

## PREVENTIVE APPROACH OF SADVRUTTIA AND ITS ROLE IN MIND AND BODY

Dr.Krishna Rathod\* Dr.Aparna Bagul\*\* Dr.Arun Vaidya\*\*\*

\*Dr.Krishna Rathod,Assistant Professor and PhD Sch., Dept. of Samhita Siddhanta; Parul Institute of Aurved, Parul University, Vadodara,Gujarat.

\*Dr.Aparna Bagul,Associate Professor, Dept. of Swasthavritta; Parul Institute of Aurved, Parul University, Vadodara,Gujarat.

\*Dr.Arun Vaidya, Professor, Dept. of Samhita Siddhanta; Parul Institute of Aurved, Parul University, Vadodara,Gujarat.

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### Abstract:

**Introduction**-The classical definition of the word AYU given by Acharya Charak is,' well combined form of Sharir-Mana-Indriya and Chaitanya (Atma). **Discussion**-Indriya is included within Mana and Atma is Nirvikara -means free from transformation like Roga- Arogya, Kshaya- vrudhhi etc. hence in living human being Sharir and Mana are basically considered as seat of Roga and Arogya (disease and health).Thus, both disease and health are considered in to two; 1) Sharirika(physiological)and 2) Manasika(psychological)<sup>1</sup>**Conclusion**- Both Sharir and Mana are inter reactive and inter dependant though Mana is superior to the Sharir.

**Keywords:** Sadvritta, Ritucharya, Dinacharya, Prevention.

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**Introduction:** Swasthya rakshana means maintenance and promotion to the health as well