

Department :- Ayurved Samhita &  
Siddhant

Topic: Role of Sadvrita as Preventive  
Measure

# INTRODUCTION

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- ✧ In the world of technology and competition where man neglect 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 judgments** and **misconceptions by the intellect**. It is responsible for producing disease.

# NEED OF STUDY

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- ✖ Modern era stressful
- ✖ Life style diseases
- ✖ Negligence toward health due to hectic schedule.
- ✖ We can avoid these diseases by obeying Sadvritta.

# MODERN ERA IS STRESSFUL



# REASONS FOR LIFE STYLE DISEASES

## Wrong eating habits



## Drug abuse



## Alcohol abuse



# NEGLIGENCE TOWARD HEALTH DUE TO HECTIC SCHEDULE.



## MEANING OF SADVRITTA

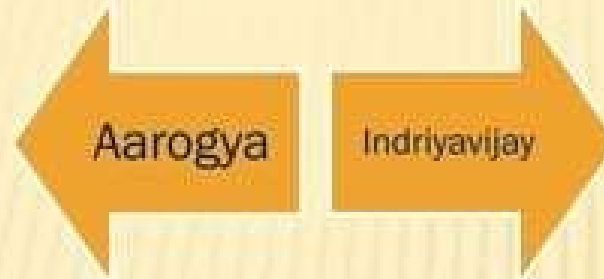


- ✦ सद्वृत्त - शान्तिशौचाचारादियुक्ताः सन्तः, तेषां वर्तनम्
- ✦ Sad means good and Vritta means regimen. This is code of conduct for keeping good or balanced condition of body and mind.



# BENEFITS OF SADVRITTA

तद्धृदयनुतिष्ठन्न युगपत्संपादयत्यर्थद्वयमारोग्यमिन्द्रियविजयं चेति ॥  
च.सू.८/१७



इत्याचारः समासेन यं प्राप्नोति समाचरन् ॥  
आयुरारोग्यमैश्वर्यं यशो लोकांश्च शाश्वतान् ।  
अ.ह.सू.२/४७



The one who behaves nicely, as mentioned above, he lives good quality life.



## TYPES OF SADVRITTA

Vyavaharika  
Sadvritta  
(Ethical  
Conduct)

Samajik  
Sadvritta  
(Social Conduct)

Manasik  
Sadvritta  
(Mental Conduct)

Dharmika  
Sadvritta  
(Moral Conduct)

Sharirik Sadvritta  
(Physical  
Conduct)

## 1. ETHICAL CONDUCT ( VYAVAHARIKA SADVRITTA) :

- × पूर्वाभिभाषी
- × सुमुखः
- × क्षमावान
- × हेतावीर्ष्युः, फ़ले नेर्ष्युः
- × भीतानामनुनेता
- × दीनानामभ्युपपत्ता
- × सत्यसङ्घः
- × अमर्षघ्न

## 2. SOCIAL CONDUCT (SAMAJIK SADVRITTA)

- ✦ देवगोब्राह्मणगुरुसिद्धचर्यानर्चयेत
- ✦ सर्वप्राणिषु बन्धुभूतः स्यात्
- ✦ नातिसमये जह्यात्, न नियमं भिन्द्यात्
- ✦ न नक्तं ना देशे चरेत्
- ✦ न सन्ध्यास्वभ्यवहाराध्ययनस्त्रीस्वप्नसेवी स्यात्
- ✦ न बालवृद्धलुब्धमूर्खकिल्बिषकिल्बैः सह सख्यंकुर्यात्
- ✦ न मद्यद्यूतवेश्याप्रसङ्गरुचिः स्यात्
- ✦ न गुह्यं विवृणुयात्
- ✦ न कञ्चिदवजानियात्

### 3. MENTAL CONDUCT (MANASIK SADVRITTA):

- ✖ नाधीरो
- ✖ नात्युच्छ्रितसत्वः स्यात्
- ✖ नाभूतभृत्यः
- ✖ नाविश्रब्धस्वजनः
- ✖ नैकः सुखी
- ✖ न दुःखशीलाचारोपचारः
- ✖ न सर्वविश्रम्भी
- ✖ न सर्वाभिशङ्की
- ✖ न सर्वकालविचारी

## 4. MORAL CONDUCT (DHARMIKA SADVRITTA)

- ✧ देवगोब्राह्मणगुरुवृद्धसिद्धाचार्यानर्चयेत
- ✧ अतिथिनां पूजकः
- ✧ पितृभ्यः पिण्डदः
- ✧ धर्मात्मा
- ✧ न सतो न गुरुन परिवदेत
- ✧ नाशुचिरभिचारकर्मचैत्यपूज्यपूजाध्ययनमभिनिर्वर्तये  
त

## 5. PHYSICAL CONDUCT (SHARIRIK SADVRITTA)

- ✖ अहार संबंधी सद्वृत्त
- ✖ मलोत्सर्ग संबंधी सद्वृत्त
- ✖ शौच विधि संबंधी सद्वृत्त
- ✖ मैथुन संबंधी सद्वृत्त
- ✖ इतर शारीरिक सद्वृत्त

# DISCUSSION



By following respective Sadvritta we can avoid diseases and miss happenings in people and society.



