

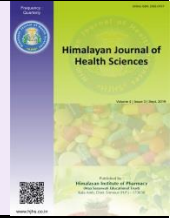


Available online on 15 Sep, 2023 at <http://www.hjhs.co.in/index.php/hjhs>

Himalayan Journal of Health Sciences

Published by Himalayan Group of Professional Institutions
Associated with Himalayan Institute of Pharmacy

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Review Article

Open Access

Ayurveda Concepts of *Sadvritta* & *Achara Rasayana*, their Role in Diseases Control

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Abstract

Ayurveda advises different approaches to live a healthy and long life. Ayurveda encompasses ways to prevent and treat disorders associated with lifestyle, in this connection Ayurveda advocated some dietary and daily routines for physical and mental well-being. *Dincharya*, *Ritucharya*, *Aachar Rasayan* and *Sadvritta*, etc. are some approaches suggested by ancient philosopher for maintaining good health. Amongst these approaches *Aachar Rasayan* and *Sadvritta* includes moral conducts and behavior conducts to be followed for acquiring physical and mental well-being. The concept of *Achara Rasayana* is related with *Mana*, *Dhi* and *Dhriti* thus play important role to maintaining a healthy socio-physiological wellbeing. As per Ayurveda the concepts of *Sadvritt* and *Aachar rasayan* has great impacts on the happiness and positive health of human being. This article explains Ayurveda concepts of *Sadvritta* & *Achara Rasayana*, and their role in diseases management.

Keywords: *Ayurveda*, *Aachar Rasayana*, *Sadvritta*, *Swasthavritta*

Article Info: Received 07 Aug 2023; Review Completed 10 Aug 2023; Accepted 15 Aug. 2023



Cite this article as:

Kadam SS, Ramchaware AM. Ayurveda Concepts of *Sadvritta* & *Achara Rasayana*, their Role in Diseases Control. Himalayan J H Sci [Internet]. 2023 Aug 15 [cited 2023 Aug 15]; 8(3):7-9. Available from: <http://www.hjhs.co.in/index.php/hjhs/article/view/175>

DOI: 10.22270/hjhs.v8i3.175

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1. Introduction

Ayurveda aimed to preserve the health of healthy person and provides therapeutic modalities for diseased

person. Ayurveda approaches helps to promoting health of mind and physical strength of body. Ayurveda recommends holistic ways towards the physical, mental, spiritual, social and moral well-being of human society.

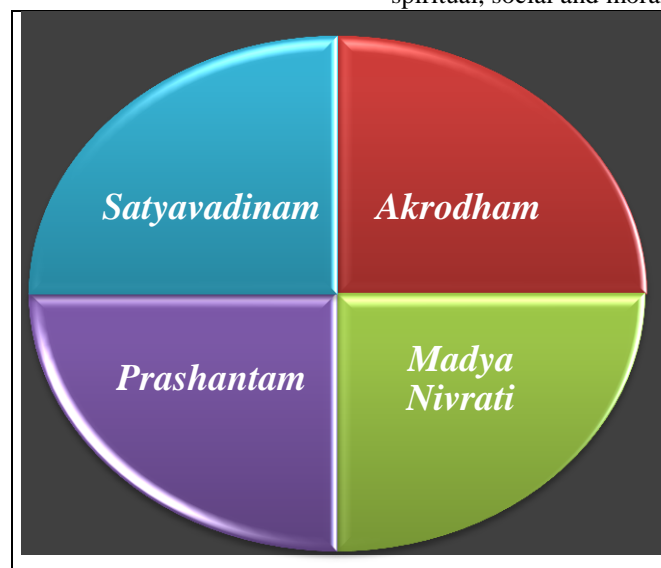


Figure 1. Some key features of Ayurveda code of conduct of ideal routine

In this connection Ayurveda advises concepts of *Swasthavritta* which works around the long and healthy life of individual. *Dincharya*, *Ritucharya*, *Aachar Rasayan* and *Sadvritta*, etc. are some important aspects that fall under the heading of *Swasthavritta*. (1-4) Amongst them *Aachar Rasayan* and *Sadvritta* encompasses ways of spiritual, moral and behavior conducts. Some code of conducts of ideal routine is depicted in **Figure 1**.

The concepts of *Aachar Rasayan* and *Sadvritta* helps to preserve the health of a person, increase immunity, promotes longevity, improve quality of life, strengthen mind and body, imparts spiritual and moral values. The various concept of *Swasthavritta* helps to establish equilibrium of *Doshas*, *Agnis* and *Dhatu*s thus improves sensorial, mental and spiritual wellbeing. The term “*Acharya Rasayana*” itself associated with positive behavior or good conduct while concept of *Sadvritta* is associated with moral and spiritual values which also affect social behavior of person. (4-7)

2. *Sadvritta & Acharya Rasayana*

Acharya Rasayana includes ethical, benevolent and moral conduct i.e.; nonviolence, truth, cleanliness, personal hygiene, compassion and devotion, etc. These all approaches are helpful in rejuvenating body & mind system. The person who follows such conduct acquires health benefits of *Rasayana* therapy without consuming any medicines. *Acharya Rasayana* helps to modify behaviors in positive mode so to protect one from the pathological exposure of disease. According to Ayurveda individual who embodies freedom from anger, abstains from harmful habits, and excessive sexual activities, avoids indulging in anger, maintains inner peace, engages in religious prayers, abstain from unhygienic acts, follow a timely routine for sleep, performing duties with punctuality, etc. this individual has a rational attitude towards everything and possesses optimum health status physically as well as mentally. These qualities and adherence to rejuvenation therapy are collectively referred to as *Acharya Rasayana*, described by *Acharaya Charaka* in *Rasayana Adhyaya*. *Acharya Rasayana* is considered one of the most important methods in Ayurveda for leading a long and healthy life. It is essentially a code of ethical behavior. Those who rigorously follow these codes do not require other medicines.

