

Personality development in Ayurveda

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Personality is a mirror of an individual. Personality word is derived from the word persona (Roma) that was meant for wearing masks by actors on stage. In real life also a person changes so many masks in his life to perform various roles. But important is that how beautifully, perfectly and above all positively those roles are played on the theatre of life. This frames the personality of an individual. Personality development is aimed with the elimination of negativity and creation of positivity in a person. Ayurveda also focuses on the complete development of a person to achieve the excellence in every sphere of life. Not only theoretical knowledge of clinical principles but also implemented are the rules to define and well establish the ideology of a person in the perfect mode of his mental status, body language and well coordinated discipline with the laws of nature. 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'ts in every day practice i.e., dressing Sadvritta sense, mannerism, personal hygiene and behavior, social hygiene and behavior, behavior with females, psychological aspects, religious virtues, etc. Acharya have emphasized on specific coding for every role we act in our life as a human, as a scholar, teacher, physician and many more. The benefits of personality development according to Sadvritta is to attain to objectives that is Arogyaprapti (healthy life style) and Indriya vijaya (self control) i.e., to become a healthy and well disciplined person. Detailed description will be discussed in full paper.

Biography

Shreeram Kumawat has completed his B.A.M.S. graduation from D.S.R. Rajasthan Ayurveda University, Jodhpur (Rajasthan). He is M.D. (Samhita) scholar in Department of Maulika Siddhanta and Samhita, National Institute of Ayurveda, Jaipur.

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