



E ISSN 2350-0204

# IJAPC

VOLUME 11 ISSUE 3 2019

[www.ijapc.com](http://www.ijapc.com)  
Greentree Group Publishers (GGP))



## Role of *Sadawritta* on Mind Control: A Review

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### ABSTRACT

*Prasannaatmaindriyamana* (satisfied soul, organs and mind) is the unique state which has been included in definition of *Swasthya* (health). Consideration of such type of thought is the bounty of Ayurveda to the whole universe. *Aardrasantanta* (kindness), *Tyaga* (devotion), *KayawaakchetasaDama* (self-control on body, tongue and mind) and *SwarthbuddhiParartheshu* (good will for others) are the sufficient qualities to have a delightful life which were mentioned in *Sadawritta* (code of behavior). An individual is self-responsible for pleasure and pain of his own life. Keen and delicate attention to the moments which we spent in our life is the best key for happiness. Introverted person is always happy; proper treatment with others and self is the best way for implementation of healthy life style. Continently person is immersed in bad feelings like *Lobha* (greed), *Irshya* (jealousness), *Moha* (fascination), *Ahankaar* (egoism), *Kaama* (sexual thirst), *Krodha* (fury). There is always a threat of imbalance in mind which may results in different morbidities. One has to overcome cycloid of such bad feelings; there is only one way which is demeanor of the good ways of life style which were mentioned in *Sadawritta*. This article will guide us how deportment of good behavior will help to regain individual mental status.

### KEYWORDS

*Sadawritta, Acharrasayana, Manaswathya*



**Greentree Group Publishers**

[Received 16/08/19](#) [Accepted 21/10/19](#) [Published 10/11/19](#)



## INTRODUCTION

Today's life style is packed with full of stress; everybody is trying to gain more comfort and luxury. For achieving fame and comfort; an individual is entangled with stress, exertion, improper diet and life style. Undue competition for getting and retaining success is emerging as a provoking cause for disappearance of qualities like caring to others and gratitude. Mind has been packed with a lot of pressure of unhealthy competition, envy, rivals; ambition. Ideal pathway has been directed in ancient texts in order to acquire goal; man should follow rules laid by our sages. An individual is unable to retain success for a long period because of huge greed of ambition. Threat is that such type of wrong perception may cause of an increase in incidence of mental problems. Ayurveda has recommended the ways of good behaviors and morals. Almost all the compendium gave stress on wholesome and unwholesome ways of following life style. It is confirm belief is that *Mana* (Mind), *Indriya* (organs), *Vishaya*(Subject), should be in balance. Care should be taken. *Chintya* is a subject of mind which implies dual meaning what we think and decides is responsible for our glory and sadness<sup>1</sup>. For that purpose one has to follow recommendations executed by ancient science. One who wants to live for

a long time without any mental disturbance will have to think deeply healthy tips for mind guided by Ayurveda in the form of *Sadwritta* (moral conduct). *Sadawritta* the code of conduct or good behaviour is the blessing of Ayurveda which suggests us how to live the life? Which type of relations to be followed at the time of interacting and living with society? Which type of way is to be adopted when we earn money? Which type of behaviour should be kept in mind while handling dangerous situations? How we should behave with different class and age group peoples like child, elderly, and lady? Which are termed as enervated work? As the good morals and relations deeply impacts on our mind and there is a direct effect of good deeds on mind one should take care that mind will with full of calmness and pleasure. This article is based on theme that good morals that we follow with our life style will definitely plays an important role in mental health.

## AIMS AND OBJECTIVES

- To have a detailed review of role of implementing *Sadawritta* on mind control.
- To highlight on certain specific features of *Sadawritta* which are mentioned major *Samhita*.



- To discuss how *Sadawritta* plays an important role on an individual's mental health.

