

Desha Satmya: Integrating Regional Dietary and Lifestyle Adaptations to Mitigate Migration Challenges

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Abstract: *Ayurveda aims to maintain health and cure disease. Through Satmya, individuals can maintain their health. Ayurveda describes Rutasatmya, Deshasatmya, Okasatmya, and Rogasatmya to prevent future illness. DeshaSatmya refers to the concept of adopting a diet and lifestyle that contrasts with the unique characteristics of the Desha (region). Ayurveda mentions three types of Desha (regions): AanoopDesha, JangalaDesha, and SadharanDesha. Ayurveda considers diets and lifestyles that are opposite qualities of a region are beneficial for maintaining the health of its inhabitants. Generally, each person has their own unique DeshaSatmya (habitual adaptation to a specific region). However, when a person migrates from one Desha to another, the new Desha, which is not Satmya (habitual/wholesome), can affect the body and cause various types of diseases. This study aims to demonstrate methods for preventing this effect and achieving Satmya in the new Desha*

Keywords: Desha, Aanoop Desha, Jangala Desha, Sadharan Desha, Satmya, Desha Satmya Okasatmya, Rogasatmya. Padanshik Krama, Migration, Wholesome