



A Review Article on *Satyanishthata* (Truthfulness)

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ABSTRACT

Truth has the highest place in life. Even if not all are devoted to the truth, those who fight for the truth and speak the language of the truth have the courage to face the obstacles of life. The path of truth may be difficult, but it shows the right direction. Integrity helps in life. Integrity orients life towards good deeds. Following the truth and dedicated towards the truth is considered under integrity. In the present essay, you will learn about integrity and understand things related to integrity. Integrity is important for life; you will be able to understand it easily through this essay.

KEY WORDS: *Satyanishthata*, Integrity, life, truth.

INTRODUCTION

Satyanishthata Meaning is one who believes in truth.

Synonyms¹ – *Sacchayi, imandari, pramanikata, Samgrata, Sampurnata, Pavitrata.*

The word "integrity" is associated with truth. Be loyal to the truth. Have devotion to the truth. Walking on the path of truth and following its rules. Living life on the right true references comes under integrity.

It has been taught in schools since childhood that we should live an ideal life by following the path of truth. Right things should be decided in favor of truth. Truth should be supported. Even if you have to fight for the truth, then you should speak for the truth against untruth. The path of integrity shows the path of truth which gives virtuous light to life.

Importance of Integrity (truthfulness) ²

The word integrity is important in itself. One who follows integrity always gets success in life. The person who supports the truth and follows its ideals by following the path of truth is called a truthful person. A man of integrity leads an honorable life and is called an ideal man.

Man lives a life of peace by following the path of truthfulness. Removes all the obstacles coming in the way. An honest man walking on the path of truth faces difficulties with confidence. In any trouble, honesty does not let a man waver, but gives courage. God also supports those who walk on the path of truth and keeps his benevolent vision. There may be difficulties in the path of integrity, but integrity also helps in success in life.

The path of truth may be difficult, but we have the courage to create history in life. How many great men devoted to truth since ancient times are respected even today, they are known. Even in the modern age, the truthful great men of the old times have registered their names in the pages of history, which are read even today and by following whose ideals, the right path is found.

Satyanishthata satakarma:

The scope of integrity is not limited but wide. Integrity can be seen in many forms including personal as well as intellectual, artist, brand, business etc.

Vivekananda ji, who is called a great ideal in the form of truthfulness, whose thoughts are also followed. Such great men inspire the students to walk on the path of truth. Character is made by truth, lies only adorn but real character is made by integrity. An angry person is unable to take the right decision regarding his well-being. One can correctly recognize the path of truth only by renouncing his anger.

A man spoils his life by falling in the circle of illusion, never being able to walk in the right path. Illusion is like a trap in which man remains trapped. To get out of all these, a man should walk on the path of integrity, so that life will be engaged in good deeds and will walk in the right path.

Man's pride is the biggest enemy. Arrogance in which man forgets good deeds, praises only the power of "I" and ruins his life. Pride can never think about others, it only cares about itself and remains trapped in the illusion of pride.

An arrogant person cannot trust anyone and he also takes wrong steps to harm someone. Such people never see the right path and go on the wrong path. Only the deeds of truth can bring such a man on the right path if he follows the integrity with utmost devotion.

There are so many great men like Mahavir Swami, Vivekananda ji, Mahatma Gandhi etc. who followed the path of truth and proved to be an ideal. Integrity is seen in the character of such great men. No one can ever be benefited by lies, deceit and greed. An ideal character can be outlined only by following the path of integrity.

Advantages of Integrity³:

- ❖ This increases the credibility of the person.
- ❖ By increasing respect, he gets self-satisfaction.
- ❖ Even if such a person commits a mistake, he is treated as an exception or it is assumed that his intention was not wrong.

Relation of Truthfulness With Guna, Prakriti And Hormones

Discretion is *Kapha - Pitta* predominant *Guna*. Its nature is also *Kaphapittaj*. It is of *Sattvik Prakriti* and it has predominance of *Sattva* and *Raja*. This *Guna* affects the Dopamine (happy hormones) and serotonin hormones present in the body.

Importance in Aachar Rasayan

The main purpose of *Ayurveda* is – to protect the health of a healthy person and to treat a sick person⁴. The main objective of *Rasayana – Vajikarana* is to protect health and promote health. Broadly speaking, they seem to be related to the promotion of physical health, but subtly they are also related to mental health. *Maharishi Charaka* has instructed '*Aachar Rasayana*' for long term health. This *Rasayana* is not a drink, medicine or syrup. It is a kind of regular *Aachar / Aacharana* (conduct) process, which works even more than *Rasayana*. That is, without taking medicine or diet, only by following good conduct, all the benefits of *Rasayana* consumption on the body and mind are obtained. To follow the *Sadguna* like Integrity (*Satyanshithata*) etc. is the *Aachar Rasayana*. A person with right *Aachar Rasayana* is also mentally healthy.

CONCLUSION

A person with integrity runs his life according to principles. A person with integrity is trustworthy because all his decisions are based on morality. A person with integrity stays true to his words and always keeps his promises. An honest person does not keep duplicity in his character. A person should always adopt virtues (*Sadguna*). By following the virtues (*Sadguna*), his respect increases in the society and in that field of work. By following the virtues or virtues, man gets two benefits at once - 1. Health benefits and 2. Victory over our senses⁵.

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