

***Sadvritta* to achieve goals of health- A Review**

Y. Sarangee G. Wimalasiri¹, Ven. Walapane Gnanasena Thero²

1. Senior Lecturer, Department of Swasthavritta, Institute of Indigenous Medicine, University of Colombo, Sri Lanka. sarangeewimal@yahoo.com

2. Senior Lecturer, Department of Sanskrit and Eastern Studies, Faculty of Humanities, University of Kelaniya, Sri Lanka. walapanegs@yahho.com

World health organization defines healthy individual as complete physical, mental & social well-being but it is not merely absence of disease or infirmity. In Ayurveda it describes physical, mental, spiritual & social well-being of a person. Human problems in present era are enormous. Self esteem, high expectations lead to competitive society. Without fulfilling the desires person may undergo with frustration, depression and many psychological problems, ends up with physically and mentally unsatisfied person. To cope up with these issues it is very important to build up a persons' mental status. Scenario of the mental hygiene is vastly explained in the Ayurveda context. Thus, Ayurveda answer the psychological problems in effective manner. To keep a good mental state there should be an ideal ethical way to be followed. It is explained as *sadvritta* in Ayurveda; A Code of conduct of life. It addresses to develop physical, mental, spiritual & social well-being aspects of a person. There are common day to day practices to enhance the health and controls individual's senses and desires. *Arogya* and *Indriya vijaya* are the two main objectives of *sadvritta*. It is a self reviewing process which helps to judge one's own personal living style and it awards individual's to develop his personality. The intelligent person take care of his own sense organs by avoiding of taking excessive, improper and non utilization of sense organs(*prajnaparada*), time (*kala*) and intelligent (*buddhi*). Those are the causative factors for physical as well as mental disorders. The main components of *sadvritta* are instructions for practices of preventing psychosomatic disturbances, practices regarding self control practices regarding; general ethics, taking diet and natural urges, study, relation with ladies and social relations and fire worship. These practices can be disseminated and implemented through *sadvritta* to achieve goals of Health.

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