



The Practical Approach of *Carakokta Sadvritta* in the Current Era

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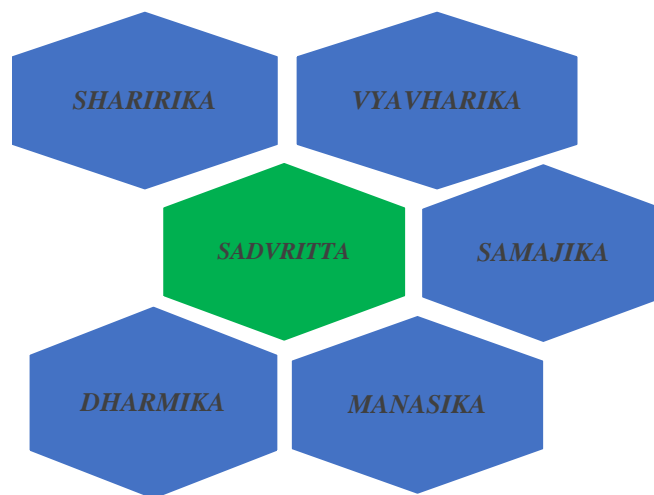
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INTRODUCTION-

In the world of technology and competition where man neglects his health which leads to stressful life and lifestyle disorders. *Ayurveda* has discussed conduct, under the topic “*sadvritta*” or ethical regimen. *Sadvritta* helps keeping the mind healthy. A healthy mind is as important as a healthy body. Unhealthy mind generates wrong judgements and misconceptions by the intellect. It is responsible for producing ‘n’ number of diseases in the current scenario. *Sadvritta* is a broad term covering every aspect of one’s life. It is a right way of living by obeying the *shastrokta* words.¹ It emphasizes on the right selection of food and behavior in accordance with different seasons (*ritucharya*), the daily regimen (*dincharya*), balancing the mental status and enlightening one with spirituality. Health is the combination of the balance of one’s body, mind and soul. WHO has defined health as “Health is a state of complete physical, mental, spiritual and social wellbeing and not merely the absence of disease or infirmity.” Ayurveda is a ‘science of life’ which enlightens every aspects of life. It is not only a healing science, but a guide to live an ideal and healthy life style for every human being in this universe.

Sadvritta comprises of two words i.e. ‘*Sad*’ means good and ‘*vritta*’ means behaviour/regimen or habits. So, *sadvritta* means good behavior or habits which help in maintaining a healthy body, mind, sensory perceptions and soul. *Sadvritta* is the code of conduct which is related to social, emotional, psychological, personal, spiritual and ethical aspects of life.



In *Caraka Samhita*, *Acharya Caraka* has wonderfully explained about *sadvritta* in *sutrasthana* eighth chapter i.e. *Indriyopakramaniye adhyaya* and has mentioned a list of good conduct which is very necessary to follow if we want to control the sense organs and obtain perfect health.²

PREVENTIVE ASPECT OF SADVRITTA-

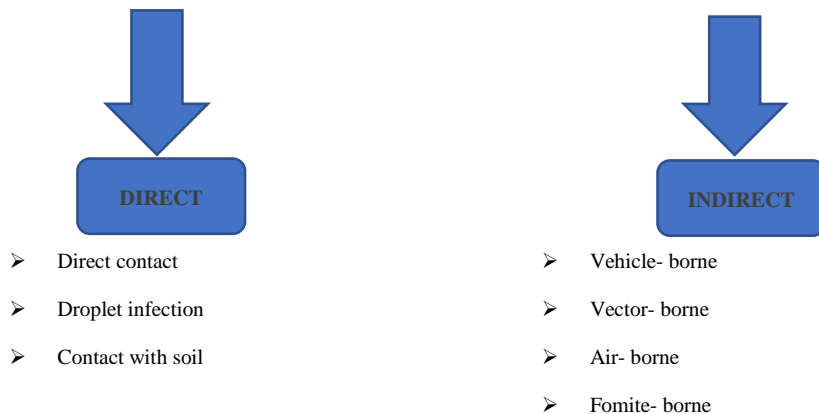
Although there is good healthcare system in the present era providing best to restrict various communicable diseases. But the emergence of some new communicable diseases like Covid-19, Monkey pox etc. has shown that the world’s healthcare system is not always prepared to deal with new unidentified micro-organisms. Despite modern medical science has declined the number of infectious diseases upto some extent through vaccination, steroids and antibiotics. But all these things are costly and having their side effects, lead to number of deaths. *Sadvritta*- a good personal conduct includes a regime of

¹ Ch. Su. 8/17 (Chakrapani)

² Ch. Su. 8/18

personal hygiene, inter-personal relationship, intra-personal behaviour etc. helps person to avoid having communicable disease as *sadvritta* rules prevent infection to be transmitted from one-person to another.

