

# PERSONALITY ENRICHMENT THROUGH SADVRUTA PALANA OF AYURVEDA

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## ABSTRACT

Nowadays for the purpose of Vocational training, dealing with persons and recruiting individual in various field of occupation personality is assessed. Personality is an integrated organization of physical, emotional, intellectual, social, psychological and spiritual characteristics of an individual. Personality is formed in the process of social practice and being active it appears as a whole, in which cognition of environment is realized in unity with emotional experience.

Ayurveda focus on complete development of a person to achieve the excellence in every sphere of life. In Ayurveda we get innumerable references regarding personality development in the form of codes specified by Acharyas in *ethics* and *Achara Rasayana* indicating do's and don't in everyday practice i.e., dressing Sadvruta sense, personal, social behavior, psychological aspects, religious virtues etc. Sadvruta derived from two words – sad and vruta. Sad means god and vruta means regimen. So, Sadvruta means good regimen. Sadvruta refers to good personal and social behavior which gives hita ayu and sukha ayu. In Sadvruta various mental, social, physical, religious, occupational conducts are given which should be followed. By following the Sadvruta one can enrich his own personality as Sadvruta help in overall development of a human.

**Keywords:** Achara Rasayana, Sadvruta, Sukh Ayu, Hita Ayu.

## INTRODUCTION:

Personality word is derived from the Latin word "Persona" which means "mask" used by the actors to change their appearance.<sup>1</sup> Personality means an integrated organization of physical, emotional, intellectual, social, psychological and spiritual characteristics of an individual.<sup>2</sup> It develops during the process of socialization in a culture of a specific group or society. While Enrichment means enhancing the quality or the action of improving. So, Personality Enrichment is an ongoing process of enhancing the Quality or Personality.

Personality is that pattern of characteristic thoughts, feelings and behaviors that distinguishes one person from other and that persists over time. It is qualities

acquired by an individual, in object oriented activity and communication, characterizing his involvement in social relations. As personality is the sum of biologically based and learnt behavior which forms the person's unique responses to environment stimuli. Personality is the qualities that can be acquired and thus can be developed in any stage by the individual. Personality is determined from two ways in *Ayurveda*. Physiological and Psychological are the two angles used for determination of personality. Sattva, Rajas and Tamas are the basis of Psychological classification. According to the predominance of Sattva, Rajas and Tamas Guna of Mana are described as Sattvika type, Rajasika type and Tamasika type of Personality.

**Need of Personality Enrichment:**

Personality is a mirror of an individual. That's why Personality Enrichment can help to live life in better way. It builds confidence, helps to look life in a positive way, create positive energy within you, improves health, skills, decreases stress and makes your personality pleasing.<sup>3</sup> It helps to develop a positive attitude in life. An individual with negative attitude finds problem in every situation. It is essential not only for professional but also for personal lives. It helps to make an individual disciplined, punctual and an asset for his/her organization. As nowadays for the purpose of Vocational training, dealing with persons and recruiting individuals, personality is assessed.

**Aim:** Study the role of *Sadvruta Palana* in Personality Enrichment.

**Objective:** Study the review of *Sadvruta Palana* and its role in Enrichment of Personality.

**Material and Methods:** For this study *Ayurvedic* Literature is collected from classical text of *Ayurveda*. For Modern aspect various books and various websites were referred.

**REVIEW OF LITERATURE:****Modern Aspect:**

Personality Enrichment is considered to be a process that takes place and continues throughout the lives of the individuals. Personality Enrichment is required for a number of reasons, no individual is regarded to be perfect, there are strengths and weaknesses in all individuals. When a person recognizes his weaknesses and makes an attempt to improve them, then it can be stated to be beginning that leads to enrichment of one's personality.

**Steps to Enrich Personality:**

1. Includes activities that improve awareness and identity, develop talents, enhance quality of life.<sup>4</sup>
2. By developing leadership skills.
3. By polishing interpersonal skills.

4. Treating people with respect.
5. By developing communication skills.
6. Time management.
7. Be executive in dress.
8. Be an active listener.

Personality Enrichment includes knowing how to dress well, social grace, grooming, speech and interpersonal skills. Includes activities that develop talents, involve formal and informal activities that put people in role of leaders, guide, teacher Hence, it can be concluded that the process of improving or transforming the personality, is Personality Development or Personality Enrichment.

**SIGNIFICANCE OR IMPORTANCE OF PERSONALITY ENRICHMENT:**

Personality Enrichment is considered to be a process that takes place and continues throughout the lives of the individual.

Scope of Personality Development is quite broad. It does not mean being good looking, but it is about having pleasing personality.<sup>5</sup> Some of the key benefits of developing the personality include:

1. Confidence.
2. Interaction
3. Leading and motivating.
4. Communication Skills.

**Confidence:** Personality Development gives more confidence to people. When we feel that we are appropriately attired and groomed, it gives us less anxious and gives confidence.

**Interaction:** Personality Development encourages people to interact with others. It gives us confidence and people are attracted towards you help in interaction.

**Leading and Motivating:** It enhances the capacity to lead and motivates others. A person with winning personality will be able to motivate better.

**Communication:** It improves the communication skills. Verbal communication skills are also part of personality development.

Personality Development plays an important role in developing not only your outer but also inner self. An individual needs to have that magnetic power that attracts people towards him. It is essential for individuals to behave well with people around. Personality Development helps to gain recognition and acceptance from society as well as people around.

