

**SADVRITTA: CODE OF CONDUCT IN MODERN TIMES**<sup>1</sup>\*Dr. Himanshu, <sup>2</sup>Dr. Sunayana Sharma and <sup>3</sup>Dr. Karan Chugh<sup>1</sup>PG Scholar Dept. of Swasthviritta & Yoga, Sriganganagar Collage of Ayurvedic Science & Hospital, Tantia University Rajasthan.<sup>2</sup>Professor & H.O.D in Department of Swasthviritta & Yoga Sriganganagar Collage of Ayurvedic Science & Hospital, Tantia University Rajasthan.<sup>3</sup>Assistant Professor in Department of Swasthviritta & Yoga Sriganganagar Collage of Ayurvedic Science & Hospital, Tantia University Rajasthan.**\*Corresponding Author: Dr. Himanshu**

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Article Received on 21/08/2022

Article Revised on 11/09/2022

Article Accepted on 01/10/2022

**ABSTRACT**

A healthy body means Balance of Vata-Pitta-kaptha in body and this balance helps in a well mental being and social life. Ayurveda is science of healthy and happy life, it has both prevention and cure methods. It guides a human being for living a healthy and optimum lifestyle from ancient time. In ancient time people practice yoga and pranayama on daily basis but in today's modern time life becoming so busy and hectic that humans can't get time for themselves and it causing increase in diseases, lowering average life span, depression and many type of diseases. In a research we found out that Out of pocket expenditure of Indian citizens is highest among its neighbouring and developing countries. It can be reduced if people practice Yoga and follow Ayurveda on daily routine of life. Sadviritta is also a code of conduct which teaches us about how we can give a healthy and happy life.

**KEYWORDS:** Ayurveda, Out of pocket Expenses, Diseases, Sadviritta.**INTRODUCTION**

Ayurveda is indigenous medicine system which helps our ancestors to live a long healthy life but with the time we forget their gifts and started following a unhealthy and disordered lifestyle which leads towards a shorten life, critical diseases like heart failure, insomnia, depression and also dis balanced our mental peace.

In Ayurveda there are certain codes which one can follow which leads to a healthy life. These rules are divided into *Dinacharya* (daily regimen), *Ratricharya* (night regimen), *Ritucharya* (seasonal routine) and *Sadviritta* (code of good conduct for mental health and social behavior). These rules help in prevention of diseases and promote ideal healthy life. Acharya Charak in *Charak samhita* prescribed rules and regulation which one should follow on routine life. *Sadviritta* is also one of them It gives details knowledge about Do's and don't's of life and also "Ways of living". following this code of conduct gives absolute results in many ayurvedic studies. Since it is an important method in for prevention of diseases but there are only few studies are done on this topic but these studies are quite effective and gives positive results on affected person.

Term *Sadviritta* is a Sanskrit term which originates from Word „Sad” Which means “Good” and “Viritta” which

means “Behaviour” *Sadviritta codes* are applied on all age group of people, at 24/7 at all places. It plays an important role in clearing our internal channels of body which gives comfort to our brain.

*Acharya Charak* In *Charak samhita*, defined the advantages of *Sadviritta* for a person who follows the entire code of good conduct, He will enjoy a healthy life and invoke healthy inner peace. *Sadviritta* is are of five types and mentioned in ayurvedic texts we will see a detailed in this review article.

**TYPES OF SADVRITTA**

These codes of conduct are classified in to following groups.

1. *Vyavaharika sadviritta* (Ethical codes of conduct).
2. *Samajika sadviritta* (Social codes of conduct).
3. *Manasika sadviritta* (Mental codes of conduct).
4. *Dharmika sadviritta* (Moral codes of conduct).
5. *Sharirika Sadviritta* (Physical codes of conduct)

**1. Vyavaharika sadviritta (Ethical codes of conduct)**

This code deals with human ethical point of view it prescribes us to always speak truth in every situation and more let's see a detailed view

- Always speak the truth. Try to speak at the proper time with words which are beneficial, limited, sweet and meaningful

- Whenever going outside from home always carry an Umbrella, a stick and head must be covered from a Headwear e.g. Turban. Umbrella will protect us from sunny weater and also from rainy season and turban will protect our hairs from getting dusty and also protect us skin complexion. Stick will helpful in slippery condition and also if helpful if we will be chased by any animal like dogs or buffalo It also invoke good mind, enthusiasm, confidence, stability, courage and valiance. It gives support to the body and removes fear
- Always stop Exercises before getting completely tired Because proper exercise brings stability in our immune system and activated blood flow to our muscles overexercise can leads to tissue damages of bone fracture in our body. it also enchance 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.
- Do not oversleep or less sleep. A proper sleep leads to increased color completion and strength, enthusiasm and maintains normalcy of the tissues.
- Do not take bath before defecation and cleaning your mouth, Do not take bath in Nudity and do not wear same clothes before and after bath.

