

ROLE OF SADVRITT AND AACHAR RASAYANA IN PSYCHOSOMATIC DISEASES

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ABSTRACT

Ayurveda has its unique approach towards healthy life. The main objective of ayurveda is to “maintain the health of a healthy individual by prevention of disease and to cure the disease ones”. Ayurveda being the foremost life science describes way to prevent and manage lifestyle disorders. Its provides proper dietary management and lifestyle advices through *Dincharya* (daily regimens), *Ritucharya* (seasonal regimens), *Aachar Rasayan* (code of conduct), *Sadvritt* (ideal routines), *Panchakarma* (biopurification), *Rasayana* (rejuvenation) therapies. The psychosomatic problems are as old as human civilization. The psychological (psychiatric) and physiological (organic) i.e *Manas* and *Sharira roga* respectively are interrelated to each other as per ayurvedic aspect. if we fails to adopt these regimens, dietary and life

style instructions, we may suffer from psychosomatic diseases i.e. insomnia, depression, anxiety, obesity, hypertension, diabetes mellitus, hyperacidity, etc. The following of *Sadvritt* and *Aachar Rasayan* are of utmost important to maintain a healthy and happy socio

physiological well being of a person. The *Sadvritt* and *Aachar rasayan* have traditional values. They play an important role in prevention and management of psychosomatic disorders.

KEYWORDS: Psychosomatic, *Sadvritt*, *Aachar rasayan*.

1. Ayurveda -The science of life

Ayurveda is considered one of the oldest systems of medicine in the world. Developed in India during the period 2000-1000 B.C., the sages, through direct observation, experience and communication with nature, created a unique system known as Ayurveda, “the science of life.” Ayu=life and Veda = knowledge or wisdom. The “Vedas,” an ancient text, describe Ayurveda as a system to promote the mind, body and consciousness. This holistic approach to life is four dimensional: physical, mental, emotional, and sensorial.

The three goals of Ayurveda are to 1) preserve the health of a healthy person, 2) to prevent disease, and 3) to promote longevity by improving the quality of life in mind, body, and spirit. Sushruta, one of the great scholars of Ayurveda, described the essence of Ayurveda as “*Sama doshah samagnis’ ca sama dhatu malakriya prassannathemendriya manah swastha ityabhidhiyate*”,^[1] meaning health is the state of equilibrium of *doshas*(biological humor), *agnis* (transformative physiological system functions), *dhatu*s(tissues and organs), and *malas* (metabolic byproducts), along with sensorial, mental, and spiritual well being.

2. Psychosomatic disorders

Psychosomatic means mind(psyche) and body(soma).A psychosomatic disorder is a disease which involves both mind and body. Some physical diseases are thought to be particularly prone to be made worse by mental factors such as stress and anxiety. Your current mental state can affect how bad a physical disease is at any given time. However, the term psychosomatic disorder is mainly used to mean. “A physical diseases are that thoughts to be caused, or made worse, by mental factors”. Some physical diseases are thought to be particularly prone to be made worse by mental factors such as stress and anxiety. For example, psoriasis, eczema, stomach ulcers, high blood pressure and heart disease. It is thought that the actual physical part of the illness (the extent of a rash, the level of the blood pressure, etc) can be affect by mental factors.

2.1 Which diseases are psychosomatic?

To an extent, most diseases are psychosomatic-involving both mind and body. **(a)-** There is a mental aspect to every physical disease. How we can react to and cope with diseases varies greatly from person to person. For example, the rash of psoriasis may not bother some people very much. However, the rashes covering the same parts of the body in someone else may make them feel depressed and more ill. **(b)-** There can be physical effects from mental illness. For example, with some mental illness you may not eat, or take care of you, very well which can cause physical problem.

2 How can the mind affect physical diseases?

It is well known that the mind can cause physical symptoms. For example, when we are afraid or anxious we may develop a fast heart rate, A thumping heart (palpitations), Feeling sick (nauseated), Shaking (tremor), Sweating, Dry mouth, Chest pain, Headaches, A knot in the stomach, Fast breathing. These physical symptoms are due to increased activity of nervous impulses sent from the brain to various parts of the body and to the release of adrenaline (epinephrine) into the bloodstream when we are anxious.

3 Achar rasayan in ayurveda

Chara rasayana is a unique concept in Ayurveda that implies moral, ethical, and benevolent conduct: truth, nonviolence, personal and public cleanliness, mental and personal hygiene, devotion, compassion, and a yogic lifestyle. These behaviors bring about rejuvenation in the body-mind system. One who adopts such conduct gains all benefits of rasayana therapy without physically consuming any material rasayana remedy or recipe, although it can be practiced alone or in a combination with material substance rasayana therapy. The concept of achar rasayana is to change our behaviors in order to reverse the disease process and stay in balance.

