

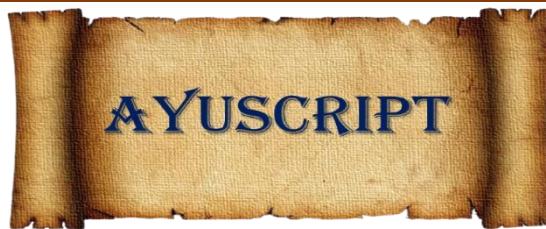
# AYUSCRIPT

International Journal for Empirical Research in Ayurveda

[www.ayuscript.com](http://www.ayuscript.com)

## Volume - 4, Issue - 4 October-December: 2025





## International Journal for Empirical Research in Ayurveda

### Preventive Role of *Sadavritta* in Mental Disorders.

Malode S.<sup>1</sup>, Dhumal V.<sup>2</sup>, Joshi N.<sup>3</sup>

1. PG Scholar, Swasthavritta and Yoga
2. PG Scholar, Swasthavritta and Yoga
3. Associate Professor, Department of Swasthavritta and Yoga, MAM's Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Pune- 28

#### ABSTRACT:

Mental disorders such as anxiety, depression, and stress-related conditions are increasing globally, driven by lifestyle disturbances, emotional dysregulation, and social stressors. Ayurveda offers a holistic preventive lens through *Sadavritta* (Good Conduct), a comprehensive code of ethical, behavioural, and lifestyle conduct aimed at promoting mental discipline and psychological well-being. This conceptual study explores the preventive role of *Sadavritta* in mental disorders by reviewing classical Ayurvedic texts (*Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*) and contemporary scientific evidence. Key *Sadavritta* principles identified include lifestyle regulation, emotional hygiene, ethical social conduct, mindfulness, and self-discipline. These principles support mental health by enhancing *Sattva* (clarity and stability), regulating circadian rhythms, strengthening emotional resilience, reducing stress responses, and improving social harmony. Modern research parallels these concepts, demonstrating that mindfulness, lifestyle regulation, social connectedness, and emotional regulation significantly reduce the incidence of mental disorders. The findings suggest that *Sadavritta* functions as a multidimensional preventive tool that aligns with modern preventive psychiatry and lifestyle medicine. Integrating *Sadavritta* into contemporary mental health strategies may provide an effective, culturally rooted, and low-cost approach to reducing the burden of mental disorders. Further clinical validation is recommended.

**Key words:** *Sadavritta*, *Ayurveda*, Mental Health, Preventive Psychiatry, Lifestyle Medicine, *Sattva*.

#### CORRESPONDING AUTHOR:

**Dr. Suyog R. Malode**

PG Scholar, Swasthavritta and Yoga

Email: [suyogmalodemd@gmail.com](mailto:suyogmalodemd@gmail.com), Mobile no. 7447288797

#### How to cite this Article:

Malode S., Dhumal V., Joshi N. Preventive Role of *Sadavritta* in Mental Disorders.

AYUSCRIPT 2025;4(4):11-14

DOI: <http://doi.org/10.55552/AYUSCRIPT.2025.4403>

**Introduction:**

Globally, the prevalence of mental disorders such as anxiety, depression, stress-related disorders, and behavioural dysregulation is increasing. According to WHO (2022), one in eight persons worldwide suffers from a mental health illness.<sup>[1]</sup> Risk factors for many of these diseases include unhealthy lifestyle choices, unstable emotions, lack of self-control, and stressful environments. Through disciplined living, moderation, mindfulness, emotional resilience, and environmental awareness, the *Ayurvedic* principle of *Sadavritta*, a holistic code of healthy lifestyle, ethical conduct, mental hygiene, and social harmony explained in the *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya*, promotes *Sattva*, decreases *Rajas* and *Tamas*, and enhances current preventive psychiatry and lifestyle science.

**Materials And Methods****Study Design**

A conceptual and literary review of classical *Ayurvedic* texts and contemporary scientific literature.

