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HEALTH ADVISE TO TRAVELLER: AN AYURVEDIC PERSPECTIVE W.S.R. ASHTAMAHADOSHKAR BHAVA (EIGHT MAJOR DOSHA AGGRAVATING FACTORS) MANNAT MARWAHA¹ DEEPA CHUGH²

ABSTRACT

Besides essential prophylactic chemotherapy or vaccination for said visiting area there are number of *Dincharya* (daily regimens) procedures must be followed by traveler to maintain highest level of hygiene to prevent communicable diseases, opportunistic infections and problems turn out of travelling. A traveler must visit doctor to get a personal prior health advise for travelling. The advice must be provided according to visiting *Desha* (area) considering particular *Ritu* (seasons), his/her *Prakriti* (body constitution) and medical conditions. Type of travelling, his/her personal hygienic habits, nutritional requirements, special conditions should be taken care as per needs. Sign, symptoms and treatment of *Ashtamahadoshkar Bhavas* (eight major Dosha aggravating factors) mentioned by Acharya Charak forms the principles of travelling even in modern era. These factors such as *Ucchabhashya* (shouting or speaking to loud), *Rathakshobha* (travelling in not so comfortable vehicle), *Atichakramana* (too much walking), *Aasanae* (sitting in same posture for too long), *Ajirna Bhojya* (eating before digesting previous meal), *Divaswapna* (day-sleeping) etc. aggravates *Vata* or sometimes *Kapha Dosha*. Precautionary Treatment mentioned in Ayurved will help traveler to stay in positive health, adapt climate and culture during their stay.

Keywords: Health advise, travel, Emporiatrics, Ayurveda, *Ashtamahadoshkar Bhava*.

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INTRODUCTION:

Referred to the key points mentioned in Indian Tourism and Hospitality Industry Analysis (IBEF), International tourist arrivals are expected to reach 30.5 million by 2028. Medical tourism sector is predicted to increase at a rate of 21.1 % from 2020 – 27. The travel market in India is projected to reach US dollar 125 billion by FY 27 from an estimated US dollar 75 billion in FY 2020. According to Pacific Asia Travel Association (PATA)- 40 percent of outbound trips by Indians will be for business purposes, leisure, visiting friends and relatives and 20 % accounts for others¹. Domestic tourism is also expected to increase by 50% by 2030.

Travelers intending to visit a destination should consult a medical practitioner at least 4-8 weeks before the journey or preferably earlier if planning for long or overseas trips.

Travel medicine or Emporiatrics (in Greek, 'emporos' meaning 'one who goes on ship board as passenger' and 'iatrike' means medicine) is the branch of medicine that deals with the prevention and management of health problems of international travelers².

Protection and nourishment of vital parts such as external orifices including eyes, nose, mouth, ears, anus, skin, scalp, feet are

necessary which are more exposed during travel.

Travelling aggravates all eight *Ashtamahadoshkar Bhava*³ that too in excess. Treatment provided in text should be practiced to prevent and cure diseases evolved while travelling.

The most common travel related sickness is gastrointestinal infection, which is generally picked up from poorly prepared food and untreated water.

MATERIAL AND METHODS:

1. Study is literary review based on basic principles of Ayurved mentioned in *Samhitas* (Ayurvedic texts).
2. *Ashtamahadoshkar Bhava* (Eight factors aggravating *Doshas*), their signs and symptoms, treatments are specially studied from Ayurved Samhitas.

Aims and Objectives:

1. To study and explore the Ayurvedic principles for prevention and management of national and international traveler.
2. To mainstream Ayurved view for Emporiatrics and establish preventive procedures to be followed by travelers.

Travel and Ayurveda

Travelling could be a joyful experience for someone, it relieves stress and anxiety,

produce happiness and satisfaction, boost creativity or can improve mental, physical and emotional health but on the other hand, it could be a tiring, horrible, annoying experience for one and may be disease initiating process for other. Problems may vary from mild headache to diseases of digestive, respiratory, muscular or skeletal systems including allergies. Individual should assess the type of *Desha* (area) he is visiting. Broadly *Desha* is classified as *Anupa Desha* (marshy lands), *Sadharana Desha* (normal land) and *Jangal Desha* (dry forest land)⁴.

