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# Assessment of *Jangal Desha* in Western Geo-Climatic Region of Rajasthan Based on *Ayurvedic* Parameters

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***Abstract:*** ***Desha and Disha are concepts used in Ayurveda to describe both health and sickness. Desha has been used in two ways. The first is for land/any geographical place, and the second is for body and mind. Atura Desha is the name given to humans. Both forms of Desha are discussed in Ayurvedic texts, and their interrelationship is also acknowledged. Desha is the name for a geographical area's topography-climate-vegetation profile in both thoughts (Ayurveda & modern). So, there was a need to explore this gap by a study that what part will be consider as a Jangal Desha. The paper intends to explain the clinical perspective & application of concept of Jangal desha with both thoughts.***
***Keywords: Ayurveda, Desha, Jangal Desha, Western Rajasthan.***

## I. INTRODUCTION

Ayurveda is the ancient medical science of India. Apart from giving information on medical conditions and their treatment; it also gives valuable information on geographical, and social conditions of India. In Ayurveda the term Desha has been applied for both form as Disha (direction) and Desha (place) directed or divided part. In reference of site and location Desha has been applied and described in two-dimensional way in Ayurvedic classics known as Bhumi Desha (Specific part of land or geographical part) and Atura Desha (the site of disease body and mind). Both are important for the maintenance of health prevention and cure of disease too).

Commonly Desha term is in sense of site location, land etc. Desha is one of the factors which have to be assessed in ascertaining the *Hetu* (etiological factors) and also in deciding the treatment.

Medical geography which is gaining significance in contemporary medicine has its origin from Hippocrates. However, Charaka Samhita which was written centuries before Hippocrates elaborately speaks about medical geography. In reference of architecting, collection of drugs, quality of river water property of air etc. are described on the basis of Bhumi Desha. The air, water coming from specific direction has specific property. Bhumi desha - land region is of three kinds viz, [(1)] Jangala desha (Dry / Arid land), Anupa desha (Marshy land) and Sadharan desha (Mixed land). Jangala desha (Dry / Arid land) is Characterized by rocky, sandy with full of stones, appearance of mirages in summer, small ponds, open spaces, land is like the sky, hot weather, less water, scanty rainfall, abundance of sunlight and air. Predominance of dry wind and arid desert.Plants are mostly thorny, harsh, strong and rough in nature.

### *A. Aims and Object*

To understand correlation between western geo – climatic region of Rajasthan and *Jangal Desha*.

### *B. Material and Methods*

Review of literature related to western geo – climatic region of Rajasthan and *Jangal Desha* were collected from *Brihatrayi*, Modern literature, available commentaries on it and research article are also searched from various authentic digital sources.

### *C. Concept of Jangal Desha*

Desha is not only provided medical conditions and treatments, but it also provides essential information on India's geographical and social situations.

 

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## II. ETYMOLOGY

The word *Jaangla Pradesh* is derived from two words, i.e, *Jaangla* + *Pradesh*

### A. *Jaangla*

According to a Sanskrit english dictionary of m. monier Williams *जाङ्गल* means is Arid, sparingly grown with trees and plants (though not stead of in unfertile)[1]. The word "*Jaangal*" in "*Vaidak sabd sindhu*" means "desert air countries"[2].

### B. *Desha*

*Desha* means "habitat," which refers to the place where we live. *Desha* has a significant influence on a person's health. In *Rogi, Desa* is also known as one of the *Parikshya Bhavas.* It plays a crucial function in the aetiology of illness. The word "*Desha*" in "Vaidak sabd sindhu" means "*Sthane*", which is called "*Desha*" in the universe[2]. According to Paarijaat Sanskrit hindi sbd kosh "*Desha*" means *Sthan, Pradesh, Vibhag*[3]. According to Rajsthani hindi sankshkrit kosh means *Desha* is territory considered under a rule or area near birth place[4]. After lots of observation, it was found that geographical variations and climate of the place of origin of the drug is the major factor in influencing the potency of drug, the reference of *Desh* (region) is present since the *Vedic Kaal* in the form of *Aarya- Aanarya Desh*. Later in *Samhita* as *Trividha Desh : Jangam Desh, Anup Desh* and *Sadharan Desh*.

### C. *Classification of Desha on the basis of Panchamahabhuta:*

The character of that particular *Mahabhuta* dominates in that particular *Desha*. This factor is most important in classification of *Trivida Desha*. *Acharya Sushruta* has given *Panchabhautika* classification of *Bhumi* on the basis of overall appearance of that area[5].

