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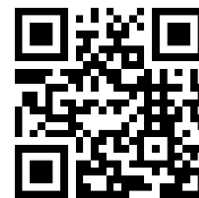


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UNDERSTANDING THE DYNAMICS OF ENVIRONMENT, PANCHMAHABHUTA AND HUMAN PHYSIOLOGY IN AYURVEDA

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ABSTRACT:

Ayurveda is a holistic system of medicine that encompasses personal, preventive, and social health. The term 'environment' denotes all external factors—both living and non-living, material and non-material—that surround humans. Some of these elements, both living and non-living, impact human health. Non-living components, known as abiotic elements, include water, land, sunlight, rocks, and air. Abiotic elements such as water (Jala), land (Earth), sunlight (Teja), Air (Vayu), Space (Aakash) are referred to as Pancha - Mahabhuta. Correlation between these five MahaBhuta and human beings is scientifically explained by the principle of Loka-Purusha Samya Siddhanta. According to the principle of Loka-Purusha Samya Siddhanta, there is a fundamental similarity between the universe and the human body. Both living and non-living matter are composed of the Panchamahabhuta. A balanced state of environmental components is crucial for maintaining human health. Imbalances caused by excessive, insufficient, or improper indulgence in these sensory experiences, wrong actions (karma) and seasonal variations due to time are the fundamental causes of disease. Ayurveda give importance of mental, physical wellbeing while describing health. In this article role of Panchamahabhuta in maintaining measures of health and to face health challenges due to climatic variations are discussed.

KEYWORDS: Environment, Biological environment, Physical environment Janapadodhwansa, Panchamahabhuta, Plantation

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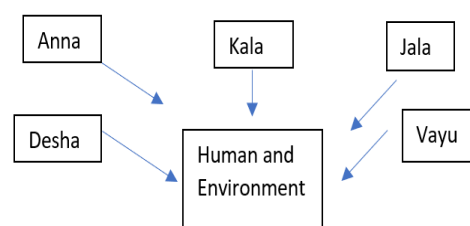
INTRODUCTION:

Although the human body is composed of the Panchamahabhuta, these elements exist in humans in the form of doshas, dhatus, and malas. More precisely, all tissues, organs, and systems are composed of these Maha Bhutas. Thus, any fluctuation from the normal state in the environmental Maha Bhutas can lead to imbalances in Vata, Pitta, and Kapha. Imbalanced Tridosha can undergo six stages of disease, known as Shat-Kriya Kala. Environmental physiology in Ayurveda focuses on understanding how Pancha mahabhuta in the environment influence human health and well-being by various factors such as climate, seasons, geography, and time of day. Ayurveda has described effects of environmental mahabhutas on human health very precisely so references of air pollution, water pollution, sound pollution and their impacts on sensory organs are described in Ayurveda. These principles remain relevant in today's era of computer technology and the internet. Panchbhautik environment is divided into two groups.

1. Sendriya (Biological) and**2. Nirendriya (Physical).**

Biological environment denotes all living things including plants and animals while Physical environment includes Pancha Mahabhuta; Aakash, Vayu, Teja, Jala, Prithvi, which are abiotic factors. Five sensory organs; eyes, ears, nose, tongue, skin interlinks Internal environment of the human with external pancha mahabhutas. The environmental panch-mahabhutas have both beneficial and adverse effects on human health through their inherent properties: Shabda (sound), sparsha (touch), rupa (vision), rasa (taste), and gandha (smell). Sensory organs—ears, eyes, skin, tongue, and nose—are directly connected to these environmental elements. Therefore According to Ayurveda, the root causes of

diseases can be traced to the effects of Shabda (sound stimuli), sparsha(touch stimuli), rupa(vision stimuli), rasa(taste stimuli), and gandha(olfactory stimuli), as these are the properties of the mahabhutas. According to ayurveda root cause of diseases are linked with shaba, sparsh, rupa, rasa and gandha because sensory organs like ear, tongue, nose are continuously perceiving these stimuli. Human being comes in contact with environment in the form of food, water, soil and air and climatic conditions of the habitat also alter health of every human being which is summarize in following picture.



