow. Man could not find out the right path from this dismal in life. 'Yoga is a journey of the self, through the self and to the self. Modern complex and corporate lifestyle casts a dark spell over to our mind and physique. This corporate culture is led and sought several millions across the globe. They are detached from the spirituality and tranquility of the mind. They could not balance what mind seeks and body desires. They are far away from the vibes of nature. Artificiality and affectation are overpowered them. The modern life's stress, poor health, unsleep issues, fear of death, fear of failure, tension and anxiety could be removed by nurturing and practicing yoga. Yoga ignites our soul, strength our physique and brings calmness to mind. By practicing yoga the spirit of oneness of Mind, physique, and soul the oneness of animate and inanimate world, oneness of society and fellow human beings could be envisaged. Yoga could upside down isolation, alienation and absurdity from modern man's life. Yoga could provide a so lace to a fanatice, keep calm to whimsical, restore depressed and the confused man.

Modern men are confused. They lost their way of living. They suffer from identity crisis. They often scare of their existence on earth. They cannot disturb what suit him right. They are always in anxiety and phobia for the apprehensions and dream visions. Modern men afloat in dream vision which make them forget about the real existence on this mundane earth. They deviate from the aim in life. Present the features of his age with minute observation and brooding. The central character in metamorphosis, Gregor Samsa is the product of his age. His dream visions apprehensions inertia transformation into an gigantic insect, failure of communication with other people, horror image are all portraits all portrait of the of the existential crisis in modern men's life. He is hopeless and helpless. Fear of failure grabs him and it turns to apprehensions and anxiety increasing days after days. Writing is so sensitive that it cannot be drawn in usual public life Kafka's extreme touch is inextricably in twin with softness, humour and irony. Nahin Hoga Nahin hoga it makes the reader numb and awkward. Modern man or we can fragile both in mind and spirit. Gregor Samsa feels himself guilty those and society also as assumes it though there is no right cause against this backdrop. Kafka's character is encircled with the pressures of within and without Modern life's psycho and neurotic disorders makes a man clumsy both in Spirit and physique. TS Eliot in his famous poem "Hollow Man" states that modern men are hollow men and stuffed men. These men are bodies without definition, shadows without colour, frozen strength, action without movement. The speaker's eyes in his dreams but refuses to look back at them. In death's dream Kingdom these eyes do not appear. The poet in poem imagining the world, simply putting out: "not with a bang but whimper". Modern men's life is spiritually hollow and religious barrenness make him arid, indifferent and loveless. Gregor Samsa's family life in metamorphosis is full of detached, senseless empty. Empathy doesn't come to the concord of family and social life. Spirituality is the citadel to any man's or sect's life. Yoga makes a platform for men's spiritual growth the mind and spirit. Yoga can fulfill this existential crisis in modern men's life and living and help to nurture the potentiality of humanity and sensitivity of modern life.

### ***Maladaptive Day Dreaming: Psychological interpretation in the Context of Metamorphosis***

Maladaptive Day Dreaming is an acute and self destructive disease that engulf modern human being in recent times. It is very actively prevalent in modern life. Consciously or unconsciously more or less we all are affected in certain point of time in life. Modern man is isolated in family life and in the era of technology. Social media dependent life makes them more alien and depressed. Normal human being hardly imagine the ominous happens to meet with his closed ones. But it is the fact that certain human being often imagine the ominous things in lives of their relatives or about himself in awakening. To them it is merely a past time matter in their life. To them it is no longer a matter of the working of imagination rather a type of daydreaming. More overtly it is called abnormal form of daydreaming. Maladaptive day dream or daydreaming disease is nowadays a common phenomena among us. These day dreaming sometimes reverses into an abnormal appearances. Day dreaming or the power of the working of imagination what we do or act exactly do these things in reality. Maybe the attitude or expression of the human being leading to change accordingly out of the impact of daydreaming. The abnormality of Day dreaming can be cured through the psychological counseling. If this severe psychological symptom crosses its limitation it could be harmful to individual life. There are many incidents can occur through this day dreaming. It can create both the fantasy and apprehension about our relations or self in life process. In the day dreaming there are many characters to exist in working of our mind. There could have many characters in day dreaming as it were everything is happening before his eyes and he witnesses it couldn't play any role from his end. The affected person is confused enough to trace out the location exactly where he stands the then time. In reality he is stays alone but continues his dialogue. Even he couldn't recognize the familiar stands in front of him for this particular moment. He is in somnambulism. Define the person stands by him he ceaselessly exchange his dialogue with himself in his imaginary world and other activities. Why the day dreaming is abnormal the psychologists and medical practioners interpreted from various perspective but it has dangerous both on himself and other members of the family.

