

AYURVEDA – A TRAVEL COMPANION**Vaishnavi Shenoy B.*¹ and Nusaiba²**

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ABSTRACT

Throughout the world there has been a rapid growth in the number of travellers. This has been much developed due to increased common economic migration; a growing number of travellers visit different area for meeting friends and relatives and there is an increase in medical tourism. As the travel are increasing doctors have noticed the increase growth in seeking of medical advice on health risk prevalent in hot and cold countries. So there has been preventive measure advised before and during travelling in modern aspect. Ayurveda also emphasises some of the preventing measures in relieving the travel sickness like practice of *Dinacarya*, *Ratricarya*, *Ahara*, *Rasayana*, *Dhoopana*, *Lepana*.

KEYWORDS: Preventive measures, Ayurveda, Travelers.

INTRODUCTION

Emporiatics Greek origin “emporos” means passenger or traveler and “iatrike” mean medicine. It's the term coined to describe the science of the health of travellers. It is a science that deals with promoting and protecting the health of international or national travelers, providing them the advice related to the travel they are about to undertake.^[1] It is a fast-developing specialty as international travel is fast increasing. Every year 415 million people travel internationally.^[2] As there is increase rising in number of patients who seek medical advice on health risk because travellers neglect to take preventive measures like vaccinations, chemoprophylaxis, personal hygiene. Health protection while travelling is a precondition for maintaining good physical health. So, health care providers always recommend some of the

preventive measures for travellers to boost the immunity. Ayurveda aims to promote health and prevent the disease in all the circumstances or preservation of health by practising *Dinacarya*, *Ritucarya*, *Dhoopana*, *Arka Kalpana*. *Rasayana* provide physical and mental health. These are considered as safe and alternative therapy.

Knowledge of Travel related risk

While traveling the person should be aware of the geographical area and the presence of common communicable diseases,

- ✓ Knowledge of morbidity and mortality of travellers
- ✓ Understanding of epidemiology and geography of communicable diseases
- ✓ Awareness of non-communicable risks
- ✓ Vaccines, indications, side-effects
- ✓ Knowledge of post-travel illness presentation and management
- ✓ Main risk id from the Food and Water, Insects, Animals and Birds, Environmental hazards like Soil, Sun, Heat/humidity, Cold/ dry, Altitude, Respiratory Hazards, Sex and body-fluid exposure, Vehicular and other Accidents.

Health Problems of Travelers

Usually, problems faced by the young children than the older adults because of their less immunity level to fight against the infections. Even the climatic and cultural contrast especially food habits between the native's country and the destined country differs and those people are higher at risk.^[3]

Health problems faced by travellers

Travelers face special health risks like: They subjected to disorders induced by rapid changes of the environment such as upsets in the circadian rhythms, motion sickness, and diarrhoea; In developing countries, they are exposed to infectious diseases that do not exist in their home countries such as malaria, giardiasis, and dengue. While travelling the people are exposed to various types of mental and physical stress like overcrowding, waiting for long time, changes in climatic conditions, delayed food consumption which may alter the health condition of the people leading to nausea, motion sickness, indigestion, fatigue.^[4]

Health advice to travellers^[5]

It is always necessary to be healthy and energetic while traveling to different places so through modern concepts it always recommended to carry hot water for drinking purpose or

use of mineral water which prevent from water borne diseases. Take bath in clean water which prevent the occurrence of infection. Consume uncontaminated food and drinks. Always carry a medical kit which consists of disinfectant like dettol, oral rehydration fluids, wound dressing cloth, mosquito repellent, sun screen lotion, first aid articles and prescribed drugs from physicians like paracetamol, cetirizine etc also carry regular medication along with-it health card and take active immunization or booster dose while traveling and carry vaccination certificate. If a person traveling to endemic and epidemic regions they always should be vaccinated and carry medicine prescribed by physicians, like antimalarial drugs if travelling to malaria endemic areas. They should take medicine on the day of arrival continued for 4 weeks after leaving that area. If people with any illness should take their medicine and always have a card that talks about their health condition and medicine they consume. Avoid sex with other partners or limit to single use contraceptive methods to prevent STD and HIV.

