

THE HOLISTIC APPROACH TOWARDS LIFE BY ACHAR RASAYANA – A REVIEW

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ABSTRACT

Ayurveda is not only ancient era's treatment, it is a science of life with scientific and authentic approach. Ayurveda has different way to treat a person from disease as well as maintain the healthy person's health and development. In Ashtang Ayurveda rasayan chikitsa is a very powerful and important branch of it. There are so many rasayans which are described in Ayurvedic classical text i.e. ajastrik rasayan, kama rasayan, naimittik rasayan, kutipravesik rasayan, vaatatapik rasayan etc. We can use all that rasayan as drug or medicine to treat the disorders or maintain our health, we have to buy that, but there is rasayan which does not need to buy as drug or medicine in fact these are inbuilt in our body and mind as secret factor of our personality. After recognise we can enhance that when we live our life in society. Our elders gave it to us as samskar. These are ethics to build our social life in a good manner; it is called code of conduct or code of ethics as "Achar Rasayan" in Ayurveda. This is the review article about a very useful, interesting and special aspect of Rasayan therapy for rejuvenation, prevention of life style disorders like psychosomatic, behavioural and social issues, we known as achar rasayan.

KEYWORDS: Achar rasayan, rejuvenation, lifestyle, code of ethics, social behaviour, sadvritta

INTRODUCTION

Achar rasayan¹ is a unique concept of Ayurveda. It means moral ethical and social conduct called as "Sadvritt" in Ayurveda. It teaches us importance of good behaviour and to analyze the hormonal as well as chemical effect of the body mechanism dosha, dhatu or triguna etc. Achar rasayan is an integral part of preventive medicine. Achar rasayan is mainly deal with to change our behaviour in order to reverse the diseased condition and stability in balance

state. The origin of achar rasayan concept is having a healthy mind on which you have good command and control. Acharya charak² has described the rejuvenation effect of achar rasayan as good conduct in chikitsa sthan. Maintain the health of well being and treatment of diseased condition is the main objectives of Ayurveda. There are so many ways to attain a healthy body and intelligent brain by using Ayurveda's effective benefits of manages the physical, mental and social

issues. It provides proper dietary schedule and life style advices through dincharya-ratricharya (daily regimens), ritucharya (seasonal regimens), panchkarma (biopurification), rasayan (rejuvenation), achar rasayan (code of ethics), sadvritt (ideal routines).

Following the achar rasayan and sadvritta are very much important to maintain our health physically and mentally. They play an essential and specific role in prevention and management of psychosomatic disorders. It has traditional value and we get old with that in Indian social scenario in chikitsa sthan. Acharya Charak said³ that when anyone follows very positively all code of conduct (achar rasayan) need not take other rasayan, if some are not following the code of conduct do not receive the maximum and optimum results of rasayan.

SPECIFIC CHARACTERS AND COMPONENTS OF ACHAR RASAYAN

Satyawadin (Truth), Ahimsa (non-violence), Akarodha (Angerless), Madya nivritti (don't consume alcohol), mathun nivritti (Sexual act prohibitions), Shouch (cleanliness and purity), Dhairya (patience), Jaap (remember of God continuously) Daan (charity), Nitya ksheer ghrut abhyas (intake of milk and ghee in regular diet), Priyadin (speak pleasantly), Santosh (satisfied with life and condition), Bramh dev guru vridh jana archan (respect of God, elders) etc. All those characters has the leading quality to live life with devotion, compassion and yogic style, one who follows such conduct gain all the benefits of Rasayan therapy without physically consuming any material Rasayan drug or remedies. These codes of behaviour act as rejuvenation therapy on the body and mind system.

Types of Rasayan⁴ – There are so many rasayan as per their benefits, like pran kama rasayan which act as promoter of longevity and vitality, medhya kama rasayan which is work as promoter of intelligence, shri kama rasayan act as promoter of complexion. Naimitik rasayan which act as helper to fight a specific disease and many more rasayan are there. Normal rasayan therapy enriches rasa with nutrients to help one attain health and provision from disease. In another part achar rasayan are maintain the living standard base on honesty, truth, faith, satisfaction and purity.

DISCUSSION

According to acharya charak⁵ if a person wants to a long life span with good physical and mental health, they should be carefully follow the acharya rasayan as code of ethics and rules of well being society. The Sadavritta are-

-Satyawadin – always with truthfulness and be trustworthy.

-Akrodhinah – never be angry.

-Ahmisa – non-violence.

-Shouch – cleanliness and purity.

-Japa – remember and chanting the spritual mantras.

-Dhairya – having patience always infecting bad situation.