The behaviors or rules or code of conducts described by *Charaka* for healthy living includes concept of *Satyavadinam*, *Akrodham*, *Madya Nivrati*, *Maithuna Nivrati*, *Ahimsa*, *Anayasaka*, *Prashantam*, *Priyavadinam*, *Japa para*, *Soucha Para*, *Dheera*, *Dana*, *Tapaswin*, *Samadara*, *Anrashamsya*, *Nitya karuna vadinah*, *Sama Jagrana*, *Yuktigya*, *Anahamkari*, *Shastachara*, *Asamkiran*, *Addhyatma Parayanam*, *Upasitarah vridhdhanam*, *Upasitarah Astikanam*, *Upasitarah Jitatmanam* and *Shastra para*, etc. These concepts if followed as code of ideal regimen then one can achieve healthy and long life along with good social and moral values. These conducts also connects individual with spiritual power and empowered with strength to achieve success in life. These concepts of

Sadvritta & Acharya Rasayana balance physiological functioning of body and prevent pathogenesis of diseases associated with life style pattern. (6-8)

Role of concept of *Satyavadinam*:

Satyavadinam means truthfulness; it resembles moral character. Contrary to this when one speaks lie he witnessed many stressful conditions and may suffer from psychological illness, thus concept of *Satyavadinam* (truthfulness) helps to prevent psychological issues. Truthfulness maintains harmony and happiness in body which keeps mental well-being.

Role of concept of *Akrodham*:

Anger increase *Pitta dosha* thus affects metabolism, anger also increases blood pressure. Anger is responsible for agitated state of mind and stress. Therefore keeping away from anger one can remain free from metabolic problems and mental illness.

Role of concept of *Madya Nivrati*:

Madya (alcohol) possess *Ushna*, *Tikshna*, *Vyavaayi*, *Ashuga*, *Ruksha* and *Vishada* properties. These all properties suppress *Ojas*, affect functioning of nervous system, impart psycological disturbances, increases risk of cancer and liver disease. Thus conduction of concept of *Madya Nivrati* helps to prevent pathological progression of these all conditions.

Role of concept of *Ahimsa*:

Ahimsa means non-violence, involvement in violence creates destructive environment which affects physical and mental health of society. The recovery from disease or healing process also depends upon the calmness of person. Thus remaining away from violence is prerequisite in case of mental illness.

Role of concept of *Prashantam*:

Prashantam means one should remain calm and happy with peaceful mind; the peaceful mind generally not affected by ill effects and resembles mental strength against many psychological illnesses. Happy and peaceful mind maintain *Sattvic* behavior and achieve success in life.

Role of concept of *Priyavadinam*:

According to this concept one should not hurt others with speech or harsh words. One should speak pleasantly, this maintain inner harmony, imparts happiness and satisfaction.

Role of concept of *Dheera*:

Dheera means patience; this will helps to remain happy and satisfy in life, imparts self-control and helps to live a healthy life.

Role of concept of *Samadara*:

One should be respectful; giving respect to teachers, elders and women provides moral and social values which brings strong character that helps to maintain natural harmony of health.

Role of concept of *Anrashamsya*:

One should not be cruel to others. Cruelty increase revenge, affects mental character and disturbed psychological behavior. It brings negative character in mind and person indulges in bad habits which eventually affects physiological health of person. According to Ayurveda if one wants to live in harmony then he/she should not be cruel to others.

Role of concept of *Nitya karuna vedinah*:

One should be merciful to others; it is required to support a person who is in need. We should help others financially or emotionally, this will improves overall well-being of society and imparts physical, moral and social values. (8-10)

3. Conclusion

Ayurveda, an ancient system of medicine, has been at the forefront of effective preventive and longevity practices through the use of *Achara Rasayana*, also known as "behavioral medicine," for an extended period. Ayurveda takes health a step further by defining it as a state of balance in physical, mental, emotional and sensorial aspects. *Achara Rasayana* or *Sadvritta* offers various concepts to attain this balance in our daily lives. This behavioral medicine plays a crucial role in addressing the challenges posed by today's stressful and unhealthy lifestyle, particularly in dealing with chronic conditions. By implementing the principles of *Achara Rasayana* or *Sadvritta* or in our lives, we can build a healthy, prosperous, and disease-free society. This approach not only prevents diseases but also has the potential to reverse the progression of existing ailments. By following *Sadvritta*, one can gradually gain control over their mind and senses, allowing them to avoid factors that lead to diseases. These approaches enhance physical and mental immunity of an individual.

Acknowledgements

We would like to express our gratitude to Himalayan Journal of Health Sciences who gave us the opportunity to publish the article.

Financial Disclosure statement: The authors received no specific funding for this work.

Conflict of Interest

The authors declare that there is no conflict of interest regarding the publication of this article.

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