



ISSN (E): 2320-3862

ISSN (P): 2394-0530

[www.plantsjournal.com](http://www.plantsjournal.com)

JMPS 2022; 10(1): 136-138

© 2022 JMPS

Received: 25-11-2021

Accepted: 27-12-2021

**Dr. Bishnupriya Mohanty**

MD, PhD, Professor & Head,  
Department of Sanskrit Samhita  
and Siddhanta, Gomantak  
Ayurveda Mahavidyalaya and  
Research Centre, Shiroda, Goa,  
India

**Lewanskey Barreto**

IV BAMS Student, Gomantak  
Ayurveda Mahavidyalaya and  
Research Centre, Shiroda, Goa,  
India

**Dr. Sangram Keshari Das**

Professor & Head, Department  
of Dravyaguna Vijnana,  
Gomantak Ayurveda  
Mahavidyalaya and Research  
Centre, Shiroda, Goa, India

## Impact of Surya Chikitsa on health-evidence based medicine

**Dr. Bishnupriya Mohanty, Lewanskey Barreto and Dr. Sangram Keshari Das**

### Abstract

Sun is the all source of power. The continuous interaction within atmosphere and biosphere maintain the see saw of health. Among many different factors in atmosphere Sun is very important and exclusive one to control endocrinal secretion, to control nervous system and to keep the human system alert. This study was conducted across the people to access the impact of Surya Chikitsa (heliotherapy) on health. Heliotherapy is the use of natural sunlight for the treatment of certain skin conditions. It is a form of phototherapy. It is also called climate therapy. In contrast people now a day's using Air conditioned room and car which are artificial and not good for health. Therefore one another part of the study was also to know the impact of Air-conditioning on health. For this purpose, the survey was conducted on online Google form mode between male and female of age between 12 to 75 years. A valid questionnaire was provided for them to answer. The impact of exposure to sunlight and AC (air conditioned artificial atmosphere) was observed. Also some problems related to the exposure to sunlight and AC was observed.

**Keywords:** Surya Chikitsa, heliotherapy, photo therapy, health

### Introduction

Heliotherapy is one of the highly effective treatment modalities for certain skin conditions disease or other dysfunctions. Heliotherapy is practiced by exposing the body to natural sunlight or to distinct wavelengths of light making use of special lamps for a specified time limit. It is a form of phototherapy.

Sunlight has many benefits to the body as it can help stimulate the body's production of Vitamin D, clear up skin conditions like psoriasis, maintain the efficiency of the human eye, decreases the symptoms of seasonal affective disorder and much more.

Sun rays and varying intensities in the solar spectrum heat up, soothe, calm and clarify the human body. The ultraviolet rays have advantageous effects in small measures. Short wavelength UVB and longer wavelength UVA provoke the generation of Vitamin D plus other chemicals that guard skin cells. The UV radiation is anti-inflammatory, immune-suppressing and anti-proliferative.

Heliotherapy is universally accessible though it depends on whether/climate. It is supportive, particularly in regions where phototherapy is rare. But here are limitations of heliotherapy. Overuse of heliotherapy might result in side effect such as sunburn, the chance of reaction due to photo-sensitivity as well as long term skin aging and skin cancer.

In this research topic, a small survey has conducted on effects of overuse of sunlight or heliotherapy on health. Also this research had dealt with effects of Air-conditioning on the health in the absence of sunlight.

On a hot, humid day, one of the most refreshing moments is when one step into an air conditioned room. This blast of cold can be extremely useful for people in helping them to improve breathing. In fact many people; who suffer from chronic illnesses with breathing problems, air conditioning to breathe properly. It helps in preventing premature deaths, heatstroke etc. due to extreme hot climate.

While air conditioning offers relief from oppressive heat and humidity, there are also some health concerns that people should be aware of. Air conditioners can be a source of health issues. Air conditioning can become a severe problem that contributes to respiratory ailment in people. Additionally, air conditioning at work and home can lead to problems, such as colds, fevers, headaches and fatigue.

