



Diseases like Corona Spread through Unethical Behavior

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Research Article

Volume 4 Issue 3

Received Date: September 02, 2020

Published Date: September 24, 2020

DOI: 10.23880/jonam-16000269

Abstract

Today entire world is in fear of COVID-19 after it has been declared pandemic by the WHO. Generally, when an epidemic occurs it affects a local area or a nation, but it is very rare that a disease spreads and affects the entire world. Today the world faces a similar dreadful situation. What has led to such conditions? Where did we go wrong as human race? Is there any mention of such epidemics anywhere in our books? Can we prevent ourselves from such dreadful diseases? These are the points which have been covered in this research paper.

Keywords: COVID-19, Unethical Behavior; Moral; Pollution; Epidemics; Diseases; Air; Water; Land; Time

Introduction

Major reasons for such epidemics are litter in a region, rats, animals and birds dying in large numbers, floods, extremely polluted air etc. This is one of those rare times when outbreak of a disease has affected entire human race and the reason behind it is still unknown. It is not an airborne disease, transmission of COVID-19 occurs from the respiratory droplets produced when an infected person sneezes or coughs, through human contact or by touching a surface which has virus on it. It survives on surfaces and in air only for few hours but survives in human body for longer duration of time and targets respiratory system. Spread rate, intensity and fatalities of COVID-19 are frightening. Entire world is astounded and is in a state of emergency. Charaka Samhita, based on the Agnivesh Tantra, dated around 1000 B.C., mentions about the outbreak of a corona-like epidemic [1].

Reasons for Contamination of Air, Water, Land and Season Cycle

If the kings of state, the chiefs of organizations and other

influential people misbehave or behave in a devious way, then gradually this unethical conduct starts propagating in the officers and employees of that province. This further traverse to the businesses and citizens of that province and hence it becomes a cumulative process. This iniquity, unjust and immorality leads to misconduct and tarnishes religions, justice and moral behavior. Consequently, nature also stops protecting such people; the gods (Divine power of nature) become indignant. The seasons of such a state get impaired, due to which there is no timely rainfall or no rain at all or there is terrible rain, the air does not flow properly, the land is distorted, the natural properties of herbs, vegetables & fruits deteriorate. Modesty, behavior and eating habits take a hit and are disregarded even more. When this disregard reaches extreme levels, then the pollution and disorder in nature increases and eventually contamination of land, water, air and sky reaches its peak, which leads to terrible disturbances in nature. This results in spreading of epidemics by touch etc. Due to this people living in a country or in different countries, people of different nature, different ages, different body strength and structure, and with different immunity strengths suffer from the same disease in large numbers and effect of such epidemics can be catastrophic

also. Unrighteousness and immorality are the prime reason behind all this [2].

‘सर्वेषामेव वाय्ववादीनां.....स्पृष्याभ्यवहार्यं दोशात् ।’¹

In the Charaka Samhita, Lord Atreya has said that iniquity is the reason for the contamination of air, water, land and time (seasons)- Due to this unrighteousness and immorality, people forget to differentiate between righteous and unrighteous deeds. Due to unnatural constellations, planets, moons, sun, air, fire and directions, the cycle of seasons gets distorted resulting in the tainted herbs being produced on land. This is the genesis of several diseases. Seeing these indications in such circumstances, before all things get warped up, it is safe to store immunity boosting and life-saving medicines.

‘दृश्यन्तेहि खलुप्रतिकारगौरवंभवति ।’²

Charaka Samhita explains in detail about the indications of such deformities in air, water, land etc: Indications of impaired Air - Flowing against the weather, viscous, very cold, very high velocity, very harsh, very hot, extremely dry, extremely austere (causing phlegm and tenacity), extremely fierce, air with bumpy tornado, with foul smell, vapor, dust and smoke, is a symptom of contaminated air.

‘तत्र वातमेवंविधमनारोग्यकरंधूमोपहतमिति ।’³

Indications of Impaired Water

- Extremely foul odour, colour, taste, feel and viscous.
- Water which has been left by fishes, crocodiles and aquatic birds.
- Water which has dried up in the reservoirs or has become scanty tastes foul and unpleasant while drinking.

Water with such indications should be considered as contaminated.

‘उदकंतु विद्यात् ।’⁴

Indications of Impaired Land

- A country or land whose natural color, taste, smell, touches has become impaired and highly viscous.
- Land, which is full of snakes, predatory animals, mosquitoes, flies, rats, owls, Vultures, jackals etc.
- Land with extreme grassy orchards and with large vines

such as never before. Land with dried and destroyed grains.