***The Geeta's views on life and living***

The Geeta is a great Hindu philosophy book on life and living. Both from the materialistic and nonmaterialistic point of view Geeta is incomparable and unprecedented text in life. It is a life philosophy, spiritualism, humanitarian philosophy, life force, life spirit, realistic vision- are all underlined in Geeta. The very precept of Geeta as mentioned here all men and women of the world. It arises the eternal spiritual Vibes among men and women. As a outcome of it, it provides inspiration to move enlightenment from the morbid and depression of human being. The ignorance gradually efface out from our mind. They got inspiration to love and serve all human being in society. Geeta says life is a great battlefield. Human being have to fight with self and with adverse things and human being ceaselessly till death. Every human being have to fight in his individual life, have to face the crisis of war. But more heinous thing they have in their life. It is more painful than defeat, more horrible than death, the crisis of soul. When the mind is profoundly confused, mind is full of doubt and apprehension, the pulse rate of heart dissected gradually, the soul cry in its dark existential crisis in exhaustion---- the messages of Geeta could save the individual soul in particular and human being in general. The soul's Kurukshetra is thousand times dangerous than surface Kurukshetra. The Geeta is the testament of Lord Krishna's messages to Arjuna before the Kurukshetra war. Human mind is fragile and becomes perplexed like Arjuna. It is a greatest message ever after on human being hardly heard before. Lord Krishna encourages Arjuna to come out from his weak state of mind—

**क्लैब्यं मा स्म गमः पार्थ नैतत्त्वय्युपपद्यते ।**

**क्षुद्रं हृदयदौर्बल्यं त्यक्त्वोत्तिष्ठ परन्तप ॥**

( come out from your weak state of mind. Stand till. Do not be arid and merely inactive human being. Face the crisis heroically with undaunted courage) Lord Krishna asked Arjuna that this morbid and despondency in mind are nothing but fog of your weak, scrupulous state of mind. In the eighteenth chapter of Geeta, Lord Krishna deliberately delivers the mystery of life, the form of work, true life how nature displace its attributes and powers, where is similarities and dissimilarities between man to man, what is the aim of life, what way the man will choose in life, what is the redemption and justification in life--- profoundly explained with minute details in Geeta. The Geeta is the extreme book of philosophy. It knows the apex mystery of the practical reality of life. It also explores the deep psychology of science as well. It deals with that man should not work out of responsibility but work for workself. It doesn't believe in the bonding of biasedness of work. It paves the path of freedom to men. Geeta is a book of self awakening. It helps us to work enthusiastically. It widens the mental vision and horizon. It teaches us the self respect in man. It provides modern realistic vision to man ever after. Geeta shows the practical application of science. It says that family life is nothing but merely a game. Here we are playing with each other in this game. One of the greatest lessons of Geeta is the unbiasedness. How could we achieve this unbiased attitude in work and life is superbly portrait here in Geeta. It also teaches us how to remain calm hectic schedule in both in work and life in tension. It also teaches us to perform duty for duty's sake and not to expect anything in return. Keeping oneself aloof from all work and from all human being and staying in indifferent mood is the best way to avoid the sorrow and suffering in life. It is said in Geeta that at first human being have to be wise and at the same time have to apply wisdom to conquer adverse thing and obstacles in life. It also asks to win everything and everybody with love. To understand the mystery of Geeta is challenging. It says man is the supreme creature on earth and the pilot of himself. Geeta begins with the voice not to defeat in struggle of life and not recede back to fight in life. Man have to fight but through sacrifice, through unbiased mode. This is the message of Lord Krishna. This is the message of Geeta. The Geeta asks to go beyond Nature, beyond existential identity, beyond individual conscience. Do not accept right or wrong of anything. Swami Vivekananda too said, " all weaknesses, all thralldoms are our imagination. Stand Still. Do not fear. Avoid all prejudices. Face the naked reality. If the extreme pain and suffering have to face, or even death toll--- let it come. Frantically be determined to fight in life".

## Conclusion

To sum up the impact of Metamorphosis in modern life and living is admitted individually and collectively. It raises the human predicament in modern times. Gregor Samsa's transformation into an insect is a symbolic representation of modern men's identity and existential and crisis. Isolation in a ragoni and suffering could never be voiced by himself. Neither the family members not the society understands and estimates him with sympathy. Gregors transformation could be explained from sociological, psychological, political ,medical, and philosophical point of view. Kafka depicts a dark gloomy state of human mind through Gregor Samsa which conveys an image of horror to readers. His failures in life gradually castes a dark spell of despondency over his mind and which make him forget his self identity. Indian philosophy and yoga point of view analyses and interprets the protagonist's transformation into insect with minute details. Indian philosophy and yoga make the human being mentally strong, physically fit and spiritually appealing. Indian philosophy never approves such insect like life and living. The messages of Geeta could save the soul in particular and humanity in general. The Geeta is the source of the powerhouse of men's life. It saves the confused and distorted mind. It eradicates all despondency ,depression ,and sorrow in life. It always renews and purifies our mind in the journey of life. The guitar against our mind, heart ,and conscience everafter

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