

ROLE OF SADVRITTA AND SATTVA FOR PROMOTING VYADHIKSHAMATVA (IMMUNITY)

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ABSTRACT

In this era where the ultimate goal of every individual is to be happy and cheerful. This happiness can't be achieved without having good health. It is believed health and wellness depends on a delicate balance of the mind, body, and spirit. Healthy state is not only the physical wellbeing but also wellbeing of social and mental aspect of life. *Ayurveda* in its core has prescribed a beautiful tool for enjoying disease free life which are certain code of good conducts. These are well known as *Sadvritta*. Principles of *Sadvritta* highlights the importance of socio-cultural factors in the maintenance of mental as well as physical health. These are the ethical code related to personal

hygiene, social attributes, occupational attributes, food consumption, religion etc. Every individual should follow these in life to attain *Aarogya* and *Indriya vijiye*. By adopting *sadvrittacharan* every person is capable of cultivating the *Sattva Guna* in himself. This is the state of joy and balance between the body and mind. Simultaneously the individual possessing high *Sattva Guna* will always cherish a life free from ailments having high *vyadhikshamatva*.

KEYWORDS: *Sadvritta, Sattva, Vyadhikshamatva.*

INTRODUCTION

Youthfulness does not depends on age but it actually depends on good physical and mental health. But it can't be attained at once in one night by taking different types of drugs. For achieving a healthy life *Ayurveda* describes many protective covers mentioned in *Ayurvedic*

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text. Out of these, one incredible golden key which one get without any expenditure is *Sadvrittacharan*. *Sadvritta* as mentioned in *Ayurveda* will help to gain long, happy, peaceful and healthy life free from physical and psychological illness.^[1] It is formed by two words *Sad* means good and *vritta* means regimen. These are the moral principles which refers to good personal conduct and social behavior. By obeying these, one can achieve *hit ayu*(life beneficial to society) and *sukh ayu*(life which gives individual happiness).^[2] These code of good conduct awards us good health i.e. *Aarogya* and control over senses and desires i.e. *Indriya Vijiye*.^[3] Continues practicing *Sadvritta* effects equally on both body as well as mind and the position of *Sattva Guna* remains in equilibrium i.e. priority of *Sattva Guna* will constantly persist.^[4] *Sattva* is the quality of goodness, harmony, patience, purity, positivity, truth, peacefulness, health, serenity, balance and virtuousness that is drawn towards *dharma* and *jnana*.^[5] When *Sattva* is dominant in a person, the person has strong wellbeing. It keeps *Raja* and *Tama* in balanced state, doesn't allow *Manas* to involve in them because their imbalance is responsible for psychological disorders such as *Kama*, *Krodha*, *Lobha*, *Moha*, *Chinta* etc.^[6] It shows *Rajas* and *Tamas* are the true causes of mental disease. Hence disease begins when *Sattva* fails to maintain balance between them. This causes imbalance, which are perceived in the mind. They ultimately lead to create imbalance in the body by vitiating *Vata*, *Pitta*, *Kapha* (*sharir dosha*) causing physical disorder in the body.^[7] Thus it shows the importance of *Sattva* and in turn it shows the necessity of *Sadvritta* also. As by following good code of conduct, *Sattva* always remains in high position and this will significantly produce disease resistance in our body.

As said in *Ayurveda* the causes of any disease^[8]

- *Asatmendriyarth Samyoga*
- *Pragyaparadha*
- *Parinama(Kaala)*

Among the above three *Hetu*, *Prinama(Kaala)* is a *Nishpratiyanik Hetu* i.e. it is not in our hands but remaining two *Hetu*(*Asatmendriyarth Samyoga* and *Pragyaparadha*) can be avoided by *Sadvrittacharan*, and this in turn will surely help to avoid disease.

Now talking about the power which is present in our body and which protects the body and forms a resistance against disease. This is the immunity and in *Ayurveda* it is called as *Vyadhikshamatva*. Here are its subtypes:^[9]

- *Vyadhi-balavirodhitvam*: It is the capacity to restrain and withstand the strength of the disease i.e. strength to resist the progress of disease.
- *Vyadhi-utpadakpratibandhkatva*: The resisting power of the body competent enough to prevent the occurrence of the disease.

