

## IMPORTANCE OF SADVRUTTA IN DAILY LIFE

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**ABSTRACT**

Life style disorders like Hypertension, Obesity, Diabetes are associated with Cardiovascular disorders has resin in present days due to stress, sedentary lifestyle etc. *Ayurveda* is life science which mainly focus on different ways to prevent lifestyle disorders in the form of dietary as well *Sadvrittacharan* by following daily regime i.e. *Dincharaya* and *Ritucharaya* etc. In *Ayurveda* text mainly *Brihattarayi* each stage of daily regime and there uses and following the *Sadvrittacharan* helps in prevention of life style disorders.

**KEYWORDS:** *Ayurveda*, *lifestyle*, *Sadvrittacharan*.

**INTRODUCTION**

*Ayurveda* has discussed conduct, under the topic *Sadavrutta* or ethical regimen. *Sadvrutta* helps keeping the mind healthy. A healthy mind is as important as a healthy body unhealthymind generates wrong judgment and misconceptions by intellect. It is responsible for producing disease. The objective of *Ayurveda* is to maintain health rather than treating the disease. According to *Ayurveda*, everyone can enjoy healthy life by following certain rules laid by the science. These various rules are divided into *Dinacharya* (daily regimen), *Ratricharya* (night regimen), *Ritucharya* (seasonal routine) and *Sadvritta* (code of good conduct for mental health and social behavior). These rules are very important in the

prevention of disease and promotion of ideal health. According to *Ayurveda*, to maintain a healthy and disease free life everyone should follow these rules. In *Charak Samhita*, *Acharya Charak* has prescribed a list of good conduct which is very necessary to follow if we want to control the sense organs and to obtain perfect health. *Sadvritta* give the detail knowledge about “what to do, what should not to do and also “How to live”. Following the code of right conducts described in *Ayurveda* is highly effective in reducing the life style disorders and helps to live healthy life.

## MATERIALS AND METHODS

Literature review from various *Samhita* such as *Charak Samhita*, *Sushrut Samhita*, *Ashtang Sangraha*, *Ashtang Hridaya*, *Bhavprakash* etc. various literature and articles have been reviewed.

## AIM AND OBJECTIVES

1. To study the concept of *Sadavrutta*.
2. To study importance of *Sadvrittacharan* in daily life.
3. Utility of *Sadvrutta* in prevention of life style disorder.

## NEED OF STUDY<sup>[1]</sup>

- Noncommunicable diseases (NCDs) kill 41 million people each year, equivalent to 74% of all deaths globally.
- Each year, 17 million people die from a NCD before age 70; 86% of these premature deaths occur in low- and middle-income countries.
- Of all NCD deaths, 77% are in low- and middle-income countries.
- Cardiovascular diseases account for most NCD deaths, or 17.9 million people annually, followed by cancers (9.3 million), chronic respiratory diseases (4.1 million), and diabetes (2.0 million including kidney disease deaths caused by diabetes).

From above data from WHO it can be concluded that life style disorders are one of the major cause of deaths globally, so this study is an attempt to see utility of *Sadvrutta* in prevention of life style disorder.

## CONCEPT OF SADAVRUTTA

*Sada* – good

*Vritha* – regimen

*Sadvrutta* refers to good personal and social behaviour which gives *Hithaayu* and *Sukhaayu* (life which gives individual happiness). It is also called *Sadachara*. *Acharya Charak* says that by following *Sadavrutta Arogya* and *Indriyavijay* can be obtained.<sup>[2]</sup> *Sadvritta* means physical & mental decorum which should be followed by every-one on daily basis. In *Charak Samhita Sutrasthan* detailed description of *Sadvritta* has been stated. In which -

Behavioural Do's & Don't's

Eating etiquette, Social rules, Rules for Study, *Havana Karma*

In *Indriyopakramaniya Adhyaya* of *Sutrasthan Acharya Charak* has explained the importance of *Sadvritta*<sup>[3]</sup> as by following these rules one will lead a healthy life without suffering from any diseases.

### Types of *Sadavrutta*<sup>[4]</sup>

Codes of conduct are classified in to following groups.

1. *Vyavaharika sadvritta* (Ethical codes of conduct).
2. *Samajika sadvritta* (Social codes of conduct).
3. *Manasika sadvritta* (Mental codes of conduct).
4. *Dharmika sadvritta* (Moral codes of conduct).
5. *Sharirika Sadvritta* (Physical codes of conduct)

*Ayurveda* covers the physical and mental codes of conduct to be followed under the *Achar Rasayana*.

### Principles of each of the *sadvrittas* are as follows

#### • *Vyavaharika sadvritta* (Ethical codes of conduct)<sup>[5]</sup>

One must always be truthful, have control over his or her emotions, have self-discipline, do no harm to anyone, behave appropriately for the time and location in which one lives, be virtuous, courageous, positive, and devoid of anger, jealousy, and worry. Always be truthful. Attempt to talk at the appropriate time with words that are useful, restricted, sweet, and significant. Always quit exercising before becoming entirely exhausted. Overexercise can cause tissue damage and bone fracture in our body since proper exercise offers stability to our immune system and activates blood flow to our muscles. It also improves our digesting abilities.