- Land with smoke-filled air, where flocks of birds make incessant sounds, where dogs bark loudly and many kinds of birds run amok in fear and sorrow.
- Land where the religion, truth, shame, ethics (conduct) of the people and the qualities are lost.
- Land where the water reservoirs are in a rage (stormy), where there is a continuous meteor showers from the sky, where the thunderstorms fall continuously, frequent earthquakes and loud horrible sounds are heard.
- Land covered by dry copper-colored or red or white rain clouds and where the sun, moon and stars appear together again and again.
- Land where people are weeping and frightened with terrified confusion, like being Surrounded by darkness, a country ravaged by the divine wrath in the form of natural calamity and where the cry of masses is heard more.

The above described country or land has become corrupted or impaired.

‘देषंपुनः चाहितं विद्यात् ।’⁵

Indications of Impaired Time

When seasons are opposite to natural indications of seasons or there are indications of lesser intensity are said to be distorted or pathogenic. That is high temperature or very less cold in winter and distortion in other seasons are indications of impaired Time/Seasons.

‘कालंतु खलु चाहितं व्यवस्येत् ।’⁶

Due to the contamination of these four, namely, air, water, land and time, epidemics spread.

Reasons for outbreak of Rakshasa's (Viruses): These types of wrongdoings (unethical behavior) and immoral conduct eventually leads to unhygienic environment and outbreak of deadly viruses like Corona.

Individuals in whom greed, anger, attachment and arrogance increases, they try to suppress weak people and start fights to attack and destroy their brothers or fellowmen with weapons. The state whose people disgrace and torture the Guru's, the aged, the gentlemen, the sage (true scientists) and the respected people by unrighteous conduct, in such country, when these admirable people curse and abandon

1 च. वि. 3/20

2 च. वि. 3/4

3 च. वि. 3/7-1

4 च. वि. 3/3-7

5 च. वि. 3/3-7

6 च. वि. 3/23

that state, then such citizens or states are destroyed or wiped out.

The Charaka Samhita describes the origin of these psychological and physical disorders in a very interesting way. In Kritayuga, man had great vigor, was influential, powerful body, had glowing skin and sensory powers, and had beautiful body and shape. They were full of happiness, truthfulness, athleticism, simplicity, kindness, philanthropy and had control over the senses. They were rule abiding, followed fasting, celibacy and regular routines. They were devoid of excess attachment, malice, greed, anger, mourning, pride, disease, laziness, sleepiness, were laborious, had qualities of renunciation and used to live a long life.

‘प्रागपि चाधर्मदृते परिग्रहाल्लोभः प्रादुरासीत् कृते ।’

Beginning of diseases: At the beginning of the Kritayuga, the earth was full of all its virtues. Therefore, the products of nature were full of their properties and in the purest form.

After passage of sometime of Kritayuga, few people started eating and consuming more, due to this their body became heavy, this heaviness led to early fatigue, which turned into laziness, and this laziness in turn resulted in tendency to accumulate and this accumulation in turn resulted in greed.

In the Treta and subsequent yugas, there was gradual loss of virtues and degradation of moral values. This was followed by maliciousness due to greed, resulting in untruthfulness, extreme desires from untruthfulness, anger due to non-fulfillment of desires, ego from anger, arrogance from ego, harshness from arrogance, intent of hurting others from harshness which ultimately led to fear, physical-mental distress, bereavement, anxiety (restlessness) etc [3].

Thus, gradually decrease of the aforesaid qualities and an increase in small portions of wrongdoing and unethical conduct, degeneration of virtuous qualities from era to era causes epidemics. This then affects large swathes of lands without borders and even poses threat of destroying entire human race.

‘ततस्त्रेतायां लोभादभिद्रोहः हासमवापुरायुशः क्रमशः ।’⁷

Current Scenario, Solutions and Way Forward

Current Scenario

Today this scene is more or less visible all around in

the form of a major decline in morality. People are crossing all the limits of adulteration, theft, dishonesty, slyness, ungratefulness etc. People are adopting such ways of earning, so that even if someone dies due to their actions they do not care. Kidneys are sold illegally, and people are robbed in the name of false diagnosis.

