

SADVRITTA & ASHTANGA YOGA AS A TOOL IN PERSONALITY DEVELOPMENT

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ABSTRACT

In this Era of First impression is last impression, a good personality is must to have. Personality is defined as the characteristic set of behaviours, cognitions and emotional patterns that evolve from biological and environmental factors. It is basically the reflection of an Individual's character. Ayurveda has mentioned Personality traits as Manas Prakritis which are present by birth in an individual. A Good and positive Personality is respected everywhere. Personality development is actually a way of living in a society and achieving success in all frames of life. In present time of competitiveness, stress and anxiety increases which leads to lack of confidence and results in increasing negativity and depression which spoils the health of a person. Ayurveda in its core has given a beautiful tool not only for personality development but also for taking care of health which is known as Sadvritta. These are the Ethical code of conducts one should follow in life to achieve Arogya and Indriyavijaya. Acharayas have mentioned various types of Sadvritta relating to personal hygiene, social attributes, occupational attributes, food consumption, religion, exercise etc. Ashtanga Yoga is another tool which helps in self control and brings up balance in mind and body. By practising Sadvritta modalities and Ashtanga Yoga one can not only just have a Good personality but also it brings upon the balance in Doshas, Agnis, Dhatu, Mala & happiness in Atma, Indriya and Manah.

Keywords: *Personality development, Ayurveda, Sadvritta, Ashtanga Yoga*

INTRODUCTION

Ayurveda is science of life and moreover it is a way of living in world. Each aspect of life is mentioned in its principles. when person is physically mentally socially intellectually emotionally then he shows/reflects a characteristics behaviour cognitive and emotional pattern which are evolved from biological & environmental factors. These comprises to be his/her personality. Ayurvedic Acharyas has mentioned Internal Personality traits as *Manas Prakriti* and External Personality traits as *Tridoshaja Prakriti*. And it has been mentioned by Acharyas that it is present in a human since birth because *Sharirika & Mansika doshas* are base of life. In present era those *Prakriti* are considered personality traits and are true

if related. Many personality traits questionnaire or tests, like Five Factor theory etc have some characteristics are their bases. Personality is something that one has by birth. It can be improved by following Ayurveda principles. There are so many environmental, emotional factors e.g. stress, depression, excessive competition, inferior complexity etc that affects a personality and makes a person feel unconfident and miserable leading to mental and physical health deterioration. In that cases or even when a person is healthy or can easily develop a good personality by following *Sadvritta & Ashtanga Yoga* in their lives.

OBJECTIVES

The Objective of this paper is to prove that ancient science have given 2 tools *Sadvritta & Ashtanga Yoga* for developing a Good Personality.

MATERIALS AND METHOD

This is Conceptual type of research paper. Ancient Literature of *Charak Samhita* and *Patanjal Yoga Sutra* is studied and analysed. Also other related *Ayurvedic & Yogic* texts have been analysed to bring up the study.

PERSONALITY DEVELOPMENT

Personality is defined as the characteristic set of behaviour, attitudes, cognitions and emotional pattern that evolve from biological and environmental factors. Personality development is an art of improving oneself at multidimensional levels like physical, mental, emotional, intellectual and spiritual. It is a way of self realisation and awareness of our own attributes. It is basically in a whole character building and health promoting technique. It is an equipment one can use to get knowledge of their potentials, talents etc and can make one's own identity in society. Also is helps in improving physical mental social health of a person. It makes a person more responsible towards their duties and makes them work efficiently and harmoniously with the society. It helps in enhancing Quality of Life. It grooms all the aspects or dimensions of life by which a person interacts with self and environment thereby making him or her more aware of the situations around and to react positively to them. In this era of first impression is last impression a good personality is must as it make a person more aware practical knowledgeable in every aspect of life. Also such person is respected and idealised by the society. It helps in proper interaction with the society which makes it an important point for social health improvement .

TOOLS OF PERSONALITY DEVELOPMENT

SADVRITTA

Sadvritta means to follow good code of conducts or behaviour. These are the rules and regulations for diet physical mental & social hygiene explained by *Acharya Charaka* very beautifully to attain 2 main objectives i.e. *Arogya* and *Indriya vijaya*. Following *Sadvritta* in a proper manner makes one an

Inspirational and attractive Personality which is calm, polite, happy, decisive and have a positive aura.

VYAKTIKA SADVRITTA

These are personal code of good conducts for mind and body purification. It is of two types.

Sharirika Sadvritta(Physical health related)

All the attributes related to *Dinacharya* , *Ritucharya*, *Adharania Vegas* comes under this. It contributes to External Personality improvement. One who keeps his body clean and performs all the principles of *Dinacharya* , *Ritucharaya* etc properly ends up having a fresh and disease free body. Also it enhances longevity strength stability lightness and endurance in body and makes it look beautiful, pleasing and attractive.

Mansika Sadvritta(Mental health related)

Avoidance of indulging in bad activities and losing control over senses and postponing of the essential works are prohibited as they cause mental instability and results in diseases. So one has to leave all this and take up the control over one's mind, speech and thoughts. It leads to *Indriyavijaya* and makes a person calm, happy, clear vision, logical thinker and improves in Internal Personality.

