

# APPROACH OF HINDI POETRIES FOR A SUSTAINABLE LIFE STYLE TOWARDS THE LASTING HAPPINESS WITH SPECIAL REFERENCE TO THE *SADVĀTTA* IN AYURVEDA

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Ayurveda is an ancient Indian medical system that guides human in maintaining a healthy mind and body. It has been described good conducts or ethical regimens for a balanced state of life as *Sadvātta*. If one follows these rules and regulations, it leads to a long and healthy life as well as wealth. Poetries are literary works in which special intensity is given to the expression of feelings and ideas by the use of distinctive style and rhythm. With the civilization of Indian culture since ancient era, Hindi poets adopted ethical regimens as topics for their poetries and gave a message to maintain a sustainable life. The objective of this literary study was to analyze the Hindi poetries that emphasize the ethical regimens and compare with *Sadvātta* mentioned in Ayurveda. Hindi poetries were taken for the study and compared the information with *Sadvātta* mentioned in Ayurveda *Vāddhatrai*. According to the information obtained from study, Hindi poetries related to medieval period (1375 – 1700 Century) and modern period (1900 Century – up to date) have been emphasized ethical regimens which are supporting for a sustainable life style towards the lasting happiness. When they compared with the *Sadvātta* in Ayurveda, they are mentioned under *Vyavahārika* (Habitual), *Mānasika* (Mental), *Sāmājika* (Social), *Dhārmika* (Moral) and *Vaiyaktika* (Personal) categories of *Sadvātta* since Vedic era. Ayurveda stands to protect the health of a healthy person as well as cure diseases and India as the originated place of Ayurveda, it is bonded with Indians. Poetries can speak to a person's mind smoothly. Hence, it might be the Hindi poets in medieval and modern periods wielded the ethical regimens mentioned in Ayurveda as their topics and given to the society for the betterment of sustainable life style towards the lasting happiness.

**Keywords:** Hindi, Poetries, Ayurveda, *Sadvātta*, Life