



## Morality: A Review Article

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### ABSTRACT

Humans are considered to be the best of all living beings on earth, because humans are intelligent. For this humans have intelligence. Based on the usefulness and non-usefulness of intelligence, many qualities are found in humans. Humans have a special identity on the basis of these qualities, because humans do their work on the basis of these qualities. These qualities are of many types. Such as self-respect, courage, understanding, loyal, simple, kindness, love, generosity, discretion etc. In this article we will discuss on discretion.

**KEY WORDS :** Mind, Intellect, Human, Morality.

### INTRODUCTION

Ethics comes from the Greek word nature which means customs and what is ethics<sup>1</sup>. Hence the meaning of *Naitika* is – to morality, to decide, to distinguish, intelligence, thought, discussion, inquiry, difference, true knowledge, and right decision. Morality also means the ability to classify things on the basis of real qualities. According to *Sanit Shri Tulsidasji*, the intelligence to differentiate between *Maya-Brahma*, *Jeev - Jagdish*, *Neer - Kshir*, truth - false, beneficial - harmful things is morality<sup>2</sup>. Both intelligence and morality are complementary. Five intellects related to the five sense organs have been described. These intelligences arise from the coordination of their respective senses, the objects of the senses, the mind and the soul<sup>3</sup>. The literal meaning of discretion is – (1) Knowledge of good and bad. (2) Understanding (like working with discretion)<sup>4</sup>.

### IMPORTANCE AND BENEFITS

The main quality of morality is to have the concept of considering right as right and wrong as wrong. Apart from this, kindness, thoughtfulness, trust, patience, calmness are also the mirror of one's morality. Simply put, moral qualities are an assessment of a person's stable moral character.

Ethics refers to a system of values and beliefs that help us to differentiate between right and wrong or good and bad behavior. It refers to a standard of conduct which is accepted as right or proper.

Morality is based on individual conscience and not on what is prescribed by law or social norms. Although morality is usually derived from and can be derived from external sources such as religion/religious books. It is naturally a person's choice, he gives importance to what is moral and he does not give importance to what is not.

Morals also guide us regarding various social norms and rules, thus facilitating the coexistence of people from different backgrounds. It becomes important in daily life for personal and social reasons

Due to the qualities present in a human being, he exhibits his art. Morality is also a special quality, with the help of which man can differentiate between good and bad. Humans can take their decisions only because of the virtue of conscience. Specifically, Morality is used where a person has to choose between two or more things. Knowledge is dead, it has neither self-consciousness nor self-activity. It needs intelligence to be conscious and active. But for the good use and activism of knowledge, Morality is required. Morality only differentiates between right and wrong. The knowledge locked in the book will remain dead, if it does not get the strength, co-operation and activity of intelligence and morality. Humans make good use of knowledge by morality. Wisdom stabilizes the intellect. Foolish people, despite being knowledgeable, are unable to use it due to lack of intelligence. People who misuse knowledge lack morality.

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## RELATION OF DISCRETION WITH *GUNA, PRAKRITI* AND HARMONS

Morality is *Kapha* predominant *Guna*. Its nature is also *Kaphaja*. It is of *Sattvik* nature and it has predominance of *Sattva* and *Raja*. This *Guna* affects the adrenaline, serotonin and present in the body.

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## IMPORTANCE IN AACHAR RASAYAN

The main purpose of *Ayurveda* is – to protect the health of a healthy person and to treat a sick person<sup>[5]</sup>. 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 morality (*Naitikta*) etc. is the *Aachar Rasayana*. A person with right *Aachar Rasayana* is also mentally healthy.

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## SOCIAL HEALTH

A person with morality is respected in the society. The brain is there in every human being, but using the brain properly is morality. A person with morality does not take personal, social or other decisions in haste, he reaches the final decision after considering all possible consequences. Therefore, he also takes the decision in his own interest. A person becomes successful by using the mind properly despite the adverse circumstances, where as a person fails by not using the mind properly despite all the facilities. Any person who has reached a great position in the society or in every field, has reached that target by using his morality along with hard work. So we can say that by using the morality correctly, we can achieve the right position in the society. In the Corona period, we saw that those who used their morality properly and kept themselves patient, won the battle against this pandemic and those who did not use their morality became weak in this battle due to fear.

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## CONCLUSION

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 senses<sup>[6]</sup>. *Rishis* etc. have also said that before reaching any result, one should listen and understand it properly, then using one's morality one should reach the right decision, so that no harm is done.

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