



HOW THE RATE OF INTAKE OF PILLS COULD BE FALL DOWN?

Ayurveda

Dr Arvind Paikrao MD (Ayu), Associate Professor, Kriyasharir Dept, GJPIASR, Anand-388121.

ABSTRACT

The people are already very much undergoing of allopathic medicine due to different disorders across the Globe. One of the major health issues is metabolic disorder where the rate of consumptions of pills is more. This burden of consumption allopathic medicine is again increased much more during current scenario which is occurred by COVID-19.

By consuming many allopathic medicine, there is lots of burden which is not only it hamper the health of particular person who is consuming it, but also it is hampering over or as the burden on modern health system, i.e. there is very horrible situation is happening in the current scenario due to COVID-19 crisis.

As Ayurveda is the ancient science & also known as the science of the life. Ayurveda does not only tell about the how, one can cure the diseases it also tells about how someone can be leave healthy without diseases. i.e. the objectives of the Ayurveda are as, "*swasthasya swasthy rakshanam, & aturasya roga prashamanam cha*".

So, Ayurveda could be helpful over this worst situation (low down the rate of consumptions of pills)? How it can be? It will be explored over here. In other word, Ayurveda, could be very effectively, low down the consumption of pills (i.e. modern medicine). There are many solutions over this problem, such as by eating healthy food, avoiding the junk food, following the dincharya (daily routine), rutucharya (following seasonal regimine), seasonal purification, taking mental care etc & many more.

The "*swasthasya swasthy rakshanam*" to prove this principle fruitful one should be aware of, what type of food are they taking? What is the required quantity? What is the correct time to take? After meal what should we take?

In other word eating healthy food & avoiding junk food will be explored over here.

KEYWORDS

Burden of consumption of pills (modern medicine), Eating right things (food), avoiding the junk food, avoid incompatible food items, Ayurveda as solution for low down rate consumption of pills etc.

INTRODUCTION :-

The people are already very much undergoing of allopathic medicine due to different disorders across the Globe. One of the major health issues is metabolic disorder where the rate of consumptions of pills is more. This burden of consumption allopathic medicine is again increased much more during current scenario which is occurred by COVID-19.

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As Ayurveda is the ancient science & also known as the science of the life. Ayurveda does not only tells about the how, one can cure the diseases it also tells about how someone can be leave healthy without diseases. i.e. the objectives of the Ayurveda are as, "*swasthasya swasthy rakshanam, & aturasya roga prashamanam cha*".

WHAT IS HEALTH? "AS PER AYURVEDA":-

Wagbhata says about health, so health is defined as pleasant sensation in body & mind i.e. *sukha sanghyakam aarogyam*.

The health definition is explained by Acharya Sushruta in sutrasthana 15/41;

"*samadosha sama agnisch sama dhaatu malah kriyah, prasanna aatmendriyah manah swastha iti abhidhiyate*"

It means the equilibrium or homeostasis of not only three doshas, appropriate functioning of digestive fire, appropriate functioning seven dhaatus & three malas, but also there must be pleasant sensation in mental factors like happiness in soul, five sense faculties.

WORLD HEALTH ORGANIZATION'S DEFINITION:-

"Health is a state of complete physical, mental and social well being and it not merely an absence of disease or infirmity".

The world definition of health has been criticized as being too broad. Some argue that health cannot be defined as a state at all but must be seen as a process of continuous adjustment to the changing demands of living and of the changing meanings we give to life. It is dynamic concept, it helps people live well, work well and enjoy themselves.

WHAT ARE THE FOOD ITEMS TO BE CONSUMED ON THE DAILY BASIS?

Shali (rice), Godhuma (wheat), Yava – Barley – *Hordeum vulgare*, Shashtika (rice maturing in sixty days), Jangala (meat of animals of desert like lands), Sunisannaka, Jivanti – *Leptadenia reticulata*, Balamulaka (young radish), Pathya (Haritaki), Amalaka (Amla – Indian gooseberry), Mridwika – dry grapes, Mudga – green gram, Sarkara (sugar), Ghrita (ghee), Divyodaka (rain water or pure water), Ksheera (milk), Kshoudra (honey), Dadima – Pomegranate - *Punica granatum*, Saindhava – Rock Salt (salt) can be consumed habitually.