Ayurved, which supports such travelling emphasises on preventive aspect of travelling. Travelling could be a worse experience if not properly managed. Despite of enormous benefits, some people avoid travel or travel minimum. This not so good experience is observed when travelling vehicle is not comfortable and sitting in same position for long or consuming food in excess or out of boredom, unhygienic food or not consuming on time or due to sleep disturbances as in jet lags or excessive walking during treks or loud and excessive speaking at travel or non-observance of *Dincharya* (daily regimens) as per the place.

Acharya Charak had explained *Ashtamahadoshkara* (eight factors aggravating *Doshas*) *bhava* and their treatment in twelfth

chapter of *Siddhi Sthana* in *Charak Samhita* which includes *Ucchabhashya* (shouting or speaking too loud), *Rathakshobha* (traveling in not comfortable vehicle), *Chakramana* (too much walking), *Aasanae* (sitting in a same posture too long), *Ajirna bhojya* (eating before digesting previous meal), *Vishama-Ahita Bhojya* i.e. meals that are not according to individuals *Prakriti* (nature), *Kala* (season), *Matra* (quantity), *Divaswapna* (day-sleeping), *Maithuna* (indulgence in sexual activity).³ All these eight factors can be easily related to problems with travelling. Here in maximum cases, *Vata Dosha* is aggravated. While travelling *Vata Dosha* is aggravated in almost whole of the body that needs to be pacified or balanced, whereas in some cases *Kapha Dosha* involvement is also observed.

***Ashtamahadoshkar Bhava* and their relation to travel sign and symptoms:**

1. ***Ucchabhashya*** (means shouting or speaking too loudly)

Area involved: head-neck-thorax (upper body)

***Dosha* involved:** *Vata*

Travelling Mode/ type of travelling: Group or event tour/ religious tour/ travelling friends or relatives.

Diseases/ Signs and symptoms produced: *Shirastapa* (headache), *Shankhakarna Toda* (pricking pain at temporal region and ear), *Shrotrauprodha* (obstruction to listen/

deafness), *Mukhatalukantha Shosha* (dryness in mouth/ palate/ throat), *Timira* (eye disorders), *Trishna* (thirst), *Jvara* (fever), *Tamakshwasa* (breathlessness/ asthma), *Hanugraha* (problems in jaw movement), *Manyastambha* (torticollis), *Nishthivana* (excessive spitting), *Urahashula-Parshavashula* (Pain in chest and planks), *Swarabheda* (shrilling voice), *Hikka* (Hiccup), *Shwasa Roga* (diseases related to respiratory system)⁴.

Ayurvedic management: *Abhyanga* (whole body oil massage), *Swedana* (induced sweating), *Upnaha* (medicated bandage), *Dhuma* (herbal fumigation), *Nasya* (oil pouring in nose), *Upparibhakta Snehapana* (having Ghee/ clarified butter just after meals), having *Mansarasa* (non-veg/ meat soups), *Kshira* (milk) and follow procedures to pacify *Vata Dosha* and *Mauna* (observance of silence) is advised⁵.

2. Rathakshobha (means travelling in not so comfortable vehicle)

Area Involved: whole body

Dosha Involved: *Vata*

Travelling Mode/ type of travelling: Rural travelling/ off- roading/ overlanding.

Diseases/ Signs and symptoms produced: *Sandhi-Parva Shaithilya* (loose joints), *Hanu-Nasa-Karna Shula/Toda* (pain at mandible/nasal/ear area), *Kukshi Kshobha*,

Atopa-Antrakunjanam,-Adhmana (distended abdomen with gastric disturbance with commotion), *Hridya-Indriya Uprodha* (hinderance in action of heart and sense organs), *Sfika-parshava-vankshana-vrishana-kati-prishta Vedna* (pain at buttocks/ planks/inguinal region/ testis/ lower back), *Sandhi-Skanda-Griva Daurbalaya* (weakness at joints/shoulder/neck region), *Angaabhitapa* (heated body organs), *Pada-Shofa-Swapa-Harshaadi* (swelling, numbness, tingling etc. at foot)⁴.

Ayurvedic management: Follow procedure, diet and regimen which pacifies *Vata Dosha* like *Snehana* (oilation) *Swedana* (induced sweating) and *Nidanaparivarjana* (remove the cause)⁵.

3. Atichakramana (means too much walking)

Area Involved: lower body

Dosha Involved: *Vata*

Travelling Mode/ type of travelling: hiking/ cycling/ trekking.

