



AYURVEDA AND MEDICAL PERSPECTIVE ON SOCIAL HEALTH: A CONCEPTUAL REVIEW

Dr. Vikas Jain*

Medical Officer, Dept. of Ayush, Govt. of MP, Community Health Centre, Baldeogarh, Dist-Tikamgarh (MP), India.

*Corresponding Author: Dr. Vikas Jain

Medical Officer, Dept. of Ayush, Govt. of MP, Community Health Centre, Baldeogarh, Dist-Tikamgarh (MP), India.

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ABSTRACT

Ayurveda places special emphasis on moral principles and social health of human society. Ayurveda suggested various preventive, curative and promotional aspects which contributed towards the physical, mental, social and behavioral health of individual. Personal or social behaviour can improve personality of individual and also imparts good effects on society. Ayurveda has spoken about behaviour conducts in terms of "*Sadvritta*" which directly related with good health and self-control over one's senses. *Sadvritta* helps to built up social health by controlling three aspects; personal behavior, psychological behavior and social conducts. Emotional conducts, religious aspects, occupational conduct and moral conducts, etc. are affects social health greatly. One can live a healthy life by adhering to a proper code of conduct, daily routine, seasonal routine and *Achara Rasayan*, etc.

KEYWORDS: Ayurveda, Social Health, *Sadvritta*, Behavior Conduct, Moral conduct.

INTRODUCTION

The social health describes person's wellbeing in terms of his or her capacity to engage with people and flourish in social situations. The preventive, curative and promotional conducts are considered as important component of general health which also contributed towards the social health of individual as well as society.

Good behavior is known as *Sadvritta* in Ayurveda which encompasses guidelines that should be follows for achieving good moral values. The personal, psychological, emotional, religious and professional behavior make bricks of social health thus one should be very cautious for his/her physiological conducts amongst the society.

The few behavior guidelines for maintaining good social health are as follows

- ✓ One shouldn't have to endure constant sorrow.
- ✓ It is inappropriate to feel elated by achievement and depressed by failure.
- ✓ One should avoid areas with filthy clothing, unclean objects, waste and ash, etc.
- ✓ One should and speak useful words and meaningfully.
- ✓ One should treat living things as family and be humble for others.
- ✓ Calm anger, assist the underprivileged and be honest.
- ✓ One shouldn't yawn, laugh loudly and shouldn't behave badly in social gathering.

- ✓ One should avoid wearing of unclean and unpleasant cloths.
- ✓ Should be always considering the benefits of a calm existence and should address the root causes of aversion and attachment.
- ✓ One shouldn't lie, shouldn't be cruel to sinners and should not associate with those who are immoral.

Emotional conducts for good social health

- ✓ Self-control and self-virtue be calm and peaceful with mind.
- ✓ Avoid jealousy for others.
- ✓ Mentally strong for avoiding anxiety and aggression
- ✓ Fearlessness, courage, positive mental attitude and devoted to elders.
- ✓ Mentally stable person make healthy society.

Religious conducts

- ✓ Gods, *Brahmanas*, preceptors, elders and teachers should all be worshipped.
- ✓ One should respect *Agni*, offer oblation, follows religious sacrifices and behave in an auspicious manner.
- ✓ Sputum, faeces and urine should not be passed in front of the *Brahmanas*.
- ✓ One should obey religious conducts.

Honesty, kindness toward others, sacrifices, supplication to the gods, taking preventative steps, tranquilly, mantras for self-protection, etc. are beneficial to oneself as well as for society. Serving to *Brahmacharyas*, engage in

religious scripture, revere sages and self-controlled relationships with religious, etc. imparts moral values which ultimately make person good human being that becomes part of healthy society.

One should avoid mental misconducts like; *Kaama*, *Kroda*, *Bhay*, *Shoka*, *Nairlajya*, *Ati Raga*, *Irshya* and *Abidhya*, etc. These all affects person's social interactions and triggers pathogenesis of psychiatric disorders which affects well being of healthy society.

Promotional conducts for social well being

The promotion conducts include *Dharaniya vegas*, *Achara Rasayana*, *Dinacharya* and *Ritucharya*. If correctly implemented, the *Dharaniya Vegas* concept will promote good mental wellness. People who are honest and free from resentment, abstain from alcohol and sex, abstain from violence, are peaceful and pleasing in their speech experience the benefits of rejuvenative therapy (*Achara Rasayana*).

Ritucharya and *Dinacharya* outline the steps and techniques to take to live a happy, healthy existence. In turn, this fosters positive psychological feelings and healthy social relationships throughout the community. *Ritucharya* requires us to follow a regimen that is explained in accordance with the seasons in order to avoid psycho-somatic diseases which can affect decorum of society.

One should avoid *Ahitaahara*, *Ahitavihara* and *Asathmendriyaartha Samyoga*, etc. since these all can leads unhealthy physical and mental status which ultimately affects health of human society. The psychic factors like; *Bheeru*, *Upaklista Satwa*, *Vishmachara*, *Sharirachesta Vishama*, *Kroda*, *Bhrama*, *Moha*, *Chinta* and *Udvega*, etc. can deteriorate psychological health of individual as well as society. Thus one should avoid indulgence in these factors.

Modern View on Social health

Social health can be describes as approach by which peoples together create healthy interpersonal relationships. Good social health helps people to improve their emotional as well as physical health.

Good social health helps to adapting diversified social situations, it balances social and personal time, social health helps to engage with others in community, improves ability to develop and maintain friendships and create supportive network.

The various ways to create good social health includes; celebrating events together, be happy and friendly with other, sharing meals, creating group of wellness programs to meet requirements of physical and mental fitness.

Advantages of good social health

- ✚ Creating good and meaningful relationships

- ✚ Treating people with humbleness and helping each other
- ✚ Communicating with healthy and worthy words in social gathering
- ✚ Behave properly in relationships
- ✚ Establishing and maintaining a healthy lifestyle with surrounding society
- ✚ Social health explores ability to connect with others
- ✚ Prevent feelings of depression and anxiety
- ✚ Resist consequences of social isolation and improves personal characters of individual

CONCLUSION

A person's ability to interact socially and build relationships with others is commonly referred to as their social health. Social health is frequently seen as being of utmost importance in terms of overall development of individual as well as society. Social health is the final of the three essential and fundamental facets of a person's health, along with physical and mental health. Social health offer advantages of person's wellbeing and explores personality of person to grow in diversified social conditions. The preventive, curative and promotional elements of Ayurveda contributed greatly for improving psychological, emotional, social and behavioural conducts of human society. Social, emotional, psychological and ethical facets of life contributed positively towards the social health of nation thus it is prerequisite to maintain physical and mental health of human being for acquiring good social health of particular society and nation. Practicing good morals and emotional conducts and adhering to a routine of good behavior, etc. are advises for improving physical, mental and social well-being of individual as well as society.

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