

Exploring the Role of *Aachar Rasayana* in Enhancing Modern Lifestyle Through *Ayurveda*

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ABSTRACT

Background: *Aachar Rasayana*, an *Ayurvedic* concept, promotes health and longevity through ethical conduct and disciplined behaviour. It highlights virtues like truthfulness, compassion, and patience as integral to physical, mental, and spiritual well-being. *Acharya Charaka* introduced the concept of *Achara Rasayana* as a moral code aimed at promoting mental, physical, social, and spiritual well-being. When practiced regularly, it offers the benefits of *Rasayana* therapy without relying on medication, playing a vital role in preventing and managing psychosomatic disorders, behavioural challenges, and social issues.

Objectives: This article explores how the principles of *Aachar Rasayana* can be incorporated into daily life and evaluates their benefits on holistic health.

Methods: Classical *Ayurvedic* texts were reviewed alongside modern psychological studies to establish the practical application and relevance of *Aachar Rasayana* in contemporary lifestyles.

Results: Incorporating *Aachar Rasayana* in everyday routines improves stress management, emotional resilience, and interpersonal relationships.

Conclusion: *Aachar Rasayana* provides timeless guidance for achieving personal and societal harmony through ethical living.

Keywords: *Achar Rasayana*, *Ayurveda*, Health, Spiritual.

INTRODUCTION

Ayurveda, the science of life, adopts a unique holistic approach to treating patients. Its roots trace back to the Vedas, the foundation of all modern sciences. *Dhanurveda*, an *Upaveda* of the *Rigveda*, suggests that a healthy body leads to a sound mind, while yoga philosophy holds that a calm mind results in a healthy body. However, *Ayurveda* seeks to treat both the body and mind together. *Ayurveda* takes a distinctive approach to enhancing health and spirituality through rejuvenating therapies.¹

Rasayana Tantra, one of the eight branches of *Astanga Ayurveda*, focuses on maintaining and enhancing health.² It emphasizes activities that promote well-being, happiness, and positive emotions, which boost the production of *Oja*, the vital life essence. This approach, known as *Achara Rasayana*.

Achara Rasayana, a vital concept in *Ayurveda*, outlines codes of conduct for living a balanced and healthy life, making it a key aspect of preventive medicine. Its foundation lies in maintaining a healthy mind

with self-control. *Aachar Rasayana*, a unique aspect of *Ayurvedic* wisdom, emphasizes the importance of virtues and ethical conduct in achieving holistic health. Unlike herbal or pharmaceutical *Rasayana*, which rejuvenate the body, *Aachar Rasayana* addresses mental and spiritual rejuvenation through behavioural discipline. Rooted in the *Charaka Samhita Aachar Rasayana* outlines moral principles such as honesty, non-violence, compassion, and self-restraint. These principles resonate with modern psychological and social frameworks, offering a bridge between ancient wisdom and contemporary challenges. Its emphasis on ethical behaviour as a tool for health is especially relevant in today's fast-paced, stress-laden world.

Aims and Objectives

1. To analyse the Principles of *Aachar Rasayana* and their relevance in the Modern era.
2. To identify actionable ways to implement these Principles in daily life.
3. To evaluate their impact on holistic health and interpersonal harmony.

MATERIALS AND METHODS

1. **Sources:** Classical texts like *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya*.
Modern research on the psychological and physiological benefits of ethical living.

2. **Methods:** Review of *Ayurvedic* descriptions of *Aachar Rasayana* and their interpretations.

Correlation of *Ayurvedic* principles with evidence-based psychological studies.

DISCUSSION

Rasayana are categorized into two types: *Dravyabhoota* and *Adravyabhoota*.³ *Dravyabhoota rasayana* consist of medicinal substances that purify and nourish body tissues. In contrast, *Adravyabhoota rasayana* involve behavioural practices that act as *rejuvenators*. *Acharya Rasayana* falls under the *Adravyabhoota* category and strengthens both the inner and outer aspects of a person. It represents behaviours and practices that promote health, happiness, and longevity. More than just guiding proper conduct, *Acharya Rasayana* offers practical approaches, such as consuming *Sattvika* (pure) foods and engaging in meditation, to enhance one's capacity to adopt positive behaviours naturally. These practices also help prevent mistakes that may lead to ill-health or unhappiness.

