



The Importance of Ayurvediy Sadvrutt (Right Conduct) in Human Personality Development

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ABSTRACT

SADVRUTT or right conduct is an important gift from ayurveda science. Sadvrutt plays a vital role in human personality development. In present era man is struggling with different types of physical, mental, social and economical problems. Though medicines can solve physical and mental problems but they cannot solve social and economical hurdles.

Surprisingly, as compared to the man of early age, today's individual wants rather needs everything perfect, he want to have a sound mind residing in a sound body and along with it an efficient economy with a highly standardized society. But he is unaware that if all of the above mentioned infrastructural contents do not function in a proper manner then he may have to suffer from unexpected problems that are actually interlinked affecting each other producing certain types of symptoms and in that very situation a highly qualified doctor himself is not able to prescribe proper medications and diagnose the actual disease.

In contemporary world Sadvrutt is a weapon which acts accurately. Sadvrutt means right conduct. In ayurvedic texts such as Charak Samhita, Sushrut Samhita, Astang Hridaya etc. these type of description is cited. If a man applies Sadvrutt or right conduct in his day to day routine life then these applications will affect him positively and strengthen him physically, mentally, socially and economically. Therefore Sadvrutt gives energy for complete personality development. Here we have carried out some efforts to help an individual completely enhance his or her personality by executing certain applications in daily lives based on Sadvrutt.

KEYWORDS : *Sadvrutt, Human Personality, Kindness, Wise Man,*

Introduction:

According to Astang Hridaya we should always be with good friends, help those when time demands and keep ourselves away from bad company. An individual should try to avoid false habits such as violence, theft, getting luxury from fake kind of work, speaking undesirable & bad language, habit of changing one's statements every time, difference between doing and speaking, etc. One should help other beings who are not physically and mentally sound with kind words and assurance. One should always welcome elderly people and guest with great humbleness and open hearts. We should never think ill of others instead we should try and spread happiness everywhere. In human life sudden ups & downs are the natural phenomena's and therefore whenever we face such extreme times we should maintain our mental & physical equilibrium. Man should focus on the causes of success and failures, happiness and sorrows, rather than the fruits.

We should always be careful of whatever we are speaking because our words will determine our next step. We should always keep in mind that whatever comes out of our mouth, it should be related to the point and should be short, sweet and meaningful. We should greet people with kind gesture.

When man meet with others, he should come and speak first or saluting first with saying 'How are you?', 'How do you do?' on demand of situation. One should speak gladness smile face.

Man should not try to grab all the happiness and every single opportunity for himself instead he should help, support and guide others. We should neither doubt others nor should involve our senses in any kind of superstitions. Man should not present himself as an enemy of other peoples nor should consider others as opponents. We should never ever underestimate our abilities.

We should try to understand the feelings of others and behave accordingly but at the end of the day should always maintain the proportion of friendliness in our behaviour. We should implement good manners and etiquettes in our daily life for e.g. we should never scratch our nostrils or other body parts in front of the community. We should not do any such work which does not hold the capacity to earn internal satisfaction, financial support and *dharma* and moreover generate opposition amongst the society. One should respect all the religions equally and should stop following orthodox system.

Man should try to keep himself clean and beautiful all the time. Without covering face we should not sneeze, laugh, or yawning. We should not make ugly postures from our legs, arms etc. and should not make bad faces. Man should prohibit himself before tire of body,

mind and voice. We should not keep standing for a long time at one place nor should we look at the sun directly with naked eyes and should not consume and manufacture alcohol.

Man should stop being indulging himself in false habits like sneezing, belching, coughing, sleeping, and eating in bad or Unsuitable physical posture.

Acharyah sarvchestasu lok ev hi dheemtah. Anukuryattame vaato laukikerthe pareekskah. (Astang Hridaya Sutra Sthan Chapter II Verse 45)

Universe is the teacher of a wise man or individual who wants to learn all the type of behaviors.

Ardrasantaanta tyagah kaayvaakchetsam damah. Swarthbuddhiih paraarthesu paryaptimiti sadvratam. (Astang Hridaya Sutra Sthan Chapter II Verse 46)

Kindness, giving nature and control on body, mind and words, helping nature these are the complete *sadvrutt* or right conducts.

Acharya Charak mentioned several *sadvrutt* or right conducts in Charak Samhita Sutra Sthan.

When someone comes at your place, you should speak first. We should always be happy and positive. We should stand for others, support others and express the feeling of kindness in other's bad times.

Hetaaveersuh phalenersuh. (Charak Samhita Sutra Sthan Chapter IX Verse 8)

We should not be jealous because of others success or progress instead we should be jealous because of the root cause of their achievements.

We should always stay stress-free, courageous, intellectual, enthusiastic, clever and *Khamaayukt*. We should always remain busy in good and *Maanglik* works and should also have capacity and enough patience and tolerate others rude behaviour.

An Individual should give up the causes of affection and jealousy. One should not try to interfere in others privacy. We should not laugh loudly and should not see impure things. We should not resist great personalities or legends and their difference making ideas and should not live with bad men. Man should not take in excess quantity of

courage, sleep, awakening, bathing, drinking, eating and alcohol etc. Do not begin quarrelling from self side. We should not involve in the intake of food with swinging moods and depressed mind and should not take bath when we are tired. When man urges the situation of urination and stool, in that situation man should not do other work. We should never waste time and should not break the rules & regulations made by any institution, self and mentioned in any holy books. We should not break our limits. Man should not advertise the secret things of him and others, nor should do mistreat others. Man should not be arrogant and proud. We should not expect success in each and every task we take up.

According to Acharya Sushrut:

Shassheyte trishvapi sadaa vyayaamo doshnaashanh.bhuktam viruddhamapyannam vyayaamann pradushyati.(Sushrut Samhita Chikitsa Sthan Chapter XXIV Verse109)

For the *shaman* (control) of increased of Vaata, Pitta and Kapha *Doshas* in human body, exercise is always beneficial. Even *Viruddha Bhojan* gets digested if we do exercise daily.

Nechheddoshchayaat pryagyah peedaam vaa kaaymaanseem. (Sushrut Samhita Chikitsa Sthan Chapter XXIV Verse110)

A wise man could not give the pain to his body and mind fearing with only the accumulated *Doshas* in our body.

Conclusion:

Kritsno hi loko buddhimataamaacharyah, shatrush abuddhimataam. (Charak Samhita Viman Sthan Chapter VIII Verse 14) It means that universe is the teacher of a wise man and enemy to a fool.

We should start attracting and applying good qualities in our life from wherever and whenever possible and along with it start giving up all the false habits. Above said description shows that how a man should conduct himself in a good way that will actually end with giving him internal delight. If we help others without hoping for any personal gain than the probability to receive help from others in our bad times increases by many times. If we behave and conduct ourselves properly than it will actually prove to be very helpful in maintaining the positive vibes around us. In ancient times Great Ayurvedic Acharyas did the complete study of human personality development and accordingly mentioned in respective Samhitas that If a man brings all these right conducts in his behaviour than he will be surely gaining a sound mind residing in a sound body. And this perfect combo pack of a healthy mind and body will in turn make the society and a whole country a better place to live in. Last but not the least, these right conducts will help all of us in maintaining our social, financial, physical and mental equilibrium.

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