

Comparative Study of Air Pollution with Ayurveda and its Management

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Abstract: *Background* Environmental pollution is increasing day by day and imposing severe and irreversible damage to the world. Air pollution is one of the biggest threats for the environment and affecting humans, animals, crops, cities, forests, aquatic ecosystems.

Environmental Toxicology is the science concerned with study of harmful effects of various chemical, biological and physical agents on living organisms. In Ayurveda Charakacharya has briefly described the environmental health in chapter named Janpadodhivansaniyavimanam. Ayurveda has a dedicated branch called Agadtantra which deals with the toxicological aspects of living entities of environment.

Aims and objectives We aim to relate and validate this knowledge pertaining to the air pollution.

Material and method the references available regarding the air pollution in classical texts were studied and compared with the available information in the contemporary medical literatures. Signs of air pollution given in the text compared and studied with signs of Air pollution.

Discussion Ayurveda terms of Vikrut and Prakrut Vayu described in Granthas are found to be relatable with contemporary findings.

Conclusion Air pollution described in Ayurveda are very precise and explanatory. Management of air pollution with this ancient science are the new open windows for healthy air breathing for every living organism.

Keywords: environmental pollution, air pollution, vikrut and prakrut vayu