Diseases/ Signs and symptoms produced:

Pada-Jangha-Uru-Janu-Vankshana-Shroni-Prishta Shoola (pain at foot/legs/thighs/knee joint/inguinal region/pelvic area/lower back), *Skathi-sada-nistoda* (loose thigh area with pain), *Pindikoudveshtan* (cranks at calf muscle), *Angamarda* (bodyaches), *Ansabhitapa* (inflamed and heated clavicle/

shoulder area), *Siradhamni Harsha* (thrilling sensation at veins and arteries), *Shwasa Kasa* (difficulty in breathing and cough)⁴.

Ayurvedic management: same as in *Rathakshobha*. Excessive exertion such as travelling on foot, excessive talking, over weight lifting, swimming, aggravates *Vayu* with other two *Doshas*, produces different eleven symptoms of *Kshaya Roga* (tuberculosis weakness) all over the body. Hence, one knowingly himself should not indulge in over exertion⁶. (Ch.Ni.6/4)

4. *Aasanae* (means sitting in same posture for long)

Area Involved: Central body

Dosha Involved: *Vata*

Travelling Mode/ type of travelling: Road trips/ animal-back rides/ off-roading/ bikers and their pillion/ bus travel.

Diseases/ Signs and symptoms produced: *Sfika-Parshava-Vankshana-Vrishana-Kati-Prishta Vedna* (pain at buttocks/planks/inguinal area/ testis/lower back) along with all symptoms mentioned due to *Rathakshobha* (traveling in not comfortable vehicle)⁴.

Ayurvedic management: Follow procedure, diet and regimen which pacifies *Vata Dosha* like *Snehana* (oilation) *Swedana* (induced sweating) and *Nidanaparivarjana* (remove the cause)⁵.

5. *Ajirna bhojya* (means eating before digesting previous meal)

System Involved: digestive system

Dosha Involved: *Kapha*

Travelling Mode/ type of travelling: eating out of boredom in any travel, foodie traveller.

Diseases/ Signs and symptoms produced: *Aamaja Roga* means disease related to indigestion viz. *Mukhashosha* (dryness in mouth), *Adhamana, Shola, Nistoda* (distended abdomen with pain and discomfort), *Pippasa* (thirst), *Gatrasada* (bodyaches), *Chardi* (nausea/ vomiting), *Atisara* (diarrhoea), *Murcha* (unconsciousness), *Jvara* (fever), *Prawahana* (multiple stool evacuations in small quantities with tenesmus), *Amavisha* (triggers even autoimmunity)⁴.

Ayurvedic management: *Vaman* (emesis until food causing indigestion is expelled out), *Rukhsa Sweda* (dry hot fomentation), *Langhana* (fasting), *Pachana* (digestive), *Deepana* (increasing appetite) medicines⁵.

6. *Vishama- Ahita Bhojya* [means consuming meals that are not according to individual's *Prakriti* (nature), *Kala* (season) or *Matra* (quantity)].

System Involved: digestive system

Dosha Involved: *Vata- Kapha*

Travelling Mode/ type of travelling: eating wrong food (not necessary/ unhygienic) in any travel, DIY travel.

Diseases/ Signs and symptoms produced: *Vatadi Roga Prakopa* means aggravates *Vata*, *Pitta* and *Kapha Doshas* develop diseases viz. *Annaabhilasha* (anorexia), *Daurbalayam* (weakness), *Vaivarnya* (pale), *Kandu* (itching), *Pamma* (skin diseases), *Gatravasada* (decreased bodily functions/ depression), *Grahanidosha* (diseases related to intestine), *Arsha* (piles) etc⁴.

Ayurvedic management: Same as in *Ajirna Bhojya*.

7. *Divaswapana* (day-sleeping)

Area Involved: *Manas- Tama*

Dosha Involved: *Kapha*

Travelling Mode/ type of travelling: International travel (jet lags), sleeping passengers with anti-motion sickness medications.

Diseases/ Signs and symptoms produced: *Kaphaj Roga* means diseases related to phlegm viz. *Arochaka* (anorexia), *Avipaka* (indigestion), *Agninasha* (decreased digestive power), *Pandu* (anemia), *Kandu* (itching), *Pamma* (skin disease), *Daha* (burning sensation), *Chardi* (vomiting), *Angamarda* (bodyaches), *Hritastambha* (obstruction in heart functioning), *Tandra* (drowsiness), *Nidra* (sleepiness), *Granthijanma* (cyst

development), *Daurbalaya* (weakness), *Raktamutraakshi* (redness in eyes and urine), *Talu Lepa* (coated palate)⁴.

