

CHAPTER-03

SADVRITTA: NURTURING MENTAL WELL-BEING THROUGH ANCIENT WISDOM

Dr. MOHAMMED FAHEEM ABDULLAH

Assistant Professor, Department of Samhita and Siddanta
Glocal College of Ayurvedic Medical Science and Research Centre,
Glocal University Saharanpur, U.P, India

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ABSTRACT

A disciplined life is considered as a healthy life. The mental peace is always maintained by following the good conducts and behavior. A balance of one's physical, mental, social and spiritual well-being is referred to as health. Ayurveda, a system of life gives equal importance to all these aspects of the health. Sadvritta, an integral component of Ayurveda, offers holistic guidelines for maintaining mental health. By following the concept of Sadvritta, one can attain the mental peace and satisfaction. Sadvrittis are the codes of good conducts and behavior which are explained in Ayurveda. Acharyas have given a list of things to be done and things not to be done. One who follows this code of good conducts for the maintenance of positive mental and social health lives without any emotional disturbances and mental illness. This article is an effort to explore the Sadvritta as positive approach towards healthy life in present era.

Keywords: *Sadvritta, Ayurveda, Mental Health.*

1. INTRODUCTION

Ayurveda is a health science which has elaborately explained the measures to be adopted to maintain the state of health. The concept of Sadvritta is one such concept which is aimed at maintaining the Mental and Social health. Sadvritta which is rooted in ancient Indian wisdom, Sadvritta¹, derived from the Sanskrit words "Sad," meaning virtuous or wholesome, and "Vritta," signifying conduct, encompasses principles and practices aimed at achieving mental equilibrium and emotional harmony. It emphasizes lifestyle modifications, behavior, and routines to foster mental resilience and psychological well-being.

2. MATERIALS AND METHODS

Acharya Charaka² and Acharya Vagbhata has in detail explained about the Sadvrittis. Acharya Vagbhata defines Sadvritta as compassion for all creatures, sacrifice, control of physical, mental and verbal actions with his wisdom and acting after considering the others feelings³. These Sadvrittis are the commands one should follow in order to maintain the health. The Sadvrittis which can significantly impact the mental health are discussed below.

- One should not disparage honorable individuals or mentors.
- One should speak in a timely manner and with measured, meaningful, beautiful words.
- One should possess virtue and self-control.

- While one should be passionate about the cause, they shouldn't worry too much about the outcome. Anxiety-free, fearless, shy (from doing bad things), wise, extremely eager, skilled, forward-thinking, religious, and having a good outlook are all desirable qualities.
- Ought to be accepting of strong language and ought to stop being intolerably harsh. It should always focus on the positive aspects of living in harmony and eliminate the root causes of attachment and aversion.
- One should not steal from others or tell falsehoods. Coveting the women or belongings of others is wrong. Shouldn't engage in malice, transgressions, or hostility (even toward a transgressor).
- It is improper to call attention to someone else's flaws and to inquire about the secrets of others.
- It is inappropriate to be hurried or overly thrilled. It is improper to be someone who mistreats others, confides in family members, is content to be alone themselves, and exhibits disagreeable conduct, behavior, or attendance.
- It is not wise to depend on or distrust someone, and it is not wise to be overly critical or exacting all the time. One should not violate any codes of conduct or stray from societal norms that are universally accepted.
- Moving at night or at an inappropriate location is not advised. It is not advisable to eat, study, have sex, or sleep during the early or late hours of the day.
- It is improper to become acquaintances with young people, the elderly, the avaricious, the stupid, those who are ill, and eunuchs.
- It is not appropriate to be interested in drinking alcohol, gambling, or having sex with prostitutes.
- It is improper to divulge secrets or to offend people. It is improper to be egotistical, naive, inept, or jealous.
- It is improper to poke fun of Brahmins or beat cows with rods. Abuse of the elderly, preceptors, administrative class, or king is not to be tolerated.
- It is not appropriate to talk excessively or to treat relatives, close friends, those who supported you through hard times, and those who know the secrets poorly.

- When walking, one should gaze six feet ahead, carry an umbrella, a staff, a turban, and footwear as well as Should be honest, peaceful, and aid the underprivileged.

3. DISCUSSION

In this era of fast changing life style, following the code of conducts described above can act as best practice for prevention of the life style disorders and maintains mental health. The actions of following Sadvrittas can be accessed as below.

Importance of Sadvritta in Mental Health Maintenance:

i. Stress Management:

Sadvritta advocates stress reduction through mindful living, incorporating relaxation techniques, meditation, and regulated daily routines. These practices mitigate stress's detrimental effects on mental health.

ii. Balanced Lifestyle:

It underscores the significance of a balanced routine, including adequate sleep, regular exercise, and a wholesome diet, contributing to mental stability and emotional balance.

iii. Mindful Behavior:

Sadvritta emphasizes ethical conduct, positive interpersonal relationships, and self-discipline, fostering emotional intelligence and resilience in dealing with life's challenges.

iv. Mind-Body Connection:

Recognizing the interconnectedness of the mind and body, Sadvritta promotes practices like yoga and pranayama to harmonize mental and physical health.

4. SCIENTIFIC VALIDATION OF SADVRITTA IN MENTAL HEALTH

Research increasingly supports Sadvritta's efficacy in promoting mental health. Studies demonstrate how mindfulness practices, balanced diets, regular exercise, and adequate sleep positively influence mental well-being, aligning with the principles of Sadvritta.

5. APPLICATION OF SADVRITTA IN CONTEMPORARY MENTAL HEALTH CARE

Integrating Sadvritta principles into modern mental health care involves incorporating mindfulness-based therapies, encouraging lifestyle modifications, and promoting holistic well-being. These approaches complement conventional treatments, offering a comprehensive perspective on mental health maintenance.

6. CONCLUSION

Sadvritta presents a holistic framework for maintaining mental health by addressing lifestyle, behavior, and the mind-body connection. Its relevance in contemporary mental health care is evident, as its principles align with scientific understanding. Embracing Sadvritta practices empowers individuals to nurture mental resilience, fostering a balanced and fulfilling life.

REFERENCES

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