The principles of *Acharya Rasayana* can be categorized into five key aspects:

- a. Positive Mental Conduct
- b. Healthy Social Conduct
- c. Proper Personal Conduct
- d. Ethical Moral Conduct
- e. Spiritual Religious Conduct

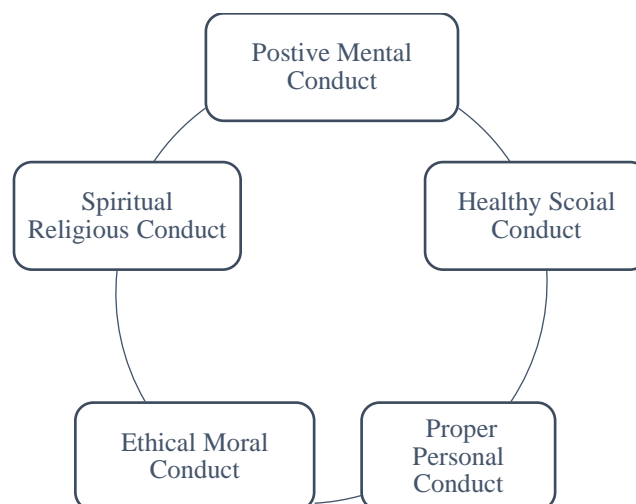


Figure 1: Key aspects of *Acharya Rasayana*.

GOOD MENTAL CONDUCT

• *Satyavadinam* (Speaking the Sweet Truth)⁴

In *Vaidika* literature, the phrase "*Satyam brooyat priyam brooyat*" emphasizes the importance of speaking the truth in a kind and pleasant manner. Truthfulness generates *Oja* the essence of vitality and bliss, while dishonesty produces *Ama*, or toxins that harm the body and mind. However, truth should always be conveyed in a way that does not hurt others. For instance, if a child has not washed their face properly, saying "Your face is dirty" might offend them. Instead, you could say, "Your face looks good, but it would look even better if you washed it thoroughly." Starting with encouragement makes suggestions for improvement more acceptable. The goal is to communicate truth without causing harm. At a deeper level, the concept of *Maya* (illusion) reminds us that worldly phenomena are transient and unreal (*Asat*), while ultimate truth lies in the eternal reality (*Brahmasatyam jaganmithya*). This awareness can guide individuals to express truth sincerely, aligning their thoughts, words, and deeds.

There are thirteen virtues associated with truthfulness:

- Truthfulness itself
- Equal vision
- Self-control
- Absence of envy
- Forgiveness
- Modesty
- Endurance
- Absence of jealousy
- Charity
- Thoughtfulness
- Unselfish philanthropy
- Self-possession
- Compassionate harmlessness

These qualities are achievable only through unselfishness and adherence to truth. Truth represents the strength to uphold positive principles. The eternal guideline is: "Speak the truth, but speak it pleasantly; do not speak an unpleasant truth or a pleasing falsehood."

When a person is firmly rooted in truth, other virtues naturally follow.

• *Akrodham* (Freedom from Anger)

Anger exists in everyone in a dormant state, like a small flame that can grow into a wildfire if fuelled by negativity. Practicing unconditional forgiveness is key to preventing this transformation and keeping anger under control. Forgiveness must also extend to oneself, as unresolved self-directed anger often reflects outwardly. Some individuals cling to anger, believing it is their natural right, but they should understand that anger harms the body and mind. It generates *Ama* and *Amavisha* (toxins) and depletes *Oja*, the essence of vitality. When one is angry, even nutritious food consumed in appropriate amounts cannot be properly digested, leading to the formation of *Ama* and associated disorders like *Alasaka* (severe indigestion) and *Visoochika* (gastrointestinal distress). This is illustrated in *Ayurveda*:

"Even wholesome food taken in moderation does not digest properly when the mind is disturbed by thoughts, sorrow, fear, anger, grief, or sleeplessness.⁵ By practicing forgiveness toward oneself and others, anger can be dissolved, allowing for physical and emotional balance.

