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ENVIRONMENTAL POLLUTION AND MANAGEMENT- Ayurvedic Approach

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Man is a Part and parcel of nature, the changes occurring in nature are always reflected in human beings. Ayurveda has rightly said that 'Yat pinde tat Brahmande' The modern civilization is at the summit of Progress but in spite of this many Problems are generated. One of them is that of environmental imbalance. This environmental imbalance has resulted inhazardous effects on health and hindrance to provide health for all.

The environmental imbalance is mainly due to the following factors Viz-

- * Industrilization
- * Over population
- * Deforestation
- * Use of artificial materials like fertilizers, insecticides, Petrochemicals etc.
- * War, like the Gulf War, explosive weapons etc.

All the above have polluted the air water, Soil, ether and Sound, and this has affected the Seasonal cycle also. Ayurveda, the ancient Science of life, has the solution to correct the imbalance of environment. *Acharya Charaka* has described the imbalance of environment and its effects on health in *Janapadodhvamsa* chapter.

Air Pollution:

Selective tree plantation is the correct answer for air pollution. In Ayurveda, the plantation '*Tulasi*' in the backyard is advised. This plant releases oxygen and aroma in to the environment which helps in purifying the air and also as to check the growth of microbes and insects. Apart from this many other plants have the beneficial effect of reducing air pollution.

Neem - This tree has a powerful action against insect growth particularly that of the mosquitos.

Karpoor - The camphor tree gives a particular aromatic smell, which helps to purify the air. The surroundings of camphor tree are free from insects as the aroma of this tree checks the growth of insects. *Arjuna* (*Terminalia Arjun*), *Ashoka* (*Saraca Indica*) *Amalakee* (*Embllica officinalis*), *Guggula* (*Commiphora wightii*) *Devadaru* (C a d r u s

deodara), *Shigaru* (*Moringa Oleifera*), *Vata*, *Udambara*, *Plaksha* or *pipala* are also have air purifying properties. plantation or growth of these trees and developing a green belt around thermal stations, factories or industries may be helpful to lower the burden of Sulphur - di - oxide impact on environment. The *home* or burning of cow ghee and rice in a small furnace is the most scientific method to purify the home atmosphere air Pollution. Scientifically it is proved that the burning of cowghee mixed with rice librates formaldehyde, ethylene oxide, Propylene oxide and beta propeolactone gases; these gases have antitoxic and antinfective properties.

Water Pollution :

Water is mainly polluted by sewage material, industrial water, algae growth, heavy metals etc. *Sushruta* has advised exposing water to Sunlight and ari, this can be achieved by removing the algae covering the Pond or river water. The industries which are situated near the bank of rivers must be shifted away from the rivers, so the industrial water will not be mixed in river water. By this way water Pollution can be avoided. Cultivation of lotus plants, Specific algae (*Shaiwal*) etc., in river or pond Water is helpful to purify the water. Other agents like *Nirmalee* (*Strychnus potatorum*), *Gomedaka* (a precious Stone), *Mukta* (Pearl), *Sphatika* (Alum) are useful for purifying water.

Noise Pollution :

When the loudness of sound is more than 50 decibels then it is irritating or unbearable. More than 90 dicibel sound may cause damage to the auditory nerve resulting indeafness. It also causes lack of concentration, increased anxiety and Pathological behavioural Symtoms. Noise Pollution can be controlled by restricting unnecessary use of horns in Vehicles, the use of sound absorbers in auditorium, the use of ear plug in factories etc., In Ayurveda the use of cotton turban is advised to avoid the ill effects of noise pollution. Scientifically it is proved that the spiral arrangement of cotton turban prevents the irritating sound waves to enter the ear. Ayurveda has definite treatment for the diseases which may develop from noise Pollution and that is meditation or *Dhyana*.

Soil Pollution :

Polluted soil can be corrected with the following measures. Tree plantation this will cover the soil and will retain the water in the soil, the possibilities of earth

An awarness of warming of the climate is to be created and global strategy to overcome this is to be planned. Tree plantation through social forestry, establishment of parks etc. are the proper solution to overcome the warming



of the climate. In Indian civilisation tree plantation is considered a beneficial for the welfare of mankind.

Wreckless cutting of Trees :

In *Vrakshayurveda* a Sermen Says - one tree has a value of ten Sons. In India trees like *pipala, Vata, Amala* and *Tulsi* are worshiped. Let us rehabilitate the lost faith in our Hindu culture and develop sense of regard for these trees.

The environmental imbalance can be corrected by the maintenance of *Panchamahabhoota* balance through the above strategy and modern civilization can be saved from environmental hazards. Thus Ayurveda clearly tells that Land, Water, Air and Climate rank highest among the natural resources which sustain life on this planet. A proper approach in their planning, development and management is therefore imperative to make success of national efforts to eradicate poverty and disease from the country. Having gone through the various causes, effects and management concerning environmental pollution we can conclude that -

1. Life is one and the world is one.
2. Strike the right balance between environmental enthusiasts and development planners.
3. Remove the environmental illiteracy through the dictums of Indian culture, Philosophy and Ayurveda and hope for a greener tomorrow.
4. Lead a sharmik life - Do not insult or interfere with Nature.
5. Stop reckless cutting of tree.

Only by individual and collective human decisions the quality of human life of today and the next generation can be improved. quakes will be less. Tree plantation will also check floods and consequently wet famine. Use of natural fertilizers will maintain the composition of soil in its natural form. To ban atomic explosions will help to maintain the fertility of the soil.

Warming of the climate:

Day by day the global climate is becoming warmer due to the liberation of toxic gases like carbon dioxide, Sulphur dioxide, carbon monoxide etc. by the industries. The experimental atomic explosion and utilisation of atomic power to generate electricity etc. cause liberation of radiation heat in to the atmosphere resulting in warming of the climate.

All this has damaged the global Ozone layer, and due to this lethal components of Sun rays are reaching the atmosphere causing increase in hotness of climate.