In Ayurveda characteristic features of pollution of vayu, jala, kala, desh and anna are mentioned and its effect on health are described. Seasonal variation is also mentioned in rutuviparyaya /kalaviparyaya which leaves adverse impact of human health. In today's era due to industrialisation, deforestation and modern civilization air, water, food pollution has become a major concern. Seasonal variation is predominantly observed due to global warming in form of floods, excess heat etc. which has negative impact on human health so in this article, effects of environment, Panchmahabhuta on human health and measures to be taken to promote health of all living organisms are discussed. The Contemporary factors which are responsible for air, water, soil, food, sound pollution as mentioned in following table –

Table no.1 Contemporary factors responsible for air, water, soil, food, sound pollution:

Water pollution	Air pollution	Soil pollution	Food pollution	Sound pollution
1.Industrial wastes, Gases 2.Agricultural pollutants 3.Physical pollutants 4.Dissolved minerals 5.Sewage	1.Automobiles 2.Domestic sources Smoke,coal,dust 3.Air Pollutant- Hydrogen sulphide 4.Pesticides	1.Heavy metals 2.Dumping activities 3.Inorganic Fertilizers 4.Industrial pollutants 5.Herbicides	1.Bacteria 2.Toxins 3.Viruses 4.Pesticides 5.Use of preservatives	1.Construction 2.Instutrialisation 3.Fireworks 4.Use of loudspeakers 5.Fireworks

Table no.2 Effects of these pollutions on human health

Air	Water	Land	Food	Season	Sound
1.Asthma 2.Cough, 3.Acute and Chronic Bronchitis, 4.LungCancer 5.Fatigue	1Viral Hepatitis, 2.Typhoid 3.Cholera 4.Amoebiasis, Giardiasis 5.Rotavirus Diarrhoea in infants	1.Chronic respiratory disease, 2.Skin diseases 3.Cardiovascular diseases 4.Neurological Disorders	1.Diarrhoea 2.Metabolic disorders 3.Various types of cancers 4.Food poisoning	1.Allergic Reactions 2.Vector borne diseases 3.Respiratory diseases	1.Hearing Loss 2.High BP 3.Stress 4.Sleep disruption

AIM AND OBJECTIVES: To understand interaction between humans and their natural environment to promote health and wellbeing.

MATERIALS AND METHODS:

- Available literary material in Ayurvedic classics
- Modern textbooks.
- Articles related to topic have been referred.
- For review of environmental physiology by ayurveda, all available Samhitas and commentaries have been referred.

Ayurveda recognizes that different climates and environmental conditions can influence the balance of the dosha, dhatu and mala in the body. Extreme dry climate can aggravate Vata dosha, leading to conditions like dry skin, constipation etc. Hot and humid climate

can aggravate Pitta dosha, resulting in issues such as skin inflammation, hyperacidity, profuse sweating and dehydration. Cold climate can aggravate Kapha dosha resulting in respiratory infections. To overcome the circadian variations among dosha, dhatu, mala and digestion ayurveda has recommended daily regimen (Dincharya), Seasonal regimen (Ritucharya) to maintain health. Seasonal and daily regimen advices to do alter dietary modifications, herbal treatments to balance dosha dhatu, mala according to climatic changes observed in every season.

DISCUSSION:

Ayurveda has prescribed duration of daily exercises along with food intake, dietary modulations to maintain physical and mental

wellbeing which should be followed to balance dosha, dhatu and mala. Daily practices of oil massage, exercise, seasonal panchakarma like vaman, virechan, basti are important for strengthening immune system of the body and to fight with pollutants and to stand with changing climatic conditions. The modern era of industrialisation, deforestation and growing urban population are the causative factors for today's poor health index. Ayurveda can help human race to enhance quality of life as it focuses on personalized, preventive, predictive and participatory health.

CONCLUSION:

Daily and Seasonal Routines (Dinacharya and Ritucharya) Dinacharya and Ritucharya are improve the physiological functions and balance of dosha to maintain health. Meditation and breathing exercises also will help to improve human health in the challenging era of sound, water, air and food pollution. Cultivation of Ayurvedic tree plantation is also important to control air pollution, water conservation and soil preservation. Cultivation is act of caring for or raising plants. Steps involved in cultivation of crops -preparation of soil, sowing, adding manure, irrigation and harvesting.

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