

Sadvritta: A tool for Stress Management

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Abstract

Rapid changes in globalizing world associated with urbanization in present time have resulted in newer type of stressors, which leads to lack of confidence and result in increasing negativity and depression which spoils the health of a person. Modern medicines are good for short term management but possess many untoward effect and have their own limitation. Ayurveda in its core has given a beautiful tool for health and personality development, which is known as Sadvritta. These are the ethical code of conducts one should follow in life to achieve Arogya(health) and Indriyavijaya(control over the sense organ). In Indriyopakramaniya adhyaya Acharya Charaka has explained, by following these rules (Sadvritta) one will find healthy life without suffering from any disease.

Keyword:- Stress, Sadvritta, Hormone, Sympathetic nervous system.

Introduction:

Stress is the term used to describe the physical, emotional, cognitive and behavioral responses to event that are appraised as threatening or challenging. The term stress has been derived from the Latin word "*strictus*" which means "to tighten". The term used to refer to hardship, stain, adversity. It was used in the eighteenth and nineteenth century to denote force, pressure strain, or strong effort with reference to an object or person. The word stress is used in physics to refer to the interaction between a force and the resistance to counter that force.

It was Hans Selye who first incorporated this term into the medical lexicon to describe "nonspecific response of the body to any demand. Selye who is known as the "father of stress research". He studied the sequence of physiological reactions that the body goes through when adapting to a stressor. This sequence is called the general adaptation syndrome (GAS) and consist of three stages (Selye,1956):

Stage I

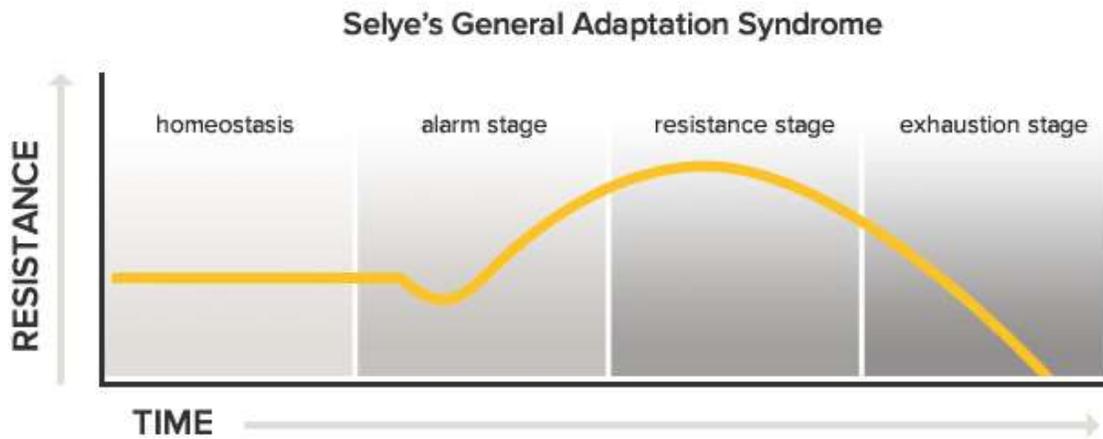
- The first stage is known as alarm stages. Upon encountering a stressor, body react with "fight-or flight" response and sympathetic nervous system is activated.
- Hormones such as cortisol and adrenalin release into the blood stream to meet the threat or danger.
- Reaction such as fever, nausea and headache are common.

Stage II

- The second stage is a resistance stage, if the stress continue, the body settles into sympathetic division activity continuing to release the stress hormones that help the body fight off, or resist.
- the stressor this will continue until the stressor ends or the organism has used up all of it's resources.

Stage III

- If the stressor continues beyond body's capacity, organism exhausts resource and become susceptible disease.



Sadvritta: There are many secrets in Ayurveda knowledge for the happy living there is a separate chapter called Sadvritta i.e. good conduct or ethical regimen for the balanced state of life.

Objective: the objective of this paper is to analyze the concept of sadvritta as a tool for management of stress.

Material and Method:

This is conceptual type of research paper,

- Charaka Samhita has been taken as a source material to review about sadvritta .
- Relevant modern literature has been consulted for comparative study and drawing inferences and justification
- Other internet media has been also searched for similar matter and incorporated according to the need of the topic.
- To analyze the references to the topic according to modern science.

