

Critical Analysis Of Concept Of Desha In Ayurved Classics

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Abstract

The Modernization Of Person In This Period Of Globalization Is The Question Of Thought. Today The Cutting Edge Specialized Devices, Media, Transportation And So On Are So Exceptionally Fostered That It Has Made Far Off Places Come Nearer. Alongside The Upsides Of These Devices There Are Various Inconveniences For Man Himself. He Is Carrying On With Such A Way Of Life, Has Embraced Some Food-Propensities And So On Which Are Not Appropriate To His Place Of Birth And Living. Every One Of These Issues Lead To Psychosomatic Problems And In This Condition He Needs To Counsel The Doctor. These Conditions Can Be Stayed Away From If The Appropriate Routine Like Dincharya, Ritucharya, Aahar Vidhi And So Forth Are Followed Suitably Which Have Been Supported By Our Incredible Sages. In Ayurveda The Patient Is Treated With Most Extreme Consideration And Consideration In Light Of Keeping About The Patient's Prakruti, Desha, Kala And So On Alongside The Topographical Beginning Of Patient, The Beginning Of Medication Is Additionally Given Due Consideration. It Is Additionally Seen That The Medications Which Are Gathered From Appropriate Geological Region And In Legitimate Environment Have Full Intensity. So Here A True Endeavor Has Been Made To Set Up And Demonstrate The Idea By Surveying The Between Connection Of Geological Space Of The Medication And Its Pharmacognostic Study And Phyto-Compound Investigation.

Keywords: Desha, Region, Jangala, Anupa, Sadharan, Samhita.

INTRODUCTION:

The Word 'Desha' Is Defined As That Which Indicates Or Directs The Particular Thing Or Substances Mainly A Geographical Area Or Place.

TYPES:

Sage Charaka Has Mentioned Three Types Of Desha¹

1. Jangala Desha (Dry Climatic Area)

2. Anupa Desha (Wet Climatic Area)
3. Sadharana Desha (Mixed Climatic Area)

Acharya Sushruta, Also, Has Mentioned Three Types Of Desha²

1. Anupa Desha (Wet Climatic Area)
2. Jangala Desha (Dry Climatic Area)
3. Sadharan Desha (Mixed Climatic Area)

ANUPA DESHA LAKSHANA:CHARAKA

SAMHITA³:

Acharya Charaka Has Mentioned The Characters Of Anupa Desha As Below-

- 1) Anupa Desha Is Having Dense Forest Of Trees Like Hintal, Tamala, Narikela, Kadali.
- 2) This Area Will Have Rivers And Sea At The Borders.
- 3) The Cold Breeze Blows Here And In This Area The Bank Of River Will Have Plants Like Vanjula And Vanira.
- 4) This Area Will Be Beautified By Surrounding Mountains Which Are Covered With Plants And Creepers.
- 5) The Forest Will Blow With Slow Breeze And Most Of The Areas Will Have Dense Forest And Flowering Creepers.
- 6) The Area Will Be Covered Of Green And Soft Trees.
- 7) The Trees Located Here Echo With The Sound Made By Birds Like Hamsa, Cakravaka, Balaka, Nandimukha, Pundarika, Kadamba, Madgu, Bhringaraj, Shatpatra And Kokila.
- 8) Individuals Living In This Type Of Area Will Have Delicate Body Structure And They Are Having Vata-Kapha Phenotype.

B) SUSHRUTA SAMHITA^{4,5}:

Acharya Sushruta Has Described The Characters Of Anupa Desha As:

- 1) Anupa Desha Will Have Plenty Of Water.
- 2) The Surface Of Earth Is Uneven And Rivers As Well As Rainfall Are Abundant.
- 3) The Breeze Is Soft And Cold.
- 4) The Area Will Have More And Big Mountain And Trees.
- 5) The Physic Of People Is Tender And Generally Suffers From Kapha-Vatika Disorders.