This *Vyadhikshamatva* is very much familiar to *Bala*, *Ojas*, *Shleshma*. The antagonism of *Vyadhibala* and being restricted in the origin of *vyadhi* is known to be *Vyadhikshamatva*. In simple words the ability to prevent the acuteness of the disease and to prevent the origin of the disease is called *Vyadhikshamatva*. Not all bodies are endowed with immunity.^[10] But by applying *ukti* physical and mental *bala* can be increased. There are three types of *Bala*.^[11]

- First innate physical and mental *Bala*.
- Second *Kalaj Bala* which comes from physical and mental development with age.
- Third *Uktikrita Bala* which is obtained by following good codes of conducts i.e.

Sadvritta regarding aahar, lifestyle etc. All three contribute to *Vyadhikshamatva*.

Vyadhikshamatva is also understood as *Ojas* and *Ojas* as *Bala*.^[12] The excellent essence of *Rasaadi* seven *Dhatu*s is called *Ojas*. According to *Ayurveda* its second name is *Bala*. This *Bala* protects the body from disease. It is necessary to understand one thing although *Ojas* and *Bala* are said to be one but *Ojas* is considered to be cause(*karana*) and *Bala* is its action(*karya*).^[13]

Nine types of factors are mentioned in *Ayurveda*, which draws the body towards inability to resist the disease appearance i.e. factors which are responsible for reducing the *Vyadhikshamatva*. Out of these one most important i.e. *Alpa Sattva*(individual with feeble mind).^[14] This *alpa Sattva* is one of the cause for illness in mental as well as physical body. In order to have perfect health *Sattva Guna* must be cultivated as it is the key of *ayurvedic* healing. It can be increased through proper diet, physical purification, control of the senses, control of the mind. For this *Ayurveda* emphasise its development through practicing *Sadvritta* in day to day life. By following these ethical rules, one will not only enjoy healthy life but also get awarded with fame, success and prosperity in life.

Classification of *Sadvritta* as mentioned in *Ayurvedic* text^[15]

- *Vyavaharika sadvritta* (Ethical codes of conduct)
- *Samajika sadvritta* (Social codes of conduct)
- *Sharirika Sadvritta* (Physical codes of conduct)

- *Manasika sadvritta* (Mental codes of conduct)
- *Dharmika sadvritta* (Moral codes of conduct)

***Vyavaharika sadvritta* (Ethical codes of conduct)**

- Always speak the truth. Attempt to speak at the proper time with words which are valuable, useful, beneficial, limited, sweet and meaningful. Do not talk in vain without cause. No one should use such words which hurts.^[16]
- If once get completely tired, one should not perform the physical exercise. Because suitable and proper exercise brings about lightness, firmness, strength, ability to work, stability, provide resistance to discomfort. It also stimulates the potential of body for digestion.^[17] Excessive practice of physical exercise gives rise to tiredness, exhaustion, excessive thirst, *raktipitta*(bleeding from different parts of the body), asthma, decrease in *Rasadi dhatus*, darkness in front of eyes, cough, fever and vomiting.^[18]
- Always carry an umbrella, Whenever one go out for a walk, a walking stick and a turban (headwear). Because holding an umbrella prevents the effect of rain, breeze, dust, heat of the sun, snow etc. It is also good for complexion, eyes (vision), strength and grant welfare and comfort.one should always have turban on head, as it reflects purity and protects hair from dust and wind.^[19]
- Same way holding a stick while walking one can get rid of the fear from dogs, several types of reptiles, wild and horned animals. It prevents exertion and slipping, helpful for elderly individuals. It also bestows *Sattva*, enthusiasm, strength, stability, courage. It also gives support to the body and removes fear.^[20]
- Do not bathe completely naked. After taking bath one should wear clean clothes because it prevents inauspiciousness, promotes desires, honour and longevity. It brings about pleasure, grace, competence and good looks in cultured assembly.^[21] One should not wear the same clothes worn before.^[22] Because some vectors like ticks, bugs etc are attracted towards uncleanness, and make skin, hair clothes and other dirty material as their shelter and reservoir of infection.
- Do not sleep on a bed which is not comfortable. Because comfortable cot relieve tiredness, stops aggravation of *Vata*, grants sound sleep which is very essential for healthy life. Proper sleep acts as an aphrodisiac, bestow satisfaction, complexion, enthusiasm and maintains normalcy of the tissues and strengthens our senses.^[23]

