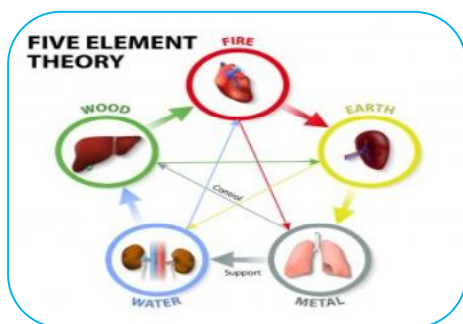




ISSN: 2249-894X
 IMPACT FACTOR : 5.7631 (UIF)
 UGC APPROVED JOURNAL NO. 48514
 VOLUME - 8 | ISSUE - 8 | MAY - 2019



FIVE ELEMENTS INFLUENCE ON HUMAN HEALTH CURE - A STUDY

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ABSTRACT:

In the evolution of humanity, the scientific relationship between the Theory of the Five Elements described in the Eastern philosophy and science of physics, cosmology, evolution, biology and medicine is still not clearly known. Consequently, physicists, anthropologists, biologists and medical scientists have been investigating to find objective proofs and clinical evidences that would elucidate it. In this study, findings and discoveries in sciences of these arenas are

examined to find the scientific relationship. Possible scientific relationships between the Theory of the Five Elements of the Eastern philosophy and science of cosmology, evolution, biology and medicine are investigated in this study, and an attempt is made to find objective proofs and scientific evidence that would elucidate the relationship, and further to confirm that the principle of the Five Elements may be a scientific principle of universal creation.

KEYWORDS: Five Elements, Health cure, Panchabhoodha.

INTRODUCTION

Earth is an extra ordinary place to live for her myriad life forms she provides just the right environment in which they can grow. The planet's human inhabitants are beginning to understand that when they negatively impact the natural environment it has a detrimental effect on people and their communities' Environmental pollution is one of the serious problems that confront the world. The contribution of Sanskrit towards the protection of environmental is tremendous. Five

element of nature described in vaidik literature very well. The word constitutes five elements, earth, water, air, fire, and sky, of these the three elements earth water and air is prone to pollution while the rest remain unaffected. The pollution which disturbs ecological is environmental pollution. This five element are cosmic elements which create nature and sustain all forms of life and after death or decay they absorb what was created earlier, thus they play an important role in preserving and sustaining the environment and the five great elements are earth, air, space water and fire

(light).

In five-element theory, there are generation and restriction relationships between five viscera. Generation is that of mother-to-child relationship to give birth to the other party and is circulating in the order of wood → fire → earth → metal → water. Restriction is to suppress the other party in the order of wood → earth → water → fire → metal. In traditional medicine, health is maintained if generation and restriction relationships are balanced, and hence cause of the disease and methods of treatment can be investigated from the interrelationship of

five viscera.

The aim of this study is to demonstrate that in order to treat asthma; one must understand the functioning of the human body as a whole, in its energy level. Increasingly, standard medicine has relied on a prescription of multiple medications to control the symptoms of asthma, with just one type of medication, such as the standard albuterol inhaler, insufficient over time, as the condition continues to worsen despite the treatment controlling acute symptoms. Besides, large studies now confirm that asthma medications lose effectiveness over time and with overuse. Combination drug therapies give greater results in controlling the symptom of asthma, even though the underlying health may not be improving.

Many Nature Cure Centres practicing various other methods of treatments along with Natural and artificial methods. These methods are classified under the title, Other Important Methods. The discussed methods are: Acupressure, Acupuncture, Magneto therapy, Reiki, Psychotherapy, Counselling, Aromatherapy, Chiropractic and Stimulotherapy.

METHODS AND MATERIALS

This study is mainly based on primary data source. Interview technique was used with structured questionnaire for the collection of primary data. In a questionnaire, besides close-ended questions there was also provision for open-ended optional questions. Sources of raw materials, income-expenditure pattern are mainly included in the questionnaire. Primary data is collected from field survey. The obtained information are edited and summarized in sequential order. For preparing this study, at first some knowledge about the cases in Tanjavur Corporation such as Stomach pain, body pain, and injuries has been acquired. Since it was impossible to take into account all the relevant and related aspects of health services of the study area, representative subsets from the health services were taken as samples. The data also has been collected from 50 people for presenting their opinion on the role of five elements in health services in Thanjavur Corporation.

DATA ANALYSIS

Collected data and information have been organized, explained and analyzed by using different statistical tools and techniques. This study is completed in an analytical and descriptive way.

Table 1: Percentage Analysis of Socio-Economic Profile

Particulars	N	Percentage
Age		
Below 30yrs	07	14
31 to 35yrs	11	22
36 to 40yrs	26	52
Above 40yrs	06	12
Marital Status		
Married	32	64
Unmarried	18	36
Educational Qualification		
Illiterate	07	14
Upto HSC	33	66
Graduate	10	20
Experience		
Below 2yrs	28	56
2 to 3yrs	13	26
Above 3yrs	09	18
Health Issues		
Nerves Pain	06	12

Stomach Pain	19	38
Body Pain	25	50

Source: Primary Data

Table-1 shows that more than half (52%) of the respondent between 36 to 40yrs of age group, 22% were 31 to 35yrs, 14% were below 30yrs 12% were above 40yrs. Majority (64%) of the respondents married and remaining 36% were unmarried. Majority (66%) of the respondents between upto HSC qualification, 20% were graduate 14% were illiterate. More than half (56%) of the respondent below 5yrs of experience, 26% were 6 to 10yrs, 18% were above 10yrs. 50% of the respondents have body pain, 38% stomach problems and 12% were suffered nerves problem.

Table 2: Relationship between the Respondent Years of Services with regard to Satisfaction

Years of services	Correlation value	Statistical inference
Satisfaction	0.816	0.002<0.05

Hypothesis 1: There is no significance relationship between the respondent years of services with regards to satisfaction.

FINDING:

The above Karl Pearson coefficient correlation test reveals that there is a significance relationship between the respondent years of services with regards to satisfaction. Hence, the calculated value less than table value ($p < 0.05$). The null hypothesis is rejected. Balancing of the elements comprising the human being at all levels is therefore extremely important for progression, a fact that everyone should not only be fully aware of, but also to integrate into ongoing life.

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