**Corresponding Author:**

**Dr. Bishnupriya Mohanty**

MD, PhD, Professor & Head,  
Department of Sanskrit Samhita  
and Siddhanta, Gomantak  
Ayurveda Mahavidyalaya and  
Research Centre, Shiroda, Goa,  
India

Sunlight and air conditioning has been a big part of our everyday life, especially during the summer months. There are both positives and negatives for regular usage. So to determine the exposure to sunlight and air conditioning a survey have been conducted to the effect of it on individual's health <sup>[1-4]</sup>.

### Methods and Methodology

To conduct this research, 2 surveys done using Google forms

**1. Survey:** To analyse Atapaseven (Surya Chikitsa-

Heliotherapy)

This survey deals with the exposure of Sunlight on health.

**2. Survey:** To analyse Sheeta Griha Sevana (Staying in Air conditioned room)

This survey deals with the exposure of Air conditioning on health.

### Observation

**Survey 1:** Analysis of Atapasevena

Sr. no.	Questions asked	Options provided	Responses in %
1	Hours exposed to Sunlight	Less than 4 hrs	71.6%
		Between 4-6 hrs	27.3%
		More than 6 hrs	1.1%
2	Particular Time of the Exposure	Morning	46.6%
		Afternoon	36.4%
		Evening	17%
3	Mood Feel	Freshed	21.6%
		Irritated	30.7%
		Tired	23.9%
		Nothing	23.9%
4	Cover head	Yes	23.9%
		No	36.4%
		Sometimes	39.8%
5	Headache	Yes	22.7%
		No	43.2%
		Sometimes	34.1%
6	Giddiness	Yes	13.6%
		No	65.9%
		Sometimes	20.5%
7	Stress	Yes	23.9%
		No	44.3%
		Sometimes	31.8%
8	Weakness	Yes	25%
		No	45.5%
		Sometimes	29.5%
9	Burning sensation in eyes	Yes	26.1%
		No	52.3%
		Sometimes	21.6%
10	Dehydrated	Yes	38.6%
		No	35.2%
		Sometimes	26.1%
11	Skin type	Dry	20.5%
		Normal	39.8%
		Oily	27.3%
		Sensitive	12.5%
12	Tanning of Skin	Yes	70.5%
		No	29.5%
13	Acne	Yes	45.5%
		No	26.1%
		Sometimes	28.4%
14	Sweat	No Sweating	4.6%
		Mild Sweating	35.2%
		Moderate Sweating	43.2%
		Excessive Sweating	17%
15	Body Experiences	Reddish skin	12.5%
		Fatigue	11.4%
		Rashes	9.1%
		None	67%
16	Other Problems	Freckles, Migraine, Skin burning, Hair damage, Itching	
17	High Blood Pressure	Yes	5.7%
		No	94.3%
18	Low Blood Pressure	Yes	9.1%
		No	90.9%
19	Diabetes	Yes	4.6%
		No	95.4%

20	History of Heatstroke	Yes	4.5%
		No	95.5%

**Survey 2: Analysis of Vatavasthapakah**

Sr. no.	Questions asked	Options provided	Responses in %
1	Exposure to AC	Everyday	31.4%
		Twice a week	2.3%
		Sometimes	66.3%
2	Hours exposed to AC	Less than 4 hrs	73.3%
		Between 4-8 hrs	17.4%
		More than 8 hrs	9.3%
3	Mood Feel	Happy, Relax	81.4%
		Irritated	4.6%
		None	14%
4	Headache	Yes	4.7%
		No	77.9%
		Sometimes	17.4%
5	Nausea	Yes	4.7%
		No	91.9%
		Sometimes	3.5%
6	Nasal Blockage	Yes	10.5%
		No	67.4%
		Sometimes	22.1%
7	Sneezing	Yes	16.3%
		No	59.3%
		Sometimes	24.4%
8	Running Nose	Yes	16.3%
		No	67.4%
		Sometimes	16.3%
9	Skin type	Dry	20.9%
		Normal	41.9%
		Oily	24.4%
		Sensitive	12.8%
10	Acne	Yes	38.4%
		No	39.5%
		Sometimes	22.1%
11	Drying of Skin	Yes	26.7%
		No	54.7%
		Sometimes	18.6%
12	Other Problems	Dry throat, Shivering, Stiffness, Sweating	
13	Sinusitis	Yes	8.1%
		No	91.9%
14	Asthma	Yes	0%
		No	100%
15	High Blood Pressure	Yes	4.7%
		No	95.3%
16	Low Blood Pressure	Yes	9.3%
		No	90.7%

