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**“AYURVEDIC PRINCIPLES OF SADVRITTA: UNDERSTANDING  
THE CODE OF RIGHT CONDUCT FOR HOLISTIC LIVING”**

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**ABSTRACT**

Ayurveda emphasizes a comprehensive approach to health that integrates physical, psychological, social, and spiritual well-being. The concept of *Sadvritta*, which literally means “code of right conduct,” is an important component of preventive healthcare described in classical Ayurvedic literature. *Sadvritta* includes ethical behaviour, personal hygiene, disciplined lifestyle, and socially responsible conduct. Classical texts such as *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya* highlight the role of *Sadvritta* in maintaining harmony between body, mind, and society. Adherence to these principles contributes to disease prevention, mental stability, and improvement of quality of life. The present article reviews the classical concept of *Sadvritta* and discusses its relevance in contemporary lifestyle management and preventive medicine.

**KEYWORDS:** *Sadvritta*, *Ayurveda*, *Swasthavritta*, preventive medicine, lifestyle discipline, code of conduct

**INTRODUCTION**

*Ayurveda*, the traditional system of medicine of India, emphasizes both prevention and cure of diseases. Maintenance of health is considered the primary objective of *Ayurveda*, which is

achieved through appropriate diet, lifestyle, and ethical conduct. Among these, Sadvritta represents an important behavioral and ethical framework for maintaining overall well-being.

The term *Sadvritta* is derived from the Sanskrit words “Sat,” meaning good or virtuous, and “*Vritta*,” meaning conduct or behaviour. Thus, *Sadvritta* refers to a set of guidelines that regulate individual behaviour in personal, social, and psychological domains.

Classical Ayurvedic texts describe Sadvritta under the broader concept of *Swasthavritta* (preventive health practices). These guidelines include maintenance of personal hygiene, respect for elders and teachers, truthfulness, emotional regulation, and responsible social conduct. Such practices contribute to mental balance and social harmony, thereby indirectly supporting physical health.

## **AIM AND OBJECTIVES**

### **Aim**

To review and analyze the concept of *Sadvritta in Ayurveda* and its importance in health promotion.

### **Objectives**

1. To study the classical description of Sadvritta in Ayurvedic literature.
2. To explain the principles of ethical and behavioural discipline described in Ayurveda.
3. To evaluate the relevance of Sadvritta in modern preventive healthcare and lifestyle management.

### **Concept of *Sadvritta***

Sadvritta is extensively described in *Charaka Samhita and Ashtanga Hridaya* as a set of behavioral guidelines that support both mental and physical health. These guidelines focus on cultivating virtues such as truthfulness, compassion, humility, respect, and self-discipline.

Major aspects of *Sadvritta* include:

- Maintenance of personal cleanliness and hygiene
- Respect towards elders, teachers, and society
- Speaking truthfully and avoiding harsh or harmful speech
- Practicing self-control and emotional regulation
- Avoiding actions that may cause harm to others
- Maintaining calmness, patience, and positive thinking.

### Importance in Health

The practice of *Sadvritta* plays a significant role in promoting holistic health. Physical health benefits arise from hygienic practices and disciplined lifestyle habits. Mental health is supported through emotional control, positive thinking, and ethical behaviour. Social well-being is enhanced by maintaining respectful and responsible relationships within society.

Thus, *Sadvritta* contributes to the prevention of psychosomatic disorders and supports overall quality of life.

### DISCUSSION

Modern lifestyle disorders are often associated with stress, unhealthy habits, and behavioral imbalance. The principles described under *Sadvritta* provide practical guidelines for maintaining psychological stability and social harmony.

Several modern studies emphasize the importance of healthy behavioral patterns, ethical conduct, and emotional regulation in maintaining mental and physical well-being. Therefore, integrating the principles of *Sadvritta* into contemporary healthcare strategies may contribute significantly to preventive medicine and lifestyle modification programs.

### CONCLUSION

*Sadvritta* represents a fundamental component of *Ayurvedic* preventive healthcare. The principles of right conduct described in classical texts promote ethical behaviour, mental discipline, and social harmony. Adoption of these guidelines in daily life can contribute to improved physical health, psychological balance, and overall well-being. The relevance of *Sadvritta* remains significant even in the modern era, particularly in addressing lifestyle-related health challenges.

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