

Ayurveda's Role in Promoting Health and Sustainability: A One Health Perspective

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Abstract: Ayurveda, a traditional Indian system of healing, adopts a holistic philosophy of well-being, focusing on the interdependence of the body, mind, and spirit. This guide presents fundamental Ayurvedic concepts that promote overall health, with emphasis on the "One Health" principle, which relates personal wellness to ecological balance. It explores the fundamental aspects of Ayurveda, such as the three Doshas-Vata, Pitta, and Kapha-symbolizing various energies of the body and affecting health. The manual provides individualized dietary, lifestyle, and therapeutic advice according to one's constitution and imbalances. It emphasizes preventive care, underlining the significance of daily habits, seasonal adjustments, and conscious living in the maintenance of balance. It also discusses herbal remedies, detoxification methods, and mental well-being practices such as meditation and yoga to ensure overall well-being. By linking personal health with the natural world, Ayurvedic philosophy encourages a sustainable and harmonious way of life. This article is a helpful guide to anyone who wishes to promote their well-being through Ayurveda, with practical tips and steps to follow to attain vitality and balance.

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I. INTRODUCTION

There is a greater chance of disease transmission between humans and animals when human populations grow and spread into new areas. The interdependence of environmental, animal, and human health is recognized by the "One Health" ideology. Because deficiencies in one area can have a substantial impact on the others, it highlights the necessity of addressing health issues through an integrated strategy. Ayurveda offers good ideas and methods that align with these health concepts.

➤ Aim and Objective

To investigate how balancing physical, mental, and environmental aspects and emphasizing holistic well-being are ways that Ayurveda might promote One Health.

II. MATERIAL AND METHODS

In order to find pertinent information, all of the literature on the subject—including traditional Ayurvedic texts and their commentary as well as internet resources like Google Scholar, PubMed, and Google Search—was searched using keywords like Ayurveda, One Health, Swasthya, and others.

➤ One Health Model

The holistic approach known as "One Health" emphasizes the interdependence of several sectors that collaborate at the local, national, and international levels to advance the general health and well-being of people, animals, and the environment. The interdependence of human, animal, and environmental health is illustrated by the One Health Triad, which advocates for their interdependence.

➤ Brief Overview of Ayurveda

Ayurveda is an ancient Indian medical system that emphasizes mental, physical, and spiritual balance through natural cures, dietary recommendations, and daily practices. Maintaining the health of the healthy and curing the sick are the primary objectives of Ayurveda.^[1] Because it is believed to offer benefits for both one's life here on Earth and for eternity, Ayurveda is considered the most sacred of all the Vedas by Vedic scholars.^[2]

➤ Concept of Health in Ayurveda

In Ayurveda, the concept of Arogya (health) is valued, as expressed by the expression "Arogyam Mulamuttamam."

^[3] According to Acharya Sushruta, health is a state of balance between the Tridosha (the body's fundamental regulating forces), Agni (metabolic and digestive processes), and Dhātu (principles that govern tissue formation). This balance results in the appropriate elimination of waste

materials and a feeling of contentment in the mind, soul, and sense organs. ^[4]

➤ *Ayurveda for Human Health*

According to Ayurveda, both societal health and individual well-being are extremely important. According to Ayurvedic science, anyone can have a healthy life by following the guidelines provided. There are four categories of these rules: Sadvritta (a code of conduct for social behavior and mental health), Ritucharya (a seasonal ritual), Ratricharya (a nightly routine), and Dinacharya (a daily practice). For the prevention of illness and general health, these behaviors are essential. Strict compliance with these recommendations is necessary to guarantee that everyone lives a healthy, disease-free life in accordance with Ayurvedic principles.

• *Dinacharya (Daily Regimen):*

Numerous daily practices are recommended by Ayurveda in order to maintain excellent health, live a long and active life, reach one's full potential, and realize oneself. These behaviors are:

- ✓ Brahma Muhurta (rising early),
- ✓ Oral cleanliness,
- ✓ Scraping the tongue,
- ✓ Abhyanga (massage with oil),
- ✓ Snana (bath),
- ✓ Vyayama (physical exercise),
- ✓ Ahara (consumption of a balanced and wholesome diet).

• *Ratricharya (Night Regimen):*

This comprises practices like taking a balanced and nutritious diet, performing Vyavaya/Maithun (sex), and taking proper Nidra (sleep).

• *Ritucharya (Seasonal Routine):*

Ritucharya is the term used to describe the unique practices that must be adhered to at different times of the year to prevent the development of illnesses. While unctuous meals should be consumed throughout Hemant, Shishira, and Grishma seasons, dry foods must be consumed during Sharad and Vasant seasons. While hot food is advised in the other three seasons, cold foods must be consumed during Grishma and Sharad. ^[5] Seasonal changes should be incorporated into the eating plan. Acharya Bhavmishra stated that by following these seasonally appropriate guidelines, one might steer clear of the prevalent illnesses associated with each season. ^[6]

• *Sadvritta:*

Following Sadvritta leads to Arogya (health) and Indriyavijaya (victory over the senses).^[7] Sadvritta is necessary for overall well-being, covering physical, mental, social, ethical, and spiritual dimensions of life. Sadvritta can be classified into the following categories:

- ✓ *Vyavaharika Sadvritta (Social conduct),*
- ✓ *Samajika Sadvritta (Community conduct),*
- ✓ *Mansik Sadvritta (Mental conduct),*
- ✓ *Dharmika Sadvritta (Ethical conduct),*
- ✓ *Sharirika Sadvritta (Physical conduct).*

