

Ayurveda Perspective of Environmental Sustainability for the Economic Crisis—A Review

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Abstract

Ayurveda, the science of life is a comprehensive system of health care of great antiquity, based on experiential knowledge and grown with perpetual expansion. Ayurveda treatment combines products of plant derivatives as well as animal, metal, and mineral, diet, exercise, and lifestyle. According to WHO 88% of all countries are estimated to use traditional medicine, such as herbal medicines, acupuncture, yoga and indigenous therapies. U.S. Environmental protection Agency defines, Environmental sustainability is the responsibility to conserve natural resources and protect global ecosystems to support health and well-being, now and in the future. The objective of this study has been aimed to review on Ayurveda system of medicine for environmental sustainability. The study was carried out as a review study and data was collected from Ayurveda authentic texts, previously published research papers and journal articles. As per findings, Ayurveda provides clear guidelines for lifestyle and nutrition, all of which fit within the framework of *Dharma* (Moral principles) which promotes responsibility for the whole society. According to Ayurveda, lifestyle helps to protect a healthy environment and support nature. It also means the natural care of sustainable food sources and agriculture preserves not only life but also responsible and safe ways of nutrition, careful approach and planning to preserve and guarantee the abundance of all medicinal plants in nature. Sustainable food aims to avoid damaging or wasting natural resources. The major four elements of environmental sustainability which are air and water management and risk reduction have been described in Ayurveda authentic texts. As adaptations the concepts such as the knowledge of *Ritucharya* (regimen for various seasons) and *Dina Charya* (daily regimen) in Ayurveda, are the key to survival, thus essential to maintain a healthy life which helps to free from lifestyle diseases in humans and leads to maintaining good relationship with their environment. The predictive approach of Ayurveda based on the constitutional knowledge about human being shall assist to solving a serious challenge of the modern life. Modern drug-based medicine is becoming increasingly inaccessible to the majority of the world's poor. The neglect of environmental, spiritual and psychological factors behind health and disease does not allow a simple, abstemious lifestyle. Ayurveda offers a sound, millenary natural alternative to the prevailing medical system on its way to individual well-being, improving health economy and social-economic development.

Keywords- Ayurveda perspective, Economic crisis, Environmental sustainability