



## Concept Note

### Concept of *Achara Rasayana* in Ayurveda – an effective behavioural therapy for health management

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#### ABSTRACT

Various dimensions of human beings have been dealing with Ayurveda for a long time. In the aetiology of various diseases, all the factors like physiological as well as psychological have been given equal importance. Ayurveda advocates a unique concept of positive behaviour to maintain the mental and emotional balance under *Achara Rasayana*. We are living in so sophisticated society that we are moving away from our essence. The deadly outcome of such a modern society is stress. Ayurveda deals with various dimensions of human beings. *Achara Rasayana's* principles are based on the fact that one should live life in harmony with nature. It teaches about virtuous behaviours which are necessary to develop a healthy society. It also works in the way to calmness of mind which is necessary to develop spiritual aspect. It is one of the eight major divisions of *Astanga Ayurveda*. This strategy regulates behavioural social conduct which ensures a healthy life in a healthy society. Following the rules which are described in *Achara Rasayana*, create rejuvenation in person which in turn help in the qualitative promotion of *Dhatu* and *Ojas* which are vital factors in health and immunity. A careful analysis of the qualities of *Achar Rasayana* reveals that most of them are related to *manas*, *dhi*, and *dhruti*, along with good conduct and this results in maximum benefits. The principles of *Achar Rasayana* are more relevant today than ever. The following of *Sadavritta* and *achar rasayana* is of utmost importance to maintain the healthy and happy sociophysiological well-being of a person.

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#### INTRODUCTION

Ayurveda is a science of life with the main aim of preserving the good health of individuals with their life prolongation and if one is suffering the disease then how to combat the disease (Acharya, 2011). Dealing with the aims of Ayurveda, it focuses on the body tissue equilibrium by maintaining homeostasis within the human body (Acharya, 2012). According to Acharya Sushruta, Ayurveda preserves the health of a healthy person and restores the health of a diseased person (Vaidya, 2009). The health of a person is determined by disease-free conditions with positive thoughts along with happy and peaceful mental status. Hence, Acharya Charaka in this context explained the medicine in two parts. The first part is to maintain the healthy well-being forever in a diseased-free person and the second one is that if by any means the person gets the disease then how to overcome that disease by destroying the sickness. So for the first one which is termed as *swastha*, drugs have been explained that preserve and promote health and in the second one the drugs which cure diseases have been explained (Acharya, 1999). So in the first therapy, the number of drugs and ways has been

explained which increases the *Bala* and *Ojas* in healthy person. One of these therapies is *Rasayana* therapy. The *Rasayana* therapy is mainly divided into three types viz. *Achara Rasayana*, *Ajasrika Rasayana* and *Ausadhi Rasayana*.

Hence it is important to note that Ayurveda equally considers all aspects of life for optimum health which includes the consideration of physiological, psychological, social, behavior, food, diet and spiritual aspects of life.

#### CONCEPT OF ACHARA RASAYANA

*Achara Rasayana* is explained in Charaka Samhita Chikitsa Sthana, *Rasayana Adhyaya*, and *Chaturtha Pada*. *Achara Rasayana* is a way to enhance the qualities of truthfulness along with honesty and purity of mind which itself is the best way to overcome all types of psychosomatic disorders. The important conducts for *Achara Rasayana* therapy are as follows.

1. *Satyavadi* means truthful
2. *Akrodhi* means calmness
3. *Ahimsaka* means peaceful

4. *Anayasa* means cheerful
5. *Prashanta* means calmness
6. *Priyavadi* means pleasant speech
7. *Japa* means meditation and worshipping
8. *Nivruttam Madhya Maithunath* means avoid alcohol and observe abstinence
9. *Deva-gau Brahmana Acharya Guru Vriddha Archanaratam* means respect old people, elders and teachers
10. *Anrushamsam* means devotion to love and nonviolence
11. *Nitya Karunavedi* means softhearted
12. *Anahankrutam* means Ego free life
13. *Upasitaram Vruddhanam* means to serve old people, parents and wise people
14. *Astikaanam* means to have faith in the almighty or ultimate nature
15. *Jitaatmanaam* means to have control over the mind and avoid unnecessary sensory pleasures
16. *Dharmashastraparam* means following ethical principles related to your jobs
17. *Adhyatma Pravanendriyam* means read good books which provide peace of mind
18. *Tapaswinam* means to practice meditation regularly
19. *Daana Nityam* means help needful people and do charity where needed
20. *Shouchaparam* means maintaining proper hygiene
21. *Amajagarana Swapna* means take a balanced sleep and avoid laziness and sleepiness
22. *Desha Kala Pramanajnam* means do needful changes according to season and place
23. *Yuktijnam* means to be skilful and wise, so other people cannot deceive you easily
24. *Jitatmanam* means to have good self-control
25. *Nityam Ksheera Grithashinam* means to use an appropriate amount of milk and ghee
26. *Asankeernam* means take a balanced diet and make a good plan for eating habits

### IMPORTANCE OF ACHARA RASAYANA

Health is not just a word but it is more than the absence of disease. In overcoming chronic diseases prevention and wellness have increasingly been practiced. Ayurveda has been effectively using preventive or longevity measures, such as *Achara Rasayana*. Ayurveda beautifully explained health a step further. As health is defined as a balanced state of physical, mental, emotional, sensorial and environmental health interdependence of mind, body, and the spirit. We can attain balance in our daily lives by following the principles of *Achara Rasayana*. Today maximum of chronic diseases are the result of a stressful life, so to overcome such situations behavioral medicine plays an important role. We all can make our lives healthy, wealthy and disease-free. *Achara rasayana* should be implemented properly in day-

to-day life which will not only prevent the disease in the first place but also reverses the stages of the disease process.

### CONCLUSION

In the present era, emphasis on treating the root cause of the disease is becoming the main objective that can be attained by the rejuvenation therapy of Ayurveda which is *Achara Rasayana*. Today people are busier due to their lifestyle and losing their identity to find peace and joy by external means. Hence by *Achara Rasayana* one can cultivate good qualities which will in turn help in the elevation and purity of the soul. When our body is stress-free and free from anxiety then naturally our mind will be free from negative emotions and our body tends to heal itself. *Achara Rasayana* is health-promoting conduct which can be understood in terms of supplementary procedure for treatment purposes. Such ethical regimens for maintaining a healthy state of mind are termed *Sadvritta* in Ayurveda. So we can conclude this topic by saying that to get a proper balance and peace of mind, the principles of right conduct should be followed by all people.

### CONFLICTS OF INTEREST

The author(s) declare(s) no conflicts of interest.

### DECLARATION

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