Ayurvedic management: *Dhumapana*, *Langhana*, *Vamana*, *Shirovirechana*, *Vyayama*, *Ruksha bhojana*, *Arishta*, *Deepana* medicines, *Pragharshana*, *Unmardana*, *Parishechana* like procedure which pacify *Kapha*⁵.

8. *Maithuna* (indulgence in sexual activity)

Area Involved: *Dhatu Kshaya* (catabolic actions), *Oja Kshaya* (diminished immunity)

Dosha Involved: *Vata/ Dhatu Kshaya*

Travelling Mode/ type of travelling: Sex tourism, honeymoon travel.

Diseases/ Signs and symptoms produced: *Kshayaja* or *Dhatu Kshinta* means catabolic actions on bodily matter involves symptoms viz. *Ashubalanasha* (destroys immunity immediately), *Urosada* (loose thigh), *Shira-basti-guda-medra-vankshana-uro-janu-jangha-pada Shula* (pain at head/bladder area/ anal region/testis/inguinal/thigh/knee joint/ foot), *Hridyaspandanam*, *Netrapida* (pain in eyes), *Angashaithilya* (loose body parts), *Shukramargashonitagamana* (bleeding through urinary tract), *Kasa Shwasa* (breathlessness and cough), *Shonitasthivan* (hemoptysis), *Swaravasada*, *Kati Daurbalya* (weakness in lumbar area), *Ekanga Roga* (localized diseases), *Sarvanga Roga* (diseases

involving whole body), *Mushkaswathu* (swelled testicals), *Vata-varcho-mutra Sanga* (obstruction in gases, stool and urine), *Shukravisarga* (dribbling of semen), *Jadya* (stiffness), *Vepthu* (tremors), *Badhira* (deafness), *Vishada* (oppress/ depress), *Avalupya Guda* (prickling pain at anal region), *Sandhi Pidida* (pain in joints), *Tamapravesha* (loss of consciousness)⁴.

Ayurvedic management: *Jeevaniya Gana siddha kshira* (milk or ghee formulated with drugs mentioned in *Jeevaniya Gana* (life giving group), *Sweda*, *Abhayanga*, *Upnaha*, *Vrishya Ahara*, *Sneha*, *Yapana Basti*, *Anuvasana Basti*. In problems with urine and pain at bladder use *Uttara Basti* where oil is formulated with *Vidarigandhadi Gana* and *Jeevaniya Gana*⁵.

DISCUSSION:

Ucchabhashya: Acharya Charak has mentioned eighty *Vata Nanatmaja Vyadi* (Eighty diseases of *Vata* vitiation) which also includes diseases related to *Ucchabhashaya* (during travel) vitiated *Vata* in head- neck region like *Hanubheda* (pain in jaw), *Oshthabeda* (pain in lips), *Akshibheda* (pain in eyes), *Dantabhedha* (pain in tooth), *Muktva* (aphasia), *Vaksanga* (lalling speech), *Kashayasayata* (astringent taste in mouth), *Mukhashosha* (dryness of mouth), *Ghrananasha* (anosmia), *Karnashula* (ear ache), *Ashbda-Sharavana* (tinnitus),

Ucchashruti (hard of hearing), *Badhira* (deafness), *Shankhbhedha* (pain in temporal region), *Lalatabhedha* (pain in frontal region), *Siroruka* (headache), *Ardita* (facial paralysis), *Jrimbha* (yawning), *Hikka* (hiccup), *Raukshaya* (dryness) and *Asvapa* (sleeplessness)⁷. These signs and symptoms may be observed in speaking too loud during travel.

Rathkshobha and Asanae: Acharya Sushruta had mentioned '*Utkat Asana Prishtha Yana*' means 'sitting in chair pose, travel sitting on back of animals' as one of the causes for piles⁸. Also '*Dhavana Langhan Plavana Prishtha Yana*' means 'running, jumping, travel sitting on back of animals' are mentioned as common causes of stones⁹. Excessive *Vayayama* (exercise) causes *Siraj Granthi* (aneurism).¹⁰

Atichakramana: Walking is beneficial but too much walking neglects upper body, fatigue, muscle soreness, muscle strain, joint pain, pain in knees and lower back can occur.¹¹ Also, person feels tired, depressed, having trouble in sleeping, feeling sore muscles and heavy limbs, overuse injuries, feeling anxiety, mood swings and irritability. Traveller may develop plantar fasciitis, bunion, achilles tendinitis, lumbar strain, shin splints, bursitis or stress fracture as excessive walking puts pressure on surrounding soft tissues and develops tension¹². Management includes bed rest,

stretching and strengthening exercises, ice packs, analgesics, anti-inflammatory medication, changing footwear, heal pads and physical therapies.

