

## Ethical Ideas of Buddhism

Fayzulloeva M. Sh

Assistant professor, Tajikistan State University (TSULBP), Republic of Tajikistan

**\*Corresponding author:** Fayzulloeva M. Sh, Assistant professor, Tajikistan State University (TSULBP), Republic of Tajikistan.

**Submitted:** 02 December 2025 **Accepted:** 08 December 2025 **Published:** 12 December 2025

 <https://doi.org/10.63620/MKINSST.2025.1006>

**Citation:** Fayzulloeva, M. Sh., (2025). Ethical Ideas of Buddhism. *Interdiscip Nexus Sci Soc Tech*, 1(2), 01-02.

### Abstract

The article reveals the origin and spread of Buddhism. It also discusses questions about doctrine, ethical ideas, wisdoms of Siddhartha Gautama. Buddhism emerged in the middle of the 1st millennium BC (543 year BC) in India. The founder of Buddhism - Siddhartha Gautama was prince, the son of king the Shakya kingdom. His mother died a few days after his birth. His father directed all his love towards his son. At the time of Siddhartha's birth, astrologers predicted that if protect him from the evils of everyday life and from communication with other people, he would become one of the greatest people both in life and in death. Siddhartha studied the philosophy of that time, the philosophy of Brahmanism and Jainism. Later, some of their parts became of his philosophy. However, Siddhartha did not agree with all the philosophical teachings of these views. They taught that happiness in life can only be achieved by kill the soul. Siddhartha also listened and accepted a teaching of the yogis.

**Keywords:** Mixed Logit, Blp Models, Pharmaceuticals, Misspecification Tests, Medical Markets.

### Introduction

He lived in the luxury palace. He married to beloved girl, who bore him a son. Father hid bad things from Gautama. But Gautama was spiritually changed by four happening. He saw a helpless old man, a sick man and a grave process. Gautama learned about old age, illness and death, these will happen with all people. Then he saw a poor homeless who not needed anything from life. After all he thought about the fate of people.

Gautama secretly left the palace and family, at the age of 29. He became an ascetic and tried to find the meaning of life. Gautama walked, traveled for six years alone in the forests, eating almost no food, his body became dry and weak, his face turned black and his hair fell out, and he was so destroyed that he was turned to bones and skin. One day, in this situation, he slept under a fig tree, in a dream a revelation came to him, the great secrets of nature, society and intellect became known, he became omniscient. After this, people called him Buddha. There are four main wisdoms in Buddhism:

- There is suffering in life.
- The cause of suffering is the affections, attachment, wish, and love to someone or something.
- In order to get free of suffering, person should be freed from

wish and attachment.

- It is necessary to do kind and this is the way to a peaceful and happy life.

Buddha began to spread his teachings. His teachings included terms such as karma (destiny), dharma (the path of the righteous), samsara (liberation from suffering), and punishment. Buddha said: "Nirvana is an internal situation that attracts a person to itself. When a person reaches Nirvana, he becomes wise. Nirvana is a spiritual situation in which a person owns nothing and waits for no one. However, only very few people will be able to achieve it. The person who wants to achieve Nirvana should pay big attention to the cleanliness of their body, housing and must follow the 5 rules of morality:

1. Self-control from killing.
2. Self-control from stealing.
3. Self-control from adultery.
4. Self-control from lies.
5. Self-control from alcoholic drinks.

The Buddha's teaching says: "An intelligent person must clean his heart. It is not easy to educate the heart, because it is quickly transferred to trouble; only by calming it down a person find

peace. A capricious and stubborn heart can do more harm to a person than his enemy. A person who is able to protect his heart from anger, envy, jealousy and other negative manifestations can have inner peace".

