

Concept of Achar Rasayana (behavioral medicine)

Achara rasayana is a unique concept in Ayurveda that implies moral, ethical, and benevolent conduct: truth, nonviolence, personal and public cleanliness, mental and personal hygiene, devotion, compassion, and a yogic lifestyle.

These behaviors bring about rejuvenation in the body-mind system. One who adopts such conduct gains all benefits of rasayana therapy without physically consuming any material rasayana remedy or recipe, although it can be practiced alone or in a combination with material substance rasayana therapy.

The concept of achar rasayana is to change our behaviors in order to reverse the disease process and stay in balance.

Persons who are truthful and free from anger, who are devoid of alcohol and sex indulgence, who do not indulge in violence (himsa) or exhaustion, who are peaceful and pleasing in their speech, who practice japa (incantation) and cleanliness, who are stable and steady, who regularly practice charity and tapas (penance); who regularly offer prayers to the gods, teachers, preceptors and old people, who are absolutely free from barbarous acts, who are compassionate, whose period of awakening and sleep are regular, who habitually take milk and ghee, who acquainted with the measurement of (things appropriate to) the country and the time, who are experts in the knowledge of rationality, who are free from ego, whose conduct is good, who are not narrow minded, who have love for spiritual knowledge, who have excellent sense organs, who have reverence for seniors, astikas (those who believe in the existence of God and validity of the knowledge of the Vedas), and persons having self-control and who regularly study scriptures, get the best out of rejuvenation therapy. If persons endowed with these qualities practice rejuvenation therapy, they get all the rejuvenation effects described above. Thus the rejuvenation effects of good conduct are described [30-35] Carak-Samhita, Volume III, Chapter 1, translated by Bhagwan Das , Chowkhamba Publication, Varanasi.

Traditional Behavioral Rasayanas:

Sadvrittam Anushtheyam: Follow the rules of Sadvritta (High Ethical and Moral Conduct) for Nithya Rasayana(Benefits of daily, non-material rejuvenative therapy)

“Satyavadinam akrodham...”

- Truthfulness
- Freedom from anger
- Non-indulgence in alcohol
- Nonviolence
- Calmness
- Sweet speech

- Engaged in meditation
- Cleanliness
- Perseverance
- Charitable
- Religious
- Respectful toward teachers, parents and elders
- Loving and compassionate
- Balanced in sleep and wakefulness
- Using ghee regularly
- Knowing the measure of time and place
- Controlling the senses
- Keeping the company of elders and the wise
- Positive attitude
- Self-control
- Devoted to Vedic scriptures