



In Search of an Ideal Man

Goswami DK*

Agada Tantra and Vidhi Ayurveda, Government Ayurvedic College, India

***Corresponding author:** Dilip Kr Goswami, Associate Professor, Agada Tantra and Vidhi Ayurveda, Government Ayurvedic College, Guwahati, Assam, India, Tel: 9864351115; Email: drdilipgoswami37@gmail.com

Editorial

Volume 4 Issue 1

Received Date: January 16, 2020

Published Date: January 28, 2020

DOI: 10.23880/jonam-16000223

Abstract

Society is the combination of its unit "individual". An individual is "a man". Each individual has important and valuable role in forming the society. An ideal man is the ideal unit of the society. Hence the need of an ideal man is felt by the sincere and responsible members of the society. Framing of individual character is the key of the ideal society. In the present materialistic society it is becoming difficult to get a man with ideal character. In the present society it is frequently said that, there is lack of love, respect and tolerance resulting in social disharmony. To eliminate the confusion and insecurity in the society proper education and guidance, especially to the new generation, can be considered as must. In this direction only law and administration should not be considered as the only means. The ancient Indian science, Ayurveda, has given guidance in this respect, the role of which can never be denied even to-day in framing the best quality human character.

Keywords: Individual; Ideal Unit; Key of the Ideal Society; Ayurveda

Editorial

Society is the combination of human beings. A society reflects the combined character of its components, "individual". Hence ideal individual character is must to frame an ideal society where peace and harmony are enjoyed by each individual always. Searching for the uninterrupted peace and harmony in the society many laws are being framed and imposed by the administration. But, probably, the goal is not reached till now. Hence an effort to educate the people about the good conducts and character is made by the Ayurvedic scholars in their respective writings (Samhita) which are felt to be important to spread among each and every member of the society.

Individual Behavior to Practice

Maintain mental peace and happiness, when a stranger comes to you then you first start conversation, always help the person who is in trouble, speak sweet, less and beneficial

things, try to identify the cause of success of others (never be jealous to the achievements), be religious, friendly and kind to all creatures, always give effort to pacify the anger of angry persons, help the person who is in grief, always speak the truth, maintain peace, keep patience in all situations, avoid exposure to the causes of anger and jealousy [1].

Persons to be Avoided

Never make relation with the persons who are not respectful to religion, against the king and wicked by nature [2]. Never make friendship with child, old man, greedy person and stupid person [3].

Behavior to be Avoided

Never lie, take other's property, do enmity, discuss the faults of the others [4]. Never dishonor the female, make

sexual relation with the female who is not the own wife [5]. Never spend time without purpose, break the rules of the organizations [6], Never drink wine, gamble and make relationship with prostitutes, express other's secrets, say harsh words to the others , speak more [7]. An individual bearing the qualities mentioned can keep peace and harmony in the society. Such a person never suffers from jealousy, greed, anger etc. Even in a tense situation he/she can keep himself cool and can also calm down others. If the society can be trained with the advice of the Ayurvedic scholars on good conduct and behavior then social harmony and peace can be expected with certainty. Extensive study, research

and evaluation of the concepts of Ayurvedic classics and education to the common people may show a new direction in the quest for world peace and harmony.

References

1. Charaka Samhita, Sutrasthana, Chapter 8, Sloka 18.
2. Charaka Samhita, Sutrasthana, Chapter 8, Sloka 19.
3. Charaka Samhita, Sutrasthana, Chapter 8, Sloka 25.
4. Charaka Samhita, Sutrasthana, Chapter 8, Sloka 19.
5. Charaka Samhita, Sutrasthana, Chapter 8, Sloka 22.
6. Charaka Samhita, Sutrasthana, Chapter 8, Sloka 25.
7. Charaka Samhita, Sutrasthana, Chapter 8, Sloka 25.