Ayurvedic View

In *Ayurveda*, *Acharya Sushruta* in *Nidana Sthana* explained regarding *Aupasargika Rogas*. *Aupasargika Vyadhi* are communicable diseases that spread through direct contact or contaminated objects of patient. By physical contact, expired air, eating with others by sharing plates, sharing bed, clothes and cosmetics spread the communicable diseases from one person to another person. These mainly happens during travelling which may affect the travellers.^[6] Some of the examples like *Kustha*, *Jwara*, *Shosha*, *Netraabhishtyanda*. *Acharya Charaka* has mentioned *Janapadodhwamshaja Vyadhi* which means those disease is affected simultaneously in whole community, country irrespective of their *Prakriti*, *Ahara Sevana*, *Dehabala*, *Saatmya*, *Mana* and *Vaya*.^[7] These are similar to epidemic and pandemic disease, where pathogen is responsible for producing the disease in many people of particular or whole geographical area.

Hygiene maintainance while travelling

During travel one should be neat and clean. According to *Ayurveda* one should follow *Dinacharya* in order to lead a healthy life, it is an ideal life style to be followed during day time. *Dinacharya* helps to balance one's constitution by regularizing biological clock, improves digestion, absorption and assimilation, discipline, longevity.^[8]

Bramhimuhurtha

It is the apt time for waking up that is fourteenth *Muhurtha* of *Ratri* (96 minutes before sunrise).^[9] It varies from region to region as the time of sunrise is not uniform throughout the world. Due to pleasant climate, fresh air, less pollution waking up at this time makes mind calm and relaxed.

Ushapana

A person should always drink eight prasriti of water at time of sunrise, can live for a period of hundred years, without any disease and fear of old age even they won't be affected with *Arshas*, *Sotha*, *Grahani*, *Jwara*, *Jara*, *Kustha* and *Medo Vikara*.^[10]

Mala-Mutra Visarjana

Evacuation of bowel should be done soon after urge is felt as it removes the unwanted waste produced from body and maintains an intact health.

Danta Dhavana, Jigvha Nirlekhana, Achmana

Dantadhavana helps in maintaining of oral health. It prevents dental carries, dental plaque by maintenance of salivary pH. The twigs which contain *Kashaya*, *Katu* and *Tikta Rasa* like *Arka*, *Nyagrodha*, *Khadira*, *Karanja*, *Kakubha*^[11] etc has antimicrobial and healing action helps to regularly removes the food debris and prevents periodontal diseases. Similarly gentle tongue scraping helps to remove the dirt present in the root of the tongue. After cleaning the mouth eyes and faced should be washed with fresh water which helps to remove the dark circles, blackish discolouration.

Anjana

Souvira Anjana is advised to use daily at night time, it helps in maintaining the health eye & vision. It also prevents and cures *Daha* (burning), *Kandu* (itching), *Mala* (eye debris), *Klinnta* (watery eye), *Vedana* (pain) etc.^[12]

Kavala and Gandusha

Gandusha and *Kavala* done with lukewarm water gives feeling of *Laghutva* (lightness) in mouth, *Dourgandhya*, *Mukhavairasya*, *Aruchi*.^[13]

Snana

Regular bathing clears all the dirt of the skin caused by the environment. Daily bathing not only keep us fresh and smelling good but also serves to keep us fit and healthy. It should be

done daily with clean water. Hot water bath provides *Bala* and *Vatakapha Dosha Kshaya*. Cold water bath improves vision.^[14]

Anulepana

Application of *Sugandita Dravya Lepa* helps in prevention of *Shrama*, *Vivarna*, *Dourghandya* produced from the body. Application of *Kumkuma*, *Candana* and *Krsnaguru* is *Ushna* in nature reduces the *Vata* and *Kapha* helpful when travelers carry it during winter, while traveling during summer travelers can carry *Candana*, *Ghanasara* can be applied in cream form together are *Sheeta* in nature and beneficial, paste prepared out of *Candana*, *Kumkuma* and *Kasturi* together neither hot nor cold is benefited to person when he plans to travel during rainy.^[15] These drugs can be made into cream form or *Malahara* and used as a moisturizer so that it protects our body during travels by considering the season.

