



Exploring Aurveda classics to overcome pollution and contamination of ecosystem

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Abstract

When we talked about ecosystem, we recall it as a formation of a surrounding made by a certain type of community that consists of both living and non-living elements that are independent on each other. With the latest technologies and globalization, humans have tremendously achieved a lot of growth and success in almost all aspects in life but at the same time, humans have invited a number of diseases and disorders in the Lifestyle that was not present in the past. We belong to this ecosystem have some responsibilities and one of the major responsibilities is that it must be maintained well with how many and the whole will start reciprocating in beneficial ways for us.

This type of approach regarding management is mentioned in the contexts of Ayurveda prince very long. This problem requires a lot of attention and should be settled with sincerity at the earliest. The ecosystem management recommends that rather than managing and organizing the biotic elements in the ecosystem, it is important that all the natural resources must be protected and managed at their utmost level. Most important waste elements are held for degrading the ecosystem wire water, and the land pollution itself. Overall that is made by all the three factors listed above are held responsible for the changing climate conditions. These changing climatic conditions influence human health in one or the other way. The Ayurvedic science prioritizes the prevention and disease management humans. These studies have been already mentioned in the contacts of Ayurveda under the section Janpadodhwansa- the calamities that distribute the social and surroundings' harmony. The disturbance in the biological clock has also been mentioned in the Ayurvedic books as the impact of Kala or Ritu under the section Janpadodhwansa.

Keywords: ecosystem, ayurveda, charaka samhita, janpadodhwansa

Introduction

Wastes or the disposal are the objects or substances that are supposed to be discarded or this post by purpose and or needed to be intentionally disposed of through abiding to certain types of national laws.

When the waste is not discarded properly, it causes serious health conditions on both healthy statuses living as well as the middle class or lower class living being ^[1]. When you come across wastes, there are all types of waste substances that will be found everywhere and almost all the substances are hazardous to human health if they are not discarded in a proper manner.

Amount of waste and pollution share comes from the industrial sector, biomedical industries, plastic industries and the electrical devices, etc. This is one of the most important reasons why most of the countries in the recent times have postulated tough regulations and loss for adequate collection, reuse, and storage, disposal all types of dry and wet waste products. According to the European Union directive on waste management, waste management should mean "the collection, transport, recovery and disposal of waste, including the supervision of such operations and aftercare of disposal sites" ^[2].

But, according to the new perspective for waste management, the system includes- 'Reduce, Reuse and Recycle of waste'

A. Objectives of Study

Discover the classics of Ayurveda to the society, one need to

understand about pollution and the contamination that affects the ecosystem in brief.

B. Methodology

The implement of the ecosystem is highly mentioned in the classics of Ayurveda under the section janadodhwansa in the chapter Charaka Samhita.

1. Using this subject can provide us the completely natural way to fight the impairment caused in the ecosystem and also decrease the level instead of using any type of synthetic or time-consuming or expensive techniques.
2. There is a need to discover basics of Ayurvedic principal regarding the modern society
3. Using the simple and resized methods for all types of waste management is a must.

What ayurveda has for the human fraternity and ecosystem

Ayurveda is considered as a sign that clearly has a Moto to maintain the health status of human race and prevent as well as manage the diseased ones viz Swasthya rakshanam vikaara prashamanam ^[3]. This is the reason why the healthy status of the ecosystem and the biotic elements are considered as the two sides of the same coin. It also States that the humans completely nothing but minor part of the wide universe. The universe ecosystem is completely made up of the biotic and abiotic components specifically. These are the four factors that are held responsible for the ecosystem and its contamination

which eventually results in the human health as well as the health of the biotic components of the universe. When we talked about Ayurveda, the Muni Rishis and the Acharyas have clearly mentioned about the four essential factors that are endangered and are on the list to be contaminated eventually. The four factors include: Air, water, land, and season adulteration and contamination of these 4 above mentioned fact show the definite characteristics that can be managed at the initial stages ^[4]. The features of the four factors namely air, water, land, and season according to Ayurveda include:

A. Air

1. Adequate dry, hot, cold, rough, humidity.
2. Adequate calm and violent flow.
3. Along with unpleasant smell, gases, sand, smoke, and dust particles
4. Adequate cyclonic conditions in nature.

B. Water

1. Adulterated and sticky.
2. Excess amount of unpleasant smell, colour, touch, and taste.
3. Absence of proper Aquatic ecosystem.
4. Abnormal taste.

C. Land

1. Abnormality of smell, color, and touch.
2. Adulteration and abnormality of the nutrients those are important for cultivation.
3. Excess amount of unwanted plant Habitat such as grass weeds, etc.
4. Excess amount of dryness, dampness, and stickiness.
5. Land that is contaminated with excess waste dumping in it.
6. Land that is covered with dried and completely destroyed crops.
7. Land or a piece of surface is constantly under the threat of natural calamities such as thunderbolts, earthquakes, and meteorites.
8. Land that is abundant with carnivorous wild animals and flees.

