



Role of Sadvritta in Prevention and Management of Lifestyle Disorder

1) **Dr Pratibha Baghel (Author),**
Assistant Professor, Deptt. of Kriya Sharir,
Govt Ayurvedic College, Jabalpur, MP

2) **Dr Barkha Thakur**
Assistant Professor, Deptt. Of Dravyagun Vigyan,
Govt Ayurvedic College, Jabalpur, MP

3) **Dr Manjula Mishra**
Assistant Professor, Deptt. of Rachna Sharir,
Govt Ayurvedic College, Jabalpur, MP

4) **Dr Pankaj Mishra**
Assistant Professor, Deptt. of Dravyagun Vigyan,
Govt Ayurvedic College, Jabalpur, MP

Abstract

Ayurveda is holistic science, also called as “Science of Life” it not only deals with diagnosis and treatment of diseases with natural remedies but also teaches us the methods, habits those are required to stay healthy and long life happily. Sadvritta means physical & mental decorum which should be followed by everyone on daily basis. Acharya Charak has explained the importance of Sadvritta as by following these rules one will lead a healthy life without suffering from any diseases also For Moksha prapti Sadvritta should be followed. It can be interpreted as by following these rules a man can achieve all his goals with sound & mind. Lifestyle disorders are linked to the way of people’s behavior, living strategies, eating habits, perception towards life and there environment. Ayurveda with its broad spectrum and approached to words life will explain the entire factor which are helpful to attained better life with preventive aspects of diseases. Unhealthy diets, smoking, lack of exercise, and stress are the major risk factors for lifestyle disorders such as high blood pressure, high cholesterol, diabetes and obesity etc. These result in various long term disease processes, culminating in high mortality rates attributable to stroke, heart attack, cancers, chronic bronchitis, emphysema, renal failure, and many others. Lifestyle diseases. Ayurveda being a holistic science of life, advocates the healthy lifestyle to lead a better quality life. By following the sadvritta that is the code of good conducts, one can prevent the occurrence of diseases through promotion of positive health.

Key words –lifestyle disorder, stroke, cancer, chronic bronchitis, emphysema, renal failure,

INTRODUCTION

Lifestyle is the way of leading life, adopted by person fortunately or unfortunately. Lifestyle diseases are defined as diseases linked with the way people live their life. The incidence of life style diseases like hypertension, diabetes mellitus, obesity associated with cardiovascular diseases is high on the rise, arthritis, arthrosclerosis, asthma, chronic liver disease, osteoporosis and chronic renal failure with rapid economic development & increasing westernization of lifestyle in the past few decades, prevalence of these diseases has reached alarming proportions among Indians in recent years. Ayurveda is recognized a fore most life science and describes way to prevent and manage lifestyle disorders, the world is being attracted towards its potential.

Ayurveda defined health as an equal balance of body, mind, social and spiritual well-being. To achieve this, Ayurveda prescribes certain codes of conduct and this is known as Sadvritta.

It originates from two words “Sad” means good and “Vritta” which means conduct or behavior according to Ayurved, to maintain a healthy and disease free life everyone should follow Sadvritta mentioned in Ayurveda texts. Sadvritta plays key role in the maintenance of health and prevention of disease. 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.

MATERIAL AND METHOD

Life Style Disorder –

Life style disorders are that disease that is not transmitted by another person, a vector or environment or it is disease caused by a person's & conducts, behavior sand practices or how we live our life. Association of a person's way of living with his health go a long way in creating an etiology favorable for life style disorders particularly hypertension , Diabetes mellitus, obesity, chronic liver diseases ,osteoporosis. Sedentary Schedule and faulty dietary habits are main cause for metabolic imbalance which leads to this group of diseases and making them one of the leading causes of death today. Apart from these, use of tobacco, alcohol and drugs has resulted in rapid escalation of these diseases.

Nidan (Causative Factors) Precipitating in the life Style Disorder)

Exogenous Cause - It includes Meda (fat) stimulating diet regimens.

Endogenous Cause - Dosha, Dhatu, Mala & Srotas etc. comes under endogenous Causes. Only acharya charka has defined Beejdosha (Heredity) as one of the endogenous cause. Ama (toxin) is also considered as an important causative factor.

Ayurvedic classics can be classified into following Groups –

1) *Aharatmak Nidan-*

Any food which is country or contra indicatory or improper or unfavorable or obstructs the channels is considered as viruddha Aahar (unwholesome diet.) There are some food which become un whole some by their combination prepartions, proportions and digestive transformation as Anupa Rasa seven, Atisampurana (Over eating), guru ahara seven (Heavy diet), Mamsa seven (excessive use of meat) , Ikshu vicar seven (sugarcane preparations), payas vicar seven (milk and its preparation), Shlesh mala (diet aggravating kapha) etc.

