

THE IMPACT OF CHARAKOKTA SADVRITTA AND AACHAR RASAYANA ON PSYCHOSOMATIC HEALTH: A REVIEW

¹*Leena Gehani and ²Aparna Sharnagat

¹Assistant Professor, Swasthavritta and Yog Department, Faculty of Ayurveda, Mansarovar Global University, Gadia, Sehore (M.P.)

²Assistant Professor, Samhita Siddhant Department, Faculty of Ayurveda, Mansarovar Global University, Gadia, Sehore (M.P.)

Article Received on
29 Jan. 2025,

Revised on 19 Feb. 2025,
Accepted on 12 March 2025

DOI: 10.20959/wjpr20256-35975



*Corresponding Author

Leena Gehani

Assistant Professor,
Swasthavritta and Yog
Department, Faculty of
Ayurveda, Mansarovar
Global University, Gadia,
Sehore (M.P.)

ABSTRACT

Psychosomatic disorders, where mental health issues manifest as physical symptoms, pose significant challenges in modern healthcare. *Charakokta Sadvritta and Aachar Rasayana*, derived from ancient Ayurvedic texts by *Charaka*, outlines ethical and lifestyle practices aimed at maintaining holistic well-being. This review explores the impact of *Charakokta Sadvritta* on psychosomatic health. Lack of moral values, Disturbance in relationship, decreasing social interaction gives rise to a feeling of isolation, which is the root cause of many psychosomatic conditions like hypertension, insomnia, migraine, peptic ulcers and irritable bowel syndrome are some of the common psychosomatic disorders. In *Sadvritta* various rules and conducts are mentioned regarding hygiene, speech, diet, natural urges, study, social behavior and even behavior with females. These rules are capable of molding the character and personality of an individual leading towards a healthy mind and body. Evidence suggests that adherence to these principles can significantly reduce stress, enhance mental clarity, and

improve physical health, thereby mitigating psychosomatic symptoms. Clinical studies highlight the potential benefits of integrating *Charakokta Sadvritta* into contemporary healthcare practices. This review underscores the relevance of ancient wisdom in addressing modern health challenges, advocating for further research into the integration of Ayurvedic principles in the management of psychosomatic disorders.

KEYWORDS: *Sadvritta*, Ayurveda, psychosomatic disorders, Mental health.

INTRODUCTION

Ayurveda, the ancient science of life, emphasizes the importance of maintaining overall health through balanced living and ethical conduct. Ayurveda aims at conservation of health of the healthy ones and treatment of the ill ones.^[1] Hence the primitive motto remains the prevention of diseases. In the same context, *Acharyas* of Ayurveda suggested a protocol to be followed by healthy individuals to remain diseases free. *Acharya Charaka's Sadvritta* and *Aachar Rasayana* provide a comprehensive set of guidelines for personal hygiene, social behavior, diet, and mental discipline.

Ayurveda, like contemporary science, considers health to be a state of complete physical, mental, and social well-being. *Acharya Sushruta* further explains that true health encompasses mental, sensory, and spiritual happiness and pleasantness. Conversely, behaviors that disrupt mental balance are significant contributors to many diseases. Issues such as impaired intellect, lack of courage, poor memory, mistiming of actions, and unhealthy sensory experiences lead to unhappiness and disease.^[2] In the modern era, both communicable and non-communicable diseases are emerging due to the misguided conduct and behavior of the current generation. insomnia, migraines, peptic ulcers, and irritable bowel syndrome are psychosomatic, often triggered by stress. Psychosomatic disorders involve physical symptoms without a clear medical explanation and are marked by excessive concern or thoughts about these symptoms, which can impair daily functioning. Therefore, maintaining mental balance is crucial in preventing and reducing the risk of these disorders. By adhering to the principles of *Sadvritta*, individuals can achieve mental tranquility and prevent psychosomatic disorders. This paper examines the various aspects of *Sadvritta* and their relevance in preventing psychosomatic disorders..

Sadvritta comprises of two words meaning good and meaning regimen. association with good people leads to development of good behavior which can be considered as *Sadvritta*.^[3]

Sadvritta not only includes mental faculties but also rules related with general hygiene religion food consumption sexual intercourse and exercise following which leads to prevention of psychological physical and psychosomatic disorders.

