

AN OUTLOOK TO APPLICABILITY OF ACHAR RASAYANA IN DAY TO DAY LIFE: A REVIEW

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ABSTRACT

Acharya Charaka has laid down the unique concept of *Achara Rasayana* which is the code of conduct which provides good mental, physical, social and spiritual health to the person who regularly follows it. While explaining about it, Acharya Charaka said that person consuming the *Rasayana* has to follow regimens explained under *Achara Rasayana* to get all the desired benefits of *Rasayana*. The modalities under *Achara Rasayana* helps increasing the *Yuktikrut Bala*. It all together acts by improving the *Agni*(digestive fire), cleansing the *Strotas*(channels), creating the highest qualities of *Dhatus*, and thus by creating the purest quality of *Ojas*. Since *Bala*, *Prakruti*, *Kapha* are synonyms of *Ojas*, which is responsible for maintaining mental,

physical, spiritual strength and thus the immunity.

KEYWORDS: Achara Rasayana, Bala, Ojas.

INTRODUCTION

Ayurveda is a holistic science which adopts psychosomatic spiritual approach for preserving health and curing disease which is the dwell moto of Ayurveda. Ayurveda defines health as a state in which emotional, physical, sensory, mental and spiritual elements are harmoniously balanced. In today's society, we thrive on performance, competition and perfection which leads to insidious increase in stress. There is growing concern about the increasing cost and prevalence of stress related disorders. According to WHO, 60% of related factors to individual health and quality of life are corelated to lifestyle. Dominant form of lifestyle now a days having malnutrition, unhealthy diet, smoking, alcohol, stress as presentation. Such

kind of lifestyle has influence on physical and mental health of human being and thus on the immunity of the body. Thus it is need of an hour to adopt ancient concepts of Ayurveda to ameliorate the immune system.

Ayurveda explains about Rasayana Chikitsa which helps by preventing the premature wear and tear of the body tissues and thus promoting health. Rasayana has importance in both preventive as well as curative aspect of disease. Acharya Charaka has explained about Achara Rasayana which is the rejuvenating behavioural therapy for the body and mind. It involves around psychological connection with physical health. Achar Rasayana involves implementing positive lifestyle like having Satvik diet, speaking the truth, practising nonviolence, avoiding anger, indulging in spiritual and religious activities like encouraging japa, mantra etc.

Rasayana therapy acts by correcting the Doshas imbalance, improve Agni and leads to qualitative production of Dhatu and increase the quality and quantity of Ojas which is the factor concerned with immunity and health. Practising Achara Rasayana helps reducing the stress. It is also proved that religious involvement and spiritual well being has positive impact of physical, mental health and longer survival. Thus it prevents the release of free radicals and thus improving the Psycho neuro immunity. Thus Achara Rasayana encourages a moral path of integrity which directly relates with individual's state of health.

AIM: To study the concept of Achara Rasayana in detail and to study its applicability in day life.

MATERIALS AND METHODS

Materials for the review will be collected from

1. Ancient Classical Texts
2. Modern literature.
3. New Researches related to this topic

Review of literature

Acharya is *shashtrashikshakrutavyavhara* which is said to be the good conducts developed or acquired by understanding the *Shastras*. The modalities which mainly aim of rejuvenation, geriatric care, increased immunity, mental well being etc to possess a healthy life are called as *Rasayana*. Acharya Charaka said that person consuming the *Rasayana* has to follow

regimens explained under *Achara Rasayana* to get all the desired benefits of *Rasayana*.^[1] *Achara Rasayana* is the code of conduct which provides good mental, physical, social and spiritual health to the person who regularly follows it, hence also called as *Nitya Rasayana*.^[1] The regimens explained has influence on all four components of *Ayu* that is *Shareera*, *Indriya*, *Satva*, *Atma*. It can be further categorised under.

Table 1: Classification of constituents of *Achara Rasayan* according to its impact on various aspects.

Psychological Aspects.	Social and behavioural Aspects.	Spiritual Aspects.	Personal Aspects.
<i>Satyavadi</i> .	<i>Satyavadi</i> .	<i>Dharma Shastraparam</i> .	<i>Shouchaparam</i> .
<i>Akrodhi</i> .	<i>Nitya Karunavedi</i> .	<i>Adhyatma Pravanendriyam</i> .	<i>Sama Jagran swapana</i> .
<i>Ahimsaka</i> .	<i>Anrushamsam</i> .	<i>Tapaswinam</i> .	<i>Desha Kala Pramanajnam</i> .
<i>Anayasa</i> .	<i>Nivrutaa madya maithunam</i> .	<i>Dana Nityam</i> .	<i>Yuktijnam</i> .
<i>Prashanta</i> .	<i>Anahankrutam</i> .		<i>Jitatmanam</i> .
<i>Priyavadi</i> .	<i>Astikanam</i> .		
<i>Japa Para</i> .	<i>Deva Gau Guru Brahmana Acharya Vruddha Archanaratam</i> .		

