

The Meaning of the Greek Word "Ataraxia"

Post by "Cassius" of December 3, 2023 at 11:07 AM

"Ataraxia" is a key term in Epicurean philosophy. What exactly does it mean? There seems to be a consensus that it translates to "absence of disturbance," but is this a reference to bodily disturbance, to mental disturbance, to both, or with other connotations? How is "disturbance" different from "pain?" This thread is for discussion of the meaning of "Ataraxia," including citations to reference where the term appears in Epicurean texts.

[ἀταραξία - Ancient Greek \(LSJ\)](#)

Ion. ἀταραξίη, ἡ, [impassiveness](#), [calmness](#), [ataraxia](#), [unperturbedness](#), [imperturbability](#), [equanimity](#), [tranquility](#) Democr. ap. Stob.2.7.3i, Hp.Ep.12, Epicur.Ep.1p.30U., Phld.Oec.p.63 J., Cic.Fam.15.19.2, Hero Bel.71.2, Plu.2.101b, Plot. 1.4.1, etc.; prob. [f.i.](#) for [ἀταξία](#) in Hp.Praec.14.

For the time being - Elli's vocabulary list -- which is excellent - but which unfortunately we cannot expect most new people to have access to:

Vocabulary of the greek words as used by Epicurus in his letter to Meneoceus.

- Ευδαιμονία [**eudaemonía**] = well being or happiness synonym with the word «makariótita» - a description of the goal of pleasure as a natural consequence that occurs in a person **who pursues pleasure**.
- Μακαριότητα [**makariótita**] = well being synonym with the word «eudaemonía» - description of the goal of pleasure as a natural consequence that occurs in a person **who pursues pleasure**.
- Αταραξία [**ataraxía**] = without disturbance or without anxiety - description of the goal of pleasure as a natural consequence that occurs in a person **who pursues pleasure**.
- Απονία [**aponía**] = without pain - description of the goal of pleasure as a natural consequence that occurs in a person **who pursues pleasure**.
- Ηδονή [**hedoné**] = pleasure.
- Άλγος [**álgos**] = pain.
- Ταραχή [**taraché**] = disturbance or anxiety.
- Αγαθό [**agathó**] = good.
- Αρχήν [**archín**] = the beginning, or the start.
- Τέλος [**télos**] = end or aim or goal.
- Αυτάρκεια [**autárkeia**] = self sufficiency.
- Φρονήσις [**phroneses**] = prudence.
- Αρετές [**aretés**] = virtues, **the means for the goal of pleasure**.



