



Dhairya, According to Ayurveda Literatures and Many Indian Spirituals Books

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ABSTRACT

Dhairya means patience. There may be so many obstacles in prosecuting our spiritual life, but we should patiently go forward. Patience plays a crucial role in focusing the long-term objectives in a person's life. It helps a person to make choices that are rational instead of emotional. Persistence comes with Patience. Being patient helps to build a reputation in terms of business. A patient person is likely to attract more people to listen to falls short in an impatient person.

Key word – Patience, Consultancy, *Dhairya*, [Forbearance](#)

INTRODUCTION

Dhairya- It means patience. It includes calming down the agitated or vitiated state of Mind indirectly increasing the patience of the person either for counselling (*Ashvasana*) or meditation techniques. It gives the person the courage to bear the challenges of life.

श्लेष्मप्रकृतिस्तु दुर्वेन्दीवरनिस्त्रिंशाद्रिष्टकशरकाण्डानामन्यतमवर्णः सुभगः प्रियदर्शनो

मधुरप्रियः कृतज्ञो धृतिमान् सहिष्णुरलोलुपो बलवांश्चिरग्राही दृढवैरश्च भवति ॥

The person of *kaphaja* constitution has complexion similar to the colour of one of these- *durva*, *indivara*, sword, fresh nimba fruit and stalk of sara; is lucky/handsome, good looking, loves sweet taste, grateful, patient/stable minded, tolerant, greedless, strong, with delayed acquisition/understanding and stable in his enmity.

Kapha dosha prakriti – *Kshama dhriti alobha* (*dhriti* may be due to *dhairya*)

स्नेहो बन्धः स्थिरत्वञ्च गौरवं वृषता बलम् ।

क्षमा धृतिरलोभश्च कफकर्माविकारजम् ॥

Kaphaja purusha has increased *tamasa* and *satva guna*. *Tamasa guna* produces low grade qualities e.g. excessive sleep and *satva guna* produce many *sattvika* qualities e.g. calm and cool behaviour, excellent memory, dignity etc. Therefore, *kapha prakriti*(constitution) is considered *uttama*(best) among *doshaja prakriti*(constitution).

Patience is the ability to wait, or to continue doing something despite difficulties, or to suffer without complaining or becoming annoyed. Patience helps you to develop a healthy attitude. Patience improves your ability to accept setbacks and enjoy life much more. There is a saying; “Good things come to those who wait.” Patience allows you to persevere and make more productive decisions, often leading to greater success. Three qualities of patience confidence, decisiveness, and a thoughtful outlook on life.

धी धृति स्मृति विभ्रष्टः कर्मयत् कुरुत्ऽशुभम् ।

प्रज्ञापराधं तं विद्यातं सर्वदोष प्रकोपणम् ॥

Intelligence, patience and memory are destroyed, and he does evil. That offense of wisdom is known as the provocation of all evils.

Scientific perspectives

Judaism

Patience and fortitude are prominent themes in Judaism. The Talmud extols patience as an important personal trait. The story of Micah, for example, is that he suffers many challenging conditions and yet endures, saying "I will wait for the God who saves me." Patience in God, it is said, will aid believers in finding the strength to be delivered from the evils that are inherent in the physical life.⁴

Christianity

In the Christian religion, patience is one of the most valuable virtues of life.⁵ Increasing patience is viewed as the work of the Holy Ghost in the Christian who has accepted the gift of salvation. While patience is not one of the traditional biblical three theological virtues nor one of the traditional cardinal virtues, it is part of the fruit of the Holy Spirit, according to the Apostle Paul in his Epistle to the Galatians.⁶ Patience was included in later formulations of the seven virtues.

Islam

Dhairya means *sabr*

Patience with steadfast belief in Allah is called *sabr*, one of the best virtues of life in Islam. Through *sabr*, a Muslim believes that an individual can grow closer to God and thus attain true peace. It is also stressed in Islam, that Allah is with those who are patient, more specifically during calamity and suffering. Several verses in Quran urge Muslims to seek Allah's help when faced with fear and loss, with patient prayers and perseverance for Allah⁷.

Buddhism

Dhairya means *kshanti*

In Buddhism, one of the "perfections" (*paramitas*) that a bodhisattva cultivates in order to attain complete enlightenment is patience (*bodhi*). The Buddhist concept of patience is distinct from the English sense of the word. In Buddhism, being patient means refraining from doing harm, not only getting through a challenging situation. It is the capacity to remain emotionally in check even when ridiculed or attacked.⁸ In verse 184 of the Dhammapada it is said that 'enduring patience is the highest austerity.'⁹

Hinduism

Hinduism regards patience and forbearance as fundamental virtues.¹⁰⁻¹¹ The word "patience" (*pariksaha*¹²⁻¹³) and numerous other words, like "*sahisnuta*,¹⁴ "*titiksha*,¹⁵⁻¹⁶ "*sah*" or "*sahanshilata*,¹⁷⁻¹⁸" are used to describe the idea in ancient Hindu literature.

तेजः क्षमा धृतिः शौचमद्रोहोनातिमानिता ।

भवन्ति सम्पदं देवीमभिजातस्य भारत¹⁹ ॥

Brilliance, forgiveness, patience, purity, betrayal, and pride are the wealth of the goddess who is born, O Bharatha.

शौर्यं तेजो धृतिर्दाक्ष्यं युद्धे चाप्यपलायनम् ।

दानमीश्वरभावश्च क्षात्रं कर्म स्वभावजम्²⁰ ॥

Valor brilliance fortitude dexterity and even flight in battle Charity and godliness are the duties of a *kṣatriya* born of his own nature.

धृतिः क्षमा दमोऽस्तेयं शौचमिन्द्रियनिग्रहः ।

धीर्विद्या सत्यमक्रोधो दशक धर्मलक्षणम्²¹⁻²² ॥

Patience forgiveness restraint stealing purity restraint of the senses Intelligence, knowledge, truthfulness and anger are the ten characteristics of righteousness. Hindu philosophy defines patience as the cheerful tolerance of challenging circumstances as well as the result of one's actions and deeds (*karma*). Another quality of patience is the ability to tolerate opposites, such as pain and pleasure, cold and heat, sorrows and joys, peacefully, without worry, and without the urge for retribution. Virtuous *titiksha* in interpersonal interactions means that one must put up with an attack or insult without feeling animosity, rage, resentment, or anxiety. The idea of patience is defined as more than just trust and as a quality that reflects one's physical and mental well-being. In other instances, the word *pariksaha* is sometimes rendered as test or exam.

CONCLUSION

धीर्धैर्यात्मादिविज्ञानं मनोदोषौषधं परम्²³ ॥

Knowledge of the Self and other things by intelligence and patience is the supreme remedy for mental evils.

According to Acharya Charak *manas rog chikitsa sutura* is –

प्रशाम्यत्यौषधैः पूर्वो दैवयुक्तिव्यपाश्रयैः ।

मानसो ज्ञानविज्ञानधैर्यं स्मृतिसमाधिभिः²⁴ ।।

The former are relieved by medicines that rely on the logic of fate. Mental knowledge, wisdom, patience, memory and meditation.

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