



# International Journal of Sanskrit Research

अनन्ता

ISSN: 2394-7519

IJSR 2024; 10(2): 39-40

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[www.anantaajournal.com](http://www.anantaajournal.com)

Received: 10-01-2024

Accepted: 14-02-2024

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## Concepts on anger management in shishupalavadha

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### Abstract

**Objective:** Management of organizations, people and entities has been a subject matter of great interest today. All Indian business schools teach management concepts propounded by the western scholars in the last 100 years or so. Management as a concept must be as old as rocks and rivers. While civilizations flourished in the West only in the last two millennia, countries such as India has had established civilizations running to several millennia in the past. This naturally raises a question of whether management thoughts and concepts were practiced in ancient times in India. In particular, the thesis seeks to explore the following questions in some detail:

- Are there management concepts and practices that were practiced in India in ancient times?
- Based on a study of a specific text pertaining to the ancient tie period, is it possible to distill some management concepts?
- What can current-day organizations learn from the insights gathered from such a study? Are there a few workable ideas that current-day organizations need to imbibe?

India has a vast repository of literary resources spanning more than three millennia. A preliminary list of works was shortlisted for our consideration. The list includes Ramayana, Mahabharatha, Bhagavad Gita, ArthaShastra, Vidhuraneeethi and Shishupalavadha. It was finally decided to take up Shishupalavadha for a detailed study.

This excellent poetry by Magha shows us his fantastic vocabulary, comparisons, and great meanings. We all should be immensely proud to have had these kinds of marvelous poets fabulously rich in literacy, knowledge, and culture in the past centuries.

Hence, I have tried with my humble effort in bringing out the various management concepts described in Shishupalavadha from various reference books mentioned in the Bibliography at the end.

I thank Prof. B. Mahadevan (IIMB) & Prof. Thiyagarajan (SASTRA) for their kind guidance and huge support to make this possible.

### Principal findings

- Concepts on speech management
- Concepts on leadership qualities management
- Concepts on anger management
- Concepts on knowledge management
- Concepts on enemy/enmity management
- Concepts on general management

**Conclusion:** The above management concepts advised as per Shishupalavadha, may be used in our organisations/industries for day-to-day management as well as advice to the senior management in taking important decisions whenever there are ambiguities.

**Keyword:** Concepts, anger management, shishupalavadha

### Introduction

**Here are a few Slokas mentioning the concepts on Anger management  
Show anger at right time**

कृतापचारोऽपि पुरैरनाविष्कृतविक्रिय ।

असाध्य कुरुते कोप प्राप्ते काले गतो यथा ॥ (सर्गा २ – ८४)

### Transliteration

kṛtāpacārō'pi parairanāviṣkṛtavikriya |

asādhyā kurutē kōpa prāptē kālē gatō yathā ||

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(A shrewd King) even when offended against by the enemies does not display his anger at that time, like a disease, even when wrongly treated by others does not show any (immediate) aggravation but strikes down at the right time becoming incurable.

Udhava says that a shrewd king even when offended by the enemies, displays his anger only at the right time, like a disease, even if wrongly treated, displays its anger becoming incurable at the right time.

Likewise, a leader should not display his anger always, since the anger will lose its significance, rather he must wait for the right time and display his anger at the appropriate situation.

### Control the senses

जितरोषरया महाधियः सपदि क्रोधजितो लघुर्जनः ।

विजितेन जितस्य दुर्मतिर्मतिमद्भिः सह का विरोधिता? ॥ (सर्गा १६-२६)

### Transliteration

jitarōṣarayā mahādhiya: sapadi krōdhajitō laghurjana: ।  
vijitēna jitasya durmatirmatimadbhi: saha kā virōdhitā? ॥

Intelligent people win over the speed of their anger, but the anger wins over the low-minded people. Like this how can the anger which wins the low-minded people compete with the anger won over by intelligent people.

Intelligent people win over their anger, but low-minded people cannot win over the anger, rather the anger wins them, so, how can these both angers compete with each of them.

The dhoot means that shishupala as a low-minded one could not control his anger in front of everyone, but Lord Krishna controlled his anger nicely and is waiting for the right opportunity to show his anger.

Likewise, a leader who can control his senses, will not immediately show his anger, he wins over it for the moment, and he comes back at a later appropriate moment, if required, whereas the lower people shout and fight immediately to vent out their anger and get bad name in the organisation.

### Swallow the anger

सुकुमारमहो लघीयसां हृदयं तद्गतमप्रियं यतः ।

सहसैव समुद्गिरन्त्यमी जरयन्त्येव हि तन्मनीषिणः ॥ (सर्गा १६-२१)

### Transliteration

sukumāramahō laghīyasāṃ hṛdayaṃ tadgatamapriyaṃ  
yata: ।  
sahasaiṣa samudgirantyaṃ jarayantyēva hi tanmanīṣiṇa: ॥

The hearts of the most insignificant are very delicate, they send out words that are very unpleasant to their minds. Those who are intelligent suddenly burst into tears and burn the harsh words into ashes.

The dhoot of Shishupala says that the hearts of the most insignificant are very delicate such that they send out the bad word outside, but those who are intelligent change the unpleasant words in their mind to ashes by means of their tears.

Likewise, the leaders should not open up to their subordinates when they feel angry, they should swallow their anger and the unpleasant words and speak only the words to them which will bring productivity and efficiency.

### Escalate when needed

पादाहतं यदुत्थाय मूर्धानमधिरोहति ।

स्वस्यादेवापमानेऽपि देहिनस्तद्वरं रजः ॥ (सर्गा २-४६)

### Transliteration

pādāhataṃ yadutthāya mūrdhānamadhirōhati ।  
svasyādēvāpamānē'pi dēhinastadvaram̐ raja: ॥

Far better is dust, which when struck by the feet climbs on one's head, than a person who remains inactive even when insulted!

Balarama says that dust is far better which when struck by the feet, raises, and climbs on one's head, rather than a person who remains inactive even when he is insulted.

Likewise, when one gets insulted in any organisation, he has to escalate the same to the management and fight for justice, so that the person who insulted gets the right punishment for insulting him. The people in the organisation should maintain some common culture and behave in a very gentle way, such that they do not insult each other in the organisation, instead they can question why the things have not been done on time, etc, only in the organisational point of view, none of the employees are to be personally insulted or humiliated. The HR should bring out a policy accordingly to maintain a harmonious atmosphere in the organisation.



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