

UTILITY OF *ACHAR RASAYAN* TO PROMOTE MENTAL AND PHYSICAL HEALTHDr. Vinod Kumar Sidar\*<sup>1</sup>, Dr. Prema Bhagat<sup>2</sup> and Dr. Shrikant Naik<sup>3</sup><sup>1</sup>P.G. Scholar, Department of Samhita Evum Siddhant, Shri Narayan Prasad Awasthi Govt. Ayurved College, Raipur (C.G.) Pin-492001.<sup>2</sup>Reader, Department of Samhita Evum Siddhant, Shri Narayan Prasad Awasthi Govt. Ayurved College, Raipur (C.G.) Pin-492001.<sup>3</sup>Lecturer, Department of Samhita Evum Siddhant, Shri Narayan Prasad Awasthi Govt. Ayurved College, Raipur (C.G.) Pin-492001.**\*Corresponding Author: Dr. Vinod Kumar Sidar**

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**ABSTRACT**

The Ayurveda *Shashtra* is the most ancient health science in the world. Ayurveda has two main objectives: (1) to maintain the health of a healthy body and (2) to cure the disease of a patient. Ayurveda is the best health science for the management of lifestyle disorders. Ayurveda has many therapies for the health management of the human body, such as *Ritucharya* (seasonal regimen), *Dincharya* (Daily regimen), *Pathyapathya Palana* (ideal diet chart), *Swasthvirritacharya*, *Sadvritta Palana*, *Acharrasayana* (ethical and moral activities), *Aahar* (food), *Nidra* (sleep), and *Brahmacharya* (Regulated Action) etc. The *Ayurveda Shashtra* is not only a science for the treatment of any disease, but it is also the science of human life style. The word "*Achara*" means understanding and following the *Shashtra-Vachana* (Scriptures). *Aachara rasayana* means the proper obedience of *Achara* and *Vichara*. The *Achar-rasayana* increases human lifespan and also increases the quality of human life. *Achara Rasayana* is mainly applicable to psychosomatic disorders. In the present era, crime is growing very fast, so its control is a crucial need for society. *Achara rasayana* can play an important role in the control of crimes. *Achara rasayana* can play an important role in controlling various crimes. The utility of *Achar Rasayan* is suffering from sexual crime, violence, greed, anger, etc. By lowering our stress levels and the likelihood of developing additional psychiatric problems, we can improve the quality of our lives. To promote a good existence in a healthy community, ayurveda practitioners use the *Achara rasayana* method of behaviour regulation.

**KEYWORDS:** Ayurveda, *Achar-rasayana*, *Sadvritta*.**INTRODUCTION**

Many academics believe that ayurveda is the world's oldest system of medicine. Ayurveda translates to "The Science of Life" in Sanskrit. The knowledge of Ayurveda, which dates back 5000 years, describes every part of life for leading a healthy life. The science of life is Ayurveda. Preserving health and extending life are its top priorities, followed by fighting sickness as a secondary goal. Regarding the objectives of Ayurveda, it has also been stated that preserving homeostasis in the bodily tissues' normal functioning is Ayurveda's primary goal. *Maharshi Sushruta* agreed with this point of view and stated that the main goal of Ayurveda is to maintain healthy people's health and recover the health of people who are ill. The concept of *Achara rasayana* comes from Ayurveda. In Ayurveda, it is all about following certain rules of behaviour and abiding by certain prohibitions. Everyone experiences stress, and their behaviour towards other people or things may be the primary source of their stress. For maximum health, Ayurveda takes into account

all facets of life. These include taking into account one's physical, psychological, social, behavioural, dietary, and spiritual well-being. Ayurveda *Achara rasayana* is the concept of a young and long life. The words "*Achara*" and "*Rasyana*" refer to the science of extending longevity and the treatments used to maintain the best possible health. Ethics, behaviour, and etiquette are all referred to as *Achara* in Sanskrit. In the *Charaka Samhita*, *Achara- Rasayana* is a type of behavioural medicine. It is a special idea that suggests moral, ethical, and behavioural conduct, and adhering to it helps the body-mind system regenerate. *Rasayana*, a Sanskrit word, literally translates as "path of essence." *Rasa dhatu*, which provides nutrients to cells and tissues, is of higher quality following *rasayana* therapy. This exceptional *Rasa dhatu* person achieves longevity, sharp memory, health, youth, lustre, complexion, and voice, as well as the growth of their body and sense organs, phonetic mastery, respectability, and brilliance in the fundamentals of nutrition and lifestyle. There are three