A literary review of Sadvritta :

Sadvritta originates from two words “sad” means good and “Vritta” which means conducts or behavior or habits includes in our daily regimen. Sadvritta means physical and mental decorum which should be followed by everyone on daily basis. A good personal conduct provides good health and a control over individual senses and desires. According to Ayurveda to maintain a healthy and disease -free life everyone should follow these rules.

In Charaka Samhita, Acharya Charaka has prescribed a list of good conduct which is very essential to follow if we want to control the senses and to obtain perfect health. Sadvritta give the detail knowledge about “what to do, what should not to do and also how to live. “Sadvritta not only includes mental perceptions also includes rules related with general hygiene, sexual intercourse, food consumption.

Types of Sadvritta:- These ethics of right conducts which are applicable to all people and should be practiced. these practices infer the sadvritta can be classified into five groups as follows(ch.su.7/18-27)

1)Ethical conducts (vyavaharika sadvritta):

- Always speak the truth.
- Whenever you go out for a walk, always carry an umbrella, a walking stick and a turban.
- Always stop performing physical exercise before getting completely tired.
- Do not sleep too long nor stay awake for a long time in the night.
- Should not take bath unless from exertion.
- Don't lose your self -control under any circumstances.

2) Social conducts (samajika sadvritta):

- Keep a smile on your face and should begin the conversation first.
- Speak politely with teachers, elderly and intelligent people.
- Be friendly to all living beings, pacify the anger and console those who are frightened, help to poor, be truthful, peaceful and tolerated of others harsh words and deeds of others
- One should not abandon relatives, affectionate who have helped in times of difficulty.

3) Mental conducts (mansika sadvritta):

- This involve keeping a check on one-self, trying to understand who are you, what is the purpose of your existence, being self-aware.
- Try to understand the real divine and eternal of our soul.

4)Moral conducts (dharmika sadvritta):

- Person should not go out without touching germs, feet of respectable person, auspicious things and followers.
- Everyone should play respect to the God, cows, teachers (preceptors) elderly people and those who have accomplished spiritual perfection.

5)Physical conducts (sharirika sadvritta):

- Always wear flowers and sweet scents.
- Always wear gems and ornaments.
- Keep cleaning excretory passage of waste and feet frequently.
- Always follow a routine of hair cutting, nail cutting and shaving at least three times in a fore night.
- Have a bath once or twice daily as the season may be.

There are various other important aspects in sadvritta prescribed in Charaka Samhita. But the above these are a few important codes regarding conducts.

Discussion

Stress is a subjective phenomenon and occurs when events are identified as threatening or challenging. It is depend upon responses, it can be positive or negative depends upon situation and body responses. Stress that has a negative impact is called **distress**, another form of stress is called **eustress**. Eustress is the optimal amount of stress that people need to function well. Stress response depends on personality of a person and good personality can enhance by good personal and social conducts these conducts are known as sadvritta, these principles which described in classic, in detail that could be essential tool in modern era to eradicate the root cause of stress.

Under ethical code it is suggested that one should not be a slave to senses nor one should let loose his fickle mind. One should not inflict too much burden over the intellect or the senses. One should not be conceited over achievements not be desperate in loss. One should have faith in the correlation of the cause and effects. (Ch. S. 8/27) So, with the practice of these conducts individuals can improve their mental hygiene and positivity in life and increased positive thinking can reverse the pathology of stress.

Good conduct practice may also influence the hormones, through the correction of level of hormones like catecholamine, cortisol and pro-inflammatory cytokines and leads to improve the normal physiological transformation of body and restore the anabolic process and energy strove, Due to interrelation of mind and body, if the mind is relax ,the muscles of the body will also be relax automatically, thereby reduce stress.

CONCLUSION:

To keep a mental hygiene there should be a ideal ethical pathway to be followed, In Ayurveda it is mentioned as Sadvritta. It provides the guideline to develop physical, mental, spiritual and social well- being aspect of a

person. It is a self-viewing process which help to judge one's own life style and it awards individuals to build-up his personality. practice of sadvritta lead to enhance the efficacy of mind and body. So it helps the people to overcome their stress and guide them to become ideal citizen. It can be conclude that initially stress can be reduced by practice of sadvritta but if it is chronic then along with sadvritta practice drug therapy is required for the correction of hormone level.

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