### Personality in Ayurveda:

Personality is determined from two ways in *Ayurveda*. Physiological and Psychological are the two angles used for determination of personality. *Sattva*, *Rajas* and *Tamas* are the basis of Psychological classification.<sup>6</sup> According to the predominance of *Sattva*, *Rajas* and *Tamas Guna* of *Mana* are described as *Sattvika* type, *Rajasika* type and *Tamasika* type of Personality. The pure is said as devoid of defects due to some beneficial factor whereas *Rajasika* and *Tamasika* may be viewed as partially defective due to presence factors of agitation and ignorance in them. The physiological classification on other hand can be determined, by 3 basic elements of body known as *Vata*, *Pitta* and *Kapha Sharirk Doshas* the predominance of 3 factors determines certain type of Personality. Physiological Personality of an Individuals can never be changed it remains same from birth to death, while psychological personality can be changed. In *Ayurveda*, we get innumerable references regarding Personality enrichment in the form of codes of conducts specified by *Acharayas* in *Sadavruta*(Ethics) and *Achara Rasayana* indicating do's and don't in everyday practice. The benefits of personality development according to *Sadavruta* is to attain two objectives that is *Aarogyaprapti*(healthy lifestyle) and *Indriya Vijaya*(self control)i.e., to become a healthy and well disciplined person

### *Sadavruta*(code of conduct):<sup>7</sup>

*Sadavruta* (code of conduct) is made up of two words *Sad* and *Vruta*, where *Sad* means good and *Vruta* means regimen. So, *Sadavruta* means good regimen.

*Sadavruta* refers to good personal and social behavior which gives *Hita Ayu* and *Sukha Ayu*. *Sadavruta* is also known *Sadachara*. *Ayurveda* focus on complete development of a person to achieve the excellence in every sphere of life and *Sadavruta* helps in overall development of an individual. It helps in gain health and control over mind as *Sadavruta* affects physical and mental aspects of an individual.

*Sadavruta* (Ethical Regimen) includes five code of conduct:

1. Good Personal Conduct (*Sharirika Sadvruta*)
2. Good Moral Conduct (*Vyavaharika Sadvruta*)
3. Good Mental Conduct (*Ethical Sadvruta*)
4. Good Social Conduct (*Samajika Sadvruta*)
5. Good Religious Conduct (*Dharmika Sadvruta*)

These various mental, physical, social, religious and occupational conducts are given in *Sadavruta* which should be followed by everyone. By following the *Sadavruta* one can enrich his/her personality as *Sadavruta* help in overall development of a human.

### *Sharirika Sadvruta*:

It includes *Dinacharya*(Day behavior or regimen to do at day and night time) and *Ritucharya* (Seasonal Regimen). It is the most important of all *Sadavruta* as it helps the individual to follow a healthy routine which helps to maintain health. *Acharya Charak* in *Sutra Sthana*, *Swastha Chatushka* has described the daily regimen and Seasonal regimen to be followed by an individual to stay healthy.

*Dinacaharya*: In order to keep the *tridoshas* and *Agni* in a state of healthy equilibrium, *Ayurveda* prescribes for each individual a specific daily routine.

- Have daily shower,
- Trim nails, hairs and mustaches at Every 15 days.
- Be dressed with clean and well fitted clothing.
- Avoid direct exposure to wind, smoke, dust, snow and cold wind.
- Maintain good hygiene.
- Avoid suppressing natural urges.

*Ritucharya*: Following the seasonal taste adjustments, dietetics and regime is beneficial in keeping seasonal and lifestyle disorders at bay.

- Maintain the regimen according to different seasons.
- Eat the food according to different season which is suitable.

*Vyavaharika Sadvruta*:

- *Dananyam* and *Tyaga* (observing charity and simplicity)
- Speak the truth.
- Sweet spoken
- Don't steal nor take others possession.

*Samajika Sadvruta*:

- Be calm and talk politely.
- Don't be jealous of others.
- Be optimist and positive
- Well behave with others and soft spoken.
- Respect others feeling
- Abstaining from liquor.
- Never insult person who are inferior to you
- Help the needy.

*Darmika Sadvruta*:

- Serve God and elders.
- Do not move disrespectfully at places of worship.
- Do not show disrespect to religious priests.

*Naitikka Sadvruta*:

- Don't show disrespect to others.
- Don't harm others even with words.
- Have a positive attitude.
- Help the poor, underprivileged people.

*Vyavsayika Sadvruta*:

- Make best use of time.
- Time management.
- Be enthusiastic.

- Never envy others progress.
- Support team work.
- Don't show superiority to those who are inferior to you.

## DISCUSSION

These rules (Code of Conduct) are very important in the prevention of diseases and promotion of health. It is regarded as one of the measure to prevent diseases. *Sadvruta* is more preventive in nature and as we all know 'Prevention is always better than cure.' These Code of Conducts are helpful for an individual in prevention of disease and as well as for enhancing the personality. The Personality can be enhanced by his personal and social conducts. *Ayurveda* discussed Code of Conducts under '*Sadvruta*.' *Sadvruta* can be classified as personal, psychological, social, emotional, religious and occupational conduct. These all conducts help in overall development of an Individual and help in developing the personality.

## CONCLUSION

Personality is an integrated organization of physical, emotional, intellectual, social, and psychological, spiritual characteristics of an individual. And as we all know *Sadvruta* is the code of conduct for all these physical, emotional, intellectual, psychological aspect which should be followed by one for enhancing their personality. So by following *Sadvruta* one can definitely boost up his personality. It gives the way to live ones lives. One can achieve everything by his positive attitude which is the requirement of today's world. *Sadvruta* gives the basic ethics to conduct lives. *Sadvruta* help in making a person's personality like the famous personalities and help in achieving all the goals of their lives.

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