WHAT ARE THE FOOD ITEMS TO NOT BE CONSUMED ON THE DAILY BASIS?

Kilata (dairy product – sweet in taste), Dadhi – Curds, Kurchika (solid part of curds), Kshara (alkalies), Sukta (fermented gruel), Ama Mulaka – Uncooked radish, Masha (black gram), Nishpava (type of legumen); Saluka (it is type of fruit which vitiate the all dosha), Bisa (produced from lotus), Pista (powdery, starchy), Germinated grains, Dried vegetables, Yavaka (small barley), Phanita (half cooked molasses), Meat of animals which are emaciated, Dry meat (flesh which is dried purposefully), Meat of boar, Meat of sheep, Meat of cow, Meat of fish, Meat of buffalo, Those should not be consumed habitually.

Sr. No.	Categories of food items (General Class of Food)	Most wholesome food items (Best one)	Most unwholesome food items (Best one)
01	Paddy having bristles	Red shali (Oryza sativa)	Yavaka (hordeum vulgare)
02	Pulses	Mudga (Phaseolus mungo)	Māsa (Phaseolus radiatus)
03	Various Types of drinking water	Rain water collected before fall on the earth	River water in rainy season
04	Salts	Saindhava (Rock salts)	U ara (salt prepared from saline soil)
05	Pot herbs	Jivanti (Leptadenia reticulata)	Mustard
06	Meat of Animals	E a (antelope)	Beef
07	Meat of birds	Lava (common quail)	Young dove
08	Meats Animals (leaving in hole)	Godha (inguana)	Frog
09	Fish	Rohita (Type of Fish)	Chilchim (type of fish)
10	Ghee	Cow's ghee	Sheep's Ghee
11	Milk	Cow's Milk	Sheep's milk

12	Vegetable fat	Til Tailam (sesame oil)	Kusumbha oil (Canthamus tinctorius)
13	Fat of marshy animals	Lard	Fat of buffalo
14	Fish fat	Fat of chuluki (Gangatic dolphin)	Fat of kumbhir (Crocodile)
15	Fat of aquatic birds	Fat of pakaha sa (white swan)	Kakamadgu (water foul)
16	Fats of gallinaceous types of birds	Fat of hen	Fat of chataka (sparrow)
17	Fats of branch eating animals	Fat of goat	Fat of elephant
18	Rhizomes & roots	Ginger	Nikucha (Atrocarpus nikucha)
19	Fruits	Grapes	Āluka
20	Preparation of sugar cane	Sarkarā (sugar)	Phāita (treacle)

AVOID THE INCOMPATIBLE FOOD ITEMS?

Drugs & diets which are at variance with, place, time, power of digestion, dosage, habit, state of doṣa, mode of preparation, potency, bowel, state of health, order, proscriptions & prescriptions, cooking, combination, palatability, richness of quality & rules of eating are all unwholesome.