#### • *Samajika sadvritta* (Social codes of conduct)<sup>[6]</sup>

This is a reflection of conduct and social habits. It is necessary to utter a few words, listen

carefully, speak in a gentle attractive tone, smile even in difficult situations, respect parents, elders, teachers, and other learning intellectual people, and learn to be tolerant. Be kind to everyone, assist the needy, and do not abuse animals or people who are below your level. Be sincere and accept harsh remarks from anyone. Controlling your wrath is essential. Maintain a positive attitude and always initiate discussion. Always be polite to elders and offer hospitality to guests. Cover your mouth with your hands or a handkerchief while sneezing or coughing to prevent germs from being emitted. Wear clean clothing at all times. Wear no unclean clothing or garments worn by others. Clothing that is suited for the weather conditions. Clean clothing encourages wants, reputation, logetivity, and prevents auspiciousness.

- **Manasika sadvritta (Mental codes of conduct)<sup>[7]</sup>**

This entails keeping oneself in control, attempting to comprehend who you are and what the purpose of your existence is, being self-aware, practising the skill of detached attachment, and achieving inner peace. One should not indulge in any activity without proper examination. Do not allow sense organ to control you, you have to control them. Do not overreact in times of joy or pain; always remember that your actions at these times might effect your future.

- **Dharmika sadvritta (Moral codes of conduct)<sup>[8]</sup>**

A person should touch diamonds, the feet of elderly people, lucky objects, and flowers. Always wear auspicious plants such as "*Rudraksha*, *Tulsi*, and *Sahadevi*." Respect your parents, instructors, cows, and people who have gained spiritual enlightenment. Do not go out at night in unexpected locations, or seek refuge in temples, sacred trees, the junction of four highways, burial sites or inside an abattoir.

- **Sharirika Sadvritta (Physical codes of conduct)<sup>[9]</sup>**

Application of Scents are useful because they stimulate libido, promote charm and lifespan, offer corpulence to the body, and are attractive to the mind. Wear diamonds and jewellery; they bring good fortune and protect you against creatures such as snakes and evil spirits. Follow the right regimen for Massage oil into the scalp, nostrils, and ears. Properly clean the excretory system of the body to prevent bacterial development. Cut hair, shave, and trim nails every two weeks. Bath once or twice everyday, depending on the season. Bathing is considered auspicious and aphrodisiac. It instills *Ojas* and power in the body.

**Achar Rasayana:- The physical and mental codes of conduct**

It is behavioural conduct i.e. *Sadvritta* following it acts as Rasayana on our body and mind. It is *Adarvyabhoot Rasayan*. In *Charak Samhita Chikitsa sthana Rasayanadhyaya*, *Achar Rasayana* has been explained which is nothing but the mental hygiene to be followed by definite methods to lead an ideal ethical way of living. Such physical and behavioural conduct definitely leads to a life with Rasayana effect. *Achara Rasayana* may act as a *Rasayana* by 3 paths –

1. Improves the personality
2. Improves social relations
3. Improves physical health

**Code of conducts under Achara Rasayana<sup>[10]</sup>**

An individual who is truthful, free from anger, abstaining from wine and women, non violent, relaxed, calm, soft spoken, engaged in meditation and cleanliness, perseverance, observing charity, penance, worshiping gods, cow, *Brahmanas*, *Gurus*, preceptors and elders, loving and compassionate, is vigilant and sleeps in balanced way, consumes routinely *Ghee* extracted from milk, considering the measure of place and time with propriety, un-conceited, well behaved, simple, with his senses well concentrated to spirituality, keeping company of elders, positivist, self restrained and devoted to holy books should be regarded as using the *Rasayana* for ever. Those, who endowed with all the auspicious qualities, consumes *Rasayana*, gets all the aforesaid benefits of *Rasayana* treatment.

**DISCUSSION**

Ayurveda gives more emphasis on prevention of diseases. Principle of *Sadavrutt* is more relevant in current era. according to fast life-style of present time nobody has time even for them self. So, result is emergence of epidemic due to life-style disorders both communicable and non-communicable. This trend of present time cannot be changed as it is demand of this era but lifestyle can be modified by simple interventions through conduct of *Sadavrutt*. Principle of *Sadavrutt* is basically related with harmonization of human body with environment and this practice basically balances the Doshas which ultimately results in good health.

**CONCLUSION**

Good behavior is being kind to others, controlling the actions of the body, mind and speech, and dealing with everyone's life in their own way. If one follows these rules and regulations,

he will have a long and healthy life and prosperity. By following the rules of *Sadvritta*, one can prevent human diseases and malnutrition and avoid failures in society. As they say, "Prevention is better than cure".

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