different varieties of *Rasayan* – (1) the *Ahara-Rasayana* (based on diet and nutrition), (2) the *Aushadh-Rasayana* (based on drugs and herbs), and (3) the *Achara-Rasayana* (based on the best way of life style). It is commonly known that the mind may influence how the body behaves. For instance, when we feel scared or frightened, our hearts may beat quickly. beating heart (palpitations), having a sick feeling, Shaking (tremor), sweating, a dry mouth, a chestache, Headaches, There is a tummy ache she breathes quickly. When we feel anxious, adrenaline (also known as epinephrine) is released into the bloodstream, which causes an increase in the activity of neural impulses delivered from the brain to other regions of the body. So that we can state the notion of *Achara-rasayana*, the mind affects bodily ailments and disorders.

### AIMS AND OBJECTIVES

1. To assess *Achara rasayana's* contribution to longevity and health.
2. To examine how *Achara rasayana* (good behaviour) affects the body's hormonal and chemical balance.
3. It will be discussed how *Achara rasayana* affects mental health.
4. The importance of the *Achara rasayana* in controlling daily stress levels, anxiety, and other types of psychological problems present in the modern period will be understood.

### MATERIAL AND METHODS

*Acharaya Charaka* described *Achara Rasayana* in *Rasayana Adhyaya Chaturtha Pada* of *Chikitsa Sthana*. A survey of the relevant literature and an analysis of the gathered data are used to carry out this investigation. The numerous databases used for medical research, including PubMed, Google Scholar, and other national study databases. The search was done using the terms "*Achara Rasayan*," "good conduct," "Good behaviour," "*Sadvritta*," etc. A manual search was conducted by looking through the retrieved publications' reference lists to find pertinent supplementary research.

### REVIEW AND ANALYSIS OF THE ACHAR-RASAYANA

*Achararasayana* is very important to have a calm, composed and concentrated mind for improving quality of life for good health we can have lot of medicines home remedies, diet etc. But to have a calm mind more than remedies disciplined training is more useful. Ayurveda explains this with a concept called *Achara Rasayana*. It is a unique Ayurvedic concept of mind rejuvenation.

Benefits of Rejuvenating behavioral therapy

- Optimistic thinking.
- Relieves mental stress & physical strain.
- Improves patience & tolerance capacity.
- Maintain better family & social relationships.

- Personality development.

*Ayurveda* strongly emphasizes prevention, promotion, cure, and rehabilitation. For this, it advocates following the principles of health, observation of principles. like *Dincharya* (daily regimen). *Ritucharya* (seasonal regimen), *Ratricharya* (Night Activities), *Sadvritta*, *Achara Rasayana* (Ethical and moral Activities), *Aahar* (Food), *Nidra* (Sleep) & *Brahmacharya* (Regulated Action).

*Achara Rasayana* means good conduct. It signifies the physical & mental conduct of a man, and it has been designated as An *Rasayan* A vitalizing agent for the entire span of life. This is a measure without the involvement of drugs, and if it is sincerely taken into practise, it may replenish and maintain a total process free from ailments. A careful analysis of the qualities of *Acharya-Rasayana* reveals that most of them are related to *Mana*, *Dhi*, and *Dhriti* with good conduct, which results in maximum benefit. The principles of *Achara Rasayana* are more relevant today than ever. It goes into the heart of the issue. We are trying to overcome this in order to be well and healthy. Environmental toxicity and the food chain we are accustomed to have threatened our lives.

*Achara* – Means- Mental attitude.

*Rasayana* – Means – Rejuvenating therapy.

Rejuvenation therapy is given in 3 forms

- (1) *Aahara* (diet).
- (2) *Aushadhi* (medicine).
- (3) *Acharya Rasayana* (Behavioral therapy)

For Better action of Rejuvenating Therapy one has to undergo prior purification of body & mind. These mental attitudes followed in our daily routine will hasten the action of mind Rejuvenating diet and medicines.

“सत्यवादिनमक्रोधं निवृत्तं मद्यमैथुनात् ।  
अहिंसकमनायासं प्रशान्तं प्रियवादिनम् ॥३०॥  
जपशौचपरं धीरं दाननित्यं तपस्विनम् ।  
देवगोब्राह्मणाचार्यगुरुवृद्धार्चने रतम् ॥ ३१॥  
आनुशंस्यपरं नित्यं नित्यं करुणवेदिनम् ।  
समजागरणस्वप्नं नित्यं क्षीरघृताशिनम् ॥३२॥  
देशकालप्रमाणज्ञं युक्तिज्ञमनहङ्कृतम् ।  
शस्ताचारमसङ्कीर्णमध्यात्मप्रवणेन्द्रियम् ॥३३॥  
उपासितारं वृद्धानामास्तिकानां जितात्मनाम् ।  
धर्मशास्त्रपरं विद्यान्नरं नित्यरसायनम् ॥३४॥  
गुणैरेतैः समुदितैः प्रयुङ्क्ते यो रसायनम् ।  
रसायनगुणान् सर्वान् यथोक्तान् स समश्नुते” ॥३५॥  
(इत्याचाररसायनम्)  
(च.चि.01/पा.4/30-35)

