

A REVIEW ON ROLE OF ACHARA RASAYANA IN SOCIAL HEALTH

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ABSTRACT

Social health is more than just the prevention of mental illness and social problems. Health can not be separated from its Social health. While describing the health WHO had given equal importance to social health. Social health is define as a quantity and quality of an individual interpersonal's ties and extent of involvement with the community. Social health involve your ability to form satisfying interpersonal relation with others and also related to ability to adopt comfortably to different social situation. But now a day Social problems like alcoholism, venereal disease, mental illness and narcotic addiction are increased day by day. Ayurveda is not only a system of medicine but is comprehensive science of life. Ayurveda emphasise *Sadvritta*, *Dharneeya vega*, *Dashvidha paapkarma* and *Achara Rasayana* (Rejuvenating regimens) its effect on social and behavioural aspect of life. *Achara Rasayana* is non-material *Rasayana* which provide same benefits as a *Rasayana*. Under *Achara Rasayana Acharya Charak* describe Social and Behavioural Aspects of health. Hence the aim of this review article is spreads awareness about *Achara Rasayana* for the maintenance of social health and reduces the Social problem in the society.

KEYWORD: Health, Social health, Social problem, *Achara rasayana*.

INTRODUCTION

The principle aim of Ayurveda is to preserve health of healthy person and cure the disease of diseased person.^[1] Health is the state of equilibrium of *Doshas* (biological humor), *Agnis* (transformative physiological system functions), *Dhatu*s (tissues and organs), and *Malas* (metabolic by products), along with *Atma*, *Indreya* (sensorial), *Mana* (mental) well being.^[2] According WHO Health is defined as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.^[3] definition of social health, assessment of social health and how to know peoples are socially fit or not described under dimension of health.

In our society there are both individual and social problem. Individual problem become social problems when they affect a large number of people amounting to a threat to the welfare or safety of the whole group. Now a day in our society crime, Poverty and diseases are common social problem. Alcoholism, venereal disease, mental illness and narcotic addiction are some social health problems which are increasing day by day. Due to being withdrawn, vengeful or selfish can have a negative impact on Social health and stress can one of the most significant threats to a healthy relationship. A lack of honesty or openness, unrealistic expectation and jealousy are all factor that can push relationships to an unhealthy state.

Need of social health

Having healthy relation involves good communication, empathy, and care for family, friends and colleagues. Being self-centered, violent and alone have ill effects on health causing stress and depression which are a threat to self and others. Social isolation and social exclusion, both are causes of poor chances of survival with a decreased degree of quality of life, depression and increased risk for chronic diseases. These in turn can lead to poor physical and mental health. Hence, the social health can be considered as cause behind the cause.^[4]

Achara Rasayana

Achara Rasayan is a special contribution of *Acharya Charak* in Ayurveda. *Acharya Sushruta* did not mentioned about *Achar Rasayana*. *Acharya Vagbhatta* has not exactly mentioned the term of *Achar Rasayana* but explained topics in "*Rasayana vidhi adhyaya*" and mention if individual follow truthful, free from anger, those senses are engaged contemplation of the soul, engaged in peace and good deeds that person known as *Nitya Rasayana sevi*. A person with these quality who consume *Rasayana*, that person with a retired mind lives long and is happy here as well as other world.^[5] *Achara* means behavior and *Rasayan* means prolonging of aging and diseasing, it is non-material *Rasayana* which provide same benefits as a *Rasayana* by following its rules and

regulations. Hence, *Achara Rasayan* means prolonging of aging and diseasing by behaviour. *Achara Rasayan* providing a holistic approach to a person and thereafter, formation of a peaceful and developed society. Social health can be achieved to adopt this principle of *Achara Rasayan*.

The contents of *Achara Rasayana* are categorized as

1. Psychological Aspects
2. Personal Aspects
3. Religious and Spiritual Aspects
4. Social and Behavioural Aspects

1) Psychological Aspects.

1	<i>Satyavadi</i>	To be honest, trustworthy
2	<i>Akrodhi</i>	To be calm and free from anger
3	<i>Ahinsaka</i>	To be non-violent
4	<i>Anayasa</i>	Never be tired but be cheerful
5	<i>Prashanta</i>	To be calm, cool and quiet
6	<i>Priyavadi</i>	To be soft spoken and never speak rough
7	<i>Japashauchparam</i>	To practice of meditation and to maintain cleanliness
8	<i>Dheer</i>	To have patience

2) Personal Aspects.

1	<i>Samajagaranswapna</i>	Balance state of sleep and wakefulness
2	<i>Deshkalapramanajnam</i>	Having proper knowledge of place and time
3	<i>Yuktijnam</i>	To be skilled
4	<i>Jitatmanam</i>	To be self-controlled
5	<i>Nityaksheeraghritashinam</i>	Consumes routinely milk and ghee
6	<i>Asankeernam</i>	Free from narrow thoughts

3) Religious and Spiritual Aspects.

1	<i>Dharmashastraparam</i>	To be dutiful according to ethics and holy books
2	<i>Adhyatmapravanendriyam</i>	Senses are engaged in acquiring spiritual knowledge
3	<i>Tapaswinam</i>	To be engaged in service of ascetics
4	<i>Dan-nityam</i>	To do charity regularly

4) Social and behavioural aspects.

1	<i>Nivrittammadyamaithunat</i>	Avoid alcohol and cohabitation with women
2	<i>Deva gaubramhanacharya guru vridharchaneratam</i>	To be devoted to serving Gods, cows, <i>bramhans</i> , teachers, sages and elders
3	<i>Anrishansyaparamnityam</i>	Never behave cruelly
4	<i>Nityakarunavedi</i>	Who are always kind to all
5	<i>Anahankritam</i>	Without the feeling of arrogance
6	<i>Shastacharam</i>	To behave well
7	<i>Upasitaramvridhdhanam</i>	To serve elders
8	<i>Astikanam</i>	To have faith in God
9	<i>Jitatmanam</i>	To be self-controlled

Following of this rules helps to attaining the social health as well as complete well being of health. ^[6]

DISCUSSION

An individual is said to be socially healthy when he is accepted, respected and loved by all in the family, by his friends, relatives, neighbors, colleagues and all peoples live in the society. Ayurveda emphasizes on prevention rather than cure and for this purpose *Achara Rasayan* has been described. *Achaar Rasayan* providing a holistic approach to a person and after that, making of a peaceful and developed society. Thus, *Acharya Charak* has explained in that what should be done and what should

not be done for the improvement of a person and also the society. In present era utility of *Achara Rasayan* is increased in present society suffering from sex and violence, greed and anger, etc. *Achara rasayana* explain that how to maintain social health. Implementation of *Achara Rasayana* decreases risk factor which produce social problem and keep the mind and body healthy. While stating the benefits of *Achara Rasayana* *Acharya Charak* mention that it is responsible for *Arogya* (health) and *Indriyavijaya* (control of our sense organs). This benefits automatically helps for prevention of social problem and promotion of social health.

CONCLUSION

Obeying ethical conducts i.e. making a habit of doing all that is good and avoiding all that is bad, acting always in a courteous and polite manner, having control on our *Indriyas* can prevent development of Social problem and promotion of social health. Adaptation of regimens of *Acharya Rasayana* gives new aspect to look, behave and think at the world which can reduce the criminal tendencies and we can found society which is really healthy by all means. Implementation of these *Acharya Rasayana* as a part of education and School health programme. This will play a major role in creating *satvika* minds with *satsat vivek buddhi* in children which helps to prevent wrong practices that may lead to social problem.

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