

**CRITICAL ANALYSIS ON SADVRITTA – A CONCEPTUAL STUDY****Dr. Guruprasad K.\***

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**ABSTRACT**

*Ayurveda* is a science of life which is having preliminary aim as maintenance of health of a healthy individual. Health includes physical, mental, social and spiritual health, every classical text of *Ayurveda* explains physical and mental health in similar context excluding these regarding social and spiritual health has been explained under the caption of *Sadvritta* and *Achara Rasayana*. These are code of conducts for keeping balanced condition of body and mind, the code of conduct which includes Ethical, Social, Psychological and moral conducts of human personality. Inculcating these principles will maintain equilibrium condition of mind and body, ignoring of these ethics will leads to psychosomatic disorders. In this conceptual article briefly reviews *Ayurveda* classical texts to draw a conclusion on *Sadvritta* and *Achara Rasayana*. This article also explains importance of Ethical and Code of conduct in maintaining psychological health in an individual.

**KEYWORDS:** Sadvritta, Achara Rasayana, *Ayurveda*, Social health, psychological health.

**INTRODUCTION**

*Ayurveda* is one of the ancient systems of medicine and health gifted to the mankind by Indian sages, which explains maintenance of health of a healthy individual as prime aim rather than treating diseases. *Ayurveda* has number of texts accessible explaining many basic principles to promotion of psychological health and prevention of psychosomatic diseases. In the prevention of psychological and psychosomatic diseases *Ayurveda* explains various regimens which include *Sadvritta* and *Achara rasayana*. These Ethical and code of conducts are extremely important to preserve healthy and happy psychological perception.

Comprehensive utilization of all these modalities and non pharmacological methods has a great effect on preventing life style and psychosomatic diseases.

*Ayurveda* is one of the holistic health care system emphasizes importance of healthy life style in preventing life style diseases and psychological disturbances. *Ayurveda* perspective of ideal life style which includes *Dinacharya* (Daily regimen), *Ritucharya* (Seasonal regimen), *Sadvritta* (Code of conducts) and *Achara Rasayana*, all these methods are instrumental in prevention of disease and promotion of health. In these concepts *Sadvritta* and *Achara Rasayana* are important factors in prevention of psychological and psychosomatic disturbances.

*Sadvritta* comprise of two words, prefix *sat* means good, suffix *vritta* means *Acharana* or regimen, in total *Sadvritta* denotes good regimens or good conducts.

सतां सज्जनानं वृतं व्यवहारजातं सद्वृत्तम् ॥<sup>[1]</sup>

Association with good people leads to development of superior behavior which can be considered as *Sadvritta*.

सतां वृत्तमनुष्ठानं देहवाङ्मनः प्रवृत्तिरूपम सद्वृत्तमनुष्ठेयम् ॥<sup>[2]</sup>

Constantly individual should perform activities in such a way that he will be always remain healthy by remembering all the measures mentioned under *sadvritta*.

### **AIMS AND OBJECTIVES**

Aim of this conceptual study is to accumulate all accessible references from *Ayurvedic* classical texts and other ancient texts regarding *Sadvritta* and *Achara Rasayana* to make easy understanding of topic.

Critical analyzing the importance of *Sadvritta* and *Achara Rasayana* in *Ayurveda* classics, and also discuss the importance of *Sadvritta* in promoting psychological health and preventing psychological disturbances.

### **MATERIALS AND METHODS**

This is a conceptual article, all available references from *Ayurveda* texts and Ancient literature have been searched, collected and compiled also available websites for *sadvritta*

have been searched for this article and analyzed for better understanding of good code of conduct.

To conclude the study, all available *Ayurvedic* literature on *Sadvritta* and *Achara Rasayana* are referred and a humble effort has been made to draw conclusion.