The ethical teaching of Buddhism is based on seven requirements: kind thoughts, kind words, kind behavior, kind manners, kind relations, goodwill, and a kind profession. The essence of the teachings of Buddhism is to call, search and find the path to complete inner freedom and calm, liberation from all suffering and trouble that are created by man himself. In Buddhism, all people are equal. This principle allowed the teachings of Buddhism to spread very quickly throughout the countries of the world. Buddhism spread widely in other countries such as China, Tibet, Mongolia, Korea, Japan. Now in the Indo-Chinese countries - Thailand, Laos, Vietnam, Cambodia, 94% of the population are followers of Buddhism [1- 5].

The wisdoms of Buddha follow:

- Life is passing fast and nothing about it makes sense. Our joys and sadness are unimportant: today we feel bad, tomorrow it will be good. We should not cry with emotions. Be calm as a flower.
- Only our soul remains with us, and all material things, bring trouble and pain. Less attachment to material things means less pain.
- Do not try being better than someone, developing yourself spiritually.
- Do not keep evil. Anger destroys us from the inside, so it harms us much more than the enemy. The best quality is forgiveness.
- Control your actions. Each of our actions has results for the Universe, because we are all part of its organism. What we give what we get - everything is simple.
- Live here and now. Everything has an end. In suffering from a past and worrying about a future, a sense of life is not lost. Get a little of happiness just in the moment.
- Be thankful for things which you have. Be glad and enjoy what is around you.
- Everything changes. We easily lose what we love if it is not hidden within us. Any change should be accepted with thankfulness.
- Only your inner world is real. Every material subject, thing has only the value that we give to it.
- The real world is in the human soul. We should to cultivated it as a magic garden.
- Listen to your heart. It is essential to listen to yourself and follow your heart.
- All barriers are only in our heads! We are formed from our thoughts. We become what we think about.
- Getting angry is keeping hot coal in hand, planning to throw бросить it at someone; he, first of all, burns обжигается himself.

- We are born again every morning. Only what you are doing now has real meaning.
- Happiness depends on what you think. Hate cannot destroy by hate, only love can kill hate and it is an eternal law.
- Pain is inevitable. But suffering is everyone's personal choice.
- Win yourself (ego) and will win thousands of battles.
- There is no fire in the world more powerful than passion - ego, more cutting than hate, and a big tornado or hurricane, than greed.
- The biggest enemy of a person is himself.
- To understand everything is to forgive everything.
- The biggest sadness большая печаль in a person's life is the envy.
- The biggest mistake in life is to lose yourself.
- You will not be punished for your anger; you will be punished with your anger.
- When the mind is clear ясен, joy follows you as a shadow and never leaves you.
- Do not be afraid of what will happen to you, your future will not change from this, but the present will become calm.

The founder of Buddhism Siddhartha Gautama is historical figure. In 1956-year, United Nations Educational, Scientific and Cultural Organization (UNESCO) celebrated the 2.500 anniversary of Buddhism.

Thus, the philosophical and ethical teachings of Buddhism play an important role in the education of person's morality. Siddhartha Gautama urged people to purify their hearts of negative qualities, as they are harmful and even destructive. He suggested that people strive for integrity, value life, honesty, kindness, virtuousness, generosity. The teachings of Gautama are wisdom for all times, calling people to spiritual self-improvement, tranquility, peace, freedom, mental and physical purity, the suppression of egoism, and so on. Siddhartha Gautama can be considered one of the most famous moralists in human history, who contributed to the development of the science of ethics [6-8].

## References

1. Guseinov, A. A., & Irrlitz, G. (1987). Brief history of ethics. Moscow.
2. Yablokov, I. N. (1998). Religious studies. Moscow.
3. Thompson, M. (2001). Philosophy of religion. Moscow.
4. Religious Studies: Textbook. (2004). Rostov n/ D.
5. Religious Studies: Encyclopedic Dictionary. (2006). Moscow.
6. Mirboboev, M. (2010). Philosophy. Khujand.
7. Fayzulloeva, M. Sh. (2015). Ethics: Science of moral. Khujand.
8. Mallaev, R. K., & Juraeva, D. (2019). Religious studies. Khujand.