JANGALA DESHA LAKSHANA⁶:

A) CHARAKA SAMHITA:

The Jangala Desha Is Characterized By Acharya Charaka As Below:

- 1) The Sky Will Be Clear.

- 2) The Forest Will Have Trees Like Kadar, Khadira, Asana, Ashwakarna, Dhava, Tinisha, Shallaki, Sala, Somavalkala, Badar, Tinduka, Ashwattha, Vata, Aamlaki And Mostly Shami, Kakubha And Shimshapa Trees.
- 3) The Branches Of Trees Looks Like Dancing Due To The Force Of Continuous Dry Wind.
- 4) The Sand Will Be Thin, Rough And Hard And Gives Rise To Mirages.
- 5) The Birds Like Lava, Tittira And Chakora Graze In This Area.
- 6) The People Inhabiting Here Will Have More Of Vata And Pitta As Well As Sturdy And Strong Body.

B) SUSHRUTA SAMHITA⁷:

Acharya Sushruta Has Mentioned The Following Characters Of JangalaDesha:

- 1) The Sky Is Open And Land Is Even.
- 2) The Trees Of This Area Are Thorny.
- 3) Usually The Rainfall, Forest And Water Is Less In This Area.
- 4) The Wind Is Hot In Nature.
- 5) The People Living In This Area Are Sturdy And Lean And Prone To Vata-Pittaja Disorders.

SADHARAN DESHA LAKSHANA:

A) CHARAKA SAMHITA⁷:

According To Acharya Charaka, The Characteristic Features Of SadharanDesha Are As Follows:

- 1) This Region Has The Creepers, Vanaspati, Vanaspatya, Birds And Animals Mentioned In Above Both The Regions I.E. Jangala And Anupa Desha.
- 2) The People Of This Region Will Be Sturdy, Tender, Endowed With Strength, Complexion And Compactness And Will Have General Qualities.

B) SUSHRUTA SAMHITA^{8,9}:

The Characters Of Sadharan Desha As Per Acharya Sushruta Are AsFollows:

The Region Or Area Having Mixed Features Of Jangala And Anupa Desha IsCalled As Sadharan Desha.

Acharya Sushruta Has Also Mentioned Five Types Of Bhoomi⁹:

1) PARTHIVA BHOOMI:

The Soil Is Having Heavy Stones, Grayish Or Blackish In Color And Covered WithThick Trees.

2) AAPYA BHOOMI:

The Soil Is Slimy, Cold And Having Water Inside. Covered With Grass And TheTrees Are Soft And Color Of Soil Is Whitish.

3) AGNEYA BHOOMI:

The Soil Is Having Different Colors And It Is Having Light Stones, Covered WithThick Trees.

4) VAYVIYA BHOOMI:

This Type Of Soil Is Dry And Having Ashy Or Dusky Color. The Trees Are Thin, Dry,Hollow And Having Less Taste.

5) AKASHIYA BHOOMI:

This Type Of Soil Will Be Soft, Even, Having Burrows And Undefined Taste. The Trees Are Immaterial And Having Big Mountains And Trees And Are Black In Color.

MODERN CONCEPT OF DESHA (AGRO CLIMATIC ZONE)

Agro-Climatic Zones Of Karnataka:

Based On The Soil Type, Rainfall, Topography And Climatic State Of Karnataka State Is Divided In Ten Different Agro Climatic Zone-32ds4zfradrew2

