

Review of Sadvrutta WSR Buddha Darshana

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Abstract

Ayurveda is the science of life and moreover it is a way of living in the word. Principle aim of Ayurveda is to maintain health rather than treating the disease. For achieving this purpose, certain rules are described in Ayurved Samhitas. By following these rules which include Dinacharya(daily regime), Ratricharya(night regime), Rutucharya (seasonal routine) and Sadvrutta(code of good conduct, mental health and social behavior), everyone can enjoy a healthy life. In Charak Samhita, Acharya Charak explained the Sadvrutta in detail.

The preaches of Buddha are explained in Baudha Darshan. It revolves around the alleviation of sufferings. By explaining 'Four Noble Truths'. Lord Buddha told the existence of Dukkha and how to get rid of it.

Key words- Sadvrutta, Baudha Darshan, Sufferings.

Introduction

Ayurveda believes in making illness to wellness with a healthy lifestyle which includes diet and behavioral rules. Ayurveda explained rules of conduct for achieving healthy life i.e. Sadvrutta. Everyone needs to follow Sadvrutta rules to stay healthy. Journey of life always goes through two stages of health and disease.

Sadvrutta are rules of good behavior and it includes Dinacharya, Rutucharya and Achar Rasayan(1). Dinacharya and Rutucharya are described for maintenance of physical health, while Sadvrutta is described for sound mental and social health.

In Charak Samhita , Sutrasthana Adhyay 8, there is detailed description of Sadvrutta

i.e

1. Behavioral Do's and Don't
2. Eating etiquettes
3. Social rules
4. Rules for Study, Hawana karma
5. Guidelines for abstinence

In Sushrut Samhita, Chikitsasthana Adhyay 24, Acharya Sushrut described rules of Sadvrutta which should be followed on daily basis for achieving a healthy and wealthy life(2).

In Ashtang Hrudaya, Sutrasthan, Dinacharya Adhyay, Acharya Vagbhat explained rules of good behavior i.e. Sadachar. To gain a healthy, wealthy, long and successful life (3).

Baudha Darshan is an atheist philosophy as it is not believing in God and Vedas (4). When Lord Buddha saw various phases of Dukkhas such as disease, senility, death etc. , he left his home to find a way to get rid of these sufferings. He did great penance and found a way out these miseries. Lord Buddha, through his teachings, showed the way of relief from the sufferings to all the mankind. Lord Buddha explained Four Aryasatyas that Includes the existence of Dukkha/ suffering and the remedy for getting out of the Dukkhas (5).

Having been taught during the first teachings by Buddha to his first missionaries in Deer Park. Buddhist believe that the path to enlightenment starts with the understandings of Four Noble Truths. In order to attain Nirvana stage from the vicious cycle of birth and death, Lord Buddha has taught us to follow the Panchsheel, the Darsheel, Aryasthangik Marg (6).

Material and methods

- Bruhadtaees have been taken as a source material to review about Sadvrutta.
- Literature of Buddha's philosophy.
- Relevant literature has been consulted and for comparative study and drawing inferences.

- Other internet media has also searched for similar matter and incorporated according to the need of the topic.

A literary review of sadavrutta

‘Sadavrutta’ derived from two words that ‘sad’ means good and ‘vrutta’ means different types of practices mentioned in social behavior, personal behavior either mentally or physically related. The Sadvrutta is briefly mentioned in Charak Samhita and this is also the Achar Rasayana(7).

Types of Sadvrutta :-

These ethics of right conduct are applicable to all people and should be practiced. Sadvrutta can be classified into five groups(8).

1. Ethical conduct (Vyavharik Sadvrutta)

- Always Speak the truth.
- Do not get addicted to sensory pleasures.
- Do not harm anyone.
- Try not to control your passions.
- Observe self control.
- Don’t loose your self control under any circumstances.
- Speak pleasant and sweet words.
- Behave according to time and please where you are rising.
- Control your sense organs

2. Social Conduct (Samajika Sadavrutta)

- In the society one Should be careful about conduct.
- Speak softly, start with smiling face.
- Speak politely with teachers, elderly and intelligent people.
- Behavior, social mannerism are part of social conduct.

3. Mental Conduct (Manasika Sadvrutta)

- Always keep a self-interrogation about who am I and what the purpose of life.
- Try to understand the real divine and eternal of our soul.

4. Moral Conduct (Dharmika Sadvrutta)

- Dharma means good deeds that protects the individual as well as masses.

5. Physical Conduct (Sharirika Savrutta)

- Hygiene, respect and gratitude, care of sense organs and proper clothings etc.