Mode of Transmission of Communicable Diseases



Sadvritta v/s direct transmission-

Direct contact: Infection spread by direct contact from skin to skin, mucosa to skin or mucosa to mucosa of same or other person eg. STD, AIDS, leprosy, skin & eye infection.

Sadvritta: One should not sleep or sit together and should not perform sexual intercourse with a woman having menses or some disease, impure, inauspicious, and other's women or in female organ of other than human being or other than female vagina.³

Droplet infection: This is direct projection of a spray of droplets of saliva & naso-pharyngeal secretions during coughing, sneezing or speaking and spitting; talking into the surrounding atmosphere.

Sadvritta: One should not yawn, sneeze, and laugh without covering the mouth.⁴

Contact with soil: The disease agent may be acquired by direct exposure of susceptible tissue to the disease agent in soil, compost or decaying vegetable matter in which it normally leads a saprophytic existence eg. Hookworm larvae, Tetanus, Mycosis etc.

Sadvritta: Person should not scrap the earth, pluck the grass or weed and nor should come in contact with mud or grind the mud lump.⁵

Sadvritta v/s indirect transmission-

Vehicle borne: Transmission through agency of water, food, ice, blood or other biological products such as tissues and organs eg. Acute diarrhoea, typhoid fever, cholera, hepatitis-A, food poisoning etc.

Sadvritta: One should not eat in unclean utensils, nor eat dirty meal served by the unclean opponents etc.⁶

Vector borne: Vector is defined as an arthropod or any living carrier (snail) that transports an infectious agent to a susceptible individual.

Sadvritta: One should bath twice a day, cutting of hairs & shaving, one should always wear clean clothes and nor put on the same clothes after bath.⁷

Air borne: Droplet nuclei are a type of particles implicated in the spread of airborne infection. They are tiny particles (1-10 microns) that represents the dried residue of droplets.

Sadvritta: One should wear auspicious herbs; one should apply oil to head, ear, nose and feet daily, try to purify air and one should not scrap or broom the roof.⁸

Fomite borne: Fomites are inanimate articles or substance other than water or food contaminated by the infectious discharges from a patient and capable of harbouring and transferring the infectious agent to healthy person eg. Soiled clothes, towels, glasses, spoon etc.

³ Ch. Su.8/22

⁴ Ch. Su. 8/19

⁵ Ch. Su.8/19

⁶ Ch. Su. 8/20

⁷ Ch. Su. 8/18

⁸ Ch. Su. 8/18

Sadvritta: One should always wear clean and untorn clothes, and should not have food in unclean plates, along with wearing dress, garlands and unguents used by other person before.⁹

Three main measures which are adopted for prevention or control of infectious disease by modern science in the same way *sadvritta* may also be applicable in three ways-

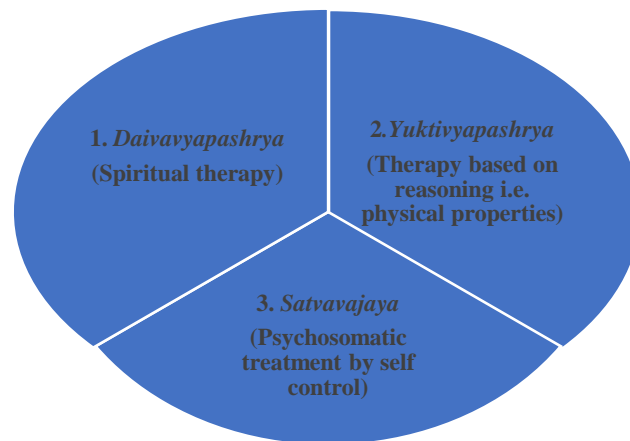
- Controlling reservoir or source of infection.
- By interrupting route of transmission.
- Immunization of the susceptible host.

Sadvritta works more widely and effectively than immunization with respect to prevention from communicable diseases as it is cheap and easy to follow.

