

## Original Research Article

# A study on role of *Sadvritta* in pandemic of Covid 19 as a preventive measure

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## Abstract

Covid-19 and its impact on today's world is a challenge ahead. Prevention and control of Covid-19 is not proven easy for current situation despite of all possible efforts known today. A certain conducts as wearing masks, sanitizing hands and surfaces, social distancing are taken as major guidelines for prevention of spread of Covid-19. Moreover yoga practices are recommended for immunity and stress management. *Sadvritta* includes many personal, social, ethical and moral conducts which are mentioned to practice throughout in *Janapadodhwamsa rogas*. *Sadvritta* is mentioned as a life style for prevention, maintenance and promotion of health with well being in life. In epidemics for protection of life and perseverance of health on the basis of '*Karma Siddhant*' practice of *Sadvritta* is important. In it, charity, offerings, worship of gods are mentioned for the protection of life for those whose death is not certain during that period is recommended. Thus practice of *Sadvritta* is also a part of prevention and management in pandemic. It prevents spread of diseases, strengthens mind and body, promotes immunity through proper life style, relieves stress. Thus literary study is a effort to search all given guidelines regarding *Sadvritta* for prevention and management in Pandemics. Exact role of *Sadvritta* to sustain life and to enhance life span, fundamental concept of '*Deeds and it's relation to health and life span, known as Karma Vipaka* is the most important concept. On this basis preventive role of *Sadvritta* and its application in daily life can be understood as described in Ayurveda texts.

## Key words

Covid 19, *Sadvritta*, Pandemic, Prevention, *Janapadodhwansa*.

## Introduction

First and second wave of COVID -19 had a threatening impact due to its severity, morbidity, mortality and highly transmitted nature. Mutations of viruses are also challenges for public health system. Unpredictable characteristics of virus and limitations of current available preventative and controlled measures are main causes of worry. In Ayurveda life style is guided for prevention, perseverance and promotion purpose [1]. ‘*Sadvritta* is a group of guidelines which are described for wellbeing of a person and achievements of *Dharma*, *Artha*, *kam* and *moksha* of a life. It is advised in *Charak Samhita* to follow the entire code of good and moral conducts regularly, fully and cautiously to promote his own well being’ [2].

## Aim

- To Study on role of *Sadvritta* in Pandemic of Covid 19 as a preventive measure.

## Objectives

- To study role of *Sadvritta* in *Janapadodwamsa* to maintain well being.
- To study role of *Sadvritta* to prevent emotional and mental factors as anger, lust which leads a *Pradnyapardha* a cause of vitiation of all *doshas*.
- To study role of *sadvritta* in pandemic of Covid 19 as a preventive measure.

## Materials and methods

**Literary Source** – Ancient Ayurveda literature and related material was studied. Related material was collected and interpreted, commentaries of related texts had reviewed and collected related material.

## Results

Meaning of *Sadvritta* is good conduct, ethical conducts meaning of ‘*Sad*’ is what real existed [3]. Classification of *Sadvrittas* can be done as per **Table – 1** as per their role.

**Table – 1:** Classification of *Sadvritta*.

Sr. No.	Name	Role
1.	Personal Don'ts	For physical health
2.	Personal do	For physical health
3.	Personal don't	For preventive purpose
4.	Personal do	For preventive purpose
5.	Personal do	For promotive purpose
6.	Personal don't	For promotive purpose
7.	Social Rules	For personal health
8.	Social Rules	For Social health
9.	Social Rules	For environmental health
10.	Moral conducts	To control negative emotions
11.	Moral conducts	For preventive purpose
12.	Moral conducts	For enhancing <i>karmabala</i>
13.	Moral conducts	For promotive purpose
14.	Protective for life	Specially protective in <i>Janapadodwamsa Roga</i>

*Sadvritta* is defined as moral and ethical conduct. All those practices, way of thinking talks, prayers, diet and methods to consume it, cloth wearing, personal and social conducts and many more practices are included in *Sadvritta*.

*Sadvritta* is a conduct of nobles in respect of physical, vocal and mental behavior according to Chakrapani [4].

## Role of *Sadvritta* in Pandemics

It is mentioned as to prevent death due to pandemic and by practicing *Sadvritta* for one who desires to promote his own well being should follow the entire code of goods conducts fully, invariably and cautiously [5].

