



Sadvritta's role in creating a compassionate and ethical society in the present era


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In today's rapid and interconnected environment, upholding ethical values and nurturing compassion in social interactions has increasingly become a concern. Sadvritta, an ancient Ayurvedic ethical conduct code, presents timeless principles that can act as a moral guide in the current age. This paper examines the significance of Sadvritta in developing a compassionate and ethical society, highlighting how its fundamental values - such as honesty, non-violence, respect for others, and self-control - can tackle the social dilemmas and ethical issues we confront today. By incorporating Sadvritta into everyday life, individuals can aid in fostering harmonious communities, encouraging empathy, and nurturing individual and communal well-being. This research underscores the necessity of revitalizing these ethical principles to form a balanced, peaceful, and morally grounded society in the contemporary world.

Keywords: Sadvritta, Ethics, Social harmony, Moral conduct, Modern era, Social values, Ethical living

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Introduction

Health is characterized by the equilibrium of physical, mental, social, and spiritual wellness. Anyone can achieve a healthy life by following the *Ayurvedic* laws and guidelines. *Dinacharya* (a daily regimen), *Ritucharya* (seasonal routine), and *Sadvritta* (code of Good Conduct for Mental Health and Social Behaviour) are pivotal rules and regulations for preventing disease and sustaining optimal health. These principles are especially effective at mitigating lifestyle-related disorders. *Ayurvedic* authorities like *Acharya Charaka* prescribed a list of virtuous conduct and behaviour under the label of *Sadvritta*. *Sadvritta* provides comprehensive guidance on how to live, detailing dos and don'ts for individuals. A person who adheres to the code of good conduct for sustaining healthy life can live for a hundred years.

Description of *Sadvritta* according to different *Samhitas*:

In *Ayurveda*, *Sadvritta* denotes the ethical and moral behavioural code that fosters physical, mental, and social well-being. Throughout the various classical *Ayurvedic* texts, or *Samhitas*, all principal *Acharyas* (ancient scholars) stress the significance of *Sadvritta* in leading a healthy and rewarding life. Below is a concise overview of *Sadvritta* according to key *Acharyas*:

1. *Acharya Charaka (Charaka Samhita)*: *Acharya Charaka* places substantial importance on ethical conduct as an essential component of health. He recommends that one adhere to *Sadvritta* to sustain not only physical & mental equilibrium but also societal harmony. Principal tenets include truthfulness (*Satya*), non-violence (*Ahimsa*), purity (*Shaucha*), mastery over senses (*Indriya Nigraha*), regard for others, & compassion. *Charaka* believed that observing these principles could avert physical diseases caused by mental turmoil & social discord.

2. *Acharya Sushruta (Sushruta Samhita)*: *Acharya Sushruta*, recognized as the father of surgery, endorses the role of *Sadvritta* in fostering a peaceful and equitable society. He asserts that ethical conduct has a direct effect on one's health, emphasizing the mind-body relationship. He advises adherence to gracious social *Behaviour*, respect for elders, compassion for all creatures, and integrity.

Sushruta also highlights the significance of daily practices (*Dinacharya*) and seasonal routines (*Ritucharya*), which are intrinsically associated with *Sadvritta* principles.

3. *Acharya Vagbhata (Ashtanga Hridaya and Ashtanga Sangraha)*: *Acharya Vagbhata* offers a comprehensive description of *Sadvritta* as an all-encompassing approach to living. He emphasizes that ethical behaviour is essential for preventing mental disturbances and social discord, which can result in health issues. He believes that one should engage in moderation in speech, thoughts, and behaviours, along with practicing virtues such as compassion, non-greed (*Aparigraha*), and non-jealousy. *Vagbhata* firmly promotes mindfulness in relationships with others and self-discipline as integral components of sustaining overall health.

4. *Kashyapa Samhita*: While mainly concentrating on paediatrics and obstetrics, *Kashyapa Samhita* also emphasizes the importance of *Sadvritta* in everyday life. It points out that children and expectant mothers gain from being in ethical, positive, and non-violent surroundings. Fostering traits like kindness, generosity, and patience is deemed crucial for both the growth of the child and the prosperity of society.

