



IMPACT OF IMBALANCED ECOSYSTEM ON 'HEALTH' DUE TO VARIOUS POLLUTION'S W.S.R. TO AYURVEDA

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ABSTRACT

Now a days it is observed that, ecosystem is disturbed by various polluting agent. The much more amount of land is taken for human benefit leads to constant plant or trees cutting, developing & redeveloping the industrial area for procuring various products & by products etc leads to very harmful effect over the ecosystem.

PUBLIC HEALTH: "Health is defined as; it is a complete physical, mental, spiritual & social well being; not merely the absence of disease". Public health is the science or art that preventing health, promoting the longevity of every individual, as large as society. For this purpose different effort has to taken by various people like society, organizations, public communities, different health sectors as well as at individual level also. It is concern with solution of different problems which as small as; that could be solved at the individual level as well as may be as large as that has solve at the by some campaign i.e. epidemic, pandemic etc.

AYURVEDA: Ayurveda is the ancient science, it could be the origin of all sciences, the present prospect has been explained, i.e. the pollution has explained by charaka, in charaka vimana third chapter; there he explained entire thing related to the pollution of Ecosystem & also explain how to overcome over this problem.

KEYWORDS : Public health, Ayurveda, Pollutions, Epidemics, Ecosystem etc.

INTRODUCTION:

"Health is defined as; it is a complete physical, mental, spiritual & social well being; not merely the absence of disease". Public health is the science or art that preventing health, promoting the longevity of every individual, as large as society. For this purpose different effort has to taken by various people like society, organizations, public communities, different health sectors as well as at individual level also.

Public health also achieved by different activities; from vaccination by any health centre to individual level like to promote for hand wash habits to all. Other activities are like; distribution of condom which prevent STD's, promoting for breast feeding which could be prevent malnutrition in child.

EPIDEMIC IN AYURVEDA:

Epidemic in is explained by acharya charaka in *Vimansthana* lesion No. 3 '*janapadoudhvansaniya adhyaya*' while explaining this, Agnivesha submitted to lord atreya 'O' lord, drug will soon be collected, preserved & administered properly, but how is it that, people having dissimilar nature, diet, physical strength, homologation mental faculties & age, simultaneously get afflicted by the same epidemic disease.

FACTOR RESPONSIBLE FOR EPIDEMICS

Even though there is dissimilarity in physical constitution of human being still there such factors as are common to all individuals & vitiation of these factors leads to the simultaneous manifestation of diseases having the same set of symptoms leading to destruction of countries

Factors which are common for all that inhabitants of a country are Vayu (Air), Jala (Water), Desha (Land) & Kaala (Time period or Seasons).

CHARACTERISTIC OF POLLUTED VAYU (AIR):

Air having following characteristics is injurious to health

- Absence of characteristics feature in conformity with season
- Excessive calmness or violent blow
- Excessive dryness, cold, heat, roughness, or humidity
- Excessive clashes among each other (wind blowing from one direction clashing with the one coming from the other direction)
- Excessively cyclonic in nature &
- Air association with unwholesome smell, gases, sand ashes, & smoke.

CHARACTERISTICS OF POLLUTED JALA (WATER):

Water having following characteristics is considered to be devoid of its normal attributes;

- Excessive abnormality in smell, colour, taste, & touch
- Excessive stickiness
- Absence of birds that move in water
- Reduction in number of aquatic animal

CHARACTERISTICS OF POLLUTED DESHA (LAND)

Land having following characteristics is considered to be harmful;

- Abnormality in natural colour, smell, taste, & touch.
- Excessive stickiness.
- Abundance of serpents, wild animals, mosquitoes, locusts, flies, rats, owls, vultures & jackals.
- Having jungle of grass & weeds.
- Abundance of excessively branched creeping.
- Land having a novel look.
- Land with withered, dried or destroyed crops.
- Presence of wild cries of birds & dogs.
- Be wilderment & painful disposition of various types of animals & birds.
- Perversion or absence of religion, truth, modesty, manners, conducts & other qualities of the inhabitants of the land.
- Constant agitation & overflow of water reservoirs.
- Frequent occurrence of meteorites, thunderbolts, & earth quakes.
- Fierce look & cries in nature.
- Appearance of roughness & coperty reddish & white colour in sun, moon, & stars frequently, their appearance as if they are covered with net of clouds.
- Appearance of atmosphere as if there is confusion, excitement, apprehension, lamentation & darkness.
- Presence of excessive crying noise as if the country is seized by demons.