It is clearly mentioned in *Charak Samhita* in *Janapadodawamsa* Adhyay that '*Karma* and past deeds are also causes of a disease and death in pandemics [6]. It is mentioned by *Charaka* that in spite of derangement of the four factors ending with time, people can prevent occurrence of disease and death who have no similarity in death and previous deeds, five-fold therapy is advised. In it, *Rasayana* drugs collected before pandemics are mentioned with truthfulness, non-violence charity, offerings, worships of Gods, observance of noble's conducts (*Sadvritta*), calmness, self-protection, residence in healthy places, observance at celibacy and company of those who are observing celibacy, discourse of religious scriptures narratives of self controlled great sages, constant company with religious, pure and those regarded by elders. This is described as management for the protection of life for those whose death is not certain during the different period [7].

### **Concept of Karma**

Role of *Sadvritta* can be further understood by concept of *Karma*, its type and its association with health and ill-health, life and death [8]. Knowledge related to *Karma* and its influence is helpful to understand destruction and creation of life.

Karmas are described as physical, verbal and mental acts [9]. Unwholesome, unhealthy and unethical acts are mentioned in details in *Charak Samhita*. Those are *Pradnyaparadhas* which are main cause of many diseases. *Pradnyaparadhas* are explained as acts other than *astmyendriyārtha Samyoga* which are performed by mind, speech and body in unwholesome and harmful way [10].

In *Tristraishaneeya* chapter, *Charak* has considered *pradnyaparadha* as '*Adharma*' [11]. Avoidance of *Sadvritta* or code of noble

conducts described in *Indriyopakramaneeya* is one of the cause of a disease [12]. '*Daiva*' is a terms which indicates past actions or deeds done in previous birth. *Daiva* is also observed as the cause of diseases in particular time [13].

In *Janapadodhwamasa Viman* Chapter, according to lord *Atreya*, route cause of the derangement of all *vaya* etc. is *Adharma* or unrighteousness [14]. That also arises from misdeeds of the previous life. Source of both is intellectual error or *Pradnyaparadha*. Practice of unrightfulness from higher to ground level population leads to disappear dharma and abanded by supreme devine gods. Environmental features are affected and abnormally characterized [15].

Population also variably affected. Their mental health may affect. Increased greed, anger, attachment, violence is resulting harmful effects to community. Such instable and impatient population is described by *Charak Samhita* [16].

### **Prevention and management of pandemic by *Sadvritta*-**

As per cause of diseases – *Daiva* means previous deeds and *purushakra* means practices of current life [17]. In Ayurveda the description of contribution of '*karmabala* and *daivabala*' in occurrence of diseases and in defense from disease, is given [18]. Particularly in Pandemics, to continue life to prevent and cure disease, wholesome deeds are important, *Sadvritta* is important to follow. *Adharma* is directly related to unwholesome practices in same or previous life. *Karma* are classified in two groups as wholesome and unwholesome<sup>19</sup> and *karma* are related to pleasure and pain, life and death etc. [20].

So, these guidelines to perform only wholesome action and to avoid unwholesome *karmas* are important to with relation of pandemic where unpredictability about disease is observed. Her *karma* or *daiva* should be nourished by moral and spiritual practices [21]. Chakrapani, a commentator of *Charak Sanhita* explains

difference between *sat* (noble) and *asat* persons as who lead their life with peace, cleanliness and virtue and thereby deserve the objects of virtue and enjoyment properly are called as *sat*. On the country, the vicious people though follow unwholesome and unethical, sinful lifestyle are called as *asat* [22].

It has significant role in health and perseverance of life during pandemic.

As per various types of noble conducts, various effects and benefits are described briefly as *Aatmahitam* or well being.<sup>23</sup> Benefits for physical, mental, social and spiritual preventive health can be obtained. Importance of *Sadvritta* is its beneficial role for strengthening '*Karma*' and prevent death prior to complete life span [24].

#### ***Sadvritta* as a health education programme:**

Many of guidelines are mentioned to avoid transmission of diseases [25].

It is stated by *Charaka* that there is a need of efforts to practice the wholesome in respect of diet conduct and action. This type of life style brings comfort [26].

Good knowledge of the instructions of the authorities and their implementation is the cause (mean) for prevention and alleviation of diseases [27]. Health awareness comes through health education. In *Sadvritta*, all details of conducts needed for complete health at personal and social level are mentioned. List of do and don'ts can be studied for various aspects of prevention at various levels by various methods. It is a group of causes and weakened, physical, mental and social health which leads to manifest diseases. In preventive methods, health education can be performed at various levels.

Thus for well being all guidelines of *Sadvritta* are essential to follow.