Vastradharana

During travelling proper way of dressing is necessary based on the climatic conditions and our Acharyas has been mentioned it in detailed way. When travelling during summer season one should wear clothes with *Kashaya* and *Swetha Varna*, *Surabhi Vastra* and *Sukshma Vastra* which provides cooling effect to the body; one should wear *Shukla Varna*, *Ambara Vatra* promotes *Laguthva* and *Ushnatva* to the body while traveling in rainy season; when travelers plan to travel during winter they should carry or wear *Pravara*, *Ajina*, *Praveni*, *Kausheya*, *Kuthaka* these clothes provide *Ushna Guna* to the body; traveling in autumn should wear *Ambara Varna Vastra* it improves *Kamya* and *Ayushya*.^[16] These clothing may prevent our body from contagious diseases, body charm, longevity and prevents inauspiciousness. It brings about pleasure, grace and good attractive look.

Padatradharana

Wearing foot wear is also an essential in caring the foot because footwear safe guards from physical injuries to the foot also it stimulates the nerve ending which reflect the eyes and promotes as *Chaksushya*.

Chatra Dharana and Ushneesha Dharana

While travelling during summer season people should wear cap or hats or turban to head and usage of umbrella will protect from dust, sunlight, wind, prevent from tanning and protect eyes from harmful UV rays. Even during rainy season umbrella protects from rain.

Dandha Dharana

Mainly while trucking it is necessary to take *Dandha* so that it helps to identify the poisonous things and to identify proper way for walking.

Bhojana Vidhi

While travelling food should be taken when there is feeling of hunger, for healthy people 2 times of meal is advised and food should not be too heavy or consumed too late.^[17]

Ratricarya

There are important aspects of *Ratricarya* like *Ahara, Shayana*. During travelling one must consume food in the first part of night so that food will be digest properly.^[18] Quantity of the food should be less having the digestion power is weak heavy food with large quantity should be avoided. One should habituate to sleep at right time and right place.^[19] Sleeping at proper time provides nourishment, good complexion, strength, enthusiasm, restores gastric fire and enhances digestion. Other activities like night travel are forbidden except in case of emergency probably because of the fear of thieves and wild animals. While travelling one must go out with head gear stick, umbrella and foot wear for self-protection.

Dhoopana

While staying at lodges one can use *Dhoopana karma*. *Dhoopana* also helpful to remove the impurities present in air and even cleanse the vitiated air. Fumigating the Sambrani olden methods to get rid of mosquitos and cleanse the environment. *Guggulu, Agar, Sarja Rasa, Vaca, Go Rasa, Sarsapa* this substance can be used for *Dhoopa*. *Trivritta, Vaca, Kustha, Sarsapa* also act as *Raksha Karma*. The ingredients like *Vaca, Bhallataka, Kustha, Ghrita, Sarsapa, Nimba, Patra, Siddhartaka* will help to take out the ill effect present in air.^[20] These ingredients can make into *Churna* form or stick form. Fumigation done with all the above ingredients helps to take out impurities of air along with the *Graha* (Micro-organisms like virus, bacteria, fungus pathogens). *Aparajitha Churna Dhoopa* has antimicrobial activity an ability to sterilize the environment. Similarly, *Bhootasandha Yoga* (which contains *Karpasa, Lasuna, Guggulu, Putidaru, Jatamansi, Kustha, Aguru* and *Ushira*) mentioned in *Sarvaroga Chikitsa Ratnam* also has antiviral, antimicrobial and antibacterial activity effective fumigant.

Lepa

Padmakagada Lepa in honey bee sting, *Dasanga Lepa*^[21] in insect bite, Neem leaf effective in mosquito repellent. Body creams which act as mosquito repellent similar to odomos through ayurveda are *Chandana* and *Haridra Curna* mixed with *Jala*, *Apamarga Patra* along with *Pippali* and *Guda*, *Narikela Jala* along with *Kamadugha Rasa*, *Shuddha Grhita* these are some of the effective *Lepa* which can be used for getting better impact of insect bite.