According to Ayurveda mind, soul and body are the three main pillars of life. The combination of these three is responsible for *purusha* as well as the world even the disease are either in the body or mind.^[4]

Components of Sadvritta^[5]

1. Mental Discipline

- Meditation and Mindfulness: Regular practice reduces stress and anxiety, which are common triggers for psychosomatic disorders.
- Positive Thinking: Encourages a positive outlook, reducing the impact of negative emotions on physical health.

2. Personal Hygiene

- Regular Cleaning: Emphasizes cleanliness of the body, including trimming hair and nails, and maintaining oral hygiene.
- Proper Clothing: Wearing clean and appropriate attire.

3. Dietary Regulations

- Balanced Diet: Consuming fresh, wholesome food in a proper manner, avoiding overeating and junk food.
- Mindful Eating: Eating with concentration and in a peaceful environment.

4. Social Behavior

- Ethical Conduct: Treating others with respect, speaking truthfully, and maintaining harmonious relationships.
- Avoiding Harm: Not causing harm to others through actions or words.

5. Lifestyle Practices

- Routine: Following a consistent daily routine to promote stability and reduce stress.
- Exercise: Engaging in regular physical activity to improve mood and overall health.

6. Natural Urges

- Timely Response: Not suppressing natural urges such as sneezing, urination, defecation, and sleep.

7. Sexual Conduct

- Respectful Behavior: Engaging in sexual activities in a respectful and appropriate manner, avoiding illicit relationships.

8. Study and Learning

- Disciplined Study: Studying in a focused and respectful manner, following proper rituals and timings

Achar Rasayana^[6]

These are certain rules or code of conduct which can prevent many psychosomatic diseases and through which one can control the mind. It suggested that one should always speak truth, reference from anger, alcohol, sexual act and violence. Every person should be peaceful and avoid any exertion, speak nicely with others and chanting the name of God, maintaining cleanliness, be courageous, generous, respect God Brahmin and elders.

Waking up at proper time and taking good sleep, milk and ghee in routine, wrong thoughts and being incline towards philosophy, having faith in God and reading religious books. The one who follows these codes of conduct will be ended with qualities of rejuvenation.

Role in Preventing Psychosomatic Disorders

Psychosomatic disorders are conditions where psychological factors significantly affect physical health. *Charkokta Sadvrta* and *Aachar Rasayana* helps in preventing these disorders through the following mechanism:

MENTAL BALANCE

Meditation and Mindfulness: Regular practice helps in reducing stress and anxiety, which are common triggers for psychosomatic disorders.

Positive Thinking: Encourages a positive outlook, reducing the impact of negative emotions on physical health. A study was conducted to investigate the effectiveness of positive thinking training on quality of life and reduction of depression, stress and anxiety in delinquent boys of Zahedan Juvenile Correction and Rehabilitation Center, the results of analysis showed that the positive thinking training effected on reducing of depression, stress and anxiety and increasing quality of life.^[7]

LIFESTYLE REGULATION

Consistent Routine: Following a regular daily routine promotes stability and reduces stress, which can prevent the onset of psychosomatic conditions.

Balanced Diet: Proper nutrition supports overall health and reduces the likelihood of physical ailments triggered by mental stress.

ETHICAL CONDUCT

Social Harmony: Ethical and respectful behavior fosters positive relationships and a supportive community, which can alleviate psychological stress.

Self-discipline: Encourages individuals to avoid harmful habits and behaviors that can lead to health issues.

PHYSICAL HEALTH

Hygiene and Cleanliness: Prevents infections and diseases, reducing the physical burden on the body and its interaction with psychological stress.

Exercise and Activity: Regular physical activity improves mood and reduces the risk of depression and anxiety, which are linked to psychosomatic disorders.

PREVENTION AT VARIOUS LEVELS

Prevention of psychosomatic disorders can be done at various levels through inculcation of values suggested in *Sadvritta*, in following manner

1. Primordial prevention: Emergence of risk factors for chronic psychosomatic diseases can be prevented by individual and mass education regarding *Sadvritta*.
2. Primary Prevention: Health promotion which is the important concept of primary prevention, can be done through health education and lifestyle and behavioral changes by following *sadvritta*.
3. Secondary Prevention: if the psychosomatic diseases is diagnosed early, it can be modified by following *Sadvritta*.
4. Tertiary Prevention: Psychological rehabilitation by adopting *Sadvritta* can be done to regain the normal mental and physical status.

