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Sadvritta with special reference to Charak Samhita

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ABSTRACT

Health, according to Ayurveda, is a balance of body, mental, social, and spiritual wellbeing. Ayurveda is the Sanskrit word for "life science". It is a guide to living an optimal and healthy life style for every human being in the universe, not only a therapeutic science. Ayurveda's major goal is to maintain health rather than treat sickness. According to Ayurveda, everyone can enjoy healthy life by following certain rules laid by the science. These various rules are divided into *Dinacharya* (a daily regimen), *Ritucharya* (seasonal routine) and *Sadvritta* (code of good conduct for mental health and social behavior). These rules are very important in prevention of disease and promotion of ideal health. According to Ayurveda, to maintain 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 organ and to obtain perfect health. *Sadvritta* give the detail knowledge about "what to do?" "What should not to?" and also "how to live?" Following the codes of right conduct described in Ayurveda is highly effective in reducing the life disorders and helps to live healthy life. *Sadvritta* is being studied since long by all Ayurvedists but very few conceptual works have been carried out on it. Therefore, in this article attempts are made to explain *Sadvritta* in details as maintained in Ayurvedic literature and its overall effect on human body.

Key words: *Sadvritta, Dinacharya, Ritucharya, Ayurvedic literature.*

INTRODUCTION

Sadvritta define as *Sad* means good and *Vritta* means region.^[1] This is code of conduct for the keeping good or balanced condition of body and mind. *Sadvritta* not only include mental faculties, but also rules related with general hygiene, food consumption and exercise. Following which leads to prevention of psychological, physical and psychosomatic disorders. This also can be called as health promotion conduct. And all over, *Sadvritta* play a vital role in preventing disease and

helps to maintain healthy life.^[2]

Sadvritta is applicable to people of all age groups, at all times and at all places. By following *Sadvritta* rules, the person can achieve two aims together such as *Arogya* (health) and *Indriya Vijaya* (control over the sense organs).^[3]

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.^[4] If someone ignores to follow the above-mentioned code of right conduct, then it leads to *Pradnyaparadh* which is manifestation of various diseases.^[5]

Therefore, one who desires to promote his or her own wellbeing should strictly follow the entire of good conduct fully invariable and cautiously.

MATERIALS AND METHODS

All sorts of reference have been collected and compiled from various available Ayurvedic classic text like *Charak Samhita* and available commentaries on it. Research articles are also searched from various

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websites from related to similar matter. All matter is analyzed for the discussion and attempt has been made to draw some conditions.

REVIEW OF LITERATURE

Sadvritta means to follow good conduct or behavior. In this one should follow good conduct or behavior. In *Charak Samhita* various *Sadvritta* are explained in *Indrayopkramniya Adhyay*.

Aim of *Sadvritta*

- *Arogya* (Health)
- *Indriya Vijaya* (control over senses)

It plays key role in maintenance of health and prevention of disease.^[2]

If someone ignores to follow the above-mentioned code of right conduct it leads to *Pradnyaparadh* which is main cause of manifestation of various diseases.

Various types *Sadvritta* are explained in *Charak Samhita*.

The various types of *Sadvritta* are classified into 4 types:

1. *Vyayatik Sadvritta* (Ethical codes of conduct)
2. *Dharmik Sadvritta* (Religious codes of conduct)
3. *Samajik Sadvritta* (Social Codes of conduct)
4. *Sharirik Sadvritta*

Vyavharik Sadvritta (Ethical codes of conduct)

- Always speak the truth. Try to speak at the proper time with words which are beneficial limited, sweet and meaningful.^[6]
- Whenever you go out for a walk, always carry an umbrella, walking stick and a turban (headwear). Because holding an umbrella prevents the effect of rain, break dust, heat of the sun, snow etc. It is also good for colour, eye, and strength and bestows comfort. Same way holding a stick while walking dispels the fear from dogs, several types of reptiles, wild and horned animal. It prevents exertion and defects. It also bestows good mind, enthusiasm, strength support to the body and remove fear.^[7]