### CONCEPT OF SADVRITTA

*Sadvritta* a word coined in *Ayurveda* classics which denotes code of conduct to keep equilibrium condition of body and mind. *Sadvritta* not only includes mental perceptions also includes rules related with general hygiene, sexual intercourse, food consumption following which leads to promotion of psychological health and prevention of psychological and psychosomatic diseases, more over some of *sadvritta* are play important role in preventing communicable diseases and sexually transmitted diseases as well.

तत्रेन्द्रियाणां समनस्कानामनुपतप्तानामुपतापाय प्रकृतिभावे प्रयतितव्यमेभिर्हेतुभिः तद्यथा सात्म्येन्द्रियार्थसंयोगेन बुद्ध्या सम्यगवेक्ष्यावेक्ष्य कर्मणां सम्यक् प्रतिपादनेन देशकालात्मगुणविपरीत उपासनेन चेति । तस्मादात्महितं चिकीर्षिता सर्वमास्थाय सद्वृत्तमनुष्ठेयम् ॥<sup>[3]</sup>

*Acharya Charaka* mentions principles of preventing psychological disturbances by the individual, naturally mind and sense organs always remain undisturbed, individual should make all type of efforts to remain in normal condition. This can be achieved by performing the duties after considering the pros and cons with the help of intellectual and controlling sensory faculties. Consequently person who desires his wellbeing should always execute noble acts with appropriate care.

त्यागः प्रज्ञापराधानां इन्द्रियोपशमः स्मृतिः ।

देशकालात्मविज्ञानं सद्वृत्तस्यानुवर्तनम् ॥<sup>[4]</sup>

Individual should avoid intellectual errors which take place by sense organs, by avoiding excessive and improper use of sense organs; individual should have knowledge about place, time, once own capability and adopt code of conduct mentioned in classical texts of *Ayurveda*

to prevent diseases. One who is eager for his own wellbeing should follow *Sadvritta* well in advance.

कालाबुद्धीन्द्रियार्थानां योगो मिथ्या न चाति च ।

द्वयाश्रयाणां व्याधीनां त्रिविधो हेतु सङ्ग्रहः ॥<sup>[5]</sup>

*Acharya Charaka* explains causes of diseases related to both body and mind are wrong utilization, non utilization and excessive utilization of time, objects of sense organs, therefore intellectual individual be supposed to stay away from them and prevent diseases.

### CODE OF CONDUCT FOR PREVENTION

In classical texts of *Ayurveda* numerous good conducts are briefly explained, they can be classified as *Sadvritta* for prevention of psychological disturbances, *Sadvritta* regarding personnel hygiene, code of conduct in communication, good conduct regarding diet, code of conduct regarding natural urges, *Sadvritta* for relation with females, good conduct regarding study, general good conducts, *Sadvritta* to worship fire, good conduct for social relationship and *Sadvritta* regarding other behaviors, above mentioned all rules of *sadvritta* will play important role in preventing psychological and psychosomatic diseases, in detail regarding each and every code of conducts are explained beneath.

### PREVENTION OF PSYCHOLOGICAL DISTURBANCES

देवगोब्राह्मणगुरु वृद्धसिद्धाचार्यानर्चरेत् अग्निमुपाचरेत् ।

औषधीः प्रशस्ताः धारये कालावुपस्पृशेत् ॥<sup>[6]</sup>

*Acharya* briefs regarding prevention of psychological disturbances in this citation, individual should worship god, cow, *Brahmin*, preceptors, elders, those who accomplished spiritual perfection and teachers, one should offer oblation to the fire, should wear auspicious herbs, individual should perform *Vedic* rituals twice a day.