Common themes across *Samhitas*: In these writings, *Sadvritta* includes guidelines for individual conduct, social interaction, and mental cleanliness. The *Acharyas* collectively concur on the following principles:

- *Satya* (Truthfulness): Speak the truth, avoid deceit.
- *Ahimsa* (Non-violence): Refrain from harming others, either physically or mentally.
- *Daya* (Compassion): Be empathetic and kind to all living beings.
- *Shaucha* (Cleanliness): Maintain personal and environmental hygiene.
- *Samyama* (Self-control): Practice control over desires and emotions.
- *Prasada Buddhi* (Contentment): Cultivate a sense of contentment and avoid excessive material desires.
- Respect for teachers, elders, and guests.

Types of *Sadvritta*: These principles of conduct are categorized into the 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).
6. *Charitrik Sadvritta* (Character codes of conduct).
7. *Swachchata Sadvritta* (Cleaning codes of conduct).
8. *Vyayamika Sadvritta* (Exercise codes of conduct).
9. *Aahar Sadvritta* (Dietary codes of conduct).
10. *Adhyayan Sadvritta* (Study codes of conduct).
11. *Karya Sadvritta* (Working codes of conduct).
12. *Stree Evam Maithoon Sadvritta* (Code towards women and copulation)

1. Vyavaharika Sadvritta: It denotes the ethical and moral codes of conduct in *Ayurveda* that direct social behaviour and interpersonal interactions. These ethical principles are vital for sustaining harmony within society and nurturing healthy relationships. Always communicate the truth, at the appropriate moment, employing useful, concise, pleasant, and meaningful words.

Key aspects of Vyavaharika Sadvritta:

- A) *Ahimsa* (Non-Violence): Refrain from causing harm to others in thoughts, words, or actions.
- B) *Satya* (Truthfulness): Speak and act truthfully, avoiding deceit or falsehoods.
- C) *Asteya* (Non-Stealing): Do not take what is not yours.
- D) *Shaucha* (Cleanliness): Preserve personal and environmental cleanliness to enhance purity and health.
- E) *Daya* (Compassion): Exhibit kindness and compassion towards others, particularly the less fortunate.
- F) Respect: Demonstrate respect to elders, teachers, and those worthy of honor.
- G) Gratitude: Foster a sense of thankfulness for what one possesses and towards others who assist.

These principles are designed to promote social harmony, ethical living, and mutual respect.

2. Samajika Sadvritta: It pertains to the social codes of conduct in *Ayurveda* that dictate how individuals should act in society to foster harmony, cooperation, and mutual respect.

These guidelines help sustain order and balance within the community, ensuring the welfare of all members.

Key aspects of Samajika Sadvritta:

- A) Respect for Elders and Authority: Extend respect towards parents, elders, teachers, and leaders, as they represent sources of wisdom and guidance.
- B) Hospitality (*Atithi Devo Bhava*): Treat guests with respect and generosity, extending care and hospitality to them.
- C) Community Support: Contribute actively to the welfare of society by assisting others, particularly the needy, ill, or distressed.
- D) Politeness and Courtesy: Communicate and behave in a manner that is kind, gentle, and considerate of others' feelings.
- E) Maintaining Peace: Evade conflicts and disputes in social interactions by practicing tolerance and understanding.
- F) Unity and Cooperation: Collaborate harmoniously with others, promoting teamwork and cooperation for common objectives.

By adhering to *Samajika Sadvritta*, individuals can live in a socially responsible manner, fostering a peaceful, healthy, and prosperous community.

3. Manasika Sadvritta: It relates to the mental codes of conduct in *Ayurveda* that lead the discipline of the mind and emotions. These guidelines assist in cultivating mental clarity, emotional balance, and a positive mindset, which are crucial for both mental and physical well-being.

Key aspects of Manasika Sadvritta:

- A) Positive Thinking: Concentrate on constructive and optimistic thoughts that enhance happiness and peace of mind.
- B) Control of Emotions: Exercise self-restraint over negative emotions such as anger, jealousy, greed, and fear to avert mental distress.
- C) Contentment (*Santosha*): Foster a feeling of inner tranquillity and fulfilment with what you possess, steering clear of excessive cravings and attachments.
- D) Mindfulness: Remain conscious of your thoughts and deeds, training you to be present in the moment to alleviate stress and uncertainty.
- E) Compassion and Empathy: Nurture a gentle and understanding disposition towards others, comprehending their feelings and providing assistance.
- F) Mental Discipline: Partake in consistent mental practices like meditation, self-reflection, and prayer to enhance mental clarity and stability.

