

# Impact of Environmental Toxicity on Health – An Ayurvedic Perspective †

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**Abstract:** The physical, chemical, and biological burdens on the environment affecting the mere existence of living organisms and the natural habitat come under the scope of environmental toxicity. These hazards affect the productivity and stability of our ecosystem. Though these damages are great because of the effect of industrialization and modernization, the possibilities of environmental pollution and the methods to prevent it have already been mentioned in the classical texts of Ayurveda in the context of *Janapathodhwamsa*. How the quality of air, water, land, and season or climate are deranged, how we can identify the pollution through their characteristic features, what all are the effects of pollution of these factors, what all measures are to be taken to prevent them and how can we manage the ill effects of environmental toxicity on the health of living beings– these all are described in detail in the classical texts of Charaka Samhita and Susruta Samhita. Along with the prescribed management, the incorporation of *yoga* and *pranayama* also helps in overcoming the ill effects of pollution more effectively. By the understanding basic principles of Ayurveda, stressing the preventive as well as curative aspects, the negative impacts of environmental toxicity on health can be overcome to a greater extent. The observation of daily and seasonal regimes, modulation as per the *doshic* variation, and observance of prescribed codes of conduct along with daily use of *Rasayana* help to keep ourselves devoid of the affliction of harmful effects of environmental pollution. By following the measures of Ayurveda to get rid of the accumulated toxins and to keep the digestive capacity intact and thereby the metabolism in pace, the immune mechanism will be kept at optimal level so that the menace of environmental toxins won't affect an individual easily.

**Keywords:** *Janapathodhwamsa*; environmental toxicity; preventive and curative; immunity

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