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AYURVEDA AND ENVIRONMENT

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The ways of knowing about nature and environment in traditional knowledge system and science are fundamentally different as are the depth range and scope of knowledge. One of the greatest challenge of this century will be integrating the reductionist framework of science with the holistic framework of traditional knowledge system in order to see the whole in the past and past in the whole.

Human beings and environment are recursively links and shapes these entities defining the foundational and dynamic unity between observes and observed. The final outcome in health or disease. What is missing in healthcare today and what can be done with a minimum of resource that would have the most benefit? Ayurveda can help fill the gap by educating and empowering people to look after themselves. Much of Ayurveda is ideally suited to this purpose in fact.

One of the biggest problem we have looking today in the modern world is the illusion that we find all things are separate, where as the Vedas consider that everything is connected. Disconnected and unaware of natural cycles and nature in general (not a problem in Ancient India) and this contribute to health problem. Simple we can see the more aware of nature and cycles and by spending time in nature. We can balance and counteract some of the advance effect of modern life. One result of the disconnection from the nature is our environmental problem. New forms of pollution and stress affect the body, mind and spirit and are a major contribute to illness. Maharishi Mahesh Yogi, in his Vedic approach to Health- "Ill health in causal fundamentally by violation by natural law caused by lack of knowledge of natural law".

Intention in my paper contains-

1. Vedas and Environment.
2. How Ayurveda helping our environment.
3. How the solution problems can be sort out

Vedas are the first texts in the library of mankind. They are universally acknowledged to be the most precious Indian heritage. The Vedas deal with knowledge , the knowledge of all sorts. They cover knowledge both physical and spiritual. They are source of all knowledge according to Manusmriti "*sarvam vedat prasiddhayati*". Especially the Vedic views revolve around the concept of nature and life. They attach great importance to environmental protection and purity. They insist on safeguarding the habitation, proper afforestation and non- pollution. In Taittiriya Upanishad- " For the welfare of all the humans and other beings, the Vedas seek a sweet and pleasant environment consisting of sweet breeze, sweet flowering

rivers, sweet and beneficial herbs, sweet day and night, sweetness of earth particular, sweet fruit bearing trees, sweet and beneficial sun and sweet bearing cows”

In environment all elements are water related and affect each other. Sun is drawing water from ocean through rays, Earth gets rain from sky and grow plants. Plants produce food for living beings. The whole process of nature is nothing but a sort of Yajna. This is essential for maintenance of environmental constituents. The view is Yanja clean atmosphere through its medicinal smoke and provides longevity, breath, vision etc. is established in Yajurveda. Yajna helps in minimizing air pollution in increasing crop yield, in protecting plants from diseases, as well as in providing a clean. Free pure and energised environment for all offering peace and happiness of mind.

“Ayuryanjena kalpatam, prana yanjena kalpatam, caksuryanjena kalpatam”

In recent days, environmental science and ecology are discipline of modern science under which study of environment and its constituents with minute details. The concept of environment differ from age to age, since it depends upon the condition, prevalent at that particular time. Sri. A.R. Panchamukti, in his ' SocioEconomic Ideas in Ancient Indian Literature' says- “The Environment Act 198 defines the environment as follows; Environment includes water, air and land and the inter-relationship which exists among and between water, air and land and human beings, other living creatures, plants, micro-organism and property.”

The nature has maintained a status of balance between and among these constituents or elements and living creatures. A disturbance in percentage of any constituent of the environment beyond certain limits disturbs the natural balance and any change in the natural causes lots of problems to the living creatures in the universe.

Different constituents of the environment exist with set relationships with one another. The relation of human being and environment is very natural and he cannot live without it. We have many social issues, many of us faced some serious personal challenges in our lives century. We are on the verge of a new era , and a new way of approaching problems.

Human beings are feeling collective global stress with the functional in security rising cost of healthcare, food borne illnesses, various addictions and general moral medicines. Surprisingly the ancient wisdom of the Vedas can provide some long lasting solution to these modern problems. They cover all sorts of knowledge both physical and spiritual.

What is missing in health care today and what can be done with a minimum of resources that would have the most benefit. Ayurveda can help fill this gap by educating and empowering people to look after themselves. Much of Ayurveda is ideally suited to this purpose in fact. Ayurveda has always had over awareness of the environment but it was never designed to face the problems, we have today. Through the greater use of Ayurveda awareness of environment and natural cycles we can help address these threats. There is a low level of anxiety, depression, fear and emotion disturbance that we will experience in today's tribulent world. We can look to the Vedas to remind us of what it means to live a sattvic lifestyle. Ayurveda understood that living a sattvic or pure lifestyle is key to our own emotional balance.

Ayurvedic principles are also universal ones which makes it adaptable for use in all cultures and environments. One of the principle that has allowed Ayurveda to persist, evolve and still be useful and effective in that of adaptation to what is appropriate for different cultures, environments as well on. This is a good quality until recent times. This adaptation has always retained the holistic of Ayurveda.

Rooted in the spiritual tradition of the Vedas, Ayurveda's ultimate goal is to help us achieve, selfenlightenment or true happiness, only possible through a healthy body and sound mind. Meditation, chanting of Mantras or prayers etc. are bring issues peace and reflection, allowing us to release patterns of that cause anxiety and block us from lasting happiness. By keeping us physically healthy and emotionally stable, an ayurvedic life style allows us to focus our time and energies on enjoying the gift of life.

Maharishi Mahesh Yogi, Manufacturer and distributor of the world, his Vedic approach to health promotes individual and collective health through knowledge of natural law and all its expressions in material creation. His opinion is that ill health is caused fundamentally by violation of Natural Law, caused by lack of knowledge of Natural Law. He suggests - "A perfectly healthy person lives in the state of enlightenment, with the natural ability to spontaneously use the total organizing power of Natural Law to accomplish any goal without strain."

The National Ayurveda Medical Association (NAMA), recently held their annual conference in Chicago. The theme was an integration of three sisters, Vedic Sciences- Ayurveda, Jyothish Astrology and Yoga. This is the future of true alternative healthcare.

In this century, we are all conquered by cancer. All living organisms are susceptible to cancer, and the more complex of organism, higher the risk of cancer. A great many pressures (due to life forces, environmental forces) on the cells push them toward malignant neoplasm transformation, our cells turn malignant constantly, and normally our immunity eliminates them. It is an imperative to man lose our immunity in good working, worder and to know how to reduce cancer risks. There are certain ayurvedic herbs used by the tribal people Chhattisgarh for an easy and natural defines against cancer growth.

At the time of Atreya and Dhanvantari (7th century B.C.) surgery was considered the best method of treatment. They found that the herbal medicinal treatments against cancer, either in the form of arbuda, were beneficial only in the beginning stage.

CONCLUSION

Some light is thrown on the awareness of our ancient seers about the environment and its constituents. It is clear that the Vedic vision to live in harmony with environment was not merely physical but was far wider and much comprehensive. In this century Ayurveda is a profoundly useful system that we should honour and use in an appropriate way to meet them. Ayurveda encompasses the secrets of why man needs to cooperate with nature completely in order to ensure his well being. The future of health care is very bright. Together we can make a shift in our global consciousness from down to health and wellness.

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