# MANASIK SADVRITTA

Satva increases.

Stress induced disorders  
decreases.

Anxiety, Depression,  
Schizophrenia, IBS etc.

# AHAR SAMBANDHI SADVRITTA (EATING HABITS)

Wrong eating habits



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graph TD; A[Wrong eating habits] --> B[Agnimanidya, Apachan, Ajeerna.]; B --> C[Gastrointestinal disorders, obesity etc.];
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Agnimanidya, Apachan,  
Ajeerna.

Gastrointestinal  
disorders, obesity etc.

# MALOTSARGA SAMBANDHI SADVRITTA

Dharan of mala  
mutra vega

Vyadhis of  
adharneeya  
vega

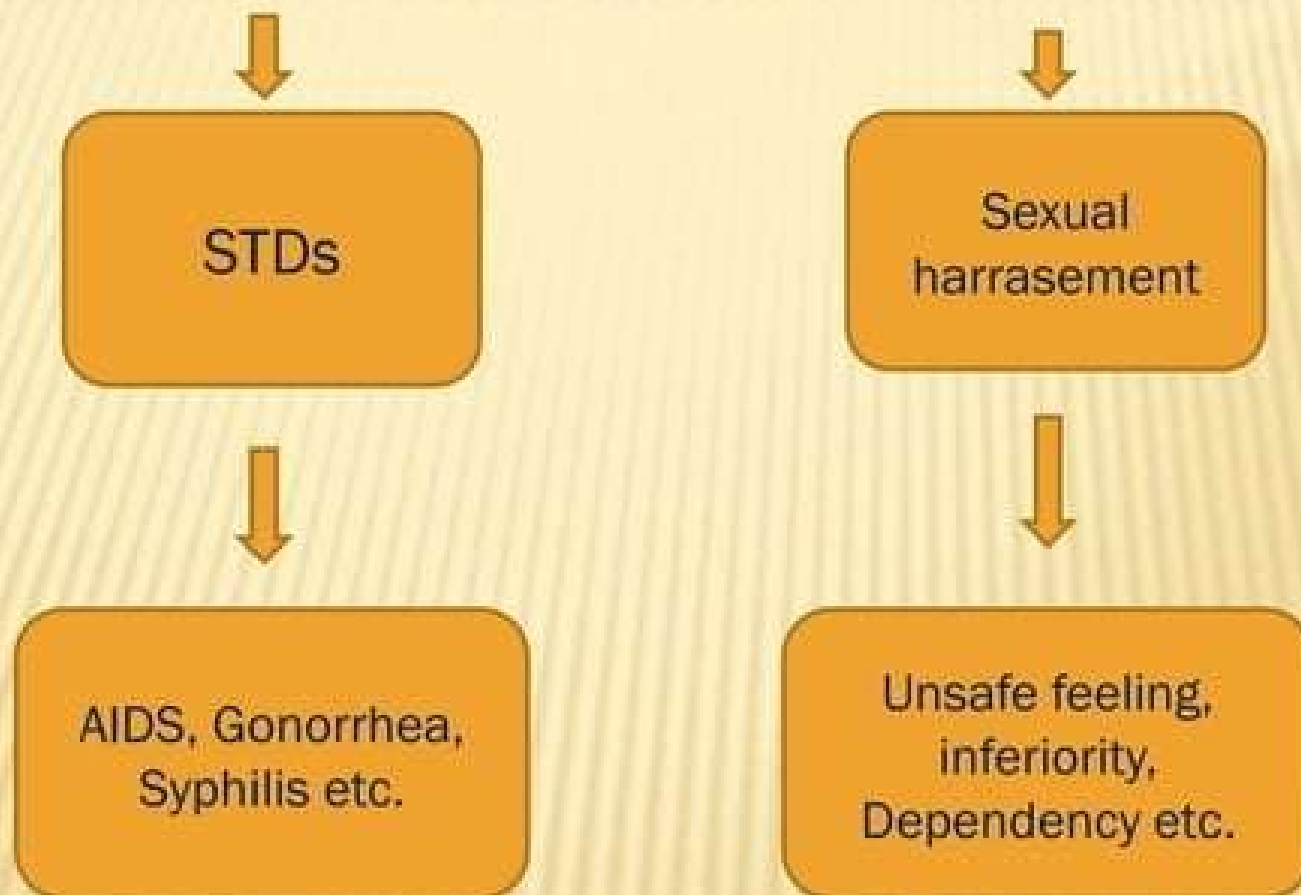
Adhmaan,  
vinmutravaatsang,  
Shukraashmari etc.

Malotsarjan at  
wrong place

Infectious diseases

Diarrhea, Dysentery,  
T.B. etc.

# MAITHUN SAMBANDHI SADVRITTA



# SAMAJIK AND VYAVAHARIK SADVRITTA



# CONCLUSION

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- ✧ Being kind to others, controlling actions of body, mind and speech and treating everybody like oneself is good conduct. If one follows these rules and regulations he gets long and healthy life as well as wealth.
- ✧ By obeying rules of Sadvritta we can prevent diseases and ailments among people and avoid miss happenings in society. As it is said “Prevention is Better than Cure”.

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**THANK YOU**