DISCUSSION

A huge number of diseases which are psychosomatic in nature are affecting many individuals. The social behavior of humans has changed a lot over a period of time due to lack of communication in members of family, following wrong path in life, indulging in the activities

which are not suitable for humanity. Use of mobile phones and social media activities has also made a huge impact on human behavior. The main aggravating factor in psychosomatic disorders is stress. A study was undertaken to see, Stress causing psychosomatic illness among nurses which resulted those Psychosomatic disorders like acidity, back pain, stiffness in neck and shoulders, forgetfulness, anger, and worry significantly increased in nurses having higher stress scores.^[8]

In Ayurveda the mental health is equally focused, so to prevent any psychiatric or psychosomatic disorders, the maestros of Ayurveda had suggested the code of conduct to be followed by everyone. It not only pays attention towards mental health, but rules regarding personal hygiene are also stated, so indirectly it prevents communicable diseases as well.

Acharya Charak emphasizes several important aspects of *Sadvritta* that can help prevent psychosomatic diseases

- 1. Mental Calmness and Tranquility (*Nishchint*):** Acharya Charak's concept of *Nishchint* (being stress-free) in *Sadvritta* is closely related to the way stress impacts the nervous system and hormonal balance, both of which play a critical role in psychosomatic health. In modern science, it's well understood that stress activates the body's fight-or-flight response, leading to the release of stress hormones like cortisol and adrenaline. While these hormones are essential in short bursts for survival, chronic activation due to prolonged stress leads to significant imbalances. When stress is persistent, the nervous system—specifically the sympathetic nervous system—becomes overactive. This results in a sustained elevation in cortisol levels, which disrupts the autonomic nervous system (ANS) that governs involuntary functions like heart rate, digestion, and immune response. Over time, this imbalance in the nervous system can manifest physically as conditions like irritable bowel syndrome, hypertension, chronic pain, and even autoimmune diseases—all of which are commonly seen in psychosomatic disorders.

Acharya Charak's promotion of *Nishchint* directly addresses these issues. By cultivating a stress-free mind, individuals reduce the activation of the sympathetic nervous system, allowing the parasympathetic nervous system (responsible for rest and recovery) to dominate. This balance in the autonomic nervous system supports relaxation, better digestion, and improved immune function, while also regulating the release of stress hormones like cortisol.

Furthermore, achieving *Nishchint* through practices like mindfulness, meditation, and emotional balance helps stabilize hormonal fluctuations, restoring hormonal harmony in the body. This is crucial for preventing or mitigating the physical symptoms associated with stress-induced psychosomatic diseases.

- 2. Fearlessness ("Nirbheek"):** Another key point suggested by *Acharya Charak* in *Sadvritta* is "*Nirbheek*", meaning fearlessness. *Charak* emphasizes that overcoming fear is crucial for maintaining both mental and physical health. Fear, whether real or imagined, activates the sympathetic nervous system, leading to the release of stress hormones like cortisol. This chronic stress can contribute to psychosomatic diseases, causing symptoms like headaches, digestive issues, and hypertension.

By practicing *Nirbheek*, or being fearless, individuals can prevent these stress-induced conditions. Fearlessness helps reduce anxiety and promotes emotional resilience, allowing individuals to handle challenges without becoming overwhelmed. Through mental strength and emotional balance, *Nirbheek* supports both a calm mind and a healthy body, reducing the risk of psychosomatic disorders.

- 3. Honesty or truthfulness ("Satyasandh"):** The next important principle suggested by *Acharya Charak* in *Sadvritta* is "*Satyasandh*", which means honesty or truthfulness. *Charak* emphasizes the significance of being truthful in both words and actions as a foundation for maintaining mental peace and harmony. Dishonesty, deceit, or living in a falsehood can create inner conflict, leading to mental stress and emotional imbalance, which can, in turn, contribute to psychosomatic diseases.

When individuals practice *Satyasandh*, they cultivate a clear conscience and emotional stability. Truthfulness helps reduce anxiety, guilt, and stress, all of which can trigger physical symptoms like muscle tension, headaches, or digestive disturbances. By living authentically and with integrity, individuals can reduce mental strain, fostering better physical and psychological well-being.