होता यष्ट , दाता, चतुष्पथानां नमस्कर्ता, बलीनामुपहर्ता, अतिथीनां पूजकः, पितृभ्यां पिण्डदः, वश्यात्म, धर्मात्मा, हेतीवीर्ष्युः, कले नेर्ष्युः, निश्चिन्तः, निर्भीकः, ह्रीमान्, धीमान्, महोत्साहः, दक्षः,

क्षमावान्, धार्मिकः, आस्तिकः, विनय बुद्धिविद्याभिजनवयोवृद्धसिद्धाचार्याणामुपा सिता, छत्री, दण्डी, मौली, सोपानत्को युगमात्रदृग्विचरेत्, मङ्गलाचारशीलः ॥<sup>[7]</sup>

Again in the same version *Acharya* says rules to prevent psychological disturbances those are individual should perform sacred ceremonies, give contributions, bend down at the square, propose *bali*, offer respect to the guests, offer *pinda* for forefathers, one has to control sense organs, one should follow spiritual path, eager of work without expecting fruit, courageous, intellectual, keenness, talented, one should pardon, devout, having a faith in god, submissive, smart, learned, devoted to his teachers, elders and sages. in addition to prevent the problems one should always hold umbrella, stick, wear turban, shoes, individual should see six feet forward while walking and also should put into practice auspicious way.

प्राक् श्रीमद् व्यायामवर्जी च स्यात् सर्वप्राणिषु बन्धभूतः स्यात् क्रुद्धानामनुनेता, भीतानामाश्वासयिता दीनानामभ्युपपत्ता, सत्यसन्धः, सामप्रधानः परपुरुषवचनसहिष्णुः अमर्षघ्नः प्रशमगुणदर्शी रागद्वेषहेतुना हत्वा च ॥<sup>[8]</sup>

*Acharya* continues to prevent psychological disturbances individual should treat all living beings equally, should appease the irritation of angry person, take away the fear of frightened person, one should care for the suffering person, always speaks truth, one should nonviolent, bear harsh words, and person should keep away from the factors leading to anger, greed.

#### RULES FOR PERSONAL HYGIENE

मलायनेष्वभीक्षणं पादयोश्च वैमल्यमादध्यात् त्रीः पक्षस्य केशस्मश्रु लोमनखान् संहारयेत्, नित्यमनुपहतवासाः, सुमनाः, सुगन्धि स्यात्, साधु वेशः, प्रसिद्ध केशः मूर्धाश्रोत्रघ्राणपाद तैल नित्य , धूपन, सुमुखः,<sup>[9]</sup>

In this citation *Acharya* clearly explains regarding personal hygiene those are individual should clean excretory orifices and feet frequently, one should cut hair, mustache, nails thrice in fifteen days, should wear clean good cloth every day, one should always be with pleasant mind, apply scent, decently dressed, comb the hair, apply oil to head, ear, nose and feet every day, individual should have medicated cigarettes, should have pleasant face.

न शब्धवन्तं मरुतं मञ्चेत्, नानावृतमुखो जृम्भा क्षवथु हास्यं वा प्रवर्तयेत् न नासिकां कुष्णीयात्, न दन्तान् विघट्टयेत्, न नखान् वादयेत्, नास्थीनभिहन्यात्, न भूमि विलिखेत्, न छिन्द्यात्तृणं, न लोष्ट्रं मृद्गीयात्, विगुणमङ्गैश्चेष्टित, ज्योतीव्यमेध्यमशस्तं च नाभिवेक्षेत्, न हुंकुर्यात् शवं, न पापवृतान् स्त्रीमित्रभृत्यान् भजेत्, नावरान् उपासीत, नजिह्वान् रोचयेत् ।<sup>[10]</sup>

*Acharya charaka* elaborates regarding personal hygiene individual should avoid release flatus with sound, should cover the mouth when yawning, sneezing, laughing, must not tingle the nostril, not to crush the teeth, avoid producing sound with nail, strike the bones, scrape the earth, cut the grass, don't grind the mud lump, avoid improper movements of body parts, individual should not see uprightly, inauspicious, unwanted objects, should not produce hum sound in front of dead body, individual should not have relation with persons those who having bad conduct.

नाशुचिरभिचारकर्मचैत्यपूज्यपूजाध्ययनमभिनिर्वर्तयेत् ।<sup>[11]</sup>

*Acharya* in addition continues with these individual should not perform any type of rituals like worshipping tree, superiors and studying while impure.

