

AYURVEDIC BEHAVIORAL REJUVENATION PROGRAM* (ABRP)

According to Ayurveda, the science of life, people who want to enjoy long life is to follow Ayurvedic Behavioral Rejuvenation Program (ABRP), also called as *Achara Rasayana*, which explains the code and ethics of moral behavior. According to Charaka, the ancient authority on Ayurveda, one who follows very optimistically all codes of conduct, need not take other rejuvenation therapies and those who take other rejuvenation therapies without following this code of conduct, do not receive the optimum results.

This is a list of traditional Ayurvedic behavioral rejuvenation programs that help create a harmonizing effect in the physiology and increase the production of Ojas. Ojas is the ultimate refined result of digestion, metabolism, absorption and assimilation. The substance that connects the mind to the body and consciousness, it is a wholesome biochemical substance that nourishes all body tissues and has a direct influence on the nature and quality of physical, mental and emotional life. Ayurvedic behavioral rejuvenation programs are inherently meant to amplify Ojas, and therefore to strengthen the immune system. The more Ojas your body products, the greater your health, immunity from disease, and happiness.

Review this list on a regular basis to keep the points lively in your awareness. Do not strain to remember or follow these points.

1. Always try to speak the truth.
2. Do not be get angry.
3. Do not worry too much.
4. Avoid misuse alcoholic drinks.
5. Observe celibacy and the sexual act according to the code.
6. Observe non-violence.
7. Avoid overexertion.
8. Be calm and peaceful in mind.
9. Do not hurt others with your speech.
10. Do not become back stabber.
11. Avoid discussing badly about others in their absence.
12. Speak pleasantly.
13. Clean the body by bathing and regular washing.
14. Be courageous and do not lose patience in any situation.
15. Donate always to others.
16. Follow religious and virtuous acts according to your own beliefs.
17. Respect and serve your teachers, priests, sages, elders, master, saints, all non-wild animals, and who serve your religion and God.
18. Do not be cruel to anyone.
19. Be merciful to all who are in need of your help.
20. Maintain balance in waking and sleeping in the night. Do not stay awake long in the night and do not sleep in the daytime.
21. Take milk and clarified butter (ghee) in moderation in your diet.
22. Be a knower of place, time and measures of activities.
23. Live according plan and understand of planning; always do everything according to a plan. It is saying that "failing to plan is preparing to fail" in your life.
24. Avoid super egotism and try to mix with other.
25. Maintain good behavior established by the great sages and saints of society.
26. Do not be mean-spirited; be generous and sharing.
27. Engage yourself all the time in achievement of pure consciousness.
28. Respect and serve the people who have conquered their sense.
29. Keep yourself busy in religious activities.
30. Frequently seek to study, read, understand, know new science, advances, research and philosophies and utilize them for the benefit of all human beings.

** These recommendations are not intended for use in the diagnosis, treatment, prevention or cure of any disease.*