Adhering to *Manasika Sadvritta* aids in cultivating mental peace, emotional intelligence, and resilience, enhancing overall health and wellness.

4. Dharmika Sadvritta: pertains to the ethical guidelines of conduct in *Ayurveda*, which stress living a life in accordance with righteousness (*Dharma*). These principles are rooted in moral conduct and seek to foster moral integrity, advising individuals to make fair and virtuous choices.

Key aspects of Dharmika Sadvritta:

- A) Righteousness (*Dharma*): Act in line with what is ethically correct, adhering to moral principles in every circumstance.
- B) Honesty: Be sincere and open in your actions, steering clear of deceit, falsehoods, or manipulation.
- C) Justice: Treat others equitably and uphold fairness, ensuring that your actions do not harm or wrong anyone.
- D) Responsibility: Uphold your obligations to family, society, and the environment with sincerity and diligence.
- E) Selflessness (Altruism): Engage in actions not solely for personal benefit but for the welfare of others, practicing generosity and kindness.
- F) Spiritual Awareness: Align your actions with elevated spiritual values, contemplating the ramifications of your behaviour for both yourself and others.

By adhering to *Dharmika Sadvritta*, individuals uphold moral integrity and contribute to the common good, ensuring their lives are directed by ethical and righteous values.

5. Sharirika Sadvritta: It pertains to the physical guidelines of conduct in *Ayurveda* that stress the importance of maintaining physical health and hygiene. These principles focus on caring for the body through appropriate habits, cleanliness, and lifestyle choices that promote well-being.

Key aspects of Sharirika Sadvritta:

- A) Personal Hygiene: Uphold cleanliness by bathing consistently, washing hands before meals, and keeping nails, hair, and clothing tidy.
- B) Dietary Discipline: Consume nutritious, fresh, and Sattvic (pure) food. Refrain from overeating, eating stale food, or having irregular meal times.
- C) Exercise: Engage in daily physical activities like walking, yoga, or other forms of exercise suitable for your constitution (*Prakriti*).

D) Sleep and Rest: Ensure sufficient sleep and rejuvenation. Avoid staying up late at night or oversleeping.

E) Bodily Functions: Attend to natural urges (like hunger, thirst, and elimination) in a timely manner, avoiding suppression, as it can lead to imbalances.

F) Posture and Movement: Maintain proper posture while sitting, standing, and walking to promote bodily health and avoid strain.

By adhering to *Sharirika Sadvritta*, individuals can sustain their physical health, boost immunity, and enhance overall vitality and longevity.

6. Charitrika Sadvritta: It pertains to the conduct guidelines that emphasize the cultivation of good character and moral virtues in *Ayurveda*. These principles aim to assist individuals in developing a noble and ethical character, thereby enhancing their reputation and fostering societal harmony.

Key aspects of Charitrika Sadvritta:

- A) Integrity: Maintain honesty and moral uprightness in all actions, remaining true to your values even when confronted with difficulties.
- B) Humility: Exhibit modesty and refrain from arrogance or pride, treating others respectfully and without condescension.
- C) Discipline: Practice self-control in everyday life, regulating desires and impulses to stay aligned with ethical standards.
- D) Courage: Demonstrate the bravery to defend truth and righteousness, even in challenging circumstances.
- E) Kindness and Compassion: Exhibit genuine care for others, being helpful and empathetic to those who are in need.
- F) Consistency: Ensure reliability in thoughts, words, and actions, guaranteeing that they are coherent and trustworthy.

By practicing *Charitrika Sadvritta*, individuals establish a robust moral character that nurtures trust, respect, and a favourable reputation in both personal and social contexts.

7. Swachchata Sadvritta: It denotes the codes of conduct pertaining to cleanliness and hygiene in *Ayurveda*. These practices aim to enhance physical health, avert disease, and promote a pure, healthy environment. Cleanliness is deemed crucial not only for individual well-being but also for societal harmony and mental clarity.