| Name Of The Zone | Name Of District |
|----------------------------------|---|
| 1. North-Eastern Transition Zone | Bidar And Gulbarga |
| 2. North-Eastern Dry Zone | Gulbarga, Yadgir And Raichur |
| 3. Northern Dry Zone | Koppal, Gadag, Dharwad, Belgaum, Bijapur, Bagalkot, Bellary, Davangere, Raichur |
| 4. Central Dry Zone | Chitradurga, Davangere, Tumkur, Chickmanglur, Hassan |
| 5. Eastern Dry Zone | Bangalore Rural, Ramnagar, Bangalore Urban, Kolar, Chikkaballapur, Tumkur |
| 6. Sothern Dry Zone | Mysore, Chamrajnagar, Mandya, Tumkur, Hassan |
| 7. Southern Transition Zone | Hassan, Chikmanglur, Shimoga, Mysore, Davangere |
| 8. Northern Transition Zone | Belgaum, Dharwad, Haveri, Gadag |
| 9. Hilly Zone | U.Kannada, Belgaum, Dharwad, Haveri, Shimoga, Chikmanglur, Kodagu, Hassan |
| 10. Coastal Zone | Udupi, D.Kannada, U.Kannada |

SOIL¹⁰

The Properties Of Soil Of Any Agro Climatic Zone Depends On The Rock Stones Out Of Which It Is Originated, Climate, Surface Of Land And Duration. Due To All This Reason There Are Different Verities Of Soil Is Available. Their Structure, Component, Color, Fertility Are Also Having Great Different. Based On These Differences The Soil Is Divided In Eight Groups-

1. ALLUVIAL SOILS:

Properties: This is by far the largest and most important soil group of India contributing the largest share around 15 lakh sq. km. to its agricultural wealth.

This type of soil includes riverine alluvium, coastal alluvial soils and deltaic alluvium, formed by transportation in streams and rivers and is deposited in flood plains or along coastal belts; generally at nine hundred meters depth.

The riverine alluvium is again divided in two varieties-

1. Older alluvium soil or Bangar- This soil is present at north west, northern and north east India. It is extended in Punjab, Haryana, Rajasthan, Uttar Pradesh, Bihar, West Bengal and Assam, such type of soil is suitable for the cultivation of rice and sugar cane.
2. New alluvium soil are Khadar- This soil is most fertile soil among the world. It is available near the rivers where the flood occurs every year.

2. BLACK SOILS:

Properties: This type of soil is black or brownish in color hence it is called black soil. Black soil is made out of Deccan trap basalt, Rajmahal trap and Nees and granite rocks of Karnataka, Andhra Pradesh and Tamil Nadu. Its expansion is around one-fourth of India that is 24.32% of total land. This soil contains montmorillonite mineral which is having moisture retaining properties. It is divided into four varieties:

1. Deep black soil- This soil is available in Maharashtra near Tapi Pune Valley, Wardha Valley and Nagpur region. Other than this it is also available at Bhima, Godawari, Penganga and Krishna Valley, western parts of Madhya Pradesh at Narmada Valley, in Andhra Pradesh at northern Telangana hills, some parts of Gujarat near Surat, Bhadoch and Vadodara, and some parts of Tamil Nadu in Kaveri Valley.
2. Medium black soil- This soil is mostly expanded in Malwa and Nimar region of Madhya Pradesh, eastern part of Gujarat and some part of Maharashtra, Karnataka and Andhra Pradesh. This soil is also having moisture retaining properties hence used for the cultivation of wheat, cotton and jawar.
3. Shallow black soil- This soil is available only in Maharashtra and due to moisture it is good for cultivation of gram, wheat, cotton and jawar.
4. Mixed red and black soil- This soil is made out of rocks. It is expanded up to Dharwad, Belgaum, Raichur, Bijapur districts of Karnataka and Coimbatore district of Tamil Nadu. In Madhya Pradesh it is available in Bundelkhand and Baghelkhand region. The fertility of this type of soil is medium to less.

3. RED SOILS:

Properties: The color of the red soil is due to the iron. This soil is expanded over 29.28% area of land. The soil is generally poor in nitrogen, phosphorus and humus. This soil is having less moisture reserving capacity due to the sand mixing. So they yield good amount of crop even in less rainfall and less irrigation.

