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Critical review of the concept of Desha

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Abstract

In Ayurveda Desha and Disha both terms have been applied from health and disease point of view. Desha has been applied in two senses first one i.e. Bhumi Desha is for land/any geographical area, and second one is body and mind. Human being is known as Atura Desha. Both types of Desha have been described in Ayurvedic classics and interrelation between both has also mentioned. The division and regulation of Atura Desha is done on the basis of three biological entities i.e. Vata, Pitta, Kapha Dosha. The characteristics of individual described according to Triguna, Tridosha, Prakriti and Desha also. Drug should be collected from Sadharana Desha (place having qualities of both Jangala and Anupa) which is situated in the north direction. Desha is one of the important environmental factors responsible for the causation of epidemic, endemic or pandemic diseases. Some places have been responsible for specific diseases because of having favourable condition for causation of pathogenesis of disease.

Keywords: Ayurveda, health, Dosha, Atura, Bhumi, Desha

Introduction

In Ayurveda, the traditional system of medicine that originated in ancient India, the concept of "Desha" (region or country) plays a crucial role in understanding lifestyle and diet. Ayurveda recognizes that the natural and environmental factors of a specific region significantly influence the physical and mental constitution of individuals. Ayurveda Acharya separated Desha into two categories: Bhumi Desha and Deha Desha, also known as Atura Desha. Another name for location and land is Bhumi Desha, which describes the natural distribution of ecosystems. Atura Desha is the term for an ill individual. In the current period of modernization, the most affected part of life is relocating from one's hometown to a distant metropolis in quest of better work prospects. Changes in habitat, whether within the same nation or relocating abroad, have a negative impact on gut health because they might cause abrupt dietary changes or shifts in time zones, which can further disrupt circadian rhythm ten folds of examinable components include Desha. It's one of the four Satmya. The Desha, or drug habitat, is a crucial factor to take into account when discussing drugs because it significantly affects the way the drug acts as a whole. When discussing the sickness assessment, Acharya Charaka referred to the patient's habitat as well as the land by using the name Desha. Acharya Vagbhata listed the examinable elements for Desha and said that a doctor who thoroughly studies these will never hesitate to determine the proper medication for treating an aggravated Dosha. Understanding Desha is required for a complete assessment of the patient and the medication. Knowing the Bhumi or Desha of the Dravya or drug helps us evaluate or understand its properties, acts, or Karma, as the qualities of treatment rely on its origin, growth, and storage place.

Classification of Bhumi Desha

1. Jangala Desha (Dry land): Dry land, land surface is characterized by rocky, sandy with full of stones, appearance of mirages in summer, small ponds, open spaces, hot weather, thorny bushes, scanty rainfall. Predominance of dry wind and arid desert. Plants are mostly thorny, trees like Khadira (Acacia catechu), Aswakarana (Dipterocarpus alatus), Sallaki (Boswellia serrate), Aswatha (Ficus religiosa), Vata (Ficus benghalensis), Amalaki (Embllica officinalis), Sami (Prosopis cineraria), Arka (Calotropis procera), Pello (Salvadora persica), etc. are common. Abundant crops like Cotton (Gossypium herbaccum), groundnut, Bajra (Pennisetum glaucum), etc are prevalent. The people of Jangala Desha tend more towards Vata and Pitta dominant constitution. They are harsh, strong and rough in nature and are more prone to Vata-Pitta dominant diseases. Jangala Desha (arid, desert-like land) is that in which the land is like the sky, high, with less water and trees, such as karira (Capparis decidua), Bilva (Aegle marmelos), Pilu (Salvadora persica), karkandhu trees (which have very little of sap and

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are thorny and rough) abound, plenty of antelopes, deer's, bucks and donkeys, fruits which are very sweet and with people suffering from diseases caused by Vata. Jangala has less quantity of water and trees and people suffer from disease of Pitta, Asruka, Maruta (Vata) [1].