Samajika sadvritta (Social codes of conduct)^[24]

- Always help the one which is in trouble. Have smiling face and should begin the conversation first. Always respect and welcome the guests and show hospitality towards them.
- Always show affection to all living beings weather human or animal. Calm the anger, help the poor, be peaceful and tolerate bitter words and deeds of others.
- Always respect teachers and elderly persons, enjoy the company of successful person i.e. siddha and religious persons. Always shows gratitude towards them.
- One should not laugh loudly and should not release flatus with sound.
- Private part of the body should not be exposed publicly.
- One should not comb the hair publicly. It is not appropriate to pick teeth or finger the nose or ear in the presence of people.
- One should not oppose good people. Avoid the company of people having bad conduct, greedy, despised and ill mentality.
- One should not end the relation with the people who helped in difficulty and know the deep secrets of the family.
- One should not yawn, sneeze, and laugh without covering the mouth. It will prevent droplet infection from passing from one to another person. Urination should be avoided in open public places, and while taking food. Nasal mucous should not be excreted out at the time other than cleaning of face or bath.

Sharirika Sadvritta (Physical codes of conduct)

- Always wear gems and ornaments. It bestows the prosperity, health, auspiciousness, good fortune, longevity and grace and prevents danger from snakes, unholy spirits etc. It is pleasant and charming. *Ojas* also enriched by it.^[25]
- Head, ears, nostrils and feet should be massaged with oil everyday.
- Excretory routes of the body should be cleaned frequently with water every day.
- Always wear flowers and apply sweet scents (perfumes). Because use of perfumes and garlands vitalize lust, sensuality, generates good smell in the body and enhances longevity, beauty and strength to the body. It is pleasant and satisfying for the mind.^[26]
- Take bath twice daily, according to season. Because bathing is auspicious and aphrodisiac. fatigue, sweating relieved by it and increases self-confidence and emotional wellbeing. Bathing abolish dirt and unpleasant body odours. It promotes vitality in the body and prolongs life. It brings about strength in the body and the enhances the *Ojas*. It

also helps to remain fit and good looking. Blood circulation also get improved and it boosts the immune system.^[27]

- Selection of footwear should be done as per the type of job and our physique. Putting on foot wear is good for the eyes, vision and skin. Removes discomfort of the feet grants strength, good for courage and sexual desire.^[28]
- Habit of hair cutting, nail cutting and shaving at least three times in a fortnight should be followed. Keep the nails and hair clean. Because hand and nail pick up dirt and infectious agent easily comes in contact with hand and nails, so washing of hand and cutting of nail at regular interval is compulsory specially to prevent the infection carried through faecal and oral route.^[29]

Manasika sadvritta (Mental codes of conduct)^[30]

- We should not postpone the things, which should to be done at the proper time.
- Without thinking we should not react quickly. Do not suddenly involve in work without examine. One should not be controlled by his senses. We have complete control on them
- One should not be very happy in achievements and not be very sad in failure. Always remain stable in every situation.
- One should do his deeds without having expectation of it's result.

Dharmika sadvritta (Moral codes of conduct)

- One should touch the feet of elderly/spiritual respectable person, auspicious things like gold, gems, flowers etc. before going for some important work. Always wear auspicious herbs like *Tulsi*, *Sahadevi* and *Rudraksha* as they protect us from evil.
- One should not take shelter at night time in temples, at meeting place of four roads, garden, holy trees and places of slaughter house.