APPLICABILITY OF ACHARA RASAYANA

1. *Japa, Tapa, Adhyatma, Deva Gau, Guru Brahmana Acharya Vruddha Archana*

All these factors for spiritual wellbeing and religious involvement are said to increase the *Satva Guna* of *Mana*. Thus it keeps person away from *Pragnyaparadha* which is said to be one of cause to all diseases^[2] and so is *dosha prakop* and thus *Oja Vyapad* is prevented.^[3] Meditation and adoption of moral and ethical lifestyle has been said to increase melatonin level. Melatonin is endogenous antioxidant and it keeps check on free radicals.^[4] Stress, anxiety etc factor said to cause oxidative damage by releasing free radicals.

2. *Ahara*

Use of *Ksheera* and *Ghruta* regularly suggest one should be consuming only *Satvik* diet which is easily digestible and leads to proper formation of *dhatus* and thus *Ojas*. *Sankirnaashan* i.e *Viruddha ahara* should be avoided since it disturbs the *Agni* and is also said to be causative factor for various disease which is relevant now a days. So the main aim is to have proper digestion since *Ojas* gets nourishment after digestion of food.^[5]

3. *Sam Jagran Swapna*

We should consider taking proper sleep and Jagran also according to the conditions mentioned by Aacharyas. *Kala nidra* benefits by *Bala*, *Dipta Agni*, *Pusthi* etc. Sleep and circadian system are regulators of our immune system.^[6]

4. *Anayasa*

Anayasa suggests one should work considering one's own capacity only and by applying *Tantrayukti* it suggest that one should regularly do *Aayasa*. *Vyayam* is the only factor which helps increasing *Agni Bala*, and boosts the anabolic process. It is also said that exercise has protective effects on immune function.^[7]

5. *Desh Kala Pramangyan*

One should always consider the effect on *Desh* and *Kala* on consuming any factors related to *Ahara*, *Vihara* which avoids unnecessary *hetu sevan* and thus avoiding the *dusthi* of *dosha* and *dushya* which will cause *Ojo Vyapata*.

6. *Nivrutta Madya Maithun*

Madya has properties which are exactly opposite to the properties of *Ojas*, thus will directly reduce the *Ojas*, thus should be avoided. *Nivrutta Maithun* suggest of following the rules regarding *Brahmacharya*, it is one of the reason for causing *Kshaya* of body and it is one of the cause of diminishing the *Ojas*.^[8]

7. Factors affecting the state of mind like *Krodha*, *hinsa*, grief, stress, fear etc which are various stressors are caused due to disturbances in *Rajas*, *Tama*.^[9] These factors also have impact on the *Ojas* of body which as a result gets diminished^[3] and thus decreasing the immunity. Also these factors due to its *Prabhav*, hinders the digestive process causing formation of *Ama* and disturbing the *Agni*.^[10] Since *Agni* is the root cause of *Bala*, *Varna*, *Ayusha* etc it has a tremendous impact on the health.^[11]

DISCUSSION

Achar Rasayana mainly focuses of psychological aspects, it helps in maintaining the equilibrium of *Manas Doshas* by increasing the *satva guna*. Any disturbance in them will give rise to *Manas Vikaras* like *Kama*, *Krodha*, etc and thus diminishing the *Ojas* and immunity. Thus the person is free from emotional disturbances and give less stressful life and maintains adequacy of defensive system. Stress is mainly prevented and stress is said to

increase free oxygen radical due to high respiratory oxygen intake and metabolic turnover. It mainly has preventive significance since it prevents the person from doing *Pragyna paradha* and thus preventing unnecessary consumption of etiological factors which disturbs the health. Thus *Achar Rasayana* acts by preventing the vitiation of *doshas* and hence process of occurrence of disease is prohibited as vitiation of *doshas* is called for having *vyadhi*.

CONCLUSION

In this society where the prevalence of stress and lifestyle disorders are at highest, *Achara Rasayana* is cost effective treatment modality to reduce the burden. The regimens mentioned in it not only increases the Psychoneuroimmunity but also it helps in attaining healthy and qualitative life. Thus *Achara Rasayana* should be implemented and practiced daily so as to get the benefits of *Rasayana* and also to enhance physical, psychological and spiritual well being. It suggests preventive aspects by adopting balanced lifestyle and diet, practising moral conducts and following the path of self realisation.

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