- **Satyavadi** – Be truthful. Being truthful takes away anxiety and makes us more courageous.
- **Sri Ramkrishna Paramhanmsa** says – “Being truthful is the greatest spiritual practise for this age.”
- **Akrodham** – free from anger.
- **Madya-Maithuna Nivruttam** – avoid alcohol and maintain celibacy. Following **Brahmacharya** improves the quality of mind and health naturally.
- **Ahimsa** – Avoid violence. Even mental violence, such as hating someone or wishing bad luck on someone, may harm our health.
- **Anaayasam**: Avoid exhaustion, excessive thinking, stress, and worries.
- **Prasantham** – calm, indulge in creative activities.
- **Priyavadinam** – talking, with pleasing words.
- **Japa** – Following religious rites.
- **Shoucha param** – maintain hygiene. Having a clean body begets a clean mind.
- **Dheeram** – stable in thoughts & courageous & straight forward in actions.
- **Danam nitanam** - indulge in works of charity regularly. Charity can be done in the form of service for a social cause. It need not necessarily involve money. Just helping a blind person to cross road can counted.
- **Tapasvinam** – Regular practise of penance, meditation, self analysis of how our mind is engaging with all things is very much required from time to time. it helps to prioritizes our thoughts & concentrate on only important things.
- **Deva Gau Bramhan Acharya Guru vridharchane ratham**: – Respect God, Cow, **Brahmans**, Teachers, Preceptors, and Old People.
- **Nithya anrasshya param** – Avoid barbaric behaviours, control the inner animal, win over the mind, and you can conquer the world.
- **Nitya karuna vedinam** - compassionate.
- **Nitya ksheera ghrithashinam** – regular intake of **Godugdha** (milk) and **ghee**
- **Desh kalpraman Gyanam** – Possess knowledge of things appropriate to place and time.
- **Yukti gyanam** - possess knowledge of rationality. At all times, we should have wisdom to judge what is good for us and what is bad.
- **Anahamkritham** – free from ego, having a higher imagination about ourselves makes us to.
- **Sasthacharam** – good conduct.
- **Asamkeernam** – who are not narrow minded. Having a broad mind really helps to feel the pain of others and be helpful. A person who has rich with all gadgets & still unhappy consulted a yogi for advice to find purpose of his life. The Yogi smilingly advised Go and do something helpful to just one person per day.
- **Adhyatam** – love for spiritual knowledge.
- **Prevanedriyam** – proper functioning of sense organs.
- **Upasitharam vridhanam asthikanam** – respect seniors and those who believe in the existence of God. (*Aastiks*)
- **Jitatmanam** – Have self control.

**Dharma shaastra param vidyanaram** – Who regularly studies scriptures. Sometimes we loss our focus while chasing all our dreams and ambitions. During those times of busy confusion, reading our ancient scriptures, religious books, and self help books brings back focus of our minds and purpose to our lives. **Achara Rasayana** is a unique concept in Ayurveda that implies a specific code of conduct, lifestyle, and behaviours that, when followed religiously, bring about rejuvenation in the body mind system. One who adopts such behavioural practises is believed to gain all the benefits of **Rasayana** therapy, which offers rejuvenation, health wellbeing, vigour, and vitality and works as an anti-ageing medicine. The speed of crime is growing very fast at the present time, so control is a crucial need for society. By adopting the principles of Ayurveda. The **Achara Rasayana** theory of Ayurveda can play an important role in this. Crime against women across the country increased by around 10 percent last year as compared to previous year's NCRB data. (National Crime Records Bureau). **Rasayana tantra** is one of the eight major divisions of **Astang Ayurveda**, In Ayurveda, one of the major methods of presenting positive health has been described as **rasayana**. There are many activities that promote health and happiness by engendering positive emotions and experiences, which in turn promote the product of **Ojas**, These activities are included in **Achara Rasayana**.

