IMPORTANCE OF ACHAR RASAYAN IN PRESENT ERA

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ABSTRACT

Achar rasayan is a special contribution of acharya Charak to the world of Ayurveda. This is a non-material rasayan, in which effect like Rasayan is created by following its rules and regulations. Physical, mental, spiritual and social health can be achieved to adopt this principle of achar rasayan. This is more relevant in present time than in ancient times.

Keywords: Achar Rasayan, physical and mental health, preventive and social medicine

INTRODUCTION

Acharya Charak has emphasized on preventive medicine rather than curative medicine to say “prayojanamchasyaswas-thasyaswasthyarakshanamaturasyavikar-prashamanam cha1” in CharakSamhita. For prevention of diseases, dincharya2, ritucharya3, adharniya vegas4, etc. have been described in Charak Samhita. Like that, Acharya Charak has described acharrasayan as preventive and social medicine. Term “acharrasayan” was given by AcharyaCharak and it has been explained by him in CharakSamhita. AcharyaVagbhat has not mentioned the term “acharrasayan” but he has explained some topics of acharrasayan in “rasayanvidhi” chapter. But acharyaSushrut has neither mentioned the term “acharrasayan” nor explained about its topics.

Achar means behavior and rasayan means killer of aging and diseasings, hence, acharrasayan means killing of aging and diseasings by behavior. Many rasayandrayas have been mentioned by acharyas i.e. Shankhpushpi, Shilajatu. Amalaki, etc. These are material rasayanas. But acharrasayan is a non-material rasayan which causes effect like rasayanby following some special behaviors and regulations. AcharyaCharak has described that rasayanas are dravyas which provide good tissues in our body5. AcharyaVagbhat has explained same definition of acharrasayan as acharya Charak6.

REVIEW

Achar-rasayan7 is a special contribution of Acharya Charak to the world of Ayurveda. The contents of acharrasayan are categorized as-

1. Psychological Aspects
2. Personal Aspects
3. Religious and Spiritual Aspects
4. Social and Behavioral Aspects

Satyavadi- to be honest, trustworthy
Akrodhi- to be calm and never be angry
Ahinsaka- to be non-violent
Anayasa- never be tired but be cheerful
Prashanta- to be calm, cool and quiet
Priyavadi- to speak pleasant and never speak rough
Japashauchparam- to practice incantation of holy hymns and to maintain purity
Dheer- to have patience
2. Personal Aspects
Samajagaranswapna- balance in the state of sleep and wakefulness
Deshkalapramanajnam- having proper knowledge of desh and kala
Yuktijnam- to be skilled
Jitammanam- to be self-controlled and non-yielding to sensory pleasures
Nityaksheeraghritashinam- to take milk and ghee regularly
Asankeernam- to take simple and planned diet
3. Religious and Spiritual Aspects
Dharmashastraparam- to be dutiful according to ethics
Adhyatmapravanendriyam- to be involved in spiritual works
Tapaswinam- to practice meditation and to be focused on the task
Dan-nityam- to do charity regularly
4. Social and behavioral aspects
Nivritammadyamaithunat- avoid alcohol and sex
Deva gaubramhanacharya guru vridharchaneratam- to be devoted to serving Gods, cows, bramhans, teachers, sages and elders
Anrishansyaparamnityam- to be non-violent always
Niyakarunavedi- to be merciful always
Anahankritam- to be ego free
Shastacharam- to behave well
Upasitaramvridhhanam- to serve elders
Astikanam- to have faith in God
Jitatmanam- to be self-controlled, non-yielding to sensory pleasures
It has been said in acharrasayan to speak sweet and truth. A patient should speak truly about his disease to the doctor so that the disease can be diagnosed easily and managed properly. A doctor should also speak truth about the condition of disease and the patient to the attendant. It has been said to be calm, not to be angry and have patience. If a person doesn’t do so then, dhi (wisdom), dhriti (patience) and smriti (memory) are destroyed leading prajnaparadh which vitiates doshas ultimately. Thus, these aspects of acharrasayan make us mentally strong and provide us high emotional quotient (EQ) which is more important than intelligence quotient (IQ). In physical aspect of acharrasayan, it has been said to sleep properly. Insomnia is a big problem among youngsters in this time which causes headache and hypertension.

To have knowledge of desh (place) and kaal (time) has been also mentioned in acharrasayan. To have knowledge of a particular place, we can get knowledge about nature of animals and plants of that place which can be used as medicine for the patients of that area. It is also essential to have knowledge of ahavihar (food & life style) of particular season and do & don’t in a special condition of disease. It is also essential to have knowledge of matra (dose) of ahar (food) and aushadhi (medicine). It has been said in acharrasayan to avoid sex and alcohol. Limited sex for progeny is essential but uncontrolled sex with multiple partners causes sexually transmitted infections (STIs) like AIDS, syphilis, hepatitis B, etc. Like that, limited use of alcohol is beneficial to health but its excessive use causes liver and kidney problems. Cow is an essential part of our culture. Efficacy of panchgavya (five products of cow i.e. milk, urine, dung, curd and ghee) is scientifically proved in many incurable diseases. We call her “gaumata” with
respect. It has been said in acharrasayan to serve cow. We should also serve and respect our teachers, sages and elders because they are honorable persons and it provides peace and happiness in the society. Social medicine has been explained here. Milk increases our immunity\(^8\) and ghee is the best sneha (fat)\(^9\) therefore, it has been said to take milk and ghee regularly. We shouldn’t eat frequently because it causes indigestion which leads to many diseases like kushth (skin problems)\(^{10}\). Personal medicine has been explained here.

**DISCUSSION**

Ayurveda emphasizes on prevention rather than cure and for this purpose Achar Rasayan has been described like other preventive health measures e.g. Ritucharya, Swasth writta, etc. Physical, mental, social and spiritual aspects of our life have been explained in Achar Rasayan providing a holistic approach to a person and thereafter, formation of a peaceful and developed society. Unlike dichotomous nature of modern medicine, Ayurveda always follows a holistic approach. Preventive and social medicine, which is presently known as community medicine is a specialized branch of modern medicine. WHO also emphasizes to promote this branch because, this is concerned with whole society, not just with a person. Utility of Achar Rasayan is increased in present society suffering from sex and violence, greed and anger, etc.

**CONCLUSION**

Thus, acharya Charak has explained in acharrasayan that what should be done and what should not be done for the betterment of a person and also the society. Here, ethics and regulations have been described for physical, mental, spiritual and social well being. Various aspects of our life have been explained here. Acharya Charak has emphasized on preventive medicine because he knew that prevention is better than cure. A vast physical, mental and financial damage can be controlled to do small investment on prevention. Greed, violence and envy have been increased in people in this time. Therefore, acharrasayan is relevant more in present time than in ancient times for a peaceful and happy society. Like yoga, acharrasayan should be propagated also in our society by various government and non-government organizations.

**REFERENCES**


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