Ajirna Bhojya: *Ajirna bhojya* leads to *Durbalagni* (weak digestion), *Mandagni* (pacified digestive system) and *Ama* (undigested food initiating autoimmunity) production. *Ek Kala Bhojana* (eating major meal once a day) is the treatment for *Durbalagni*. *Matra Heena Bhojana* (eating less in quantity) is advised in *Mandagni*.¹³ Hence, eating major meal only once a day that too in less quantity is advisable during travel. Local food that too according to *Ritu* (season specific) only pacifies *Dosha*.¹⁴

Vishama- Ahita Bhojya: Availability of foods which are according to person's nature, season and quantity may not be found or are difficult to found at a place. However, person must eat what is available locally but in less quantity. Small refreshments, fresh raw fruits, local dishes, packed items, water, energy drinks are advisable. Water consumed should be warm, excess cold water may suppress digestive fire. According to *Ritu*, one should drink less water in *Varsha* (rainy season) and *Sharad Ritu* (autumn season). Travelling in *Hemant* and *Vasant Ritu* (winters and spring season) one should drink warm water and in *Grishma Ritu* (summers) one should drink

sufficiently cooled water. While travelling in *Pravritta Ritu* (month before rainy season) one should drink *Mansarasa* (non-veg soups). In *Varsha Ritu* (rainy season) one should drink *Yusha* (pulses soups) followed by cold water. Healthy person should follow the above regimen and the diseased person should drink water according to *Dosha* and *Ahara* (food). For increasing *Kayagni* (digestive fire) one should take *Snehapana* (ghee) mixed with *Saindha Lavana* (rock salt) and *Pippali Churna* (powder of pepper longum) and one should not stop the urges. To increase *Kayagni* and pacify various diseases people should drink *Sneha* (clarified butter/ ghee) in *Pravritta*, *Sharada* and *Vasant Ritu*.¹⁵

Divaswapana: When *Kapha* dominated by *Tamas* reaches the consciousness- carrying channels, the sleep is induced. And those having deficient *Kapha*, increased *Vata*, having stress and strain found it difficult to sleep.¹⁶ Day-sleep is, in fact, abnormality and as such those who sleep in day become victim of unrighteousness and aggravation of all the *Doshas* which give rise to disorders such as cough, dyspnea, coryza, heaviness in head, body-ache, anorexia, fever and poor digestion. However, those who are tired of travelling can enjoy day-sleep only permissible for a period of 48 minutes. In case of loss of sleep after travelling, massage, head oil, anointing and

mildly pressing the body are wholesome. In diet, the person should take sweet and unctuous food consisting of edibles of rice, wheat or rice flour processed with products of sugarcane along with milk.¹⁷

Maithuna: Practising safe sex and preferably avoid sex during travel. It requires 30- 35 days to convert *Rasa Dhatu* to *Shukra Dhatu* when *Agni* (digestive fire) and all other factors are normal¹⁸. Excessive indulgence in sexual intercourse/ loss of semen and *Ojas* (prime outcome of Dhatus, considered as immunity in Ayurved) may induce *Pratiloma Kshaya* (inverse depreciation of body) which vitiates *Vayu* and other two *Doshas* producing eleven symptoms such as- coryza, fever, cough, body ache, headache, dyspnoea, diarrhoea, anorexia, pain in sides, feeble voice and distress in shoulders. These symptoms indicate the advent of great diseases, *Rajyakshma* (phthisis) due to wasting which leads to death.¹⁹

Health advises to a traveler however depends upon the *Desha* (area), *Ritu* (season), *Prakriti* (nature) of the advice seeker, but a general *Dincharya* to be followed for maintenance of personal hygiene during travelling. Also, effects of travelling and elevated *Dosha* should be pacified as and when advised. Symptoms mention under *Ashtamahadoshkar Bhavas* (eight major

factors for elevation of *Doshas*) can be easily related to effects of traveling on body. *Vata Dosha* and *Kapha Dosha* along with *Amma* (undigested food causing indigestion) are vitiated at the time/ after travelling. Treatment mentioned for *Ashtamahadoshkara Bhavas* could be well applied for traveler and will easily pacify the *Dosha's* vitiated and make traveling enjoyable and healthier.

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