2) *Viharatmaka Nidana –*

It includes ayayma(lack of physical exercise), sukha shayya (Luxurious sitting), Bhojanottanidra (sleep after meal) and Alpavyavaya (Reduced sex life) etc.

3) *Manas Nidan –*

Excess anxiety, fear, stress may be categorized under manas nidana.

Management of Life Style Disorder -

Ayurveda offers various regimens including Dincharya (daily regimen), Ritucharya (Seasonal regimen) pancha karama (five detoxification and biolpurification. Therapies) and rasayana (Rajuvention). Therapies. Sadvritta is one of them..Sadvritta means physical & mental decorum which should be followed by every-one on daily basis. In Charak Samhita Sutras than detailed description of Sadvritta has been stated. In which

- Behavioural Do's & Don't's
- Eating etiquettes
- Social rules
- Rules for Study, Havana Karma
- Guidelines for Chastity etc.

In *Indriyopakramaniya* adhyaya Acharya Charak has explained the importance of Sadvritta as by following these rules one will lead a healthy life without suffering from any diseases also For Moksha prapti Sadvritta should be followed. It can be interpreted as by following these rules a man can achieve all his goals with sound mind & body.

Concept of Sadvritta

The word sadvritta is made up of two words 'sad' which means right or good and 'vritta' which refer to acharana or regimen. Acharya Chakrapani defines sadvritta as being in the company of righteous person. Acharya Vagbhata defines sadvritta as compassion towards all the living beings, granting of gifts, controlling the activities of body, mind and speech, feeling of selfishness in the interest of others. *Sadvritta* not only include mental faculties, but also rules related with general hygiene, food consumption and exercise.

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 (Ethical codes of conduct)

This code deals with human ethical point of view it prescribe us to always speak truth in every situation and always stop Exercises before getting completely tired Because proper exercise brings stability in our immune system and activated blood flow to our muscles over exercise can leads to tissue damages of bone fracture in our body. it also enhance our digestion capability.

Always sleep on bed which is comfortable. It will relieve fatigue and strain from our body. aggravation of vata, acts as an aphrodisiac, bestow contentment, good sleep and courage.

2. Samajika sadvritta (Social codes of condct)

It refers to good conducts which are beneficial in improving the social health. Avoiding dashavidhapapakarma can also help in maintaining good social health. One should respect teachers, elders and parents. One should always help the needy people, dependent one. Avoid misbehaving in the public

3 Manasikasadvritta

It refers to conducts which helps to possess good mental health. One should be virtuous, kind and mild nature, one should always be happy, one should always forget the reasons of anger and hatred, avoid excessive utilization, improper utilization and poor utilization of sense organs, avoid thinking bad for others and having too much proud. Acharya Vagbhata says to avoid dashavidha papa karma pertaining to body, mind and manas which helps in achieving good mental health

4 Dharmikasadvritta

It refers to the good conducts which promotes spiritual health. Without being clean one should not worship the fire by offering cow ghee, akshatha,tila, kushagrass and sarshapa. These measure are told to keep one's sense organs in control so that the individual is able to understand the satya and mithya of the world then he will be able to pursue the purpose of life. This is how one can achieve the spiritual health

5 . Sharirika Sadvritta (Physical codes of conduct)

It refers to good regimens related to physical health. Acharya Charaka has elaborated the measures which aids in achieving good physical health.

Following dinacharya which starts from getting up in brahmimuhurtha, keeping feet, excretory passages clean and taking bath daily, wearing a good cloth, avoiding forceful initiation of urges, one should wear footwear and should hold an umbrella while walking

There are many sadavritta are discussed by Acharya Charaka but this are very important for our daily routine. As the origin of disease is psychosomatic, following sadvritta referring to good conducts not only helps in treating diseases but also promotes good physical and mental health. The sharirikasadvritta helps in detoxifying the physical body externally as well as internally. There by helps in proper absorption of nutrients and leads to proper nourishment of the body. The manasikasadvritta helps to have control over sense organs so that the individual will be able to make judicious decisions at appropriate time. The samajikasadvritta and vyavaharikasadvritta helps to build confidence in one self to cop up with the challenges of society and lead a better quality life. Dharmikasadvritta helps the individual to become stronger from within by understanding purpose of life.

CONCLUSION

Sadvritta (Code of right conducts) mentioned in Ayurveda are unique. These regimens of right conduct and behavior will not only help individuals to obtain and maintain their health but also help to build a most civilized society and nation, worthy of emulation. By Appropriate utilization of Sadvritta, we can prevent various types of disorders and can achieve long and healthy life . In the end we can conclude that Sadvritta is essential tool in modern era to prevent and eradicate the root cause of life style diseases.

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