Persons who are truthful and free from anger, who are devoid of alcohol and sex indulgence, who do not indulge in violence (himsa) or exhaustion, who are peaceful and pleasing in their speech, who practice japa (incantation) and cleanliness, who are stable and steady, who regularly practice charity and tapas (penance); who regularly offer prayers to the gods, teachers, preceptors and old people, who are absolutely free from barbarous acts, who are compassionate, whose period of awakening and sleep are regular, who habitually take milk and ghee, who acquainted with the measurement of (things appropriate to) the country and the time, who are experts in the knowledge of rationality, who are free from ego, whose

conduct is good, who are not narrow minded, who have love for spiritual knowledge, who have excellent sense organs, who have reverence for seniors, astikas (those who believe in the existence of God and validity of the knowledge of the Vedas), and persons having self-control and who regularly study scriptures, get the best out of rejuvenation therapy. If persons endowed with these qualities practice rejuvenation therapy, they get all the rejuvenation effects described above.^[2]

4 Achara Rasayana with regards to Modern Lifestyle

A most important key for long life according to Ayurveda is to follow Achara Rasayana—a code of behavior or code of ethics. One who follows very optimistically all codes of conduct (achar rasayana) need not take other Rasayanas, and those who take other Rasayanas without following code of conduct do not receive the optimum results of rasayanas according to Charaka. Achara rasayana, as described by Charaka, says that everyone who wants to have a long life span should be careful to observe the following rules:

1. Satya vadinah – truthfulness
2. Akro dhinah – do not be angry
3. Madya Nivirati – do not indulge in alcoholic drinks.
4. Maithuna Nivirati – observe celibacy and the sexual act according to the code.
5. Ahimsa – non-violence
6. Anayasaka – avoid overexertion.
7. Prashantam – be calm and peaceful in mind.
8. Priya vadinah – do not hurt others with your speech. Speak pleasantly.
9. Japa para – remember always the creator of the Universe (God).
10. Soucha Para – Purity
11. Dheera – Patience
12. Dana – Charity
13. Tapaswin – Austerity
14. Samadara – Be respectful
15. Anrashamsya – do not be cruel to anyone.
16. Nitya karuna vedinah – be merciful to all who are in need of help
17. Sama Jagrana – swapna – Maintain balance in waking and sleeping. Do not stay up long into the night and do not sleep in the daytime.
18. Nitya ksheer ghritashinah – Take milk and ghee in moderation in your diet.
19. Desha-Kala-pramanagya – be a knower of place, time, and measures of activities.

20. Yuktigya – Plan ahead to achieve your goals.
21. Anahamkari – avoid super egotism
22. Shastachara – maintain good behavior established by Apta – the great sages and saints of society.
23. Asamkiran –be generous and sharing
24. Addhyatma parayanam-be conscious
25. Upasitarah vridhdhanam – respect and serve your elders.
26. Upasitarah Astikanam – respect and serve priests, sages, and saints who serve your religion and God.
27. Upasitarah Jitatmanam – respect and serve the people who have conquered their senses (masters of desires).
28. Dharma Para – keep yourself busy in religious activities.
29. Shastra para – continually study new sciences, advances, research, And philosophies and utilize them for the benefits of all human beings.

5. Sadvrittam: In ayurveda

- Always speak the truth.
- Control your anger under all circumstances.
- Enjoy sensory pleasures wisely.
- Avoid harming others.
- As far as possible do not expose yourself to hardships.
- Try to control your passions.
- Endeavor to speak pleasant and sweet words.
- Meditate everyday for tranquility of mind.
- Observe cleanliness in all things.
- Be patient.
- Observe self-control.
- Try to distribute knowledge, good advice and money to others.
- Whenever possible devote your services to God, to wise and respectable individuals or the elderly.
- Be straightforward and kind.
- Avoid irregularity in daily activities.
- Consume food of sattvic (pure) quality. Do not take overly spicy, sour, non-vegetarian foods or alcohol.

- Behave according to the time and place where you are residing.
- Act always in a courteous and polite manner.
- Control your sense organs.
- Make habit of doing all that is good and avoiding all that is bad.

Life (Ayu) is the combination (samyoga) of body, senses, mind and reincarnating soul. Ayurveda is the most sacred science of life, beneficial to humans both in this world and the world beyond.^[3]

5. CONCLUSION

The definition of health is more than just the absence of disease. Prevention and wellness has increasingly been practiced in recent years in response to ever increasing incidence of chronic diseases. Ayurveda has been effectively using preventive or longevity measures, such as Achar Rasayana “behavioral medicine,” for a long time. Ayurveda goes a step further in defining health as a balanced state of physical, mental, emotional, sensorial and environmental health – an interdependence of mind, body, and the spirit is an understatement. Achar Rasayana gives us tools to find balance in our daily life. The behavioral medicine plays an important role in addressing the challenge we face today in dealing with chronic conditions stemming from stressful life resulting from unhealthy lifestyle. Actions can damage or nourish the body’s Prana, the life force. Harsh, tense, conflicted behavior (what we today call stressed behavior) disturbs the flow of Prana.^[4]

We are leading lives without a moral context. The modern world has shifted from spiritual aspirations to a war for material accumulation. While Darwinian theory specifies that the purpose of life’s struggles is survival, it does not specify a means that should be used in serving that end. Apparently, “anything goes” in the perceived struggle because the goal is simply survival – by any means. Rather than framing the character of our lives by the laws of morality, the neo-Darwinism of Mayer suggests that we live our lives by the law of the jungle.^[5]

The principles of Achar Rasayana are more relevant today than ever. It goes into the heart of the issue we are trying to overcome in order to be well and healthy. Environmental toxicity and the food chain we are accustomed to have threatened our lives. The integral connection between nature and man is an understatement. For hundreds of years, we have acted against nature by ignoring our essential connectedness and defining ourselves as separate from our

world. We have reached the point that we can no longer live according to this false view of who we really are.^[6]

6. REFERENCES

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