



Parakram (Courage)

¹Dr. Hemlata Meena, ²Prof. Mahesh Dixit, ³Prof. Pankaj Marolia

¹PG scholar, PG Department of Rog Nidan Evum Vikriti Vigyan, M.M.M. Govt. Ayu. College, Near Rada G Circle, Udaipur (Raj.).

²Principal & HOD (Shalya Tantra), PG Department of Shalya Tantra, M.M.M. Govt. Ayu. College, Near Rada G Circle, Udaipur (Raj.).

³M.D., Ph.D. (Rog nidana), PG Department of Rog Nidan Evum Vikriti Vigyan, M.M.M. Govt. Ayu. College, Near Rada G Circle, Udaipur (Raj.).

ABSTRACT

Parakram is told in ayurveda. Parakram means 'to make an effort'. Parakram is mentioned as sadgun in ayurveda. Being prepared and willing to control dangerous or painful situations is a sign of courage. Bravery is a similar term. Although addressing these circumstances without fear is frequently thought of as displaying courage, it can also include doing so.

Key word: Power, Corage.

Introduction:

The capacity to restrain one's dread in a potentially hazardous or unpleasant situation. Someone who chooses to accomplish someone challenging or risky despite potential fear is said to have courage.

There are some information in 'bhagawatgita' like:-

शौर्यं तेजो धृतिर्दक्षिणं युद्धे चाप्यपलायनम्।

दानमीश्वरभावश्च क्षात्रं कर्म स्वभावजम्॥

-- भगवद्गीता

Courage, sharpness, dhriti, dakshya (dexterity), not fleeing from battle, charity and ishvara bhava (swami bhava) – all these are the natural actions of a Kshatriya.

➤ It is the nature of men of advanced mind that they show great prowess on the elders, not on the weak.

➤ वीरभोग्या वसुन्धरा है (The earth is enjoyed by the brave)

➤ यो विषादं प्रसहते विक्रमे समुपस्थिते ।

तस्य हीनस्य पुरुषार्थो न सिध्यति ॥ --

वाल्मीकीय रामायण/किष्किन्धाकाण्ड/सर्ग ६४

When a person has the chance to demonstrate their strength but chooses not to do so, they suffer, and the work of someone who is less capable than them is not validated.

➤ तदलं प्रतिपक्षमुन्नतेरवलम्ब्य व्यवसायवन्धताम् ।

निवसन्ति पराक्रमाश्रया न विषादेन समं समृद्धयः ॥ --

कीरतार्जुनीयम्

Because prosperity is found in the shelter of bravery, not with sadness, it is wrong to seek refuge in industriousness that impedes growth.

➤ नाभिषेको न संस्कारः सिंहस्य क्रियते वने ।

नित्यमूर्जितसत्त्वस्य स्वयमेव मृगेन्द्रता ॥

-- गरुडपुराण, आचारकाण्ड

A lion is not anointed in the forest, nor is there any ceremony for it, but by doing proper effort daily, the feeling of lionhood comes in the creature itself.

➤ नाभिषेको न संस्कारः सिंहस्य क्रियते वने ।

➤ विक्रमार्जितसत्त्वस्य स्वयमेव मृगेन्द्रता ॥ -- सुभाषितरत्नाकर (शार्ङ्गधर), सिंहान्योक्ति

A lion is not anointed in the wild, nor is there a ceremony for it; rather, by making the necessary effort every day, the animal develops a sense of lionhood

यत्रोत्साहसमारम्भो यत्रालस्य विहीनता ।

➤ नयविक्रम संयोगस्तत्र श्रीरचला ध्रुवम् ॥

-- पञ्चतन्त्र

Since there is zeal, initiative, and no sloth, as well as the correct balancing if naya and fearlessness, Lakshmi is assured to stay where she is.

No one can be promoted without bravery.

(Cyrus)

References:-

- 1) <https://www.dictionary.com/browse/courage#:~:text=Courage%20is%20the%20quality%20of,involves%20facing%20them%20despite%20fear>.
- 2) <https://www.collinsdictionary.com/dictionary/english/courage#:~:text=Courage%20is%20the%20quality%20shown,to%20apologise%20for%20their%20actions>.
- 3) https://www.gitasupersite.iitk.ac.in/srimad?htrskd=1&htyn=1&htshg=1&scsh=1&choos=&&language=dv&field_chapter_value=18&field_nsutra_value=43
- 4) https://github.com/cltk/sanskrit_parallel_gitasupersite/blob/master/ramayana/kishkindakanda_sanskrit.txt
- 5) <https://brah.ma/shlok/naabhisheko-na-sanskaarah-sinhasy-kriyate-mrgaih/>