Key aspects of Swachchata Sadvritta:

- A) Personal Hygiene: Regularly engage in bathing, brushing teeth, cleaning ears, and washing hands before and after meals or restroom use to maintain personal cleanliness.
- B) Clothing and Surroundings: Don clean attire and keep your living environment, including home and workplace, organized and tidy to prevent illness and foster a sense of well-being.
- C) Food Hygiene: Eat fresh and clean food, ensuring it is prepared hygienically and stored correctly to avoid contamination.
- D) Environmental Cleanliness: Aid in maintaining environmental cleanliness by properly disposing of waste and refraining from littering in public areas.
- E) Mental Cleanliness: Besides physical cleanliness, cultivate mental hygiene by fostering positive thoughts and steering clear of negative influences such as anger, greed, or hatred.
- F) Sanitation: Practice proper sanitation measures, including using clean toilets, maintaining public cleanliness, and avoiding areas that are unsanitary.

Adhering to *Swachchata Sadvritta* prevents infections, enhances health, and fosters a clean, harmonious atmosphere that benefits both individuals and the community.

8. Vyayamika Sadvritta: It refers to the codes of conduct in Ayurveda concerning physical exercise. These guidelines highlight the essential role of regular physical activity in sustaining health, strength, and vitality. Ayurveda emphasizes that exercise should be conducted in moderation, taking into account an individual's body type (*Prakriti*), age, and physical condition.

Key aspects of Vyayamika Sadvritta

- A) Regular Exercise: Participate in daily physical activities, such as walking, yoga, or sports, to maintain physical fitness and enhance circulation, digestion, and overall vitality.
- B) Moderation: Exercise should be moderate and suitable for your strength and stamina. Excessive exertion or insufficient exercise can result in imbalances and health issues.
- C) Timing: Ideally, exercise should be conducted in the early morning when the body is at its most refreshed and the air is clean, promoting higher energy levels for the entire day.
- D) Body Type Consideration: Select exercises that match your body type (*Prakriti*).

For example, *Vata* individuals should steer clear of overly strenuous activities, while *Kapha* individuals may find vigorous exercise beneficial.

E) Warm-Up and Cool-Down: Start with a warm-up and conclude with a cool-down session to ready the body for physical exertion and avert injuries.

F) Rest after Exercise: Give the body a chance to recuperate with appropriate rest and relaxation, ensuring that the muscles and tissues heal and strengthen.

By following *Vyayamika Sadvritta*, people can achieve optimal physical health, enhance strength, balance, and flexibility, and stave off lifestyle-related illnesses.

9. Aahar Sadvritta: It signifies the dietary rules of Ayurveda, concentrating on correct eating habits and food selections to foster physical, mental, and spiritual health.

These rules underscore the significance of a well-rounded, mindful attitude toward food that corresponds with an individual's constitution (*Prakriti*), the seasons, and the time of day.

Key aspects of Aahar Sadvritta:

- A) Eating Fresh and Sattvic Food: Ingest fresh, nutritious, and Sattvic (pure) foods that benefit the body and mind. Steer clear of stale, processed, or tamasic (inertia-causing) foods.
- B) Mindful Eating: Consume food with total awareness, concentrating on its flavours and avoiding distractions such as watching television or working during meals.
- C) Moderation: Refrain from overeating or undereating. Eat in accordance with your hunger signals and stop prior to feeling excessively full.
- D) Balanced Diet: Incorporate all six flavours (sweet, sour, salty, bitter, pungent, astringent) into your meals to guarantee a balanced intake of nutrients.
- E) Proper Meal Timing: Consume meals at consistent intervals, with the primary meal taken in the middle of the day (when digestion is most efficient) and lighter meals in the morning and evening.
- F) Digestion Awareness: Hold off on eating until the previous meal has been digested before having the next one. Avoid consuming food when under stress, emotional, or not hungry, as this can disrupt digestion.

G) Seasonal and Local Foods: Favor seasonal and locally sourced foods that are in harmony with nature's cycle and aid in digestion and overall wellness.

By adhering to *Aahar Sadvritta*, individuals can improve digestion, maintain balance in their body's energies (*Doshas*), and promote overall health and longevity through thoughtful and balanced eating habits.

10. Adhyayan Sadvritta: It pertains to the behavioural codes associated with study and learning in Ayurveda. These principles highlight the significance of discipline, concentration, and an optimal environment for productive learning, ensuring that individuals acquire knowledge and insight meaningfully.