## MATERIALS AND METHODS

1. As it is a review type of article author had gone through different *Samhitas* especially *Chraka*, *AshtangaHridayam*, *Susrutain* order to explain impact of *Sadawritta* with reference to mind control.

2. Available Literary material has been also observed in aspect of *Sadawritta* information.

## OBSERVATIONS AND DISCUSSION

### OBSERVATIONS

Concept of *Sadawritta* is a bounty of Ayurveda to world. All the *Samhita* narrated about role of good manners in a wide palm pattern. Unique approach of our science for stressing on proper behavior with own, family, society, religion and universal level. All things included in *Sadawritta*. Almost all *Sutrasthanas* of different *Samhita* spent ample amount of lines while explaining *Sadawritta*. After reviewing all the description of *Sadawritta*; it can be described in different heads as follows:

- *VaiyaktikSadawritta* (personal level):

*Aardrasantanta*, *tyaga*, *damah of kaaywaak* and *chetasaswarthbuddhiparartheshu* mean a person with qualities like feeling of affection with others, control on body, tongue, having attitude of wellness of others; who feel pleasure with the joy of others is said to be *Sadachari*<sup>2</sup>.

1) Ideal life style should be followed as per recommendations advised in various aspects like regular bathing, intermittent trimming of hairs, nails and shaving at the interval of five days. Proper cleaning should be done of external openings.

2) Clean and neat clothes should be used they should not be dark; red in color and mutilated.

3) Food consumption: one should not take food except in emergency according to the rule laid down; without thanking to God. Food should not be cooked for individual; it should be offered to God, fire, pet animals, needy, dependents and family members. Food should not be consumed from homes of dead, miserable, poor, enemies, prostitutes and those who sell the food. It should be consumed with pleasant mind at neat and clean place.

4) Respect the personalities: God, cow, *Brahmins*, elders, *Vaidyas*, *Siddha purushas*, king, guests and learned persons; should be respected and worshipped. We should enquire before they say with a pleasant mood and smile face. Engage in



performing spiritual things like yajana, Havana, pitrutarpana, athithipoojana.

5) Relation with others: One should try to avoid company of hated peoples with bad character, one should not take active part in quarrel and enemy; try to remain calm in misery and joy. Don't hate people who are poor and needy; try to help them as per capacity, don't object them. Be affectionate and merciful with animals and dependants. Increase moral of feared by giving proper advice and support. Maintain sympathy with person who is not faithful to self and others; don't try to change him as there is no chance of cure. Don't insult to those who are inferior to us in profession, health, wealth and knowledge. Don't have a wish of earning money in a bad way, don't try to snatch money and wealth of others in an uncommon way, don't be greedy; you should not punish a person unless that is your child or you are a teacher. One should only be envious in the means and not in the result; you should not commit a sinful act even in respect of a sinner. Be polite, comfortable, don't be shame, be intellectual, always ready for spiritual good work, speak true.

6) Gestures to be avoided: Avoid voluntary movements which may give rise to unpleasant feeling to others. Try not to involve in dance and music activity. Try not to copy the latest music, song and vocal

music try to be civilized and self controlled. It is advised that one should not use lower clothes for cleaning parts above the umbilicus; you should not it scratch your head, hairs by both hands as it is a bad manner. The urges like, gases, belching, yawning, sneezing, without proper care. Heavy weights should be avoided for carrying on head. It is advised not to cross the river against its flow; it is also advised that one should not dare to work hard as more than capacity, adventures should be avoided.

7) Social good conduct: You should live in area where ample amenities are available as pure water, healthy atmosphere, and silent zone away from traffic. You should prefer society where people are good by nature, pray God and have brotherhood attitude. It is suggested that one should not stand on location of square, dead place, Chaitya tree, temple, and house which is not constructed as per architecture. Performing urination, defecation at holy place, square, road, at place where dense population is present should be avoided. Study should not be done in situations like heavy cloud, rain, earth quake, eclipse, full moon day or Amavasya. Try to maintain rules, don't be talkative, and don't joke to others. Friendship with elders, child and cruel, greedy, alcoholic, characterless persons should be avoided.



