



Codes of Conduct of Life-Sadvritta

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Editorial

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For Mental Health

Ayurved is an ancient science, working on curative and mainly on preventive aspect. In accordance to that, health has two aspects-one is physical health and another is mental health. In COVID scenario everybody is bound to keep once health in order. Moreover psychological health (Manaswsthya) is such a complicated part which is not yet completely understood. We can sort out more than 50% of our problems only by changing our behavioural pattern. That's the reason to practice codes of conduct (Sadvritta) for betterment of mental and spiritual health. Sadvritta comprises of two words-SAT meaning good and Vritta meaning behaviour. In 25th chapter of Charak Samhita codes of conduct of life are very beautifully depicted by Achary Carak. Today even after such a big time lapse concept of Sadvritta still stands at its own.

Here some of the sutras from *Charak Samhita* are discussed-

➤ Harshah Preenananam

Harsh means pleasure, joy and preenan is the thing that makes a person happy. The feeling of being happy is the ecstasy of utmost pleasure. Happiness is the ultimate nourishing and soothing thing for human soul and mind.

➤ Vishado Rogvardhananam

Vishad means disappointment. In this pandemic

situation one encounters with Vishad in day to day life. Lot of psychosomatic diseases is found in people worldwide. Pessimistic view regarding any condition related to health will definitely lead to disease. Its resultant of Vishad so be optimistic and happy ever.

➤ Nivritti Pushtikaranam

Nivritti means detachment and pushtikar is nourishing / nurturing. Detachment from any greed leads to self-satisfaction. Satisfaction itself is health building factor. It enables a person to live healthy and get sound body and sound mind as well.

➤ Loulyam Kleshkaranam

Laulya means desire or longing. Klesh is agony, pain and trouble. Excessive desire of any thing is the baseline cause of agony and pain. Everybody knows the story of a greedy person and his which lays a golden egg every day. In order to get all the eggs at a time he kills his hen and gets nothing. The moral of the story is greed leads to nothing and only gives rise to trouble. These are only few sutras (quotes), depicted in *Charak Samhita*. One must practice these all in everyday life especially in such life threatening conditions of COVID-19 Scenario.