#### Importance of Achararasayana

**Achara Rasayan** is an **Adravaybhuta** type of **Rasayan** in which no pharmaceutical measure is taken under consideration. This is a methodology to rejuvenate the tissues of the body. It increases immunity, develops mental health, and affects other aspects of human life. It increases immunity in the body and mind, which is an essential factor for a healthy life. It is also described in the **Achara Rasayana** to gain knowledge of **Vedic literature**, which sharpens our intellect. With the knowledge of literature, one will restrict himself from **Pragyapardha**. **Rasayana** means a path or system to acquire **ras**, or adequate nutrition for the body. **Rasayana Therapy** is a special modality that provides proper nourishment to each and every tissue of the body. It also normalises cell functions or preserves health at the molecular level. They provide immunity, strength, and vitality to a person. Speaking truth and sweating create **Ojas** in the body, the biochemical correlate of bliss & health. Speaking lies, on the other hand, creates **Aam**, or impurities. Anger is within everyone in seed form, like a fire with a small flame. If we put oil in it can flare up. By practising unconditional forgiveness, we can prevent the seed of anger from becoming an uncontrollable wildfire. Anger not only creates **Aam and Aamavisha**, flooding the body with harmful hormones, but it also burns **Ojas**. In the **Bhagvat Geeta**, it is said that anger is more powerful

than fire. Teachers and elders can teach us invaluable lessons by sharing their wisdom and experience. Listening of *Vedic* chanting, such as the *Sam Veda*, helps enhance coordination between the heart and mind. Senses and mind align our awareness with the laws of nature. All of the facets of the *Ayurvedic* routine massage, exercises, yoga, and eating a balanced diet timely help to promote positive behaviours. By practising meditation techniques, we open our mind to pure consciousness, releasing stress, strengthening the intellect to allow us to make healthy choices in life.

#### Properties of Rasayana-

“दीर्घमायुः स्मृतिं मेधामारोग्यं तरुणं वयः ।

प्रभावर्णस्वरौदार्यं देहेन्द्रियबलं परम् ॥७॥

वाक्सिद्धिं प्रणतिं कान्तिं लभते ना रसायनात् ।

लाभोपायो हि शस्तानां रसादीनां रसायनम्” ॥८॥

(च.चि.01/ पा.01/7-8)

#### Types of Rasayan on the basis of uses

- *Ajashrik Rasayan* – Daily useful foods like – *Ghee*, *Achar Rasayana*, Six taste foods, *Godugdha* (milk).
- *Kamya Rasayan* – Specially for like – *Ayurvridhi*, *Medhya Rasayana* and *Balvridhi*.
- *Naimittik Rasayan* – Specially for Diseases like – *Shilajeet*, *Bhallatak*, *Tuvrak*, Etc.

#### DISCUSSION

A person in today's environment starts out being exposed to a lot of stress. As a result, a wide range of psychological disorders are highly prevalent, and we may find many people who are affected by them but are either unaware of them or afraid to talk about them despite the fact that they significantly affect their daily lives. The practical application of *Achara Rasayana* improves not only the life span but also the quality of life. It is a cost-effective technique for reducing the burden of physical and mental illness. *Achara rasayana*, an Ayurvedic lifestyle change, has been shown to be extremely successful in clinical settings. It is a type of cognitive behavioural therapy that focuses on changing ingrained negative ideas that can worsen and feed emotional issues like depression and anxiety. Use of *Rasayana* also means escalation of *Satva Guna* in the mind, and that can only be achieved by simultaneous use of *Achara-Rasayana*. The development of contemporary sciences has allowed for the study of the age-old idea using more modern methods and criteria, which has provided a great deal of knowledge and shown it to be an efficient rejuvenator. Hence, the use of *Rasayana* is for all people. Both the prevention of disease and the treatment of existing conditions depend on it. The use of different medicines as per disease is useful in correcting *Dhatu-Vaishamya* and attaining *Dhatu-Samya*. In view of this plethora of information, it can be correct to state that *Rasayana* is a boon given to the world by Ayurveda. Thus, in order to reap the rewards of *Rasayana* and to

improve one's physical, psychological, and spiritual wellbeing, *Achara Rasayana* should be put into practise and implemented every day. By adopting a healthy lifestyle and diet, upholding moral principles, and travelling the path of self-realisation, it suggests preventative steps.

#### CONCLUSION

Today we can be successful in making India plan by properly using the skills of the young generation. Awareness about *Achara Rasayana* among physicians and healthcare Policy maker needed. It teaches about virtuous behaviours, which are necessary to develop a healthy society. It also works in the way of calmness of mind, which is necessary to develop *Adhyatmik* aspects. Thus, we can say that *ACHARA RASAYANA* strengthens the physical, mental, social, and *Adhyatmik* parts of health.

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