

IMPORTANCE OF SADVRIT FOR HEALTHY LIFE – A REVIEW ARTICLE

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ABSTRACT

According to Ayurveda health is the state of equilibrium of doshas, normal functioning of tissues and waste products along with the cheerful soul, unimpaired senses and well being of mind. Ayurveda covers spiritual, social, mental and physical aspects of health. Ayurveda prescribes certain codes of conduct and this is known as Sadvritta. The root 'sad' means good and 'vritta' means regimen. Ayurveda emphasizes on social and personal behavior as they both affect mental and physical aspects of health. Sadvritta is the code of conduct which helps to gain health and control over mind. 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".

KEYWORDS: Doshas, Tissues, Soul, Charak, Organs, Health.

INTRODUCTION

The sadvritta describes in Ayurveda has got an overall controlling capacity to all sorts of mental and sinful acts of the individual. It is a code of virtuous act recognized as an mental hygiene. It refrains the man from psychosomatic disease by infusing non-ailing thoughts to the mind. Even if one leads the virtuous path of life, one can be victim of premature death or disease due to adversity. Prescription of the science of medicine related to the human efforts and as such the results of fate are beyond the former's jurisdiction. As it has been said that one who carefully avoids what is avoidable is free from debts of the noble preceptors that is, he is immune to the outcome of sinful acts which are required to be avoided according to the

prescribed code of conduct and he is indeed a wise man. Enumerating the merits of sadvritta (code of good conduct) Caraka has said that one who assiduously follows the prescriptions of noble acts for the maintenance of positive health, gets devoid of all the diseases, lives for hundred years and does not meet with any untimely death. He, praised by the good, earns fame all over the world, attains virtue and wealth and becomes a friend of all creatures. The one with virtuous acts attains (after death) the excellent adobe of souls. So the sadvritta should always be followed by everyone.^[1]

Sadvrittas are applicable to people of all age groups, at all times and at all places. Sadvritta are regarded as one of the measures to prevent various types of diseases. It also plays important role in personal cleanness of body and mind. Continues practicing these principles gives balance and peace to the mind. This is code of conduct for keeping good and balanced condition of body and mind. By following these, the person can achieve two aims together such as Arogya (health) and Indriya Vijaya (control over the sense organs).^[2]

In Charak samhita, Acharya Charak mentioned the importance of Sadvritta as the person who follows the entire code of good conduct, will get healthy life without suffering from any type of disease.^[3]

If someone ignores to follow the above mentioned code of right conducts, then it leads to Pradnyaparadha which is main cause of manifestation of the various diseases.^[4]

Therefore one who desires to promote his or her own well being should strictly follow the entire code of good conduct fully invariably and cautiously.

TYPES OF SADVRITTA

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)

1. Vyavaharika sadvritta

One must always be truthful, should have control over his/her emotions, should have selfcontrol, do no harm to anyone, behave according to time and place where you are residing, be virtuous, courageous, positive, and free anger, jealousy and anxiety.

2. Samajika sadvritta

This reflects behavior and social mannerisms. One must speak a few words, listen carefully, talk in soft pleasing tone, put up a smile even in tough situations, respect parents, elders, teachers and other learned intelligent people, and learn to be tolerant.

3. Manasika sadvritta

This involve keeping a check on one self, trying to understand who you are, what is the purpose of your existence, being self-aware, learning the art of detached attachment, and attaining inner peace.

4. Dharmika sadvritta

This means doing good social deeds, helping the poor and needy, being with a friend or relative in their difficult times, attending to social duties, donating blood or organs, and following the path of righteousness or dharma.

5. Sharirika Sadvritta

Personal hygiene and cleanliness is part of this regimen. It includes brushing everyday both times, having a bath, wearing clean clothes, smelling good, cutting hair and nails regularly (3 times in a fortnight), avoiding sexual intercourse during periods, washing hand and mouth after eating, offering prayer to god every day, eating on time and in right quantity, and avoiding sleeping during the day, etc.

Describing the acara rasayana, caraka has said that one who speakstruth, who is free from anger, who abstains from alcohol and sexual congress, hurts no one (mentally, physically and even by action). Avoids over strain, is tranquil of heart, fair spoken, is devoted to repetition of holly chants and cleanliness, is endowed with understanding, given to alms-giving, diligent in spiritual endeavor, delights in reverencing the gods, cows, brahamanas, teachers, seniors, and elders, is attached to nonviolence and is always compassionate, moderate and balanced in his walkingand sleeping, is habituated in taking milk and ghi, is conversant with the science of climate, season and dosage, is versed with property, devoid of egotism, blameless of conducts, given to wholesome eating, spiritual in temperament and attached to elders andmen who are believers and self-controlled and devotedto scriptural texts, should be considered as enjoying the benefits of vitalization therapy constantly. The followers of these above said sadvritta (code of conducts) will reap all the benefits of rasayana therapy. Here sadvritta, sadacara and acara rasayana though lead to an identical benefits but the last may be

differentiated from the previous two simply because of inclusion of milk and ghee edibles. From the preceding description, it is obvious that sadvrta inculcates the discipline related to mind, character, social and religious and personal life, so as to accord with happiness and good, not of the individual but of the society as a whole. It can be co-opted as a compulsory course of children and public education at every level.

DISCUSSION AND CONCLUSION

Ayurveda has discussed conduct under "Sadvrta" (Code of good conduct). A good personal conduct provides good health and a control over individual senses and desires. Sadvrta can be classified as personal (regime of bathing, cleaning of eyes, nose, ears, teeth, oral cavity, nails etc), psychological (one should not feel exhilarated in success and depressed in failure or under continuous grief), social (not using unwashed clothes, dirty or uncomfortable clothes, clothes worn by others, not appropriate to the season, occasion or clothes made from unnatural fiber), emotional (should be self-controlled, self virtuous, free from anxiety, fear, shy etc), religious (worship gods, Brahmanas etc, perform religious sacrifice) and occupational conduct (should not tell a lie nor take others possession nor should desire for other women or other's property, should not be inclined to enmity). Emotional disorders which are caused by Pradnyaparada (derangement of intellect, restraint and memory), interrupt the social conduct of a person leading to psychosomatic disease. By Appropriate utilization of Sadvrta, we can prevent various types of physical and psychological disorders and can achieve long and healthy life in terms of physical, psychological and social aspect. In the end we can conclude that Sadvrta is essential tool in modern era to prevent and eradicate the root cause of various diseases.

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