-Daan – charity to help others.

-Madya Nivritti – don't consume alcohol regulary in access amount and in bad manner.

-Maithun Nivriti – minimal sexual act and brahmcharya.

-Nitya Kshir Ghrut Abhyas – consume milk and ghee in daily diet.

-Santosh – satisfied by life and always thankful to God.

Other than that there are many ethics in our society which are situated as achar rasayan in our classical text. i.e. deshkaal praman agyam, guru vridha archana, karuvednam, yuktigyam, astikanam, jitatmanam, dharamshashtraparam etc. All these in⁶ English translation and critical exposition based on Ayurved dipika by Ramkaran Sharma Sadvritta is also a major aspect of achar rasayan.

Human is a social element for organizing a well being society culture, we have to follow that sadvritta, samajik acharan (Social behaviour). As our elder says that the satyavachan is ornament/jewel of great people. So that mean the person who always speak truth is a great person. It simplifies they are complete with satva-guna and they are free from all the negative energy like greediness, over possessiveness or scare. A person who is free from anger is also less from tamoguna. As we know krodha is dharniya vega also. So krodha samdharan is enhance the satvagun and the person who not affected by pittaj roga due to it like hypertension, hyper acidity, insomnia, khalitya, palitya and other life style disorders. The person who doesn't consume alcohol and less active in maithun karma is also prevent their immunity, we known as "oja" in Ayurveda. Alcohol and shukra ksharan is main cause of difficiency of "oja" in our body. The person who practices regular prayer and chanting of spiritual mantras also attract positive energy of universe. The aastik means god believer also included in that the person who believes in non-violence "amhinsa" who offered charity for others. Who behave very calmly in bad situation and pleasant personality, who practise cleanliness and purity in physical,

mental, spoken skill (Speech), whose period of awakening and sleep regular? Who consume ghee and milk in their daily diet habit with proper amount make their body lusture and flexible due to smoothness of ghrith and dugdha. These are ajistik rasayan which built the body figure super and act as brain tonic also and balance the kafa dosha and pitta dosha also in our body as well as decline the vaat dosha imbalance like vaat vridhi disorders. It enhances the meda and maans pushti on dhatu level as ayurved as Ayurveda said that ghrith is best agnideepan. So it is very important for our metabolism, it increases shleshak kafa in our joint and do snehan in all over body to move flexible. Ghrith is essential and top most sneha in between four maha sneha. According to acharya sushrut dugdh is highly essential and best suited food from birth to death of a human being⁷. having self control, patience, free from ego, open minded are characters of good person has cool and calm mental status. According to acharya vaagbhhat dhairya is one of stand (paad) in chikitsa chatushpaadas patient's character.

shouch is also an important pilor of chikitsa chatushpaad as physician and serving attendant's attribute. So achar rasayan is not only prefers from the common people's social culture, it is very much important in medical ehics too. A person who are regular practising all this code of conducts get the best out of rejuvenation therapy.⁴

CONCLUSION

The review revealed that the concept of achar rasayan was presenting during samhita kaal. Ayurveda is science of life and Ayu is composition of body, sense, mind and soul. Ayurveda is most sacred of life beneficial for human both in this world and the world

beyond.⁵ According to acharya Sushrut achar rasayan is play an important role as behavioural medicine in addressing the challenge we face today in dealing with chronic condition from stressful life resulting from unhealthy life style.⁶ There are four types of ayu in Ayurveda-Hitayu, Ahitayu, Sukhayu, Dukhayu.⁷ Someone who follows the achar rasayan as code of ethics and protocol of well maintain society, they definitely get the optimum results for Hitayu and Sukhayu. Nowadays people are really very impatient, always be in hurry, full of anger, pressurised by work load or other social issues, selfishness in family and relatives and surrounding circles, violence, unhygienic situations, packaging diet food culture, luxurious life style make them unhealthy and these are the cause of the not only social issues like increasing crime rate, dividend of society in different groups in negative angle also the cause of physical and psychosomatic disorders in a common man. Achar rasayan is basic ingredient of our society mannerism, which built since sanatan kaal by our forefathers and described in detail in our classical text during samhita kaal. Infact in Indian scenario these codes of ethics and mannerism are the traditional way to get healthy physical and mental life without any expenses. The poor people also achieve the maximum benefits of rasayan therapy to follow these codes of ethics and we make a super healthy society in physical and mental aspect in all over world. As our Vedas says sarve bhavantu sukhinh (happiness for all), sarve santu niramayah (good health for all),

are the basic characters of hitayu and skhayu as described in Ayurveda classical text.

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