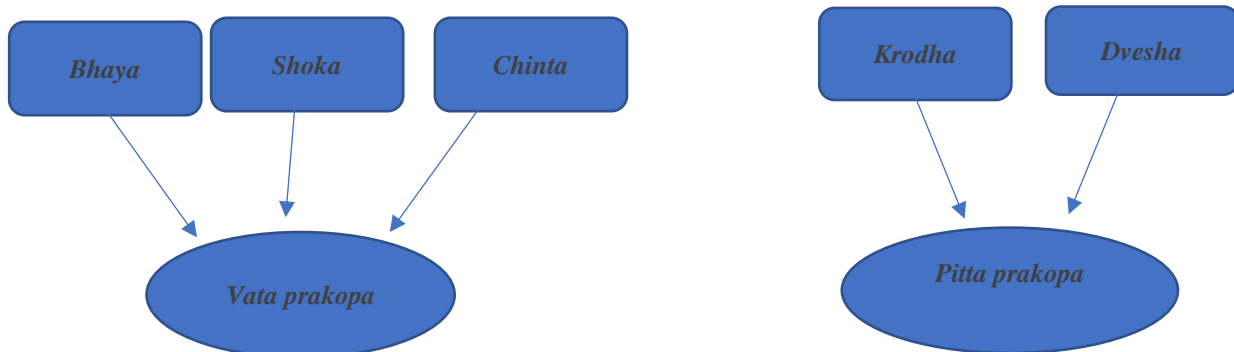
This shows that *sadvritta* is not limited upto only mental hygiene, but it has much more wide spectrum of benefits; and among them one is prevention from communicable diseases.

THERAPEUTIC ASPECT OF SADVRITTA-

In the present scenario, the psychosomatic disorders are getting vulnerable day by day. It is a condition in which psychological stresses adversely affect physiological (somatic) functioning to the point of distress. It is preventable, however, when such a disease is established in its organic form, its management consists of three aspects-



Influence of mind on body-



❖ These are the *manasa vikara*. Mental illness also affects the physical health by imbalancing the *sharirika doshas*.¹⁰

⁹ Ch. Su. 8/19

¹⁰ Ch. Su. 7/52

- ❖ Not only food quantity is responsible for indigestion, also *manas vikara* are responsible for that to occur; causing the vitiation of the *dosha* resulting in reducing the digestive fire and leading to many systemic pathologies.¹¹

Management of mental disorders is mainly done by undergoing self-abstinence and withdrawal of mind from harmful objects and the triggering factors.

Focus on mental health care-

While we have mostly recovered from Covid-19, the scars on our hearts and minds remain, as the footprint of the last 2.5 horrific years has left an indelible mark. According to a survey, aside from physical health concerns, there was a 200 percent increase in overall psychiatry consultations, in persons aged 21-30 accounting for 62% of the total tele-consultations. Among the top mental health concerns are isolation, panic attacks, stress management, loneliness, and anxiety issues.

In Covid-19, its been observed that those who were having dominant *satva*, could easily managed the problem. This was achieved by doing *pranayama*, having wholesome diet, staying calm and with positive mental status and following *shastrokta vyavahara*. In *Ayurveda*, there is a concept of *guru vyadhi* and *laghu vyadhi*, which is based on the mental state of a person. By following *sadvritta*, one can confidently deal with the pathology regardless of its severity because *manas* have a significant role in the treatment and prognosis of the disease.

Sadvritta principles of right conduct are relevant to all. Practising these principles regularly, balance the body and mind which is helpful to avoid the occurrence of various diseases and if due to some reasons, the disease occurs; one can defeat the pathology by staying patient, having strong willpower and having control over the sense organs.

CONCLUSION-

Rules regarding study, rules regarding worship, rules regarding relation & other behaviour give mental satisfaction & improve willpower. Obeying the rules & regulations mentioned in *sadvritta* play a major role in preventing transmission of infectious along with improving immunity power by other regimen & one can achieve long and healthy life which prevents them from becoming source as well as host of infectious disease in terms of physical, psychological and social aspect. Implementation of regimens of *sadvritta* gives us new aspect to look, behave and think at the world which can result in decrease in transmission of infection and we can have a society which is really healthy by all means.

Sadvritta- the conducts that were told years back in the ancient science with wider believe that whatever told is times tested and true to core, if the implementation of science had occurred as a form of day-to-day practice, then the spread of new diseases could have been prevented and disease would have been nipped in.

References-

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¹¹ Ch. Vi. 2/9