The Buddha Description of a Disease: Desire, Hatred, and Ignorance

According to Buddhism, three negative emotions cause a disease and they are "ignorance, hatred, and desire". According to the Buddhist philosophy, physical sicknesses are classified into three main types:

- Disorders of the desire (Ayurvedic equivalent *Vata* imbalance): These are disharmony of the wind or energy. The seed of these disorders is located in the lower part of the body. It has cold preferences and affected by mental desires. A person suffers from the disorders of movement functions.
- Disorders of the hatred (Ayurveda equivalent *Pitta* imbalance): It is due to disharmony of the bile. The seed of these disorders is centered in the middle and upper part of the body and is caused by the mental emotion hatred. In Ayurveda text, it is equivalent to "*Pitta*" disorder. The person suffers from metabolic and digestive abnormalities.
- Disorders of the ignorance (Ayurveda equivalent *Kapha* imbalance): It is due to the disharmony of phlegm, which is generally centered in the chest or in the head and is cold in nature. It is caused by the mental emotion *ignorance*.

Desire, hatred and ignorance are the main negativities mentioned in Buddhist philosophy. They are all produced in the mind. Once produced, they behave like a slow poison. The *Udanavarga* once said, "From iron appears rust, and rust eats the iron", "Likewise, the careless actions (*karma*) that we perform, lead us to hellish lives".

According to other scriptures, six afflictions are most troublesome - ignorance, hatred, desire, miserliness, jealousy, and arrogance. Patience is the most potent virtue a person can acquire. According to the Shantideva, "There is no evil like hatred, and there is no marriage like patience. Therefore, dedicate your life to the practice of patience".

Bhagavad Gita mentions the enemies as *Kama, Krodha, Lobh, Moh,* and *Ahankar* and out of these, *Kama, Lobh,* and *Ahankar* as the three gateways to hell.

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