In the context of psychosomatic health, *Satyasandh* plays a key role in promoting a sense of peace and reducing emotional turmoil, ultimately helping prevent stress-related disorders.

- 4. Do not intimidate ("Na Bhayam Utpadayet"):** The principle of "*Na Bhayam Utpadayet*", meaning "do not create fear" or "do not instill fear in others", is a crucial

aspect of *Sadvritta* suggested by *Acharya Charak*. *Charak* advises against fostering fear, as it is a powerful emotional trigger that leads to stress and anxiety, both of which contribute significantly to psychosomatic diseases.

Fear activates the sympathetic nervous system, triggering the release of stress hormones like cortisol. Over time, these hormonal imbalances can lead to physical symptoms such as headaches, digestive disturbances, and muscle tension—all common in psychosomatic conditions. By avoiding intimidation and fear, individuals can maintain a state of mental tranquility, reduce emotional turmoil, and prevent the onset of stress-induced physical ailments.

Also diet, which is considered to be one of the three pillars of life, is also focused in *Sadvritta*. It is essential to follow rules regarding the food consumption, as it helps in proper absorption and promotes the growth of food. In recent era the intake of food has become disorganized, whether it is consumption of junk food or eating in standing position in buffet system and even irregular schedule of meals, which is the major causative factor of many diseases.

Nowadays whether due to hesitation or long working hours many of us, hold the natural urges be it sneezing, eating, sleeping, micturating or defecating. This leads to imbalance of *Tridoshas* and leads to many diseases. According to the codes of conduct suggested by *Acharya* one should not hold the natural urges.

In young generation one of the major causes of stress is sexual relationship. *Sadvritta* suggests appropriate behavior with females, following that can lead to a clear vision and respect towards the females and ultimately the burden of stress in that context will also be reduced.

CONCLUSION

In recent era there is a lack of moral values in the individuals, due to which there is a chaos in relationship, a lot of differences are there within the family itself. This leads to stressful condition of mind, which ultimately causes many diseases either physical or psychosomatic in nature. So, in order to prevent this, we need to inculcate certain habits or values in the upcoming generation, so as to bring about a decline in the rising graph of psychosomatic diseases.

REFERENCES

1. Kashinath Pandey, Gorakhnath Chaturvedi. **Charaksamhita Vidyotini** in Hindi commentary, Sutrasthana 30/26. Varanasi: Chaukhambha Academy, 2018; 582.
2. Ambikadutta Shastri. **Susruta Samhita of Maharsi Susruta, Ayurved Tatva Sandipika**, Hindi commentary, vol 1, Sutrasthana 15/41. Varanasi: Chaukhamba Sanskrit Sansthan; Reprint, 2016.
3. Kashinath Pandey, Gorakhnath Chaturvedi. **Charaksamhita Vidyotini** in Hindi commentary, Sutrasthana 8/17. Varanasi: Chaukhambha Academy, 2018.
4. Kashinath Pandey, Gorakhnath Chaturvedi. **Charaksamhita Vidyotini** in Hindi commentary, Sutrasthana 8/17. Varanasi: Chaukhambha Academy, 2018.
5. Kashinath Pandey, Gorakhnath Chaturvedi. **Charaksamhita Vidyotini** in Hindi commentary, Sutrasthana 8/18-29. Varanasi: Chaukhambha Academy, 2018.
6. Kashinath Pandey, Gorakhnath Chaturvedi. **Charaksamhita Vidyotini** in Hindi commentary, Chikitsasthana 1/4/30-35. Varanasi: Chaukhambha Academy, 2018.
7. Nikmanesh Z, Zandvakili M. The effect of positive thinking training on quality of life, depression, stress and anxiety in delinquent juveniles. **Positive Psychology Research**, Aug. 23, 2015; 1(2): 64-53.
8. Kane PP. Stress causing psychosomatic illness among nurses. **Indian Journal of Occupational and Environmental Medicine**, 2009; 13(1): 28.
9. Kashinath Pandey, Gorakhnath Chaturvedi. **Charaksamhita Vidyotini** in Hindi commentary, Sutrasthana 8/18. Varanasi: Chaukhambha Academy, 2018.