## RULES OF COMMUNICATION

Ancient Indian classical texts also explains regarding rules of communication and speech those are person should speak less, be supposed to speak timely, favorable and should converse in sweet language. Person should not speak lie, individual should not point out mistakes of other persons, should not reveal secretes of others, person should not speak faultily about superior persons and teachers, and individual should not speak more.<sup>[12]</sup>

## RULES OF DIET

नारलपाणिर्नास्नातो नोपहतवासा नाजपित्वा नाहुत्वा देवताभ्यो नानिरूप्या पितृभ्यो नादत्वा गुरुभ्यो नातिथिभ्यो नोपाश्रितेभ्यो नापुण्यगन्धो नामाली नाप्रक्षालितपाणिपादवदनो नाशुद्धमुखो नोदङ्मुखो न विमना नाभक्ताशिष्टाशुचि क्षुधितं प्रोक्षणोदकैर्न मंत्रैरनभिमंत्रित न कुत्सयन्नकुत्सितं नतिकूलोपहितमन्नमादतीत, न पर्युषितमन्यत्र मांसहरितकशुष्क शाकफलभक्ष्येभ्यः

नारोषभुक्स्यादन्यत्र दधिमधुलवणसक्तु सर्पिभिर्यः न नक्तं दधि भुञ्जीत न सक्तूनेकानशनीयान्निशि न भुक्त्वा न बहुन्न द्विर्नोदकान्तरितान् न छित्वा द्विर्जेर्भक्षयेत् ।<sup>[13]</sup>

In *Ayurveda* classics it was also explained regarding rules to consume food, person should not take food without wearing precious stones, without taking bath, wearing torn cloth, without chanting mantras, without praying god, without offering food to fore fathers, teachers, guests and dependents. One should not have food without applying scent, without wearing garland, should not have food without washing hands, feet and face. Individual should not have food without cleaning mouth, without concentration, with surrounded by bad company, dirty and hungry people, food should not be taken without sprinkling holy water and food should not be taken which is offered by enemies. Person should not take stale food except meat, ginger, dry vegetables, fruits and sweets. Individual should not consume food completely except curds, honey, salt, *Saktu* and *Ghee*; one must not consume curd at night, person should not consume *Saktu* without mixing with *Ghee*, sugar at night.

#### RULES FOR NATURAL URGES

नानृजः क्षयानाद्यान्न शयीत न वेगितोऽन्यकार्यः स्यात् न वाय्वाग्निसलिलसोमार्कद्विजगुरु प्रतिमुखं निष्ठिविका वर्चोमूत्राण्युत्सृजेत् न पन्थानमवमूत्रयेन्न जनयति नान्नकाले न जपहोमाध्ययनबलिक्रियासु श्लेष्मसिंधाणकं मुञ्चति ॥<sup>[14]</sup>

Acharya charaka elucidate regarding importance of natural urges and not to avoid these *Vegas* has been clearly indicated those are individual should not sneeze, eat and sleep in prone position, person should not perform any work with avoiding natural urges, one should not defecate, micturate and spit in front of wind, water, fire, moon, sun, Brahmin, teacher on road side and public places. Person should not clean the nose or take out *Kapha* while taking food, chanting mantra, reading, offering *Bali* and during auspicious ceremonies.

#### RULES FOR BEHAVIOR WITH FEMALES

न स्त्रियंमवजानीत, नातिविश्रम्भयेत्, न गुह्यमनुश्रावयेत्, नाधिकुर्यात्। न रजस्वलां नातुरां नामेध्यां नाशस्तं नानिष्ठरूपाचारोपचारां नादक्षां नाकामां नान्यकामां नान्यस्त्रियां नान्ययोनिं नायोनौ न चैत्यचत्वरचतुष्पथोपवनस्मशानाघातनसलिलौ-षधिद्विजगुरुसुरालयेषु न सन्ध्योर्नातिथिषु