Codes of regarding consuming food(*aahar*)^[31]

- Food becomes beneficial for a person, when it is consumed without talking, without laughing and with concentration. Food should not be partaken without wearing gems on hand, without reciting mantras because Gems & mantras are preventing measures from toxic food by indicating toxicity or neutralizing them.
- Food should be eaten at proper place, where there is no crowd because crowded areas having more chances of contamination of food, water etc, hence it should be avoided, food should be served first to others then have it, stained and dirty and stale food should not be eaten because Stale food having great chance of infection as fresh food is warm so

pathogens unable to grow.^[32]

- Consuming curd at night is strictly forbidden.³³ Because it gives rise to various diseases by blocking the *strotas*.
- One should first worship and serve the food to god then have it.
- In presence of the pressure of natural urges one should not have the food. Because by enforcing these urges many ailments are produced in the body.^[34]

Ethical Code towards women and intercourse^[35]

- One should not have sexual contact with women at the time of her menstrual period. Because person copulating with menstruating woman loses his vision, life span and courage.^[36]
- One should not have sexual intercourse with a woman who is pregnant, with bad conducts and also with the women who is ugly and suffering from illness. Because such action produces loss of semen and guilt in mind. One who is suffering from thirst, with unhappy mind and in sitting posture should not involve in sexual intercourse, it causes aggravation of *Vata dosha*.^[37]
- Intercourse should not be done in any organ other than the genital organ and not in the places which are not vagina like mouth, groin, axilla and rectum or in animal's vagina. Because these types of activity causes Syphilis and other sexually transmitted diseases.^[38]
- Sexual intercourse with a woman who is inauspicious, and not favourable in dawn & dusk, on prohibited days, while unclean, pressed with the urges of urine & faeces. Prohibited time or pressing urges leads to *vata dosha* vitiation.^[39]
- Sexual intercourse should not be performed in morning and in the evening time. Involving in such activities during early morning and evening aggravates *Vata* and *Pitta Dosh*a.^[40]

Ethical codes regarding study^[41]

- Study should not be done during unseasonal lightning, an outbreak of fire, earthquake, nor during important festivals, during the solar or lunar eclipse and at the time of dawn and dusk i.e. *Sandhya kala*.
- One should not recite words incomplete in sound while studying, nor pronounce the words in rough voice, neither too fast nor too slowly. Proper accent for pronunciation should be used with medium pitch nor too high neither too low.

DISCUSSION

The one who follows the above-mentioned ethical codes of conduct i.e. *Sadvritta* will be able to enjoy and cherish his life, that person will remain healthy in all ways because these moral principles are related to social, emotional, psychological, physical and ethical aspects of life. This is the beauty of Ayurveda that it emphasizes on the concept that our thoughts, words, and actions have a supreme impact on the restoration of health and wellbeing. It sharpens the whiz thereby enabling the individual in preventing from Pragyaparadha and thus helps in:

- Enhancing the personality
- Increases *Sattva* in our consciousness
- Refining the social relationship
- Boosting the physical health.
- Upgrade the psycho-neuro- immunity.
- Assist the individual to know and understand its role in society.

Sadvrittacharan purify and filter our subtle as well as physical body by giving beneficial thoughts to the sense organs. It shows that *Sadvritta* is full proof health development gadget given by our *acharayas* since ages and they are applicable in present era as well.

CONCLUSION

Hence it proves that there is strong relationship between *sadvritta* and health. Non-observance of *Sadvritta* increases the risk of habits that cause deterioration and malaise of life and reduces age. The role of *Sattva* factor in prohibiting the disease production is well illustrated in Ayurveda centuries ago and this *Sattva* always remain in high position by following *Sadvritta* and individual having high *Sattva* will always have high *vyadhikshamatva* and will never suffer from mental as well as physical disease. The superiority of *sattva* is essential to be mentally and physically healthy. So a person who is desirous of his own well being should perform noble acts with proper care. These regimens of good conduct i.e. *Sadvritta* includes the control of the senses and the mind is calculated to turn man into a noble citizen of the world and lead him a step higher in the ladder of evolution.

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