- Always stop physical exercise before getting completely tired. Don't to do over exercise. Because proper exercise bring about lightness, ability to weak, stability, resistance to discomfort. It also stimulates the power of digestion Excessive practice of physical exercise gives rise to tiredness, exhaustion, excessive thirst bleeding from different parts of the body , darkness in front of eyes, cough, fever and vomiting.^[8]
- Do not sleep on a bed which is not comfortable. Because comfortable cot relive fatigue, aggravation of *Vata*, acts as an aphrodisiacs, bestows contentment, good sleep and courage.
- Don't sleep for too long nor stay awake for a long time in night. Because sleep enjoyed for proper time bestows nourishment good complexion, strength, enthusiasm and maintain normalcy of the tissue.^[9]
- Should not take bath unless free from exertion, nor before washing the mouth and nor in nudity. After taking bath should not wear the same clothes worn before.

Samajik Sadvritta (Social Codes of Conduct)

- Be nice to all living beings, calm the rage of those who are afraid, assist the poor, be truthful, peaceful, and tolerant of others' harsh words and behaviors.
- Maintain a friendly demeanor and initiate the conversation. Always treat visitors with respect. treat them with kindness.
- Always associate with teachers, the elderly, and successful people (siddha) treat them with respect and serve them at all times.
- Avoid combing your hair in public. Picking your teeth or rubbing your nose or ear with your finger is not a good idea. The presence of humans
- It is not advisable to laugh aloud or use sound to get rid of flatus.
- When coughing or sneezing, always cover your mouth with your hand. Because there are numerous varieties of droplet infection spreads

from one person to another by bodily fluids. As well as nasal secretions We are obstructing the flow of information by covering our mouth.^[10]

- Do not use unwashed clothes dirty or uncomfortable clothes, clothes worn by others, not appropriate to the season, occasion or clothes made from unnatural fiber. Wearing of clean dress promotes desires, reputation, longevity and prevents inauspiciousness. It brings about pleasure, grace, competence and good looks.^[11] Therefore always wear Good, clean, untorn clothes suitable to the season.
- One should not abandon relatives, affectionate who have helped in times of difficulty and Who know the deep secrets of the family.
- One should not expose genital or sexual organs or parts of the body.
- Should not have relationship with women, friends and servants of bad conduct. Always remember do not oppose good people. One should not spend more time in the company of Children, old persons, who are very greedy, idiots despised and of poor mind peoples.

Dharmik Sadvritta (code of religion conduct)

- Person should not go out without touching gems, feet of respectable person, auspicious things and flowers. Always wear auspicious herbs which are protective from evil like *Tulsi*, *Sahadevi* and *Rudraksha*.
- Everyone should pay respect to the Gods, Cows, Teachers (preceptors) elderly people and those who have accomplished spiritual perfection.
- Do not wonder in an unknown place and prohibited area at nights. Do not take shelter at night time in temples, under holy trees, at meeting place of four roads, garden, burial ground and places of slaughter house.
- Do not eliminate sputum, flatus, faces and urine in front of the wind, fire, water, the moon, the sun and the teachers.^[12]

Codes of regarding partaking food

- Consume food after first distributing it to those in need.
- Food should be consumed silently, without laughter, and with attention. Because this type of food is beneficial to a person's health
- Food should not be consumed when precious stones are held in one's hand, a bath is not taken, or clothing is damaged. Wash your hands, mouth, feet, and face before eating.
- Do not eat food in an inconvenient location, such as a busy area, without first offering it to the fire.
- Food that is unclean and served by a hostile individual should not be consumed.^[13]
- Curd is beneficial to one's health. Curd consumption is, however, absolutely forbidden at night. ^[14] Because it inhibits the *Strotas*, which causes a variety of disorders. It has a negative impact on the environment. Sleep disorders and mobility issues, particularly in individuals who are elderly, are common asthma, bronchitis, and rheumatism.
- Do not attend any other work or activities while under the pressure of natural urges of the body. Because Ayurveda has explained that almost all diseases are created due to stopping (not attending) to these urges or by enforcing them.^[15]

