

Gandhiji and Traditional Medicines: Fast, Diseases and Dietary Changes

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Abstract

No human being is more directly related to India's struggle for independence, other than Mohandas Karamchand Gandhi. His name has become an alternative in the fight for human rights, gender equality, dignity and freedom. Gandhi not just as a sensual, perceiving the temper of the Indians of the colonial period, and the freedom to formulate their strategies. Very carefully, as it affects all aspects of Indian life, including the social, economic, and cultural. His observations and experiments in a variety of fields of life, and developed their peculiar views on the various fields of human life. Some of these actions are related to human health, including diseases, drugs and treatments. He noted that the vision expressed in his works, including a biography, letters, and other papers. The image of the condition – physical, psychological, and social causes of disease, methods of treatment, for example, changes in nutrition and natural ingredients, as well as the medical system, but is also relevant in the modern way of life, as well as in his political and social ideas. Gandhi's guide to health, it should be noted, is more than what they have done, in order to get the most out of it.

Keywords: *Traditional Medicines, nutrition, biography, human life*

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Introduction

Medicines have been linked to human progress and the well-being since ancient times. Some of the diseases to dominate from the ground, and a new disease will also be displayed over a period of time. India, which has its own rich, healing tradition, since the Indus valley civilization¹. In the Rig Veda and the Atharva Veda, and contains verses that are related to the different types of diseases and their treatment. From time-to-time in medical systems such as Ayurveda, Siddha, and Unani, brand, enriching the Indian and the song of the health care system. In antiquity, the middle Ages and the early Modern period of time, different researchers have contributed to the formation of this strong tradition, which are highly valued in all over the world. Modern Indian Personality of Mahatma Gandhi comes to mind when we talk about traditional Indian medicine. Mahatma Gandhi was not only in the context of the political and social growth of India during the colonial period. Through his observations and experiments on the different areas of their day to day life, he has almost exhausted his vision of human health, disease and medicine. Instead, only a limited set of symptoms as their primary remedy, it is insight into human health, which provides additional treatments, such as hunger, changes in diet, and in the rarest of natural substances from the plant, and mineral kingdoms " was used in the old days. In this article, we are going to attempt to briefly discuss the Political ideas of a healthy, human health, and the importance of a range of alternative therapies, along with all the necessary medication for it.

¹ Pioreschi Plinio, *A History of Medicine: Primitive and ancient medicine*, vol 1 (Horatius press, Omaha, 1996), pp.216.

Gandhi's ideas on health:

Gandhi's ideas of health, was detailed in his important book, " Key to Health", which he wrote during his imprisonment at the Agahan's Palace in Pune, 1942-44 is. Also, in his letters, it should be noted that this is a new idea. By applying the theory of the guardianship of the human body, Gandhi believed that the human body belongs to God, and man is, quite simply, is his legal guardian. Therefore, as a trustee of the proper maintenance of the body, the body of any man love is a person's duty to the God-in-the-connection. In order to comply with this obligation, an important concept is how the body is performing it in its entirety. Such as machinery, one part of the body is not functioning properly, it will affect the entire human body. Mahatma Gandhi, in particular, with a focus on digestive system for proper operation of this machine. The simple of muscle development, the british are in no way an indication of a healthy body. The ability of the body to digest, plain, simple food, will travel to ten to twelve miles a day, and to keep a balance and harmony between body and mind, is a sign of a healthy body.²

Food and health: A Gandhian perspective:

As you know, the food is closely related to the human health. In ancient Indian medicine, the treaties have been given a great deal of attention to this aspect. In the Bhagavad-gitatu to classify the different types of food, rajasi, tamasi, and satvik, which affects both physical and mental health.³ In addition, Gandhi's writings in the profoundly influenced the Bhagavad-gita. This also has an effect on his personal experience as the basis for his vision of the interplay between diet, nutrition, and health. What is Gandhi, it is recommended're on a budget, the use of cereals and legumes, and a proper bite out of the crisp, and the soaked dried fruit, and light, the use of green vegetables, and milk, for use in case of ingestion, of unroasted cereal flakes food products.⁴ His concept of the minimum of the diet is that the use of grain in order to make a meal and take off with a combination of beans, and legumes (such as beans, fat-free-radical damage, and dairy products. At the same time, Gandhi also advocated for the usage of raw fruits and vegetables are in abundance, and the complete avoidance of sweets. Instead of sweets, it is recommended to have in coffee, sugar, milk, or bread.⁵

Gandhian view on Intoxicants, Condiments and Human Health:

Common names which were used in India during Gandhi's time, was the alcohol, bhang, tobacco and tobacco products. To deny the well-known argument is that it is regulated as alcohol is a good idea to drink water, Gandhi is on its way, with the assistance of counsel if alternative food khajoori fruit juice, or in a country in order to enhance the digestion of food, instead of tadi. He did, however, acknowledge that is an indisputable drug in the Materia Medica.