Key aspects of Adhyayan Sadvritta:

A) Regular Study Routine: Develop a steady and committed study timetable to nurture discipline and achieve consistent progress in education.

B) Concentration: Create an environment devoid of distractions that promotes concentration and profound focus on the material being studied.

C) Mindfulness in Learning: Actively engage with the content, employing mindfulness to effectively absorb information and retain knowledge.

D) Healthy Lifestyle: Uphold a balanced diet, sufficient sleep, and regular exercise to enhance cognitive function and overall health, which are vital for effective studying.

E) Reflection and Revision: Frequently review and contemplate what has been learned to strengthen understanding and retention of knowledge.

F) Ethical Conduct: Engage in studies with honesty, steering clear of plagiarism or deceit, and honouring the knowledge and efforts of others.

G) Seek Guidance: Learn from instructors, mentors, and peers, remaining open to feedback and different viewpoints.

By following *Adhyayan Sadvritta*, individuals can improve their learning journey, develop a richer comprehension of their studies, and build a disciplined mindset that supports their educational and personal growth.

11. Karya Sadvritta: It relates to the standards of conduct associated with work and professional behaviour in *Ayurveda*. These principles underline the significance of ethics, responsibility,

And commitment in one's work to foster a productive and harmonious work atmosphere.

Key aspects of Karya Sadvritta:

A) Diligence and Commitment: Tackle work with dedication and a robust work ethic, making sure tasks are carried out efficiently and effectively.

B) Responsibility: Assume responsibility for your tasks and obligations, being accountable for your actions and choices in the workplace.

C) Integrity: Uphold honesty and transparency in all professional interactions, avoiding deceitful or unethical behaviour.

D) Respect for Colleagues: Promote a respectful and collaborative environment by appreciating the contributions of coworkers and treating everyone with kindness.

E) Work-Life Balance: Aim to maintain equilibrium between work and personal life, ensuring sufficient time for rest, family, and self-care to avoid burnout.

F) Continuous Improvement: Look for chances for professional growth and education, staying informed about industry standards and improving skills.

G) Adaptability: Remain receptive to change and adaptable to new circumstances, challenges, and opportunities in the workplace.

By adhering to *Karya Sadvritta*, individuals can foster a positive and effective working environment, contribute significantly to their roles, and encourage ethical practices in their professional lives.

12. Stree Evam Maithoon Sadvritta: In *Ayurveda* includes the ethical principles and codes concerning the treatment of women and sexual relations. These standards stress respect, understanding, and accountability, embodying the comprehensive perspective of health in *Ayurveda*.

Key aspects of Stree Evam Maithoon Sadvritta:

A) Avoid having sexual relations with impure women, those unattractive in appearance, women who demonstrate bad behaviour, women involved in illegal activities, or women afflicted by any disease. This may result in loss of semen and an increase in *Vata Dosha*.

B) Do not form an attachment to a woman who does not harbour feelings of love for you.

C) Attachment or desire or even marrying another person.

D) Do not engage in inappropriate sexual practices such as oral sex or sex with animals.

Such activities can lead to sexually transmitted diseases like syphilis.

E) Sexual activities are forbidden near slaughterhouses, at four-way intersections, and in slaughterhouse courtyards.

F) Sexual activity during early mornings and evenings is banned as it heightens *Vata* and *Pitta Doshas*. Avoid sexual intercourse without the application of aphrodisiacs. Those under the influence of drugs, whether lacking or possessing strong libido, experience issues with desire and erection.

G) Sexual intercourse should not occur on an empty stomach or immediately after a heavy meal and must take place in complete privacy.

Conclusion

The *Sadvritta* are particular conduct principles unique to *Ayurveda*. They significantly contribute to enhancing individual well-being and fostering the growth of a cultured society and nation. These principles offer direction regarding personal and communal behaviour and assist in discerning right from wrong. It can be asserted that *Sadvritta* is a vital tool in the modern age for preventing and addressing the root causes of various health issues.

In summary, *Sadvritta* is not merely a moral guideline but a fundamental aspect of *Ayurveda's* comprehensive health philosophy. It encompasses mental, physical, and social aspects, promoting a lifestyle in harmony with nature and society. By adhering to *Sadvritta*, one can attain both personal wellness and communal social balance.

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