Codes regarding study

- One should not study, if there is unseasonal lighting, during an outbreak of fire, nor during earthquake, nor during important festivals, during the solar or lunar eclipse and during *Sandhyas* (dawn and dusk).
- One should not study without being initiated by a teacher (preceptor).
- While studying one should not recite words incomplete in sounds nor in high voice nor in hoarse voice nor without proper accents nor without proper morphological symmetry, neither

too fast, nor too slowly nor with excessive delay, nor with too high nor too low pitch.^[16]

Code of mental activities

- It is not advisable to engage in any activity without first doing a thorough investigation.
- Allowing your sense organs to govern you is a bad idea. You must maintain control of them.
- Do not put off tasks that must be completed at the appropriate time. Don't behave hastily if you don't know what you're. I'm taking a close look at it.
- Don't be overly elated by your accomplishments and depressed by your losses. Should always be used Keep in mind the typical course of events because the causes of everything are known. Always have faith in the outcomes of your activities. Start the activity and make an attempt to get the intended results.^[17]

Sharirik Sadvritta

- Always wear flowers and apply sweet scents (perfumes). Because use of perfumes and garlands stimulates libido, produce good smell in the body and enhances longevity and Charm. It gives corpulence and strength to the body. It is pleasing to the mind.^[18]
- Always wear gems and ornaments. Because it adds to the prosperity, auspiciousness, longevity and grace and prevents danger from snakes, evil spirits etc. It is pleasant and charming. It is also conductive of ojas.^[19]
- Follow a routine of oil massage on head, ears, nostrils and feet every day
- Keep cleaning excretory passage of waste (urethra, anus, vagina, nose, skin, etc.) and feet frequently. Clean them with water.
- Always follow a routine of hair cutting, nail cutting and shaving at least three times in a fortnight. Keep the nails and hair clean and well-trimmed each fortnight or as the need because hand and nail pick up dirt and infectious agent easily as it comes in contact with various things, so washing of hand

and removal of nail at regular interval is mandatory specially to prevent the diseases transmitted through fecal oral route.^[20]

- Have a bath once or twice daily, as the season may be. Because bathing is auspicious and aphrodisiac. It removes fatigue, sweating and increases self-confidence and emotional Wellbeing. Bathing helps to remove dirt and unpleasant body odors from the skin pores, face and scalp. It promotes vitality in the body and prolongs life. It brings about strength in the body and is an aid par excellence for the enhancement of Ojas. It also helps to remain fit and good looking. Bathing improves blood circulation and boosts the immune System.^[21]
- The footwear should be selected as per our physical structure, geographic condition, season and the type of job. Putting on foot wear is good for the eyes, vision and skin. Removes discomfort of the feet, bestows strength, good for colour and sexual desire.^[22]

There are various other important points in *Sadvritta* noted by Acharya *Charak*. But above these are a few important codes regarding conduct. This shows that Ayurveda is not merely science of medicine, but it is really a science of life as well. It teaches us how-to live-in society, how to make ourselves happy with happy surroundings, how to make other people happy and live a long-life Various dos and don'ts described in *Sadvritta* were very relevant to ancient times. As centuries passed on, lot of changes have taken place inevitably in social and religious customs and behavior, so also in the mode of life of people. Some of the ancient rules are in practice even now, some have disappeared, some are irrelevant to the present day and some cannot be put to practice at all.

CONCLUSION

Being kind to others, controlling actions of body, mind and speech and treating everybody life oneself is good conduct. If one follows these rules and regulations he gets long and healthy life as well as wealth. By obeying rules of *Sadvritta* we can prevent disease and ailments among people and avoid miss happening in society. As it is said "Prevention is better than cure".

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