The red soil is divided in to three varieties:

1. Red loamy soils- This type of red soils are more fertile in nature and found near the rivers having rocks at their bank. It is expanded in Orissa, Chhattisgarh, Jharkhand, southeastern Maharashtra, Goa, central Andhra Pradesh, most of Karnataka and north Kerala. This type of soil is also present in Beerbhumi district of West Bengal, Mirzapur of Uttar Pradesh, Sondhadra, Jhansi, Lalitpur and Hamirpur districts, south Assam,

Nagaland, Manipur And Arunachal Pradesh.

2. Red Sandy Gravelly Soils- This Type Of Soils Is Present At Jharkhand, Maharashtra And Madhya Pradesh And Some Part Of Karnataka, Tamil Nadu And Andhra Pradesh. This Is Made Out Of Locally Present Red Granite Rocks. This Is Found In Deep Sloppy And High Altitude Uneven Areas. It Is Less Fertile Due To The Lack Of Nutrient In It.
3. Red Yellow Soils- This Type Of Soil Is Expanded In Orissa, Chattisgarh And Eastern Rajasthan. This Is Also Less Fertile In Nature.

4. LATERITE SOILS:

Properties: Laterites And Lateritic Soils. Laterite A Formation Peculiar To India And Some Other Tropical Countries, With An Intermittently Moist Climate Due To The Lack Of Silica. It Becomes More Hard In Dry Season. In India 4.3% Area Is Having Laterite Soil. Laterites Are Formed Near The Earth Surface Occurring Mostly Below The Soil. They May Either Be Denuded By Erosion, Or Covered By Thick Forests With The Tree Roots Penetrating Several Meters Deep Inside The Laterite. Color Is Highly Variable, Mostly Reddish, Reddish Brown And Yellowish Brown. Mineralogically Composed Mainly Of Gibbsite, Goethite, Hematite, Maghemite, Kaolinite And Quartz. These Kaolinites May Be Interstratified With Smectites. By And Large, Oxidic Minerals And Kaolinitic Dominate. Smectites May Also Occur. As Relicts Of The Parent Rock Anatase, Titanite, Tourmaline May Be Present As Accessory Minerals. All These Soils Are Acidic.

This Type Of Soil Is Found Mainly At The Hills Of Karnataka, Kerala, The Eastern Ghat Regions Of Orissa, Maharashtra, West Bengal, Tamilnadu , Andhra Pradesh And Assam.

5. FOREST SOILS

Properties: This Type Of Soil Is Originated In The Forest Hence The Nutrients Are More In This Soils. These Soils Are Mainly Found At Hilly Region Of Himalaya, Himachal Pradesh, Uttaranchal, West Bengal, Assam, Arunachal Pradesh, Sahyadri And Eastern Ghat And Higher Altitude Of Madhya Pradesh, Orissa, Jharkhand, Tripura And Tamil Nadu.

6. DESERT SOILS

Properties: This Type Of Soil Is Available At Western Dry And Semi Dry Region. The Desert Sand Is Composed Of Quartz But Feldspar And Hornblende Grains Also Occur With A Fair Proportion Of Calcareous Grains.

It Is Found In West Rajasthan, Kacch Part Of Gujarat, Southern Punjab, Lying Between Indus River And Aravalli Range Covering 1.5lacs Sq.Km. Part Approximately.

7. SALINE AND ALKALINE SOIL

Properties: This Soil Is Having Lack Of Alkaline And Zypsum. This Is Found Near Coastal Regions, Midnapur And Chobis Pargana Of West Bengal, Balasor, Katak And Puri District Of Orissa, Kacch Region Of Gujarat, Delta Of Narmada, Tapti, Mahi And Sabarmati Rivers. This Is More Useful For The Cultivation Of Coconut Tree.

8. PEAT SOIL

Properties: Peat Soil Is Found In Moist Areas. It Is Having More Amount Of Minerals. It Is Expanded Upto 150 Sq.Km. In Kerala Near Ernakulam And In Bihar At Kosi Region. It Is Useful For The Cultivation Of Rice After Rainy Season.