6. Codes towards women and copulation

- No sexual act should be performed in morning and in the evening time.
- Copulation should not be done in any organ other than the genital organ(9).

Bauddha darshan

According to Buddhism, the main cause of sufferings is ignorance. Due to ignorance any human being proceeds to desire i.e. Trushna. Trushna leads to activity which brings in its turn the development of fresh desire. This is vicious cycle of life i.e. Bhavchakra. When ignorance is dispelled by right knowledge the vicious circle is broken and can become free from sufferings to attain peace or Nirvana.

Four Noble Truth(10) – Buddha believed that the path to enlightenment starts with the understandings of the Noble Truths.

1. Dukkha – All form of life is suffering.
2. Dukkha Samuday – Desire is the cause of suffering.
3. Dukkha Nirodh – These sufferings can be ended
4. Dukkha Nirodh Marg

Panchasheel(11) – The five percents of Buddhism form the foundation for the Buddhist path to enlightenment. These are seen in regulations concerning theft, murder, consumption, sexual activities, verbal actions.

1. Pranatipata Virati
2. Adattadan Virati
3. Kam Mithyachar Virati
4. Mrushavad Virati
5. Suramaireymajja Virati

Arya Ashthangik Marg(12) – The path which leads us for ending the suffering i.e. Dukkha Nirodh Marg.

1. Samyak Drushti (Right understanding) of four noble truths.
2. Samyak Sankalpa (Right thinking)- following the right path in life. Right aspiration is the true desire to free it oneself from attachment, ignorance and hatefulness.
3. Samyak Vaca (Right speech)- no lying, criticism.
4. Samyak Karma (Right conduct or right action)- involves obtaining from hurtful behaviors such as killing, stealing.

5. Samyak Jivika (Right livelihood)- support yourself without harming others. It means making your living.
6. Samyak Prayatna (Right effort)- promote good thoughts, conquer evil thoughts.
7. Samyak Smruti (Right mindfulness)- become aware of your body, mind and feelings.
8. Samyak Samridhi (Right concentration) – Mediate to achieve a higher state of consciousness.

Discussion

Ayurveda has stated that the reason for the occurrence of physical and mental diseases is Upadha(13) means Trushna. The Bhavachakra(14) starts with Avidya, later it turns into Trushna, which keeps revolving the vicious cycle of birth and death. There is sorrow in the life of every human being and Trushna is the cause of sorrow. Following the rules of Panchasheel and Arya Asthantik marg, everybody can get rid of his/her sufferings and get Nirvana. Lord Buddha remarked the importance of Panchasheel for common people and Dasasheel for Buddhist monks.

In Dasasheel the untimely eating i.e. eating after noon has been prohibited(15). Ayurveda also described the untimely eating as a major cause of diseases.

Buddhist follow the doctrine of the middle way, avoidance of extremes and accept moderation in all things. Ayurveda also advocates moderation i.e. balanced state of Dosha, Dhatu, Mala in the Samhitas(16). Like the eightfold path of Buddhism, Ayurveda also has rules for healthy living i.e. Sadvrutta and Aachar Rasayana.

Like Buddhism, Ayurveda advises us to resist negative thoughts, abstain from physical abuse, resist fear, pride, arrogance and ego(17).

Buddha Darshan refers to the Arya Asthantik marg as the cure for pain. Ayurveda also described Ashtang Ayurveda for the treatment of diseases(18). Ayurveda prescribes Satvavajaya, Yuktivyapashraya and Daivavyapashraya treatment for treating diseased conditions(19). Also in order to stay healthy at all times it is recommended to follow Aachar Rasayana, Swasthavruttavcharan, Dinacharya, Rutucharya in Ayurveda Samhitas. As, Buddhist use the four Aryasatyas for the relief of human

sufferings. Similar principals are followed by Ayurveda to cure disease i.e. Nidan Parivarjan, Aahar Vidhi Vidhan and Chikitsa.

Conclusion

From the above discussion, it can be concluded that, Ayurveda and Bauddha Darshan both explained Trushna/Upadha as the major cause of human sufferings. Buddha preaches that mind is the forerunner of all mental statuses. Human sufferings i.e. Dukkha includes all ills of mind and body in the form of pain imperfection and so on. Knowledge of Four Noble Truths is explained as a path of Dukkha Mukti i.e. Nirvana. Similarly, by practicing Sadvrutta, every human being can attain good health and get rejuvenation effects like longevity, memory intellect, free from disease, excellent potency of body and mind(20). Hence Ayurveda and Bauddha Darshan both give prime importance to the code of right conduct as it helps an individual to obtain and maintain their health, to build a most civilized society and nation.

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