

Jainism: Life of the Founder, Mahavira Vardhamana

Mahavira Vardhamana was possibly a contemporary of Siddhartha Gautama, the Buddha, of the same caste and also active in the Ganges Valley. The dates of his similar life are variously and traditionally given as 599–527 or 540–468 BCE. He is said to have founded Jainism, which is a more severe form of Buddhism. One of its central tenets is Ahimsa, non-injury to any living being, which is practiced comprehensively.