Rainfall Pattern Of India In Different Agro Climatic Zone:

As India Falls In The Monsoon Climatic Region. Rainfall Is The Backbone Of Indian Agriculture And Economic Activities. The Key Features Of Indian Monsoon As Well As Its Distribution Pattern.

Features Of Rainfall In India-

Rainfall In India Mainly Occurs In The Months Of July, August And September.

The Indian Rains Are Chiefly Orographic In Nature. As A Result, The Regions Situated On The Windward Side Receive Greater Rainfall Than The Regions Located On The Leeward Side. Only A Scant Amount Of Rainfall Is Received From Cyclones And Convectional Rainfall.

Monsoon In India Is Irregular, Not Well Distributed And Unpredictable. While There Are Floods In Some Regions, The Other Regions Face Drought.

Most Parts Of The India Do Not Receive Rainfall During The Winter Season. Some Areas Which Receive Rainfall During The Winters Are –

Central And Northern Parts Of India Get Occasional Rainfall During Winter.

Weak Temperature Cyclones Lead To Rainfall In Delhi, Haryana, Punjab And Western Uttar Pradesh. This Rainfall Benefits The Rabi Crops.

Northeastern Areas Of The Country Also Receive Winter Rainfall.

In October And November, Northeast Monsoon Receives Heavy Moisture While Blowing Over The Bay Of Bengal And Cause Enormous Rainfall Over The Coast Of Tamil Nadu And The Southern Tip Of Andhra Pradesh.

Distribution Of Rainfall In India:

A) Regions Receiving Hefty Rainfall (More Than 200 Cm)-
Slopes Of The Western Ghats And The Western Coastal Plains.

Meghalaya Hills (Garo, Khasi And Jaintia), The Southern Slopes Of The Eastern Himalayas, Assam, Arunachal Pradesh And West Bengal.

B) Regions Receiving Moderate Rainfall (100-200 Cm)-

The Southern Part Of Tamil Nadu And The Northern Parts Of Andhra Pradesh.

Middle Ganges Valley, Some Parts Of The Western Ghats, Eastern Maharashtra, Madhya Pradesh And Odisha.

C) Regions Receiving Low Rainfall (50-100 Cm)-

Parts Of The Deccan Plateau Consisting Of The Regions Of Karnataka, Andhra Pradesh And Tamil Nadu. Eastern Rajasthan, Punjab, Haryana And Kashmir.

D) Regions Receiving Scanty Rainfall (50 Cm And Less)

Northern Parts Of Kashmir, Southern Punjab And Western Rajasthan. The Rain Shadow Regions Of The Western Ghats Lying In The Deccan Plateau.

Conclusion:

Jangala Desha Is For The Most Part Useful For Wellbeing And Illnesses Perspective Than Anupa Desha. With The End Goal Of Treatment Desha/Disha Additionally Incorporates Both The Geological And Substantial Area Of The Illness Concerned. Concerning The Treatment Of Sickness, Researchers Of Ayurveda Have Coordinated To Utilize Ahara (Diet) And Vihara (Way Of Life) Ausadh (Drug) Restricting To Desha. So This Idea Of Desha/Land/Region/Place/Topographical Region Is Vital And Ought To Be

Remembered While Arranging A Treatment Of Patient/Research Task And Outlining The Strategies As Well. **Acknowledgement:** I Am Using This Opportunity To Express My Gratitude To Dr. Rekha Parmar HOD, Department Of Dravyaguna, Parul Institute Of Ayurved, Parul University For Their Aspiring Guidance, Invaluably Constructive Criticism And Advice During The Study. It Would Not Have Been Possible Without The Kind Support And Help Of Dr. Hemant Toshikhane, Dean, Faculty Of Ayurved, Parul University. I Would Like To Extend My Sincere Thanks To All Of Them. My Sincere Thanks And Appreciations Also Go To My Colleagues In Developing The Article & People Who Have Willingly Helped Us Out With Their Abilities.

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