• *Words of Wisdom:*

The path of righteousness is the path of happiness. There is no happiness without righteousness, and therefore, all must tread the path of righteousness.^[8]

• *Achara Rasayan (Rasayana effects of good conduct):*

Good conduct, i.e., truthfulness, non-violence, and compassion, is essential to derive the effects of any Rasayana (rejuvenating therapy).^[9]

• *Preventive Measures^[10]*

As per Acharya Charak, one can keep oneself away from disease by adhering to three main principles:

- ✓ Those who remove the accumulated Doshas of early winter in the spring, summer in early rains, and rainy season in autumn, will never be afflicted with seasonal diseases.
- ✓ One who leads a healthy diet and conduct, is cautious, keeps away from attachment to sensual pleasures, exercises liberality, practices equality, speaks the truth, exercises forbearance, and respects the elderly will be free from disease.
- ✓ He whose intellect, speech, and actions give rise to good, and whose mind and wisdom are humble, and who practices penance and persistent effort in Yoga, will never fall a victim to disease.

➤ *Ayurveda for Environmental Health*

According to Acharya Charaka's "Loka Purusha Samayata Siddhanta," an Ayurvedic theory, each person reflects every element in the cosmos. According to this theory, all living things and the environment are interconnected, and achieving total well-being necessitates harmony and balance. With the onset of the Anthropocene, ecological harm can be avoided by reorienting human existence toward harmony with nature. Although each human being has their own Prakruti (constitution), Sarata (strength), and Aahar (diet), all are influenced by common factors like location and air. These factors can lead to illnesses and, in severe cases, death when they are disrupted or tainted. This is called "Janapadodhwans," and it arises from the disruption of Kala (time), Jala (water), Desh (region), and Vayu and air. The goal of Ayurveda is to regulate and correct air, water, region, and time disruptions. The sun's rays purify the air by eliminating pollutants, and fire likewise purifies the air by eliminating impurities.

➤ *Management of vitiated Vayu*

- Aparajitha Dhooma Churna fumigation for five days in a row has been shown to be successful in stopping the growth of fungus and bacteria.
- Tulsi (*Ocimum sanctum*), aloe vera, lilies, and snake plants all lower the amount of carbon dioxide (CO₂) in the atmosphere.
- The air is purified by burning substances such as Laksha, Haridra, Ativisha, Abhaya, Ela, Kushtha, Priyangu, and so forth.

➤ *Management of vitiated Jala*

Nirvishikarana Yoga, as explained by Acharya Vagbhata, consists of the following procedures:

- Water is purified and filtered using plant ashes like Dhava (*Anogeissus latifolia*), Aswakarna (*Dipterocarpus alatus*), Patala (*Stereospermum suaveolens*), Paribhadra (*Erythrina variegata*), Asana (*Pterocarpus marsupium*), Nigundi (*Vitex negundo*), Mokshaka (*Schrebera swietenoides*), Karnikaraka (*Cassia fistula*), and Somavalka (*Acacia leucorrhoea*).
- It is said that water can be purified by impregnating it with materials like Kataka (*Strychnos potatorum*), Gomeda (hessonite), Visagranthi (lotus roots), Shaivalamoola (algal root), Vastra (cloth), Mukta (pearl), Mani (potash alum), Parnimula (a grass that dilutes water), and bathing it in warm water, sunlight, and hot iron balls.
- The blooms of Nagakesara (*Mesua ferrea* L.), Champaka (*Michelia champaka* L.), Utpala (*Nymphaea sellata* Willd.), Patala (*Stereospermum suaveolens* DC), and Karavira (*Nerium indicum* Mill) should be used to eliminate the foul odor of contaminated water.
- One of the waters of the Sarat Ritu (autumn season), Hamsodaka, is made by exposing it to sunlight and moonlight. It is believed to have non-obstructive qualities (*Anabhishtyandi*) that benefit the circulatory system, as well as rejuvenating (*Rasayana*), strengthening (*Balya*), and intellect-enhancing (*Medhya*) qualities.

➤ *Management of vitiated Desh*

Neem (*Azadirachta indica*), **wild Neem** (*Melia azadirach*), and **river tamarind** (*Leucaena leucocephala*) have been shown to reduce the concentration of chromium in soil.

➤ *Management of vitiated Kala (Season)*

- Deshantargaman – As changing the season is not possible.
- Halt Adharma (such as deforestation, the use of chlorofluorocarbons (CFCs), hydrochlorofluorocarbons (HCFCs), etc.).

III. DISCUSSION

The necessity of implementing a One Health approach is highlighted by the COVID-19 pandemic. In order to properly include Ayurveda into the One Health approach, extensive research is required to assess the efficacy and safety of Ayurvedic treatments. This entails creating rules and regulations for their safe and appropriate application, incorporating Ayurvedic treatments into traditional medical treatment, and removing obstacles preventing broader acceptance.

IV. CONCLUSION

Ayurveda emphasizes harmony and balance of body, mind, and spirit in its holistic lifestyle, which promotes longevity and general well-being. Focusing on personalized health via natural remedies, nutrition, and lifestyle changes, Ayurveda encourages longevity and general well-being. When combined with modern medicine, Ayurvedic principles can offer a more comprehensive and long-lasting approach to health. Ayurvedic principles are also perfectly compatible with Vasudhaiva Kutumbakam's ideology.

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