**Discussion**

By conducting these survey, it was noticed that there are positive as well as negative effects of the exposure to both sunlight and air conditioning.

Due to exposure to sunlight some people experience headache, giddiness, dizziness, stress, weakness, burning sensation in eyes, dehydration, tanning of skin, acne, reddish skin, fatigue, rashes, hair damage, itching, freckles, skin burning, tiredness, etc. So to avoid these or prevent these one can take some measures like covering whole body, head, use of umbrella, hat, sun glasses, sunscreen cream, wearing light colour cloths specially in summer seasons, staying hydrated for most of the time etc. These measures might prevent or reduce the health problems caused due to exposure to sunlight [5-7].

Though Air conditioning is a blessing during heat wave it has cause some people health problem. Constant exposure to air

conditioning can contribute to indoor discomfort for various reasons and may lead to some common health issues like nasal issues, itchy eyes, headache, dizziness, difficulty in breathing, skin dryness, colds, respiratory illness, worsens allergies, ear irritations, sore throat, etc [8]. So to prevent these one can take some measures like using air conditioning with moderation, ensuring that all cooling systems are well maintained to reduce the risk of microbial contamination, checking for any stagnant water in the cooling system, if your system uses water, ensure that it is changed regularly; regularly replacing or cleaning filters etc. These measures might help in prevention of health problems caused by the exposure to air conditioning [9-10].

**Conclusion**

System of medicine impacted through the curative reaction on our body; where as Surta Chikitsa more before to the establishment of pathology on the system helps to maintain the Dhatu resilience and maintaining immunity. It correct the biochemicals in endocrine system, nervous system and keep on controlling the co-morbid through which many diseases can be controlled. So to encourage such self healing ; these knowledge with evidences need to popularise more.

**References**

1. Charaka Samhita, Chikitsa Sthana, Adhyaya, Chaukhamba Sanskrit Sanshan Varanasi. 2009;12:8-2.
2. Sushruta, Sushruta Samhita. Nibandhasangraha commentary of Shri Dalhanacharya, Sutrasthan, Adhyaya Chaukhambha Prakashan Publishers. 2004;46:515.
3. Vagbhata, Ashtanga Hrudaya, Sarvangasundara commentary of Arunadatta and Ayurveda Rasayana of Hemadri, Chaukhamba Sanskrit Sansthan, Varanasi, 2010;1:18.
4. Rastogi R. Naturopathic and Yogic intervention in the Management of Coronary Artery Disease. Light on Ayurveda Journal. 2011;10:49-54.
5. Research Methodology in Naturopathy & Yoga. CCRYN publication, New Delhi, India, 2008.
6. Manjunath NK, Telles S. Therapeutic Application of a Cold Chest Pack in Bronchial Asthma. W J Med Sci. 2006;1:18-20.
7. WHO. WHO Traditional Medicine Strategy 2014-2023. Geneva: World Health Organisation, 2013.
8. Seely D, Szczurko O, Cooley K, Fritz H, Aberdour S, Herrington C, et al. Naturopathic medicine for the prevention of cardiovascular disease: a randomized clinical trial. CMAJ. 2013;185(9):E409-16.
9. Hausenblas HA, Saha D, Dubyak PJ, Anton SD. Saffron (*Crocus sativus* L.) and major depressive disorder: a meta-analysis of randomized clinical trials. J Integr Med. 2013;11(6):377-83.
10. Sun Salutation. [Last accessed on 2010 Oct 27]. Available from: <http://www.artofliving.org/sun-salutation>