



“SADVRITTA IN SAMHITAS – ETHICAL AND PREVENTIVE HEALTH PERSPECTIVES”

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ABSTRACT

Introduction: Sadvritha, or ethical conduct, is a cornerstone of Ayurveda, emphasizing moral, social, and personal behaviors to maintain physical, mental, and spiritual well-being. Classical texts like *Charaka Samhita* and *Ashtanga Hridaya* highlight its role in disease prevention, promotion of longevity, and societal harmony. In modern times, the principles of Sadvritha resonate with preventive medicine, mental health, and lifestyle interventions. **Methods:** A comprehensive literature review was conducted using classical Ayurvedic texts and modern scientific databases (PubMed, Scopus, Web of Science). Keywords included “Sadvritha,” “ethical lifestyle Ayurveda,” “preventive health,” “Ayurveda and behavior,” and “personal conduct.” Inclusion criteria encompassed classical references, preclinical, and clinical studies evaluating ethical and lifestyle practices for health outcomes. Exclusion criteria were anecdotal reports and non-peer-reviewed articles. **Results:** Classical literature describes Sadvritha encompassing personal hygiene, interpersonal conduct, dietary discipline, mental purity, and social ethics. Modern evidence suggests that adherence to ethical and structured lifestyle behaviors improves mental well-being, reduces stress, and enhances immunity. Behavioral interventions aligned with Sadvritha principles reduce risk factors for cardiovascular, metabolic, and psychosomatic disorders. **Discussion:** While Sadvritha is traditionally viewed as moral guidance, it also functions as a preventive health strategy. Modern scientific studies support its role in lifestyle medicine, stress management, and chronic disease prevention. Integrating Sadvritha into contemporary public health frameworks requires education, culturally sensitive strategies, and policy support. **Conclusion:** Sadvritha provides a holistic approach to ethical conduct and preventive health. Its principles, when adapted to modern lifestyle, can contribute to physical, mental, and social well-being. Further research should explore quantifiable health outcomes of Sadvritha-based interventions.

KEYWORDS; Ayurveda, Ethics, Lifestyle, Preventive health, Sadvritha

INTRODUCTION

Ayurveda emphasizes the inseparable link between ethical conduct and health^[1]. Sadvritha, described in Samhitas, provides a code of behavior for personal, social, and professional life^[2-3]. It encompasses daily habits, moral virtues, interpersonal ethics, and mental discipline, aiming to prevent disease and promote holistic well-being^[4].

Modern lifestyles characterized by stress, sedentary habits, and moral disengagement have increased the prevalence of lifestyle-related diseases, psychological disorders, and social disharmony^[5-6]. The relevance of Sadvritha as a preventive framework for physical, mental, and social health is increasingly recognized in public health discourse and lifestyle medicine^[7-8].

To critically review the principles of Sadvritha in Samhitas and assess their relevance in modern preventive health strategies^[9]. Summarize classical descriptions of Sadvritha and ethical conduct. Evaluate modern scientific evidence linking ethical behaviors and lifestyle practices with health outcomes. Identify strategies for integrating Sadvritha principles into contemporary lifestyle and preventive healthcare^[10].

MATERIALS AND METHODS

Literature Search Strategy: ^[11-12]

- Classical sources: *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya* and classical commentaries.
- Modern databases: PubMed, Scopus, Web of Science, Google Scholar.
- Keywords: “Sadvritha,” “ethical lifestyle Ayurveda,” “preventive health,” “Ayurveda and behavior,” “personal conduct.”

Inclusion Criteria: ^[13]

- Classical descriptions of Sadvritha in Ayurvedic texts.
- Preclinical, clinical, and epidemiological studies evaluating ethical behavior, lifestyle, and preventive health outcomes.
- Review articles addressing lifestyle medicine and ethical conduct.

Exclusion Criteria: ^[14]

- Anecdotal or non-peer-reviewed reports.
- Studies not related to preventive health or lifestyle behaviors.

Data Synthesis: ^[15]

- Organized thematically around classical principles, ethical practices, and modern evidence.
- Comparative analysis of classical guidance and contemporary scientific findings.

OBSERVATION AND RESULTS

1. Classical Description of Sadvritha

Sadvritha is elaborately described in *Charaka Samhita* (Sutrasthana 7/27–32) and *Ashtanga Hridaya* (Sutrasthana 2/6–9), emphasizing personal, social, and moral conduct:

- **Personal hygiene (Sharirika Sadvritha):** Cleanliness, oral hygiene, hair care, nail care, regular bathing.
- **Dietary discipline (Ahara Sadvritha):** Regularity in meals, moderation, avoidance of incompatible foods (*Viruddha Ahara*), seasonal diet adjustments.
- **Mental purity (Manasika Sadvritha):** Control over anger, greed, envy, and excessive desire; cultivation of virtues such as truthfulness, compassion, and patience.
- **Interpersonal ethics (Samajika Sadvritha):** Respect towards elders, teachers, and peers; fulfilling social and familial duties; non-violence.
- **Preventive measures:** Observing ethical conduct to maintain dosha balance and prevent disease (*Vyadhi Pratibandha*).