नाशुचिर्वाजग्धभेषजो नाप्रणीतसङ्कल्पो नानुपस्थितप्रहर्षो नामुक्तवान्नात्यशितो न विषमस्यो न मूत्रोच्चारपीडुतो न श्रम व्यायाम उपवासक्लमाभिहतो नारहसि व्यवायं गच्छेत्॥<sup>[15]</sup>

*Ayurveda* classics explains regarding behavior and relation with females those are person should not insult women, depend on them and should not reveal secretes related to women or authorize them. Person should not indulge in sexual intercourse with menstruating women, suffering from any kind of disease, impure, having infection, not good looking, having bad conduct, bad manners, unskilled and unfriendly. Individual should avoid women who is not interested in sex, concerned with other persons, others companion and dissimilar caste. One should avoid sexual intercourse with other organ excluding genital organ. Avoid sexual intercourse under holy tree, public places, crematorium, slaughter house, water, clinics, home of *Brahmin*, teacher and temples. One should avoid sexual intercourse during morning, evening and inauspicious day, should not indulge in sexual intercourse while impure, without consuming drugs which enhances *Shukra*, avoid sexual intercourse without desire, without erection, without taking food, having heavy meals, in uneven places, when person is tired, after exercise, during fasting, during fatigue and devoid of privacy.

### RULES FOR STUDY

न विद्युत्स्वनार्तवीषु नाम्युदितासु दिक्षु नाग्नि संप्लवे न भूमिकम्पे न महोत्सवे नोल्कापाते न महाग्रहोपगमने न नष्टचन्द्राणां तिथौ न सन्ध्यायोर्नामुखाङ्गुरोर्नावपथितं नातिमात्रं न तातं न विस्वरं नानवस्थितपदं नातिद्रुतं न विलम्बितं नतिक्लिबं नात्युच्चैर्नातिनीचैः स्वरैरध्ययनमभ्यसेत् ॥<sup>[16]</sup>

*Acharyas* furthermore explains rules and regulations for studying or reading those includes person should not indulge in studying during unseasonal lightening, places looks similar to being burnt, during earth quakes, fair, drop of meteorites, eclipses, new moon day, at the time of sunrise or sunset, individual be supposed to not study prior to teachers initiation, should not incomplete the *mantra* chanting, should not read in low or high pitch sound, neither slow or fast and improper voice.

### GENERAL RULES OF SADVRITTA

नाति समयं जाह्यात्, न नियमं भिन्द्यात् न नक्तं नादेशे चरेत् न सन्ध्यास्वभ्य-  
वहाराध्ययनस्त्रीस्वप्नासेवि स्यात्, न बालवृद्धलुब्ध मूर्खक्लिष्ट क्लिबैः सह सख्यं कुर्यात्, न

मद्यद्यूतवेश्याप्रसङ्गरुचि स्यात्, त गुह्य विवृणयात्, न किञ्चिदवजानीयात् नाहं मानी  
स्यान्नादक्षो नासूयकः, न ब्रह्मणान् परिवेदत्, न गवां दण्डमुद्यच्छेत् न वृद्धान् गुरुन् गणान्  
नृपान् वाऽधिक्षिपेत्...<sup>[17]</sup>

*Ayurveda* explains regarding general rules and regulations for prevention of psychological disturbances those are person should not misuse time, break the regulations which are mentioned in *Ayurvedic* classics, person should not wander in unidentified place and at the darkness, person should not consume food, read books, participate in sexual intercourse during sunset, individual should not be friendly with small kids, elderly, gluttonous people, fool, impotent persons. Individual should not consume alcohol; indulge in gambling, relation with prostitute. Should not expose others secrets and abusive others, should not have ego, covetousness, abusing *Brahmin* and beat cow. Individual should not abuse elders, teachers and king, should not move away from relatives and loved one person who helped in hard time and knows his secrets.

