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“CONCEPTUAL STUDY OF ACHARA RASAYANA (ETHICAL CONDUCT) IN MENTAL HEALTH PROMOTION”

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Abstract: Mental health is increasingly recognized as a cornerstone of preventive medicine^[4], yet modern societies face rising challenges of stress, anxiety, and psychosomatic disorders^[9]. Ayurveda, through its discipline of Swasthavritta, offers holistic strategies for health promotion that extend beyond pharmacological interventions^[1,2]. Among these, Achara Rasayana-a non- drug rejuvenation therapy based on ethical conduct and disciplined lifestyle-holds unique relevance^[1]. Classical texts such as Charaka Samhita describe Achara Rasayana as the practice of virtues including truthfulness (Satya), non- violence (Ahimsa), compassion (Daya), forgiveness (Kshama), and self- control (Indriya Nigraha)^[1]. These values foster psychological stability, emotional resilience, and social harmony, thereby serving as preventive measures against mental health disorders^[5,6]. This article explores the conceptual foundation of Achara Rasayana, its correlation with modern psychological frameworks such as mindfulness and positive psychology^[10,11],

and its potential applications in community health promotion ^[7,8,9]. By bridging ancient wisdom with contemporary mental health strategies, Achara Rasayana emerges as a timeless approach to cultivating inner balance and well-being ^[1,3]. The discussion highlights its scope for integration into public health programs, medical camps, and lifestyle counseling, while identifying research gaps that warrant further interdisciplinary exploration ^[9].

Keywords- Mental health,Achar rasayan,Social harmony,drug rejuvenation therapy

• Introduction

Mental health has emerged as a global priority in preventive medicine, with rising incidences of stress-related disorders, anxiety, and depression ^[9]. Ayurveda, through its branch of Swasthavritta, emphasizes holistic health promotion by integrating physical, mental, social, and spiritual well-being ^[4]. Among the Rasayana therapies described in classical texts, Achara Rasayana stands out as a unique non-pharmacological approach that rejuvenates the mind and body through ethical conduct and disciplined lifestyle ^[1,2].

Unlike herbal Rasayanas, which rely on pharmacological agents, Achara Rasayana focuses on cultivating virtues such as truthfulness (*Satya*), non-violence (*Ahimsa*), compassion (*Daya*), self-control (*Indriya Nigraha*), and cleanliness (*Shaucha*) ^[1]. These values not only

strengthen interpersonal relationships but also promote psychological stability,

emotional resilience, and social harmony ^[5,6]. In the modern context, Achara Rasayana resonates with concepts in positive psychology, mindfulness, and behavioural therapy ^[10,11], making it a timeless tool for mental health promotion ^[7,8].

• Aim and Objectives

Aim:

To explore the concept of Achara Rasayana as described in classical Ayurvedic texts ^[1-3] and to evaluate its relevance in the promotion of mental health, emotional resilience, and psychosocial well-being in the modern context ^[9,10].

Objectives:

1. To review classical Ayurvedic references on Achara Rasayana, highlighting its principles and ethical guidelines ^[1,3].
2. To analyze the role of Achara Rasayana in mental health promotion, focusing on emotional resilience, stress reduction, and psychosocial well-being ^[5,6,9].

- **Material and Methods**

Material:

Classical Ayurvedic texts (*Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*) ^[1-3], standard commentaries ^[4], and modern research articles on Achara Rasayana, psychology, and preventive health ^[5-11].

Methods:

Literature review of classical references ^[1-3], comparative analysis with modern psychological concepts ^[10,11], conceptual synthesis to highlight applications in lifestyle counseling and community health ^[7,8,9]. Scope limited to textual and secondary data; no clinical trials conducted ^[9].

- **Review of Literature**

Achara Rasayana:

Achara Rasayana is not medicine but a lifestyle discipline that rejuvenates the

mind and body through ethical conduct and mental purity ^[1].

Achara Rasayana represents the ethical and behavioral dimension of rejuvenation therapy in Ayurveda, emphasizing that righteous conduct is as vital as pharmacological interventions for sustaining health. Its importance lies in promoting mental stability, emotional balance, and social harmony, thereby acting as a psychosomatic Rasāyana that enhances immunity, longevity, and spiritual well-being ^[1,2,3].

Practice of Achara Rasayana:

The practice involves cultivating virtues such as truthfulness, non-violence, compassion, forgiveness, humility, and respect for elders and teachers, while consciously avoiding anger, jealousy, and harmful speech. Daily disciplines like maintaining cleanliness, engaging in meditation, and living harmoniously with family, community, and nature form the practical method of Āchāra Rasāyana. By integrating these ethical codes into lifestyle, one achieves holistic rejuvenation, where purity of mind and conduct become the foundation for enduring health and vitality ^[1,2,3].

Charaka Samhita: Achara Rasayana is described as rejuvenation through righteous conduct ^[1]. Key virtues include *Satya*, *Ahimsa*, *Daya*, *Kshama*, *Indriya Nigraha*, *Shaucha*, and strengthening of *Dhi–Dhriti–Smriti* ^[1]. These practices stabilize the mind, reduce stress, and promote social harmony ^[1].

Sushruta Samhita: Elaborates *Sadvritta*—codes of conduct overlapping with Achara Rasayana ^[2]. Observance prevents psychosomatic disorders by balancing body, mind, and senses ^[2]. Examples include moderation in food, respectful speech, and hygiene practices ^[2].

Ashtanga Hridaya: Vagbhata integrates ethics with *Dinacharya* and *Ritucharya* ^[3]. Ethical living ensures *Manasika Prasada* (mental peace) and prevents disorders of the mind ^[3].

Modern Correlations: Positive psychology ^[10], mindfulness and behavioural therapy ^[11], and public health models ^[7,8,9] all resonate with Achara Rasayana principles.

Research Gaps: Evidence is largely conceptual; few empirical studies exist ^[9].

- **Discussion**

Achara Rasayana, described in *Charaka Samhita*, emphasizes ethical conduct and disciplined living as rejuvenation ^[1]. Practicing virtues such as truthfulness, compassion, forgiveness, and self-control fosters mental stability, reduces stress, and enhances social harmony ^[1,2]. Modern psychology supports these principles, aligning them with mindfulness, positive psychology, and behavioural therapy ^[10,11]. In public health, Achara Rasayana can be applied through lifestyle counseling, school health programs, and community medical camps ^[7,8,9]. While current evidence is largely conceptual ^[9], its integration into modern frameworks offers promising scope for holistic mental health promotion ^[5,6].

- **Conclusion**

Achara Rasayana, as outlined in classical Ayurvedic texts, represents a unique non-pharmacological approach to health promotion through ethical conduct and disciplined living ^[1-3]. By cultivating virtues such as truthfulness, compassion, forgiveness, and self-control, it strengthens psychological resilience, reduces stress, and fosters social harmony ^[1,2]. Modern correlations with positive psychology, mindfulness, and behavioural therapy

highlight its timeless relevance in mental health care ^[10,11].

Although current evidence is largely conceptual ^[9], Achara Rasayana offers significant potential for integration into preventive strategies, lifestyle counseling, and community health programs ^[7,8]. Future interdisciplinary research is essential to validate its effectiveness and establish practical models for application ^[9]. Thus, Achara Rasayana stands as a holistic framework bridging ancient wisdom with modern mental health promotion ^[1,3,10].

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