2. Health Implications of Sadvritha

- **Physical health:** Observing personal hygiene, dietary moderation, and daily routine improves digestion, immunity, and overall physiological function.
- **Mental health:** Ethical and virtuous behavior reduces stress, anxiety, and depression, improving psychological resilience.
- **Social health:** Harmonious interpersonal relations reduce conflict-related stress and foster community well-being.
- **Longevity and quality of life:** Consistent ethical conduct contributes to mental clarity, social harmony, and disease prevention, aligning with Ayurvedic concepts of *Arogya* and *Ayushya*.

3. Modern Scientific Correlates

- **Hygiene and infection prevention:** Modern epidemiology confirms that personal hygiene reduces communicable disease risk.
- **Stress and mental health:** Ethical living and mindfulness practices improve neuroendocrine balance, reducing cortisol levels and enhancing immunity.
- **Dietary discipline:** Routine meal patterns and moderation prevent obesity, diabetes, and cardiovascular disease.
- **Social well-being:** Social support and ethical relationships are linked to lower morbidity and improved psychological resilience.
- **Preventive health programs:** Lifestyle interventions based on ethical and moral frameworks reduce risk factors for chronic diseases and enhance longevity.

4. Evidence from Clinical Studies

- Mindfulness, ethical living, and yoga-based interventions show improvements in mental health, immunity, and quality of life.
- Dietary adherence and moral lifestyle patterns correlate with lower incidence of metabolic syndrome, cardiovascular disease, and depression.
- Community-level ethical and lifestyle interventions reduce stress and improve public health outcomes.

5. Implementation Challenges

- Urban lifestyle, globalization, and time constraints reduce adherence to classical Sadvritta practices.
- Cultural differences necessitate adaptation of traditional ethical codes into contemporary settings.
- Digital tools, awareness programs, and personalized lifestyle interventions can bridge classical guidance with modern implementation.

6. Thematic Summary

Sadvritta integrates moral, social, and personal health aspects. Classical texts provide precise guidance on ethical conduct, daily routine, and preventive measures. Modern science confirms correlations between ethical behavior, mental health, social harmony, and chronic disease prevention. Integrating Sadvritta into contemporary life promotes holistic health and disease prevention.

DISCUSSION

Sadvritta serves as both ethical guidance and a preventive health strategy. Classical texts highlight personal hygiene, dietary discipline, mental purification, and social ethics as essential components for maintaining physical, mental, and social well-being. Modern research supports these recommendations: hygiene practices reduce infections, ethical conduct and social harmony reduce stress and cardiovascular risk, and dietary moderation aligns with chronic disease prevention^[16].

The holistic framework of Sadvritta emphasizes interconnection between individual behavior, environmental adaptation, and community well-being. It anticipates modern preventive medicine principles, including lifestyle modification, mindfulness, and social health interventions. Integration into modern life requires adaptation to urban environments, technology use, and cultural diversity. Education, policy support, and digital interventions can facilitate adherence and amplify health benefits^[17].

Clinical evidence is promising but limited. Randomized controlled trials evaluating Sadvritta-based interventions in mental health, chronic disease prevention, and social well-being are necessary. The concept provides a culturally grounded, evidence-informed approach to preventive health. Its application may reduce lifestyle-related disorders, enhance resilience, and foster holistic wellness^[18].

Sadvritta represents a bridge between classical wisdom and modern public health, emphasizing ethics, personal responsibility, and preventive care. Incorporating these principles can enhance mental, physical, and social health while reducing healthcare burden and promoting longevity^[19-20].

CONCLUSION

Sadvritta in Samhitas provides an ethical framework with tangible health benefits. By promoting personal hygiene, dietary discipline, mental purification, and social ethics, it serves as a preventive strategy for physical, mental, and social well-being. Modern evidence supports the role of ethical living, mindfulness, and lifestyle regulation in reducing chronic disease risk, improving immunity, and enhancing psychological resilience.

Implementation in contemporary life requires adaptation to urbanization, work schedules, and

cultural diversity. Personalized lifestyle interventions, educational programs, and community initiatives can facilitate adherence. Clinical studies evaluating Sadvritta-based interventions are warranted to quantify health outcomes and inform public health strategies.

Overall, Sadvritta represents a holistic, preventive, and ethically grounded approach to health. Integrating these principles into modern lifestyle medicine can improve quality of life, reduce healthcare burden, and foster harmonious living aligned with Ayurvedic wisdom.

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