#### **Strength and defense during pandemic by life style**

*Bala* is a strength which plays main role in prevention and management of diseases [28]. *Yuktikrutbala* is a strength which is obtained by proper diet and daily regimens, Life style has importance to maintain and enhance strength during pandemic by good conducts and moral practices [29]. As *Sadvritta* and *Rasayana* etc. moral practices etc are mentioned to maintain health and to prevent diseases. *Bala* is component and characteristics of good health.

#### **General Instruction for Prevention of Diseases**

Forsaking the intellectual errors, calmness of sense organs, memory, sound knowledge of time place and self and following the code of good conduct this is the way for prevention and should be followed by wise [30].

#### **Perspectives of noble conducts for personal health**

In it personal hygiene is advised to maintain as one should have wash twice a day, one should clean excretory passages and feet frequently. One should wear clean cloths. It is mentioned to cover nose and wear mouth by mask while sneezing and laughing. One should not yawn, sneeze or laugh with uncovered mouth one should apply oil to head, ear, nose and feet daily, one should smoke *dhooma*: many more conducts are mentioned [31].

#### **Noble conduct for mental health**

Calmness and blissful mind with *Satwa* predominance is one of the criteria of Health [32]. In daily life and particularly in pandemic, one should avoid aggravation of *Raja* and *Tama* by avoiding unwholesome factor as mentioned in *Sadvritta*.

List of do for mental health has mentioned in *Charak Samhita*. A scientific method to nourish or enhance *Satwa guna*, to maintain balanced state of mind to enhance wisdom, alertness and meditative characteristics of mind is a noble life style and activities, noble way of thinking and many other spiritual practices [33].

In developed and strengthen mind, it is advised to have presence of mind even in difficult circumstances, should be self controlled, self-virtuous, free from anxiety, fearless, wise, great courageous, skillful, forbearing, positivist, devoted to teachers [34].

### **Importance of noble thoughts in Mental health**

The object of mind is that which can be thought of the balanced, excessive negative and perverted conjunctions are causes of normally and abnormally of mind and the sense perception. So one should always follow noble conducts to prevent negative thoughts and diseases due to negative thoughts and diseases due to it. Details of maintaining purity and cleanliness of thoughts mind and intellect are mentioned in *Sadvritta*. It is mentioned to alleviate the causes of attachment and aversion.

### **List of don't for purity of mind and thought**

A few examples:

One Should not lie

One should not take others possession

One Should not desire for others women

One should not be inclined to enmity

One Should not insult noble persons and perceptions

One should not be submissive to his sense organs

One should not have unstable mind

### **Importance of spiritual, moral practices for enhancing *Karma*.**

It is mentioned in *Sadvritta* to follow offerings, *puja,japa*, oblation, religious sacrifices, donations.

### **Role**

*Daivavyapashraya Chikitsa* is one type of practices to treat diseases by helping to defeat previous deeds [35]. Moral conducts are beneficial to enhance *Karmbala* by good deeds. Mental instability, fear, anxiety, during pandemic can be treated by knowledge, special knowledge, restraint, memory and meditation.

### **Benefits through *Sadvritta***

He fulfills two objectives simultaneously as health and control over sense organs.

Moral conducts are mentioned to practice regularly as celibacy, knowledge, charity, friendship, compassion, cheerfulness, indifference and calmness [36].

### **Discussion**

Ayurveda consists fundamental concepts of life, health, ill health and death with reference to previous deeds and current deeds. Those are respectively called as *daiva* and *Karma*. Those factors are considered as one of the important factors for survival of life and health during pandemic. Life and health can be protected by moral, noble conducts with other given five-fold factors as *panchakarma* and *Rasayana* etc. '*Sadvritta*' mentioned in Ayurveda has various aspects of prevention, promotion of physical, mental, social and spiritual health by physical, vocal, mental and moral practices. It is also has significant role in prevention and management of diseases occurred in pandemic as per references and description. Its role can be understood by evidences of incidences of deaths had observed in second wave of Covid 19. To sustain life and to control disease, *Sadvritta* can be applied as per given guidelines in Ayurveda. It is recommended on a preventive measure for population to enhance physical, mental strength and as a complete health awareness programme during pandemic phase.

### **Conclusion**

After reviewing related literature, it is concluded that, *Sadvritta* a set of noble practices is a 'Health awareness programme basically described for wellbeing and longevity of life.

It has great importance as a physical mental, intellectual spiritual preventive measure to follow as a life style in pandemic too. It can be used as management of diseases with other indicated treatments to sustain health and life.

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