2. Anupa Desha (Marshy land): Marshy land is moist & humid. Land surface is uneven. Hills, lakes, well, river are found in great numbers and underground water level is not deep, coastal areas and variety of fruits & vegetables; Hantal (Date palm), Tamala (Garcinia sps.), Narikela (Coconut tree), Kadali (Banana tree). Sea coasts or river banks are full of trees. In between the forests many flowering climbers are found. Paddy, sugarcane, plantain tree etc. The individuals of Anupa Desha tend more towards Kapha and Vata dominant constitution. They are usually delicate, beautiful and gentle in nature and are more prone to Kaphaj and Vataj diseases [2-5]. Anupa Desha (Marshy land) is to be understood by presence of plenty of rivers, mountains, reservoirs of water (ponds, lakes etc.) with abundance of lotus flowers, swan, crane, goose, lark and other such birds, animals, like the rabbit, bear, buffalo, deer, duck etc. Plenty of trees with more flowers, green vegetation full of fruits, yield of different kinds of paddy, plantains, sugarcanes etc. [6].

3. Sadharana Desha (Dry and Marshy land): Mixed characteristics of both Jangala and Anup Desha are found. With proper balance of dry land and moist season, open spaces & forests. The animals and crops have the combined characters of Jangala and Anupa Desha. People are Sama Doshaj prakarti [7, 8]. The land which has mixed features (of both) is called Sadharana Desha. Because cold, rain, heat and breeze are in equal proportion, leading to balance in Doshas' also, hence it is best [9].

Anupa, Sadharana: Anupa Sadharana is the land which has more features of Anupa Desha. It is the originating place for Lavana and Amla Rasa. Jangala, Sadharana- Is the land which has more features of Jangala Desha. Jangala Sadharana Desha is the originating place for Tikta and Kasaya Rasa.

Discussion

Recognising Desha provides assistance not just with medication selection but also with patient examination and disease diagnosis. Everyone needs to be aware of its many practical elements.

Applied aspect of Desha

Role of Desha in health maintenance: "Swasthasya Swasth Rakshanam"

Desha concerning strength or Bala: Compared to Jangal Desha and Sadharan Desha, the people of Anupa Desha are stronger. The Balvat Desha or the fact that people born in Sindh Pradesh have greater Bala, is one of the Balavrudhikara Bhava (Factors for improvement of Bala) that Acharya Charaka mentioned. Since Sindh Pardesha people have strong Vyayam Shakti and will need more Aushadh Matra, etc., this notion can be utilised.

Satmya definition: Satmya is a Sanskrit word that means "wholesome" or "agreeable to nature". In Ayurveda, it is a concept that refers to substances that are in harmony with a person's natural constitution and can be easily assimilated by the body without causing any harm. Satmya is also known as the law of adaptation or habituation.

Desha Satmya (Homologation): Desha Satmya (substances with a properties opposing to their dwelling areas) and Roga Satmya (diet and regimen opposite to sickness) are the two ways Acharya Chakarpani defined Satmya. As was previously noted, even if the Ahara is incompatible, the cuisine and eating customs of people who live in a certain place become Satmya to those people. There could be two possible causes for the regional adaptability:

1. Food items have been used for a longer period of time.
2. People who are born in a particular Desha are naturally adapted to that Desha and its cuisine.

However, it does not apply to individuals who have moved to another location.

Thus, by organising the regimen in accordance with Desha, ailments to which an individual is susceptible because of their geographic location can be avoided.

Conclusion

Jangala Desha is generally good for health and diseases point of view than Anupa Desha. For the purpose of treatment Desha/Disha also includes both the geographical and bodily location of the disease concerned. In reference to the treatment of disease, scholars of Ayurveda have directed to use Ahara (diet) and Vihara (life style) Ausadh (drug) opposing to Desha. So this concept of Desha/land/locality /place/geographical area is very important and should be kept in mind while planning a treatment of patient/research project and framing the policies too.

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