CHARACTERISTICS OF POLLUTED KAALA (TIME PERIOD OR SEASON)

- Manifestation of characteristic features contrary to the normal conditions of various seasons is considered to be harmful.

The above mentioned four factors along with their respective characteristic features of vitiation are combined by wise to be responsible for the destruction of countries by epidemic diseases.

When these factors are associated with features contrary to what is mentioned in respect to each of them in the above, they are useful for human being.

Even during the impairment of these factors responsible for the destruction of countries by epidemics, one need not be afraid of disease, if he is assured for proper medicaments for administration.

LINE OF TREATMENT FOR EPIDEMIC DISEASES:

Line of treatment of epidemics is explained by Acharya Charaka in ch.vi. 3/12-18, One does not suffer from diseases, even while all these four vitiated factors ending with seasons are at work if he is administered medicaments properly Those who are not having identical actions during the previous life & those who are not destined to die during the epidemics, for there cure;

- Five elimination therapies (Emesis, Purgation, Niruha,

- Anuvasanam, Errhines) are best.
- They should be properly administered rejuvenation therapy.
 - Physical health should be maintained with such drugs as collected before the onset of epidemics.
 - Truthfulness, Compassion for living beings, Charity, Sacrifices, Prayer to the god.
 - Adaptation of preventive measures.
 - Tranquility & protection of self by mantras.
 - Search for the things as are good for self.
 - Residence in auspicious locations.
 - Observance of brahmacharya & service to those observing brahmacharya.
 - Discussion of religious scriptures, great sages & those who have self control & constant association with religious, satvika & learned persons.

These are the therapies which if adopted during the epidemic could be easily save the lives of individuals.

SADVRUTTA(GOOD OF CONDUCT):

*"Aardrasantaanataa tyagah kaayavaakchettasaam damah
Swaarthabuddhiih parartheshu paryaptamiti sadvratam" -A Hr Su
2/47*

*"Sukharthah sarvabhootanam mataah sarvaah pravrutayah
Sukham cha na veenaah dharmaat tasmaddharmaparo bhavet" -A.Hr
Su 2/21*

It is opined (by all) that the entire activities of all organisms are aimed at comfort. However, there is no comfort without dharma (virtue) & hence, everybody should be virtuous. Good friends shall be honoured & others abhorred.

TEN SINS THAT SHOULD NOT BE COMMITTED

Hinsa (violence), steya (theft), anyathakama (infidelity), paisunya (tale-bearing/calumny), parusha (abusal/being rude), anruta (speaking untruth/lying), sambhinnalaapa (uttering rubbish), vyaapaada (tendency to harm), abhidhya (longing for other's belonging), & drugviparyaya (atheism).

One should lend as much help as possible to poor, the sick & mentally distressed, should always have empathy & oneness even towards small creatures like worms & ants. God is to be worshipped. Scholars, physician, old ones, rulers, & the guests should be honoured. Cows should be adored as they are considered as sacred.

*"Napidayedeendriyaani na chaitanyateelaalayet
Trivargashyoonyam naarambham bhajettam chaaveerodhayam" -A
Hr Su 2/30*

Never induce much strain over the senses nor let them remain inert. Never adopt deeds that fall short of the three objects of worldly existence Dahram (virtue), Artha (wealth), & Kama (desire), that too, only with mutual reciprocity.

Conclusion:

- Knowledge or awareness over imbalanced ecosystem by various pollutions could be achieved among people by giving correct knowledge of ancient medicine like Ayurveda.
- Main reason for the imbalance of ecosystem due to pollution is Adharma (non virtuous) i.e. not following the rules & regulation said by ancestors.
- The best management mentioned for it, to adopt the Sadvratu (good conduct), to avoid ten sinful act. Particular diseased condition due to specific types of pollution could be managed by adopting medical application.
- It could be more evaluated by conducting more research & documentation on it.

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