



Ancient Vedic Mantras and Rituals





Shrimad Bhagavad Gita Chapter-2 Shalok-56 | श्रीमद् भगवद्गीता अध्याय दो-श्लोक छप्पन | PDF Chapter 2 – Sankhya Yoga

Verse 56

Sanskrit Verse

duḥkheṣhv-anudvigna-manāḥ sukheṣhu vigata-sprīhaḥ |
vīta-rāga-bhaya-krodhaḥ sthita-dhīr munir uchyate || 56 ||

Simple Meaning

O Arjuna!

A person whose mind remains undisturbed in sorrow, who has no craving in happiness, and who is free from attachment, fear, and anger is called a sage of steady wisdom.

Detailed Explanation

Calm in Times of Sorrow

In this verse, Lord Krishna describes the qualities of a person with steady wisdom.





Such a person does not become mentally disturbed when difficulties, pain, or sorrow arise.

While ordinary people become restless in suffering, the wise remain calm and balanced.

Free from Craving in Happiness

When pleasure, success, or comfort comes, most people develop attachment and desire for more.

But a realized person enjoys happiness without dependence or craving.

They remain inwardly free and content.

Beyond Attachment, Fear, and Anger

Krishna highlights three major obstacles:

Attachment creates dependence

Fear arises from the possibility of loss

Anger comes when desires are obstructed

A person of wisdom rises above all three and lives in inner freedom.

Who is a True Sage?

Such a person is called a **Muni**—one who is thoughtful, self-controlled, and spiritually mature.





Their stability comes not from outer control, but from inner mastery.

Wisdom in Daily Life

True wisdom is not tested only in meditation, but in real situations of joy and pain.

A stable person remains peaceful in both gain and loss.

Key Points

A wise person remains calm in sorrow

Happiness does not create craving or attachment

Freedom from fear and anger leads to peace

Steady wisdom reflects emotional balance

Such a person is called a true sage

Profound Spiritual Meaning

This verse teaches that spiritual maturity is measured by emotional stability.

Anyone can appear peaceful in comfortable situations, but wisdom is revealed during pain, success, loss, and challenge.

When one is no longer controlled by pleasure or disturbed by pain, the mind becomes free.



The deeper truth is:

Real freedom comes when attachment, fear, and anger lose their hold over the heart.

Word-by-Word Meaning

duḥkheṣhu – In sorrows

anudvigna-manāḥ – One whose mind is undisturbed

sukheṣhu – In happiness

vigata-sprīhaḥ – Free from craving

vīta-rāga – Free from attachment

bhaya – Fear

krodhaḥ – Anger

sthita-dhīḥ – One of steady intellect

muniḥ – Sage / wise person

uchyate – Is called

Message of the Shloka

A person who remains calm in sorrow, detached in happiness, and free from attachment, fear, and anger is truly wise. This verse teaches that real spiritual growth is seen through balance, self-mastery, and peace in all situations.



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