

Ayurveda for Universal Peace and Harmony

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Peace and harmony can be considered as the birth rights of all creatures in the universe. When observed it can easily be understood that, in the nature there is rule to protect the creatures from any type of conflict among them. Conflict among the planets cannot happen as they continuously move on their own pathways. The animals generally avoid conflict though sometimes they involve in quarrel due to certain factors. But the human beings have a common tendency to get involved in conflicts among themselves and even with the surrounding environment. Hence there is need to train the human beings to avoid these conflicts by following certain codes and conducts.

Ayurveda is accepted as the oldest science dealing with the health of the human beings. Discussion on the human health is of top priority among the topics of the Ayurvedic classics. The father of medicine, the great sage, Charaka, in Charaka Samhita, discussed elaborately on the origin, causes, examination and diagnosis, preventive measures and treatment procedures of the diseases. An impressive discussion on prevention of the diseases attracts the attention of the readers.

Describing the preventive measures of the diseases Charaka mentions (i) daily regimens (Dinacharyya), (ii) night regimens (Ratricharyya), (iii) seasonal regimens (Ritucharyya) and (iv) good conducts (Sadvritta). Sadvritta includes a broad area, like rules of expulsion of excreta, spiting, driving of vehicles, talking to others, walking, behavior to the other animals/creatures, respect to the seniors, love to the juniors etc.

Sadvritta literally means "the collection (circle) of good conducts". Charaka, in the 8th chapter of Charaka Samhita discussed about the good conducts to be followed by each and every person to maintain the peace and harmony of the society. Describing the benefits of following these rules Charaka says that, by following these rules a person can gain freedom from diseases (Arogya) and control over the evil desires (Indriyabijoya). Freedom from disease make a person fit to serve the nation appropriately. An ailed person is considered as the burden of the society as he/she needs assistance to even perform the day to day works. A disease may be physical or mental. A physical disease affects the mind and a mental disease affects the body. Taking of improper food, moving in improper manner, behaving mannerlessly with the respected ones, thinking to cause harm to the neighbors, desire to acquire other's property by unethical means, speaking harsh to the others are some most important factors that can cause disease.

As per the Ayurvedic concepts evil desires come from the indrias (the organs of sense). Getting inspiration from them a person commits wrong which may lead to unwanted outcome. It may affect personal peace as well as the social peace and harmony. So, effort to follow sadvritta is always important. Charaka included some important facts under the heading. Some examples of the contents of Sadvritta are cited here as guidelines –

1. Conducts that should always be followed by the persons.
2. Conducts from which one should always remain away.
3. Rules to be followed at the time of taking food.
4. Rules of excretion of the excreta.
5. Behavior towards a female.
6. Behavior to the respectable persons.
7. Rules of study.
8. Rules of behavior in the society.
9. Rules to maintain mental peace and balance.
10. Rules to follow at the time of taking decision to conduct a work.
11. Process of praying and offering to the gods.

Another interesting contribution of Charaka to the human society is the concept of behavioral rejuvenation (Achara Rasayanam). Under this heading a list of the conducts that help an individual to keep himself disease free and provide physical and mental fitness for a long time are mentioned.

A detail analysis of the concepts of Charaka reflects that he has covered a broad area of conducts , specially targetted to the human society ,that are unique and sufficient for preservation of not only personal but also social peace and harmony .

Education and training of these teachings of Charaka, at all levels, can gift the human society with peace and harmony and the dream of "UNIVERSAL PEACE" may be fulfilled.

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