न कार्यकालमतिपातयेत्, ना परीक्षितमभिनिविशेत्, नेन्द्रियवशगः स्यात्, न चञ्चल- मनोऽनुभ्रमयेत्,  
न बुद्धीन्द्रियाणामतिभारमादध्यात्, न चातिदीर्घसूत्री स्यात्, न क्रोधहर्षावनुविदध्यात् न  
शोकमनुवसेत्, न सिद्धावुत्सेकं गच्छेन्नासिद्धौ दैन्यं, प्रकृतिमभिक्षणं स्मरेत्, हेतुप्रभावविनिश्चितः  
स्याद्धेत्वरम्भनित्यश्च न कृतमित्याश्वसेत् न वीर्यं जह्यात्, नापवादमनुस्मरेत् ।<sup>[18]</sup>

Addition with general rules and regulations *Acharyas* says person should not put off the works, devoid of proper assessment one be supposed to not start work. Individual should not be under control of sense organs, must not permit inconsistent mind to rule, intellect and senses should be overburdened, should not holdup the work, person should not take action during intense annoyance and cheerfulness, individual should not be anguish or over blissful of others success, should not anxious for failure and should keep in mind own nature, always should have confidence in cause and consequence, feel relieved ones work is accomplished, should not loose spirit and should not memorize insults of earlier.

ब्रह्मचर्यज्ञानदानमैत्रीकारुण्यहर्षोपेक्षाप्रशमपरश्च स्यादिति ॥<sup>[19]</sup>

*Acharyas* says person should follow the path of *Brahmacharya*, to gain the knowledge, propose donations, making friendship, live in happiness, follow the path of detachment, and peace.

### RULES FOR FIRE WORSHIP

नाशुचिरुत्तमाज्याक्षततिलकुशसर्षपैरग्निं जहुयादात्मानमाशीर्भिराशासनः अग्निर्मे नापगच्छे-  
च्छरीराद्वायुर्मे प्राणानादधातु विष्णुर्मे बवमादधातु इन्द्रो म् वीर्यं शिवा मां प्रविशन्त्वाप आपोहिष्ठेत्या  
पः स्पृशेत्, द्विः परिमृज्योष्ठौ पादौ चाभ्युक्ष्य मूर्धनि खानि चोपस्पृशेदभ्दिरात्मानां हृदयं शिरश्च।<sup>[20]</sup>

*Ayurveda* given significance for worshipping of fire specified some vital rules and regulations regarding the same those are during impure condition person should not offer ghee, grains, oils, grass and mustard. Individual should wish himself for wellbeing and chant mantras mentioned in *Ayurveda* classics. Person should touch the water and chant the mantras, should wash face and feet with water twice a day and sprinkle water all over the body and orifices.

### RULES FOR GOOD BEHAVIOR

नान्यस्वमाददीत्, नान्यस्त्रियमभिलषेन्नान्यश्रियं न वैरं रोचयेत्, न कुर्यात् पापं, न पापेऽपि पापि  
स्यात् नाधार्मिकैर्न नरेन्द्रद्विष्टैः सहासीत्, नोन्मत्तैर्न पतितैर्नभ्रूणहन्तृभिर्न क्षुद्रैर्न दुष्टैः, न  
दुष्टयानान्यरोहेत्, नाजानुसमासनमध्यासीत्, नानास्तीर्णं मनुपहितमविशालमसमं वा शयनं  
प्रपद्येत, न गिरिविषममस्तकेष्वनुचरेत् न द्रुममारोहेत्, न जलग्रवेगामवगाहेत्, न  
कुलच्छायामुपासीत्, नाग्न्युत्पामभितश्चरेत्, नोच्चैर्हसेत् ॥<sup>[21]</sup>

Classical *Ayurvedic* text also explains regarding rules for good behavior which includes person should not desire for others money, others wife and wealth, person should not have opponent, should not perform sin or keep relation with people who do wicked act. Individual should not keep contact with kings' rival, foolish, mean minded, and who conduct abortions. Person should not travel unsafe means of transportation, should not be seated on knee height, not sleep on uneven or small bed, should not sleep lacking of head support and uncovered, person should not walk on bumpy slopes of mountain, climb trees, bath in speedy flowing rivers, individual should not stamp on shadow of great person, taking shelter in shadow of banks of river, should not move near fire, should not laugh loudly.

