

**ROLE OF SWASTHAVRITTA ON PREVENTION
OF DEATHS AND DISEASES CAUSED BY
CERTAIN TOXIC AGENTS**

THIS IS SUBMITTED FOR THE DEGREE OF



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BASIC PRINCIPLES

(Swastavritta & Yoga)

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SUMMARY AND CONCLUSION

Poisoning is one of the important methods of killing enemies which was very common among the kings and wealthy persons in ancient times. Poison was being administered through articles of food, drink, dress, cosmetics etc. with the help of 'professional poisoners' i.e. Visha Data, Visha Kanya, further, the methods of detecting poisons in food, drink etc. and purification of air water and soil have been described. They have also discussed about the effects of poisons on the human body due to the organic and inorganic poisons especially of the poisons arising from reptiles, insects, scorpions, spiders, rodents, rabid dogs and so on and have also given the management for prevention and cure of these conditions.

Modern Medicine has also dealt with properties, actions, toxicity, fatal dose, detection, estimation and treatment of poison and further it also deals with toxins produced by living organisms which are dangerous to man i.e. poisonous plants, venomous snakes, scorpions etc. and bacterial and fungal toxins.

Thus our study has revealed that the approach of Ayurveda and that of modern medicine are common and they can prove to be complementary to each other.

From the survey work conducted by us the following significant facts have come into picture.

1. The male subjects between age group 11-30 years in the society are more prone to accidental and suicidal poisoning and the subjects with age more than 50 years are less prone to suicidal poisoning.
2. Farmers and labourers are more victims of accidental poisoning because of their illiteracy and non-observance of Ayurvedic charyas (code of conducts).
3. Students and housewives in the Indian society have to undergo more mental stress and strain, therefore, they have been found more prone to suicidal poisoning.
4. Fatal consequences of poisoning have been found more in rainy season because the potency of poisons as per Ayurveda becomes higher in this season.
5. Because of their life style the rural population is more prone to poisoning than the urban.
6. The married people and middle and lower class economic people are more prone to suicidal poisoning.
7. Taking all the 100 cases into account, in this study, data indicates that literacy has got no bearing on accidental as well as suicidal tendency of poisoning amongst masses.
8. People who are accustomed to take Rajasika and Tamasika (non-vegetarian) diet, they are more prone to suicidal poisoning.
9. Pitta and Raja predominant subjects are more prone to suicidal poisoning whereas Kapha and Tama predominant subjects are observed more prone to accidental poisoning.

10. Most of the poisoning subjects are not observing Ayurvedic regeman like personal hygiene, social hygiene, dietetic rules and code of conduct.

Suggestions :

1. In order to prevent suicidal poisoning among young people, they should be educated in spiritual way of life, so they can cope-up with the stress and strains of present day life.
2. To prevent accidental poisoning especially in farmers and labourers, they should be educated about the fatal consequences resulting from those poisonous substances.
3. Potency of poison is more in rainy season so during that season precautionary measures like use of 'Agadas' (remedies) as given in Ayurveda should be taken to reduce the effect of poison.
4. Publicity should be made about the value of Swasthavritta and Sadvritta, through Mass Media, Mahila Mandala (ladies clubs) and schools etc.