- Incompatible with Place:** - Intake of dry & sharp substance in deserts; unctuous & cold substances in marshy land.
- Incompatible with Time:** - Intake of cold & dry substance in winter; pungent & hot substance in the summer.
- Incompatible with Power of digestion:** - Intake of heavy food when the power of digestion is mild (mandāgni); intake of light food when the power of digestion is sharp (tikshnāgni), similarly intake of food at variance with irregular & normal power of digestion come under this category.
- Incompatible with Dosage:** - intake of honey & ghee in equal quantity.
- Incompatible with Habit:** - Intake of sweet & cold substances by persons accustomed to pungent & hot substance.
- Incompatible with Doṣa:** - Utilization of drugs, diets & regimen having similar qualities of doṣas but variance with the habit of the individual.
- Incompatible with Mode of preparation:** - Drugs & diets which when prepared in a particular way produce poisonous effects, for example meat of peacock roasted on castor spit.
- Incompatible with Potency:** - Substance which having cold potency in combination with those of hot potency.
- Incompatible with Bowel:** - Administration of mild purgative in small dose for a person of costive bowel & administration of strong purgative in strong dose for a person having lax bowel.
- Incompatible with State of Health:** - Intake of vāta aggravating food by a person after exhaustion, sexual act & physical exercise or intake kapha aggravating food by a person after sleep or drowsiness.
- Incompatible with Order:** - If a person takes food before his bowel & urinary bladder are clear (empty) or when he does not have appetite or after his hunger is aggravated.
- Incompatible with Proscription & Prescription:** - Intake of hot things after taking pork etc., & cold things after taking ghee.
- Incompatible with Cooking:** - preparation of food etc., with bad or rotten fuel & undercooking, overcooking or burning during the process of preparation.
- Incompatible Combination:** - Intake of sour substance with milk.
- Incompatible with Palatability:** - Any substance which is not pleasant in taste.
- Incompatible with Richness of Quality:** - Intake of substance that are not matured, over matured or putrefied.
- Incompatible with Rules of Eating:** - Taking meal in public or at very unhygienic place, with inappropriate hygiene.

DISCUSSION:-

The people are already very much undergoing of allopathic medicine due to different disorders across the Globe. One of the major health issues is metabolic disorder where the rate of consumptions of pills is more. This burden of consumption allopathic medicine is again increased much more during current scenario which is occurred by COVID-19.

By consuming many allopathic medicine, there is lots of burden which is not only it hamper the health of particular person who is consuming it, but also it is hampering over or as a burden on modern health system, i.e. there is very horrible situation is happening in the current scenario due to COVID-19 crisis.

Actually, the consuming food will be making much big difference in our health. The lots of changes or health issues could occur when someone is habituate with the faulty food habits. So, that must be corrected. There are many solutions to slow down the rate of consumption of pills (modern medicine) in Ayurveda, one of the solution is to intake appropriate food items.

So, this topic is compiled with what is health? ("As per Ayurveda"). World health organization's definition, What are the food items to be consumed on the daily basis? What are the food items to not be consumed on the daily basis? Avoid the incompatible food items?

Someone must consume what food items which has been told eat on daily basis, what not told eat on the daily basis, for example someone is consuming the food items which are deep fried on daily basis. There must be health issue. Similar example is that someone is taking flesh of buffalo or flesh of cow, or flesh of bear (big) on daily basis, even it is not told eat on daily basis; then there will be health issue definitely.

In similar way they have explained the incompatible food items such not habituate with, for example Ghee & Honey are poisonous when they consume in equal amount, causes poisonous effect on body.

All with example, it is not possible to explore over here, because it article limitations.

So, someone must be take food items by taking advantage & disadvantage of these thing, which could really going to slow down the rate of consumption of pills (modern medicine), because it will maintain someone health, in healthy state, does not cause for illness frequently.

CONCLUSION:-

- Someone must consume what food items which has been told eat on daily basis, what not told eat on the daily basis, for example someone is consuming the food items which are deep fried on daily basis. There must be health issue. Similar example is that someone is taking flesh of buffalo or flesh of cow, or flesh of bear (big) on daily basis, even it is not told eat on daily basis; then there will be health issue definitely.
- It helps to make globalization about Ayurveda, it must be reach every corner of the globe causes for awareness among the people; people eventually save their life from unhealthy healthy state of life which may cause due to unhealthy food habits.
- Someone must be take food items by taking advantage & disadvantage of these thing, which could really going to slow down the rate of consumption of pills (modern medicine), because it will maintain someone health, in healthy state, does not cause for illness frequently.
- The consuming food will be making much big difference in our health. The lots of changes or health issues could occur when someone is habituate with the faulty food habits. So, that must be corrected. There are many solutions to slow down the rate of consumption of pills (modern medicine) in Ayurveda, one of the solution is to intake appropriate food items.

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