People are selling fake medicines, killing girl child by doing illegal abortions, ending precious relationships for the greed of money and other materialistic things. People are selling their nation, spreading hatred among fellow countrymen. People are justifying their religious beliefs by disdaining others belief system, and are immersed in defending inhuman acts like killing of innocent people, destroying temples and burning of holy places and libraries like Takshshilla, Nalanda etc.

The countries are instigated to fight with each other. They are serving anything for trade to other countries just for the sake of their own selfish motives. Countries want justice only for themselves and their countrymen, they are ready to do any injustice elsewhere, and they are ready to destroy everything right from nature to human lives, only for their selfish motives and enjoyment.

Solutions

We need to follow the basic standards of living which are much closer to nature. Such lifestyle principles are prescribed in ancient Ayurveda texts like Charak Samhita etc. Some Ayurvedic medicinal uses are also being mentioned for prevention of diseases in general and improving immunity-1-Boil Tulsi Patra (Osmium Sanctum) 7 leaves, Neem Patra (Azadirachta Indica) 7 leaves, Turmeric 1 gram, Saunth 1 gram (Zingiber officinale), Dates 1 piece, Mulethi (Glycyrrhiza Glabra) 1 gram, Clove 3 pieces in 400ml water and filter it when 100ml remains and drink it twice in the morning and evening empty stomach. OR 2- Boil fresh Giloy (Tinospora Cordifolia) 10 grams, Tulsi Patra (Ocimum Sanctum) 7 grams, Neem Patra (Azadirachta Indica) 7 leaves, Turmeric 1 gram, Nagarmotha (Cyperus rotundus) 5 grams, Vasa Patra (Adatoda Vasica) 5 grams, in 400ml water and filter it when 100ml remains and drink it twice in the morning and evening empty stomach. One should assess their digestive capacity in quantity, eat only after the previously taken food is digested, eat at certain regular intervals, and consume fresh and hot food at a clean place after washing hands and feet properly. One should not eat heavy, cold and difficult to digest food. Should consume clean water in enough quantity, should drink warm water after every meal and, also at regular intervals.

Other precautions - Keep your nose covered with a mask, handkerchief etc., and use clean handkerchief while coughing,

dry clothes in the sun, open shoes outside the house. Wash your hands with water and soap before touching food or drinking water. Do not let garbage collect anywhere around the house. Behave like a responsible citizen, work in sunlight for a while by covering your head with a cloth or hat, and last but not the least, do regular yoga, pranayama and exercise. The above discussed precautions might be trivial to some but have critical and long-term impacts on mental and physical health.

The formula of staying healthy and avoiding such pandemics is also mentioned in Ayurveda texts-

‘नित्यंहिताहारविहारसेवीसमीक्ष्यकारीविशयेश्वसक्तः ।
दातासमःसत्यपरःक्षमावानाप्तोपसेवीचभ्सवत्यरोगः ।’⁸

Meaning

Those who are always mindful in eating food, which do everything after proper assessment, are devoid of excess attachment to the senses (Vision, Taste, Touch, Smell etc.). Those who donate thoughtfully to the subject, renounce, who walk on the path of truthfulness, who are forgiving by nature and are respectful and serving gentlemen to the admired people of society are free from diseases.

Conclusion

In this way, as foretold thousands of years ago in the Charaka Samhita, we are watching this epidemic getting unfold around the world. Therefore, the entire world must unite and focus on the protection of Mother Nature and save the world from getting destroyed by emphasizing on the education of morality and importance of healthy environment. Taking proper measures to stay healthy, for improving immunity and self-quarantining if unhealthy are

the only ways by which we can prevent ourselves and others from this virus in the present times. We should all take responsibility and follow social distancing and all other WHO advisories.

At the same time with the conduct of morality, justice and living a nature-friendly life we can be safe in future from epidemics. We need to stop this corruption of nature at any cost. Nature has provided us tremendous resources free of charge. We need to conserve these resources, abandon the exploitation for our indiscriminate enjoyment and behave responsibly according to our basic needs so that we can save ourselves and lead a happy & healthy life.

The following Sutra of the Eshavashyopnishad-1 provides guidelines in this regarding:

‘ईशा वास्यमिदं सर्वं यत्किंच जगत्यां जगत् । तेन त्यक्तेन भुञ्जीथा मा गृधः
कस्यस्विधनम् ।’⁹

Meaning - The whole world is full of God's grace, whatever is in this world is full of Him. Utilize judiciously what is abandoned by the nature and do not destroy it like a culture, only this formula can save us.

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