## 2. Samajika sadvritta (Social codes of conduct)

These codes teach us how a person should behave in his society. What is an ideal social behavior

- Be Friendly which everyone, Help poor, Do not mistreat animals or peoples who are lower than your level.be truthful and tolerate the harsh words said from any person. Control on your anger is necessary
- Keep a smile on your face and always start conversation first. Always show a respectful behavior with elders and show hospitality towards guests.
- Stay in touch with teachers, successful persons and elderly experienced person
- Do not pick your finger in nose, teeth or in ear in presence of any other person
- Laughing so loudly in public should be avoided and also should not eliminate flatus with sound
- Cover your mouth with hands or with any cloth while sneezing of coughing to stop germs that expelled during this.
- Always wear clean clothes. Do not wear dirty or clothes worn by others. Clothes which are appropriate according to weather condition. Wearing clean dress promotes desires, reputation, logetivity, and prevent auspiciousness.
- Do not abandon relatives, those who helped in tough times and also those who knows deep secrets of family
- Do not expose genitals or sensual organs parts of body
- Do not expend more time with children"s, older

peoples or persons who are greedy, or poor mind people

## 3. Religious code of conduct

This code teaches us how one should behave during religious acts

- A person should touch gems, feet of older persons, auspicious things and flowers, Always wear auspicious herbs like „Rudraksha, Tulsi, sahadevi“
- Pay respects to your parents, teachers, cows, and those who has attained spiritual perfection
- Do not roam unknown places in night time, or shelter in temples, under holy trees, or meeting of four roads, burial grounds, or inside of slaughter house

## 4. Codes of regarding partaking food

This code deals with our behavior during taking food

- Serve food first to those whom you are eating
- Should eat food in relaxed and concentrated manner, one should not laugh or talk loudly during eating
- One should not take food before bath or in torn clothes and should wear precious stones in hand
- Do not eat inappropriate food which or food served by enemy. offer food first to fire than process to eat.
- Curd is prohibited during night time.it has bad effects on sleep especially for those who already has Asthma or bronchitis
- Do not perform any activity under urges of natural pressure. because stopping these pressure causes many diseases

## 5. Code towards women and copulation

This code teaches us our behavior towards women

- Avoid sexual intercourse during periods, person copulation during this loses his eyesight, lifespan and valiance.
- Avoid intercourse with women who is impure, ugly appearance or with bad manners, bad conducts, or suffering with any disease. This could leads to loss of semen and increase in Vata dosha.
- Do not get attached with women who do not have affection towards you, no passionate desires or married to someone else.
- One should not indulge in improper sexual activity like oral sex, sex with animals because this type of activities causes sexual disease like syphilis and other STD"s.
- Sexual activities are prohibited near Slaughter houses, meeting of four roads, inside gardens of inside slaughter house.
- Early morning and evening sex is prohibited because it causes increase in Vata and pitta dosha.
- One should not indulge without Aphrodisiacs medicines, Without sexual desire or without intense desire and erection.
- Intercourse should not be done empty stomach or after excessive eating and should be done in privacy.

**6. Codes Regarding study**

- Person should study in proper light, Should not study nor during important festivals, during the solar or lunar eclipse and during *Sandhyas* (dawn and dusk).
- One should recite words with Proper pronunciation, neither too loud nor too slow, s/he perform with proper accent in decent manner

**7. Code of mental activities**

- Control on your sensory organs
- Things must be done on proper time do not postpone things for future
- Do not overreact at time of Happiness or at time of grief, always remember that your action at these time can affect your future,
- Do not indulge in any harmful activity without having knowledge about it

**8. Sharirika Sadvritta** (Physical codes of conduct)

- Use Scents because it helps stimulated libido, increase charm and longevity, give corpulence to body and pleasing to mind
- Wear gems and ornaments, they gives auspiciousness and protect from animals like snakes and evil spirits
- Follow proper routine for Oil massage on head, nostrils and ears
- Properly clean Excretory system of body so bacterial growth should be stopped
- Follow hair cutting, shaving and nails cutting fortnightly.
- Have a bath once or twice daily according to season. Because bathing is auspicious and aphrodisiac. It brings Ojas and strength into body
- Selection of footwear's should be depend on geographical condition, Seasonal changes and, Putting proper footwear is good for eyes, skin, removes discomforts in feet's, and increase bravery, valor and sexual desire

There are many sadavritta are discussed by Acharya Charaka but this are very important for our daily routine. Ayurveda is science of daily life and it proves that precautions is better than cure.

**CONCLUSION**

Sadvritta are right code of conduct which are unique in Ayurveda. These are helpful in getting a better health for individual and also help in building a civilized society and nation. They teaches us about how one should behave in personal and public sphere and also give us a proper difference between right and wrong. we can conclude by saying that *Sadvritta* is essential tool in modern era to prevent and eradicate the root cause of various diseases.

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