

# The Meaning of the Greek Word "Ataraxia"

Post by "Cassius" of December 4, 2023 at 7:52 AM

## [Quote from Don](#)

I forgot I had put that list together. I was literally thinking today that I needed to do it for this thread.

Glad I was able to find it.

This time for this thread too let's examine the question of:

"Should we generally see "ataraxia" as meaning pain of mind and "aponia" meaning pain of body?"

If not, what is the relationship between these words when referring to body and mind?

Can we have "ataraxia" of the body? Can we have "aponia" of the mind?

And since Epicurus does regularly use words in a different way, I suppose the question breaks down into:

1 - In what way did the Greeks "in general" use these two words? and

2 - In what way did Epicurus use them?

Still focusing I think on being clear about this distinction:

Does ataraxia always refer to the mind and does aponia always refer to the body? Can we have "ataraxia" of the body? Can we have "aponia" of the mind?