Disinfectants

Karpura Taila, *Nimba taila* also keeps mosquito away from house surrounding. *Tulasi Swarasa* has strong larvicidal properties act as disinfectant, burning *Marica* and *Pippali* keeps mosquito away from outdoors.

Arka Kalpana^[22]

Maintaining hygiene of hand and place is not new concept to the traditional medicine Ayurveda. *Arka Kalpana* usually given internally but it can be used as sanitizer as well as chemical disinfectants. These *Kalpana* are non-alcohol. Drugs like *Tulasi*, *Haridra* and *Nimba* has *Katu*, *Tikta* and *Kashaya Rasa* which has *Krimighna* and *Vishaghna* property as well as *Ropana*. The phytochemical constituents of *Tulsi*, *Nimba* and *Haridra* are proven to be effective against a wide variety of gram-positive and gram-negative bacteria, fungi and viruses.

In *Arka Prakasha* there are *Arka* preparations based on seasons like in *Vasantha Ritu Nimba Arka*, *Greeshma Ritu Shatpatra Arka*, *Varsha Ritu Triphala Arka*, *Sharad Ritu Parijata Arka* and *Gambari Arka*, *Hemantha Ritu Yavani Arka* and in *Shisira Ritu Yavani* with *Nimba Arka* is used internally this extraction can also use as external purpose.

For internal purpose when there is *Agnimandya*, *Ajeerna* during travel then *Ajamodarka sarkara* along with water can be consumed. *Tulsi Arka Sakara* also can be taken during travel if there is *Kasa*, *Swasa* and *Pratisyaya*.

Drinks

Similar to ORS one can consume *Narikelajala*, *Shadanga Paniya*, *Nimbu Panaka*, *Ikshu Rasa* any seasonal fruit (tamarind, mango, pineapple, grapes) juice which help to regain energy, thirst, easy to digest and even cleanses the bladder. If nothing is available then hot water along with sugar can be taken when there is dehydration.

Rasayana^[23]

Rasayana therapy helps to gain the proper uptake of nutrients, growth and nourishment of *Saptadhatu*. *Rasayana* are those which promotes the longevity by delaying the ageing (*Jaranashanam*) and prevents the diseases (*Vyadhinashana*) e.g., *Amalaki*, *Amritha*, *Guggulu*, *Haritaki*. Use of *Rasayana* provide *Dirghayu*, *Smiriti*, *Medha*, *Aarogya*, *Tarun Vaya*, *Prabha*, *Varna*, *Swara* and *Bala*. It is helpful to increase the immunity of the person and helps him to keep away from infections in day-to-day life. It also provides our body with proper nutrition and antioxidant. *Rasayana* therapy acts on the level of *Rasa* (acting as direct nutrient), *Agni* (promoting digestion and metabolism), *Srotas* (promoting microcirculation & tissue perfusion) and *Ojas* (enhances immunity). Prophylactic action of *Rasayana* provide preventive and health promotive measure in human beings. Example *Agastyaharitaki* with dose of 10gm once a day has action as *Rasayana* and *Vyadhihara* which is used in the diseases of *Pranavaha Srotas* like *Kasa*, *Shwas*, *Pratishyaya*, *Jwara*. It gives strength to the *Pranavaha Srotas*, which reduce the recurrences of respiratory tract infections.^[24]

CONCLUSION

By exploring the knowledge of ancient science and modern technology, we tried to demonstrate that the drugs that are explained in Ayurvedic classics, which possess antimicrobial and volatile properties, can be best used as hand sanitizers, *Lepa* and chemical disinfectants. Ayurveda also provides better solution in the form of following proper *Dincharya* regimen, *Ratricarya* and *Ahara* described in Ayurvedic texts which promotes positive health of the individuals by maintaining normal physiological functions of the body and keeps the person healthy forever by slowing down the irreversible changes occurring in the body with the advancement of time.

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