न चैत्यध्वजगुरुपूज्यशस्त्रच्छायामाक्रमेत्, न क्षपस्पमरसदन  
 चैत्यपचत्वरचतुष्पथोपवनशमशानघातनान्यसेवेत्, नैकः शून्यग्रहं न चाटवीमनुप्रवीशेत्, न  
 पापवृत्तान् स्त्रीमित्रभृत्यान् भजेत्, नोत्तमैर्विरुध्येत्, नवरानुपासीत नानार्ययमाश्रयेत्,  
 साहसातिस्वप्नप्रजागरस्नानपानान्यसेवेत्, नोर्ध्वं जानुशिरं तिष्ठेत्, न व्यालनुपसर्पेन्न दंष्ट्रिणो न  
 विषाणिनः, परोवातातप अवश्यायाति प्रवाताञ्चहयात्, कलिं नारभेत्, नासुनिभृतोऽग्निं उपासीत,  
 नोच्छिष्ठो नाधः कृत्वा प्रतापयेत्, नाविगतकलमो नानाप्लुतवदनो न नग्न, उपस्पृशेत्, न स्नानशहया  
 स्पृशेदुत्तमाङ्गं, न केशग्राण्याभिहन्येत्, नोपस्पृश्य ते एव वाससि बिभृयात्, न स्पष्ट्वा  
 रत्नाज्यपूज्यमङ्गलसुमनसोऽभिनिष्क्रामेत्, न पूज्यमङ्गलान्यपसव्यं  
 गच्छेन्नेतराण्यनुदक्षिणम्।<sup>[22]</sup>

*Acharya charaka* further explains regarding good behavior individual should not stamp on shadow of sacred tree, teachers, holy and inauspicious things. Person should not visit to temple, sacred tree, crematories, and slaughter houses at night; avoid company of bad ladies, friends and servants. Individual should not speak against to superior people and depend up on bad people, avoid working beyond the capacity, avoid producing fear, avoid bathing and drinking water repeatedly, avoid excess eating, should not touch dangerous animals, not initiate quarrel, should not wear same cloth after bathing, person should not go out without touching auspicious things and feet of respectable person.

### ACHARA RASAYANA

सत्यवादिनमक्रोधं निवृत्तं मद्यमैथुनात् । अहिंसकमनायासं प्रशान्तं प्रियवादिनम् ॥

जपशौचपरं धीरं दाननित्यं तपस्विनम् । देवगोब्राह्मणाचार्यगुरुवृद्धारचने रतम् ॥

आनृशंस्यपरं नित्यं नित्यं करुणवेदिनम् । समजागरणस्वप्नं नित्यं क्षीरघृताशिनम् ॥

देशकालप्रमाणज्ञं युक्तिजमनहङ्कृतम् । शस्ताचारमंसकीर्णमध्यात्मप्रवणेन्द्रियम् ॥

उपासितारं वृद्धानामास्तिकानां जितात्मनाम् । धर्मशास्त्रपरं विद्यान्नरं नत्यरसायनम् ॥

गुणैरेतैः समुदितैः प्रयुङ्क्ते यो रसायनम् । ससायनगुणान् सर्वान् यथोक्तान् स समश्नुते ॥

इत्याचार रसायनम् ॥<sup>[23]</sup>

In *Charaka Chikithsa sthana Acharya* elaborately explains regarding rules and regulations in the name of *Achara Rasayana* those are person should speak truth always, abstain from anger, and avoid alcohol, abstain from sexual act and violence. Individual should leave peacefully, stay away from physical exertion, converse pleasantly, practice chanting of god, keep cleanliness, person should be brave, kind, and carry out reparation, give respect to god, *Brahmin*, elders and preceptors, avoid unkindness and forever kind to all. Individual should sleep and get up appropriate time, should consume milk, ghee every day, should have proper knowledge about place, time should act with intelligence and planning, devoid of ego, follow a good conduct, devoid of incorrect judgment, prone towards philosophy, person should believe in god, serve elders, study spiritual books, always endowed with rejuvenation qualities, with all above said qualities are called as *Achara Rasayana*.