SAMAJIKA SADVRITTA

Socialising with everyone brings up a positive confidence in oneself. Initiating conversations and showing hospitality enhances the generosity in a person. Paying regards and respect to elders and younger equally makes a good agreeable, accepted and charming personality. It make a positive aura around and inspires everyone. Also one who avoids unnecessary verbal of physical fights and have a good company in respected everywhere. Basically its an all Rounder Personality.

ADHYATAMIKA SADVRITTA

It emphasises on to listen, think, understand and analyse any situation properly by inspecting all the details about it and then coming up to a logical decision. To be Normal in all kind of situations of achievements and sadness leads to peace of mind and enhances decision making power. Enhances target

orientation. It also focuses on the religious aspect of a person's view. As respecting every religion and following its path is also a way of enhancing positive intellects.

AHARA SAMBANDHITA SADVRITTA

One should follow *Ashta Ahara Vidhi Visheshayatana* so as to get a perfect balance of mind and body as it said that What we are is what we eat. *Satvika Ahara* leads to a *Satvika* personality.

ASHTANGA YOGA

It is a part of *Rajayoga* and *Hathayoga*. These both are part and parcel of each other. In modern era, for all round personality development *Ashtanga yoga* is very useful. As personality is a characteristic of behaviour cognition and emotional pattern it needs to be developed at multidimensional level. According to *Bhagwadgita* it is said that yoga is a state of balance between mind and body i.e. *Yoga samatwam uchyate*. According to *Patanjala Yoga Sutra* it is explained as *Yoga chittavritti nirodha* i.e. Cessation of mental modifications.

YAMA

Yama is divided into 5 parts which are : *Ahimsa, Satya, Asteya, Bhramacharya, Aparigraha*.

These are the ethical rules for self discipline and intellectual health. By following these in life one becomes self aware , calm and differentiates between right and wrong. *Ahimsa* means nonviolence. The one who doesn't indulge in physical or verbal fights conserves his energy and puts up in a creative work which enhances longevity and calmness in mind and body. *Satya* means to be truthful to everyone. Person becomes more trustworthy and reliable. Decisions made by one are firm and strong. Enhances sense of responsibility and acceptance of mistakes and finding a way to pacify them. They help in building up of a Positive Attitude. They contribute in development of Internal Personality.

NIYAMA

Niyama is divided into 5 parts: *Saucha, Santosh, Tapa, Swadhyaya, Ishwarpranidhana*.

These are the principles of personal , spiritual and emotional wellbeing. They make a person cleanse and heal from inside. They enhance positivity in life. *Saucha* means to cleanse the body and soul. and one who takes care of his/her body given by God remains healthy and look beautiful and confident to everyone contributing to the External Personality and cleanliness of soul makes a person rid off the negativity from life and one becomes open frank and agreeable to everyone. *Tapa* produces purity and positivity of body and mind. It makes a person to gain control over mind and senses and restricts them in involving in negative attributes. *Swadhyaya* means self knowledge. This makes a person self aware and realisation of his/her true self, talents, skills and ability and goals of life. These can also be achieved by Studying of Holy texts as they provide a way of living and salvation. *Ishwarpranidhana* is also a way of completely believing in God and it makes a person more down to Earth and have positive attitude and Positive personality which is respected all over.

ASANA

Stable and comfortable posture is *Asana*. It produces strength and lightness in body. It contributes in maintenance of physical health. It basically helps in controlling body and brings up a physically fit physique of a person contributing to a development of Good External Personality. It also reduces the risks of getting diseased and lazy thereby increasing endurance , strength and vitality.

PRANAYAMA

Technique of controlling breath is *Pranayama*. It not only cures diseases but also brings control over mind and thoughts, thus it contributes in maintenance of mental health and makes a person calm, think logically in every situation. It reduces the panic and provides a confidence to speak and express views in most appropriate way . It contributes in Intellectual development and enhances power of leadership thereby improving Personality.

PRATYAHARA

It is the act of self control means one can control his or her mind and body very well so no one can bribe out the person for illegal thoughts and things. Decisions made are firm and logical. A good strength

in understanding analysing and acting to any situation is achieved. Sense of responsibility is achieved and such a trustworthy personality is respected everywhere and it becomes a means of inspiration for others. Sense of satisfaction also arises in oneself.

DHARANA, DHYANA, SAMADHI

These are the part of *Antaranga Yoga* and are difficult to achieve. It takes a a lot of time and practise to achieves these goals . But when a person achieves them he/she becomes fully aware of self and truth of life and attains Salvation which is one of the goal of life according to *Ayurveda*.

CONCLUSION

Sadvritta and Ashtang yoga are in itself big regimens and we can conclude that they are the full proof multidimensional personality development tool given by our *Acharayas* since ages and they are applicable in present era very well. When they are followed by anyone they tends to make person`s life blissful as they improves the behaviours, cognitions, attitude, emotions and intellect of a person in the best possible way. They along with maintaining health builds up a Good Character of a person which is called a Good Personality