D. Season

The seasons are also influenced and violated by the natural changes in the climatic conditions. The Seasons are also impossible to be changed but more alteration can be prevented when we actually understand about the chain of how the waste materials are held responsible for the changing climatic conditions ^[5]. Below are the mentioned points about the same:

- Land contamination along with water, of the environment.
- The waste decomposition held on a large scale in the industrial and residential areas.
- The ever increasing temperature of the Earth's Core.
- There is a lack of fertile land and the water is no more in use for the drinking purpose as well as the Marine habitat in order to dwell for.
- The unexpected changes in the natural biological clock as well as in the climacteric conditions.
- Unexpected and unpleasant changes and happenings of

natural calamities are recorded.

For example,

- High degrees seats during summer is observed and keeps on increasing day by day which leads to global warming
- The Tropical Rain is seen in the unwanted season such as summer and during winters.

Apart from these, Ayurveda is also having a mighty mythological origin as well as progress. According to Ayurveda, the responsibility of the deeds of every biotic element along with codes and principles regarding conduct, blessing, and curse of The Almighty for the better growth and maintenance of the natural habitat along with the health of each and every biotic element in the universe.

Observation and discussion

Protecting the factor of ecosystem under threat

A. Air

1. Purification through the fumigating elements as mentioned in the Ayurveda.
 - Odoriferous substances such as saffron, cardamom, musk, and camphor.
 - Peepal, bargad, mango, and sandal.
 - Medicinal Herbs which include guggulu, cloves, jatamansi, chandan, arjun, tejpatra, gandhak, deudaru, arjun, etc.
 - Dietary elements such as fruits, ghee, cereals, sugar, milk, jaggery, and honey
 - Yagnya and homa are useful for evacuation of the air from insects, bacteria, foul odors babu, flees, etc.
2. These are the methods that prove to be beneficial for the patients who have respiratory problems and neuropsychological diseases and keep them focused, peaceful, and oriented.

B. Water

Water filtration with a thick clean and Fine Cloth help from adulterated water.

1. Water boiling makes it free from all types of contamination made by the microorganisms.
2. Making water completely free from the unpleasant odor by adding fragrant substances such as nirmali beeja, chandrakanta Mani, chandan, and paatala helps.
3. Making water completely free from the unpleasant contamination by adding disinfectants or the cleaning substances such as kamal Mula, shaivalla mula, muktha, karvira, etc helps.
4. Most of the time water gets adulterated or infected with most of the nutrients and the minerals which makes it difficult for digestion. Boiling helps in these conditions.

C. Land

1. Disinfecting the land surface can be done by sprinkling water.
2. Burning the unwanted and infectious waste materials helps in cleaning the land.
3. Purification of the land can be done by cleaning the unwanted substances and materials found on the land.
4. Decomposition can be done of the Essential elements

which actually enhances the soil quality.

Using all the above measures can help in proving beneficial to the ecosystem and also might alter the changing climatic conditions eventually. But all these measures should be taken with other devotion and sincerity to be conducted on a large scale.

Enhancing and enriching the living standard value of social community

The waste management's hierarchy includes firstly prevention and then minimization of the total waste products that are supposed to be added to the ecosystem [6]. At last comes the disposal of all the waste materials that is concerned as the same without disturbing the surrounding ecosystem. The principal regarding waste management according to Ayurvedic studies emphasize on the code of conducts viz Sadvrutta, Achaara Rasayana [7].

Even after using all the above-mentioned principles, if by any case there is an occurrence of any type of health-related problems then it is advised to take immediate treatment actions in the natural way as advised by Ayurveda. Some of the important measures are listed below that are essential to go through:

- **Seasonal regimen or Ritucharya:** Explains the change in the food habits lifestyle and the behavioral regimen in short duration according to the season changes so as to maintain the health status and healthy body.
- **Purification process or Panchakarma:** it is important in order to purify and reduce the waste that is accumulated in the body.
- **Rejuvenation therapy or Rasayana:** It builds and maintains the body and health along with that it also prevents the aging process.

Complying rules and regulation under governing standards

1. Reuse system and the recycling system should be encouraged.
2. Promote and initiate the waste prevention and minimization as well by initiating the reusable production of the consumer goods and the biodegradable used products.
3. Objectives that include new technology in order to recollect The Lost energy contained in all the waste products.
4. Government initiative for the environmental e sound and proper disposable facilities.

Conclusion

1. The health-related issues because of the changing ecosystem can be treated in natural ways that are provided by Ayurveda.
2. Protection and proper maintenance of land water and air can be done by easy methods that are mentioned in Ayurveda.
3. The implementation and administration of the rules and the governing standards help in maintaining the ecosystem to be within the natural limits.

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