## RESULTS

Referring all available classical text of *Ayurveda* regarding concept of *Sadvritta* and *Achara Rasayana*, more elaborate explanation we can find in classical texts as code of conduct and rules and regulations for living in society, preventing psychological and psychosomatic diseases has been given more importance in this context. In the same version our *Acharyas* suggested much *Pathya Apathy* of *Achara* and *Vihara* which can prevent, preserve and promote psychological and spiritual health.

*Sadvritta* word itself says *sad* means good and *Vritta* means regimen or following, all these are maintenance good and balanced condition of body and mind. These regimens not only includes psychological faculties also rules and regulations related to general hygiene, consumption of food, sexual intercourse, behaving with women, respecting women, elders and teachers, these are also called as psychological and spiritual health promoting conducts.

## DISCUSSION

*Ayurveda* is science of life offering many non-pharmacological methods to prevent diseases and promote health of person healthy, classical approach which includes *Dinacharya*, *Ritucharya*, *Ratricharya*, *Sadvritta* and *Achara Rasayana*. These methods provides suitable solution to difficulties owing to life style disorders, *Sadvritta* and *Achara Rasayana* are largely helps in preventing psychological and psychosomatic, communicable and sexually transmitted diseases.

*Sadvritta* which includes ethical, moral, social and mental conducts according to these conducts for all human beings balanced mind is very essential, physical health is depend upon the health and balanced state of mind, therefore always mind should be kept in control by following the rules and regulations explained in *Sadvritta* and *Achara Rasayana* which are code of conducts for healthy psychological wellbeing.

Various *Sadvritta* procedures explained in classical texts like closing the mouth and nose when sneezing, coughing and also procedures like not to wear unclean cloths and not to use utensils which are unclean, not to have sexual intercourse with unclean and unknown women's and places where not to have sexual intercourse shows prevention of communicable diseases and sexually transmitted diseases.

*Sadvritta* procedures like chanting mantras, praying god, respecting elders, teachers and women, giving donations, helping poor people, feeding animals before having food, worshipping fire, respecting Brahmins and helping needy people, worshipping cow, feeding cow, doing prayer twice a day all these are to improve and promote spiritual health which is one of the largely required fraternity of wellbeing.

Regarding personnel hygiene like cutting of nails, hairs and removing unwanted hairs like beard, mustache, combing hair properly, bathing every day, using of garlands and herbal scents, application of sandal wood paste to body, washing face and feet regularly. In addition general rules like having food in proper time and proper quantity, regular exercise, sleep at night, getting up in the morning above said all regulations are to prevent life style disorders.

Concerning to method of speaking or communication *Acharyas* explained one has to converse in smooth language with others, speak sweetly, and keep good relation with neighbors, colleagues and friends. Good behavior with women, respecting elders and teachers, behaving with kids, maintaining distance with enemies, not to harm anyone and positive thinking all above mentioned rules and regulations are to prevent psychological disturbances and promote psychological health.

## CONCLUSION

Health can be stated as physical, mental, social and spiritual wellbeing of person, rules and regulations explained under *Sadvritta* and *Achara rasayana* are absolutely improve and promote health of healthy wellbeing, prevent psychological and psychosomatic diseases. Implementation of *sadvritta* regimens in society will reduce communicable diseases, sexually

transmitted diseases and psychosomatic diseases, further improve social and psychological health in individual. Prevention is better than cure hence incorporation of regimens told in *Ayurveda* will bestow absolute physical and mental condition in individual.

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