Good Social Conduct

• *Anahamkrtam* (Freedom from Egoism):

Ego is a mental state where one believes they are the centre of everything. This mindset arises from *Moha* (delusion) and indicates an imbalanced mind. Letting go of ego allows one to receive blessings from the divine and wise individuals.

• *Upasitaram Vrddhanam* (Seek the Company of the Wise):⁶

Even with a disciplined lifestyle—eating *Sattvika* (pure) foods, meditating, and practicing *Achara Rasayana*—social pressures can lead to unhealthy habits, such as consuming alcohol or *Tamasika* (impure) foods. To stay committed, it's essential to surround yourself with wise, *Sattvika* friends

who share your values and support your journey in *Achara Rasayana*.

- ***Acharyaguruvrddharchaneram (Respect Elders and Teachers):***⁷

Elders and teachers offer invaluable wisdom through their life experiences, helping us bridge the gap between knowledge and practice. While knowledge can be gained from books, applying it in real life often requires guidance. For example, a teacher or elder can share how they practiced unconditional forgiveness and the outcomes they experienced. Respecting elders and teachers encourage them to freely share their advice and guidance, making them your best mentors in life.

Good Personal Conduct

- ***1. Param Dheeram (Practice Self-Control):***

Self-control helps to eliminate desires by fostering contentment with what is obtained through fate or divine grace. It brings peace, focus, serenity, and satisfaction.

- ***2. Ksheeragrtashinam Nityam (Consume Sattvika Foods like Milk and Ghee Regularly):***⁸

Sattvika foods, such as milk and ghee, are pure and easily transform into *Oja*. They support brain function and enhance mental coordination, including *Dhi*, *Dhrti*, and *Smriti* (learning, retention, and recall). A strong mind naturally controls the senses, promoting positive choices and behaviours. In contrast, *Tamasika* foods, like alcohol, garlic, onions, red meat, leftovers, and packaged foods, disrupt mind-body harmony, inhibit pure consciousness, and create mental darkness. To practice *Achara Rasayana*, *Tamasika* foods should be avoided.

- ***3. Adhyatma Achara and Samajagaranasvapnam Nityam (Meditate and Maintain Balance in Sleep and Wakefulness):***

Meditating twice daily opens the mind to pure consciousness, relieves stress, and

strengthens the intellect for healthier life choices. Coupled with proper sleep habits—rising before 6 a.m. and sleeping by 10 p.m.—meditation aligns the body and mind with natural rhythms, promoting clarity, alertness, and deep rest. Following an ayurvedic routine, including yoga, exercise, massage, and balanced meals, helps maintain physical and mental well-being, reducing behavioural issues.

- ***4. Shaucha (Cleanliness):***

Cleanliness encompasses both external and internal purity.

External Purity: Involves hygiene practices such as brushing teeth twice daily, cleansing the nose with saline water, tongue scraping, and bathing early in the morning to enhance meditation readiness.

Internal Purity: Refers to eliminating negative emotions like lust, anger, greed, and jealousy. This fosters serenity, cheerfulness, patience, and love, ultimately leading to a *Sattvika* mind through spiritual effort.

- ***5. Anayasam (Avoid Overstrain):***

Overstrain, as described in *Charaka Samhita*, occurs when one exceeds their capacity. It leads to stress, mental fatigue, and diseases such as *Rajayakshma* (tuberculosis). Avoiding overstrain preserves mental peace and physical health.

- ***6. Prashantam and Adhyatma-Pravanendriyam (Cultivate Tranquillity and Spiritual Temperament):***

A tranquil heart strengthens one's temperament, fostering spiritual growth and the development of virtuous qualities. Inner calmness lays the foundation for a spiritually fulfilling life.