Gandhi, it is recommended in the diet is enough to hold the salt. At the same time, based on his fifty years of experiments, he paved the way for spices, red chilli pepper, turmeric powder, coriander powder, salt, pepper, asafoetida, etc, except for those with a weak stomach. With a mixture of hot water, lemon and honey, Gandhi, preferring instead for a cup of tea, coffee, and cocoa. In order to be brief, Gandhi strongly recommends that you do not have any additional food or drink, other than regular food.

Fasts as remedy:

As you know, Gandhi also paid great attention to the solid until the end of his life. He believed that, "it is the crucifixion of the flesh, by the equivalent of the freedom of the spirit."⁶ It looked like a solid, and the spiritual practices of the use of time for

² Gandhi M. K, *Key to Health* (Navajivan Publishing House, Ahmedabad, 1948), pp.6

³ *The Bhagavad Gita*, chapter 17, Annie Besant and Bhagawan Das (trans.), (Theosophical Publishing Society, London and Banares, 1905), pp. 285

⁴ Gandhi M.K, *Diet and Diet Reform* (Navajivan Publishing House, Ahmedabad, 1949), pp.33

⁵ Ibid, pp. 41

⁶ Shriman Narayan (ed.), *Selected Letters of Mahatma Gandhi*, vol. 4 (Navajivan Publishing House, Ahmedabad, 1968), pp. 59.

a disease, that can be the subject of the particular processing.⁷ In one of his emails, and he has been to, and the advice is to fast for three days, and break it down with the milk and orange juice in order to treat asthma.⁸

Gandhian natural therapeutics:

According to Gandhi, the disease is the body's natural attempt to get rid of the toxins. Instead of drugs, Gandhi, it is recommended that you keep your body in check during this time of fasting, and detoxifying the body with the enema, the holiness, and the massage from the beginning of the year. Mahatma Gandhi was greatly influenced by Dr. Kuhn's writings on the environment. Then, the Treatment Center was established in Uruli, Maharashtra. Mahatma Gandhi said that, first of all, you need to prevent the disease, not cure it, and you will be able to access. In order to do this, Gandhi was unable to do two things: to live by the laws of nature, but also in the use of the five elements-Earth, Water, air, sun, light, and air.

(i) Earth:

Since ancient times, the geological materials that have had an impact on the Materia medica. Any balance, including a lack of, or already in tracking objects can lead to disease. At the same time, in the same items, it can also be used as a dietary supplement or to treat a specific disease. As an experienced observer, Gandhi also paid great attention to the use of the geologic materials of the earth. He is, as well as the use of the advice, the clay poultices in all types of headache, and constipation, as well as for the wounds, and the bites of venomous snakes, and wasps. In order to eliminate boils, I am required to clay poultices filled with a clean cloth, soaked in that of potassium permanganate ointment. In order to get rid of the discomfort and ease the suffering of typhoid fever, he was also ordained clay poultices. On Instagram, he has also successfully experimented with the use of the warm mud, salt, and oil, and poultices to treat, heal the joints and muscles of the body.

(ii) Water:

Both the cold and hot water, which is a part of the circuit has been written out of the mahatma Gandhi. With hyperpyrexia, that is to say, a rise in body temperature is shown how one can use the tip of the cold, wet sheets, as well as a hip bath, to bring down the body temperature. The first one, and it turns out to be useful in the treatment of all kinds, even out skin tone, measles, smallpox, urticaria (skin rash, which is created by a reaction to food, medication, or other irritants), and the prickly-heat. He recommended that the hot water should be used in the case of the ear, the pain, the chills or rigor mortis, and in order to deal with a scorpion bite. According to Gandhi, the steam treatment with the potential to treat rheumatoid arthritis, the common cold, and pain, boğazda.

(iii) Sun:

Gandhi also provides for sun bathing, or in the helio-therapy, for the treatment of the weak and of those descending the circulation of the blood, but also for the treatment of tuberculosis (tb). However, it is important to consider the fact that mahatma Gandhi never claimed to be a natural remedy is good for treating all disorders since the system is a medicine that is able to do the same thing.

Conclusion:

Thus, Gandhi's idea of the complete and wholesome mental and physical health is just as relevant as it was in his political, socio-cultural ideas of the present-day scenario. In the place of modern medicine, and that he admired the amazing benefits of changing your diet, communications, and natural ingredients that are readily available to him. To hang on to his humility, he never claimed to be experts in the field of medicine. His work has been focused on what was not available for his successful testing of media, tools, and in his later years. That was a cheap and readily available, these were the remedies, they were found

⁷ Ibid, pp. 319

⁸ Desai V.D (ed.), *Selected Letters-Part 1, yeravadaMandir*(NavajivanMudranalaya, Ahmedabad, 1962)

to be very useful to his native american brothers and sisters. As the political, economic and social ideas of Gandhi's vision of the course of disease, medicine, and health can be summed up as, in his own words: "I would just like to underline the fact that it is in fact, the new light must be especially blinding to write to me."⁹

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⁹ Chandra Bipan, Mukherjee Mridula, Mukherjee Aditya, Mahajan Sucheta and Panikkar K. N., *India's Struggle for Independence* (Penguin Books, India, 1989), pp. 177