**Sources of Data****Classical Ayurvedic Literature**

*Charaka Samhita* (*Sutra Sthana* 7, 8; *Sharira Sthana* 1)

*Sushruta Samhita* (*Chikitsa Sthana* 24-*Achara Rasayana*)

*Ashtanga Hridaya* (*Sutra Sthana* 2 - *Dinacharya & Sadavritta*)

**Modern Scientific Literature**

Peer-reviewed journals such as *Lancet Psychiatry*, *Journal of Ayurveda and Integrative Medicine*, *Indian Journal of Psychiatry*, *Frontiers in Psychology*, *Addictive Behaviours*, and WHO/APA guidelines on mental health and prevention.

**Methodology**

Identification of *Sadavritta* principles from traditional texts.

Comparison of these principles to modern psychological theories such as mindfulness, emotional regulation, and resilience.

Research supporting the preventive role of lifestyle and behavioural adjustment in mental health.

Development of a preventive mental health framework based on *Sadavritta* principles.

**Results****1. *Sadavritta* Principles Relevant to Mental Health Prevention.****A. Self-Discipline & Lifestyle Regulation**

- Routine in sleep, food, physical activity.
- Avoiding sensory overload and substance misuse.
- Cleanliness, moderation, mindful behaviour. [Error! Reference source not found.]

**B. Mental & Emotional Hygiene**

- Control over anger, greed, jealousy, excessive excitement.<sup>[2]</sup>
- Cultivation of calmness, patience, compassion (*Sattva*)

**C. Social Discipline**

- Truthfulness, respect, non-violence, healthy communication.<sup>[3]</sup>

**D. Spiritual & Cognitive Practices**

- Meditation, introspection, chanting, ethical contemplation
- Enhancement of resilience and emotional stability

**2. Preventive Role of *Sadavritta* in Mental Disorders****A. Enhancing *Sattva* to Prevent Mental Disorders**

- *Sadavritta* promotes mental purity (*Sattva*), enhancing stress management, emotional control, and mental clarity.
- Modern Research: Ethical behaviour and mindfulness enhance prefrontal brain function and reduce emotional reactivity.<sup>[5]</sup>

**B. Establishing Lifestyle Patterns**

- Irregular habits increase the probability of anxiety, depression, and sleep difficulties.
- Ayurveda emphasizes regulated activity, sleep, and diet.

- Modern Research Modulation of circadian rhythm prevents mood disorders.<sup>[6]</sup>

### C. Enhancing Emotional Strength

- Controlling anger, fear, and overstimulation prevents mental imbalance.
- Modern Research Emotional regulation (ER) lowers the risk of anxiety and depression.<sup>[7]</sup>

### D. Controlling Autonomic Hyperactivation and Stress

- *Sadavritta* promotes self-awareness, confidence, and harmony.
- Modern Research Breathing and mindfulness reduce cortisol and sympathetic activation.<sup>[8]</sup>

### E. Preventing Social Stressors

- *Sadavritta* ethics reduce social stress, loneliness, and interpersonal conflict.
- Modern Evidence Strong social ties reduce the risk of mental problems.<sup>[9]</sup>

### F. Building Psychological Immunity

- Comparable to “mental immunity”: resilience, ethical foundation, healthy coping strategies, reduced impulsivity.
- Ayurvedic basis *Achara Rasayana* stabilizes and strengthens the mind.

[Error! Reference source not found.]

### Discussion:

- This conceptual analysis shows that Ayurvedic *Sadavritta* and modern preventive mental health methods share several similarities.
- Evidence-based preventive psychiatry, behavioral science, CBT, and mindfulness-based therapies align with *Sadavritta*'s stress on ethical behavior, emotional control, mindfulness, self-discipline, and routine.
- Essential preventive mechanisms include:
  1. Maintaining routine to regulate the nervous system
  2. Reducing inflammation and stress—major contributors to mental illness

3. Enhancing self-control and mental clarity
4. Reducing psychological conflict and promoting social harmony
5. Strengthening ethical foundation, meaning, and purpose.