Good Moral Conduct

- ***1. Asankeernam, Jitatmanam, and Tapasvinam (Possess Understanding, Practice Charity, and Pursue Spiritual Discipline):***

A pure, *Sattvika* mind is cultivated through consistent spiritual practices and adherence

to an *Ayurvedic* routine. Activities like massage, exercise, yoga, consuming the main meal at noon, and eating lightly at night promote positivity and balance in life.

2. Madyamaithunat Nivrttam (Abstinence from Alcohol and Sexual Activity):

Brahmacharya, the disciplined conduct aimed at liberation from the cycle of life and death, involves controlling thoughts, speech, and actions related to sexual activity. According to *Acharya Chakrapani*, *Brahmacharya* enables the transformation of sexual energy into *Ojas* shakti, a powerful energy stored in the brain. This energy enhances charisma, clarity, and influence, making practitioners spiritually and mentally strong. *Brahmacharya* is one of the three foundational pillars of physical and mental stability, as stated in *Ayurveda*.

3. Ahimsakam and Anrshamsyaparam (Non-Violence and Compassion):

Non-violence is fundamental to developing an *Attvika* nature and cosmic love. It involves refraining from harming others—humans, animals, or the environment—through thoughts, words, or actions. *Acharya Chakrapani* emphasizes that *Ahimsa* means being free from intentional harm. While certain professions may require harm (e.g., soldiers, fishermen), others are advised to avoid it entirely. Practicing non-violence ensures peace and harmony, as no one harbours enmity toward you.

Good Religious Conduct

1. Devarcane Ratam (Devotion to Holy Chants):

Listening to *Vedic* hymns, such as *Samaveda* chants, enhances coordination between the mind, senses, and heart. It aligns individual awareness with nature's laws, paving the way for a mistake-free and harmonious life.

2. Deshakalapramanajyam (Knowledge of Seasonal and Daily Routines):

Understanding and following *Dinacharya* (daily routine) and *Ritucharya* (seasonal routine) ensures physical and mental

stability. For instance, waking up early, about 96 minutes before sunrise, allows one to benefit from the pure elements of air, space, and earth, which nourish the body and mind.

3. Dharmashastraparam (Mastery of Vedic Knowledge):

The *Veda* contain eternal wisdom, offering guidance on attaining pure consciousness and living an enlightened life. They provide a roadmap to self-realization and liberation. Engaging in regular study of *Vedic* scriptures promotes intelligence, memory, and spiritual growth, guiding one toward enlightenment and inner peace.

CONCLUSION

Aachar Rasayana, a cornerstone of *Ayurvedic* philosophy, goes beyond physical health to offer a comprehensive approach to living a balanced and meaningful life. Rooted in ethical principles and positive behavioural practices, it emphasizes the importance of mental, emotional, and spiritual well-being alongside physical vitality. By incorporating virtues such as truthfulness, non-violence, humility, compassion, and self-discipline into daily life, *Aachar Rasayana*. *Rasayana* serves as a practical guide for achieving harmony within oneself and with the external environment.

In our modern, fast-paced lives, where stress, anxiety, and lifestyle disorders are increasingly common, the teachings of *Aachar Rasayana* remain highly relevant. Practices such as maintaining a positive attitude, showing respect to others, practicing mindfulness, and adhering to ethical conduct can help individuals cope with challenges, build emotional resilience, and foster stronger interpersonal relationships. These practices create a ripple effect, contributing to a more harmonious and cohesive society. Moreover, the principles of *Aachar Rasayana* are not limited to personal health but also extend to creating a sustainable lifestyle. By promoting balance, moderation, and alignment with nature's rhythms, these guidelines encourage environmentally

conscious living and spiritual growth. They remind us that true well-being is achieved when we integrate ethical behaviour, disciplined living, and holistic care into our everyday routine. Thus, *Aachar Rasayana* serves as a timeless blueprint for achieving optimal health and happiness.

By embracing these principles, we can cultivate a life filled with peace, purpose, and fulfilment, embodying the essence of *Ayurveda's* holistic approach to health and wellness.

Declaration by Authors

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