8) Relation with ladies: Consider every lady as your mother and sister; don't try to see lady as a thing of sexual play; don't wish and try to grab wife of others; should not insult lady. It is widely mentioned that care should be taken at the time of sharing gossips with her; as there is a chance of leakage of confidential matter. It is also suggested that physical relations should be avoided with a lady who is not trustable, old in age, prostitute in profession, diseased, possessing sinful attitude, and not having knowledge of proper coitus<sup>3</sup>.

## DISCUSSION

Ayurveda deals with wellness of human beings; more stress has been given on preventive aspect. Ten types of sins to be prevented; classified in three ways as actions of body, speech and mind termed as *Dashpapakarma*. They are *Hinsa*, *Steyam*, *Anythakamam*, *Paishunyam*, *Parusha*, *Aanrutam*, *Sambhinnaaalap*, *Vyaapadam*, *Abhidya*, *Drukviparyayam*<sup>4</sup>. They are violence, theft, illegal indulgence of sex, biting tendency, rash and hard words, falsehood and irrelevant speech, braidism, hatred or animosity, intention to grab others wealth and taboo ideas respectively. If we keenly review; it will confirm that all these are responsible for contamination of mind and body. All the things which are

prohibited in *sadawritta* can be consolidated in to the *DashvidhaPaapakarma*. Following healthy rules jointly termed as *Punya karma* or *Dharma*. If we follow the rules of *Dharma* it will protect us from ruin and disabilities. Pleasure and healthy life is result of *Sadachaar*. Format of *Dharaniya Vega* like *lobha, shoka, bhaya, krodha, parushvachana, streebhoga, hinsa* mentioned matches with concept of *Sadawritta*. In our Ancient science equal stress has been given to spiritual things like *Aatma, Mana, Buddhi*. One of the predisposing cause of disease is *Pradnyaparadha*. It can be defined as action done due to wrong perceptions of individual mind, intellectual, soul and memory. In each and every act there should be a coordination of all the things mentioned above. In case of *Pradynapradha* control and coordination gets hampered and interrupted and wrong judgments take place resulting in to vitiation of body and mind. If coordination between mind, soul, intellectual, eleven organs is proper then normal equilibrium will be there; if the chain discontinues disease may emerge.

There is always a threat that improper personal behavior may results in embroilment between family, friends, coworkers and dependents. As result of this



people will discuss about the misbehavior, they will avoid you for communication; even personal relation within friends, family members may deprive. It will result in compunction of mind and restlessness. Situation may result in demureness and depression of mind. Dogmatic nature of an individual and social misconduct; will invite a discussion within the society about act. They will either laugh or ban which will ultimately result in shock and critical situation may happen. For avoiding such situation, person should be very curious, minutely observe and follow the rule of good conduct. Certainly we can say that personal good behavior, relations with others and social attitude plays an important role in individuals mind. Following good habits will definitely helps to retain health as there is no dual thinking in mind. At the end of the day one should always think that how I am spending my days and night? How I am? Is my life is Changing? Weather I am following golden rules of *Sadawritta*<sup>5</sup>? Such type of introverted approach towards life will definitely prevent from ruin. As per *Lokoti* it is clear that following rules of *Dharm* that is *Sadachaar* is preventive for mental and physical morbidity.

## CONCLUSION

One self is responsible for pleasure sadness of life. We are responsible for pain and bliss

in life<sup>6</sup>. Adapting such type of self perception and following good morals described has a positive effect on mind. There will be no dilemma. A sound mind will definitely replenish our body resulting in harmony. Prohibited behavior results in discontinuation of personal and social harmony. Following rules of *Sadawritta*, prevention of *pradyanaparadha*, conscious control on *Dharniyavega* are the best solutions for healthy life.



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