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ईमानदारी (Honesty)

Dr. Sulekha¹, Prof. Mahesh Dixit², Dr. Narendra Kumar Meena³

¹PG Scholar, ² Principal & HOD, ³ Assistant Professor

Prasuti Tantra & Stri Roga Vibhag, M.M.M. Govt. Ayurveda College, Udaipur

Email id- sulekhachoudhary1697@gmail.com

ABSTRACT

Honesty is the component of the moral character which develops good attributes including truthfulness, kindness, discipline, Integrity, etc it involves the absence of lying, cheating others, theft, and lakh of other bad habits which hurts people. Honesty is really trustworthy, loyal, and sincere throughout life. Honesty is very valuable and good habits are of much importance. There is a well-said proverb by Benjamin Franklin that "honesty is the best policy".

Keywords : Honesty

Introduction

Everyone's life depends on honesty, which is a quality that is obvious to everybody with open eyes, just like a book. One of the greatest compliments one can receive in one's life is to be seen as an honest person by society. It is the true character that a person develops in life through commitment and sincerity. Society will suffer if there is no honesty. It is because there are improper interpersonal relationships between teachers and students and between parents and their students. Being honest is a habit that is developed gradually and painstakingly, first at home and then in school. Therefore, a child's home and school are the finest settings for him or her to learn honesty during their formative years.

Honesty is the best remedy for all human issues. Corruption and other issues are prevalent throughout society. It is a result of the decline in the population of upright persons. We have forgotten about morality and intrinsic ethics in today's fast-paced, competitive environment. Rethinking and remodelling are essential if we want to restore honesty to society and ensure that everything happens naturally. To maintain a healthy social and economic balance, people need to understand the importance of honesty. In the present world, honesty is a need. It is one of the best habits for motivating someone and preparing them to manage any challenging circumstances in their lives. To face and overcome any challenges in life, honesty serves as a stimulant for boosting our willpower.

Relationship of Doshas- Kapha dosha

Relationship of Deha prakriti- Kapha prakriti

Relationship of Manasa prakriti- Satvik

Relationship of Triguna- Satva

Relationship with Hormones- Dopamine hormone determine how to brain work

Honesty related story-

When Lal Bahadur Shastri was serving as the prime minister of India, he went to a textile mill. He requested the owner of the mill to show him some sarees for his wife. The owner showed him some exquisite sarees. When Shastri ji asked the price, he found them too expensive. He asked for cheaper sarees. The owner showed him cheaper sarees. But, Shastri ji still found them expensive. The owner was surprised and told him that he need not worry about the prices as he was the prime minister of India and it would be his privilege to give the sarees to him as gift .To this Shastri ji replied that he could not accept such expensive gifts and he would only take a saree that he could afford.

Conclusion

Honesty is more than not lying. It is truth telling, truth speaking, truth living and truth loving. Honesty isn't something that is bound by age or social status.