- Ayurveda's holistic approach includes physiological, psychological, social, and spiritual aspects that modern systems are now emphasizing.
- Ayurveda places a strong emphasis on preventive mental health through the principle of *Sadavritta*, a code of ideal lifestyle, moral behaviour, mental hygiene, and social behaviour.
- *Sadavritta* helps to preserve mental clarity (*Sattva*), lessen emotional disturbances (*Rajas*), and avoid laziness or ignorance (*Tamas*). It encourages disciplined living, moderation, ethical conduct, sensory control, mindfulness, emotional resilience, environmental awareness, and social harmony.
- These principles, described in the *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya*, enhance modern preventive psychiatry and lifestyle science.

### Conclusion:

- *Sadavritta* offers a complete lifestyle regimen promoting social harmony, emotional stability, mental clarity, and self-control. Both Ayurvedic classical knowledge and modern psychological research support its preventive role in mental disorders.
- Implementing *Sadavritta* into preventive psychiatry models, school mental health programs, and community health programs may significantly enhance mental well-being and reduce the burden of mental disorders.

**Acknowledgements:** Nil

**Conflict of Interest:** Nil

### References:

1. WHO. “World Mental Health Report.” 2022.

2. Murthy KRS, translator (1st ed.). *Ashtanga Hridaya of Vagbhata*, English Translation, *Sutra Sthana*; Chapter 2, *Dinacharya (Sadavritta)*: Verses 30–40. Varanasi: Choukhamba Krishnadas Academy, 1991; p. 35–38
3. Sharma PV, translator (1st ed.). *Charaka Samhita of Agnivesha, Sutra Sthana*; Chapters 7–8. Varanasi: Chaukhambha Orientalia, 1981; p. 52–68
4. Murthy KRS, translator (1st ed.). *Sushruta Samhita of Sushruta, Chikitsa Sthana*; Chapter 24 – *Achara Rasayana*. Varanasi: Chaukhambha Orientalia, 2004; p. 412–420.
5. Hölzel BK et al. “Mindfulness practice leads to increases in regional brain gray matter density.” *Frontiers in Human Neuroscience*, 2011.
6. Walker MP, Stickgold R. “Sleep, memory, and plasticity.” *Nature*, 2006.
7. Gross JJ. “Emotion regulation: Current status and future prospects.” *Psychological Inquiry*, 2015.
8. Benson H. “Relaxation Response: Clinical Applications.” Harvard Medical School, 2010.
9. Holt-Lunstad J. et al. “Social relationships and mortality risk.” *PLoS Medicine*, 2010.
10. Murthy KRS, translator (1st ed.). *Sushruta Samhita of Sushruta, Chikitsa Sthana*; Chapter 24 – *Achara Rasayana*. Varanasi: Chaukhambha Orientalia, 2004; p. 412–420.
11. Choudhary AK et al. “Ayurveda and mental health.” *JPJ Ayurveda and Integrative Medicine (J-AIM)*, 2011.
12. Sarris J et al. “Lifestyle medicine for depression and anxiety.” *BMC Psychiatry*, 2014.

# AYUSCRIPT

**Authors Contribution:** All authors have contributed equally.

**Financial Support and Sponsorship:** None declared

**Conflict of Interest:** There are no conflicts of interest.

**Declaration of Generative AI and AI Assisted Technologies in the writing process:** The author has not used generative AI/AI assisted technologies in the writing process.

International Journal for Empirical Research in Ayurveda

**©2025 AYUSCRIPT (International Journal for Empirical Research in Ayurveda)**  
**An Official Publication of ARCA- AYURVEDA RESEARCH & CAREER ACADEMY**  
**Website: <https://ayuscript.com/>** **Email: [ayuscriptjournal@gmail.com](mailto:ayuscriptjournal@gmail.com)**  
**IIFS Impact Factor: 2.125**