1) *Parthiva Bhumi Desha*: Full of heavy rocks, greyish or blackish coloured soil and huge trees are present[6].
2) *Apya Bhumi Desha*: Smooth, full of water and grass, delicate trees and whitish soil are present[7].
3) *Agneya Bhumi Desha*: Different coloured of soil, mixed with plenty of small stones and smaller trees are present[8].
4) *Vayaviya Bhumi Desha*: Rough and ash-coloured stones, with plenty of dry small trees with holes are found[9].
5) *Akasiya Bhumi Desha*: The land is soft, even with holes in it and is having tasteless huge trees and mountains. The colour of the soil is greyish black in colour[10].

### D. *Classification of Desha / Bhumi on the basis of Rasa*

The soil is of six types on the basis of *Rasa* i.e.

1) Madhure Bhumi
2) Amla Bhumi
3) Lavana Bhumi
4) Katu Bhumi
5) Tikta Bhumi and
6) Kashaya Bhumi

## III. FEATURES OF DESHA ACCORDING TO DIFFERENT ACHARYAS

| ***Charak Samhita*** | ***Shushrut Samhita*** | ***Ashtang Sangrah*** | ***Ashtang Hridya*** | ***Sarangdhar Samhita*** | ***Harit Samhita*** |
|---|---|---|---|---|---|
| Two types of countries have been described by *Acharya Charak.* One of these is known as *Bhumi Desh*, while the other is known as *Aatur Desh.* *Jangal, Anoop,* and | By doing such anoop, jangle and Sadharn, the desha becomes of three types. It is called *'Jangal Desh'* because it is a country that is equal to the sky, | From a medical standpoint, the *Desha* is divided into two categories. *Bhumi* and *Deha Desh.* There are three sorts of land among these. For instance, *Jangal* | There are two sorts of *Desha*, according to *Ayurvedic* theory: 1. *Bhumi Desh* 2. *Deha Desh.* *Deha desh* refers to the various sections of the body. The *Bhumi Desh* been said to be | Three forms of *Desha* distinctions have been described by *Sharangadhar acharya.* *Jangal Desh* possesses the attributes listed below. arid | In a *Desha* where there is a wide range of mountains covered with sharp, raucous and thorny, where the land which produces deer and leafless stunted |

| | | | | | |
|---|---|---|---|---|---|
| *Sadharan* are the three types of *Bhumi Desha*. *Jangal Desh* is *Paryakash-Bhuyishtha* in these three types of countries, meaning it has a clear sky or an open sky. It contains densely developed *Kadar (Bitstdir), Khadir, Asan (Vijayasar), Ashwakarna (Sakhua with expanded leaves), Pav, Tinish, Salai, Sal, Somvask, Ber, Tendu, Peepak, Vat, and Amla trees. There are also Shami, Arjun, and Sheesham* trees. Due to the great velocity of the wind, the stiff and dry young trees of this country are seen dancing. The *Mrigamrichika* is read here, and the land is abundant in *Tanu, Khar, Paraush, Sikta* (sand), and *Sharkra (Kankari).* This region is visited by *Lav, Titar, and Chakor*. This country is dominated by the *Vata* and *Pitta Doshas*, and the people who dwell here are stable and hardy[i]. Acharya *Charak* while describing the *Agraya* substances has said that *Maru* land is a healthy *Desha*. Having been born in a place where people are naturally powerful, such as *Sindh*, where residents are naturally | devoid of height and low, where there are few, small and thorny trees, water rains less and water is less in springs, wells, stepwells, etc., and a hot and strong wind blow, where small mountains are located at some point, where the people are mostly strong and have delicate bodies, and where *Vaat* and *Pitta* diseases are more prevalent[15]. | (a place where there is only forest), *Anoop* (a place where there is a lot of rain or numerous rivers), and *ordinary* (a place where there is neither much forest nor much water). Medicines, birds, and humans, which are frequently generated in the *Jangal pradesh*, are generally *Vata-Pradhan*[14]. | of three types -<br>1. *Jaangle Desh*<br>2. *Anoop Desh*<br>3. *Sadharan desh*<br>*Jaangle Desha* here the wind blows more[13]. | desert; for example, India's Bikaner and Jaisalmer regions, as well as Arabia's and Africa's outer regions, are examples. Often, these are countries with little or no water and few trees. There are more *Pittaja, Raktaj*, and *Vaataj* illnesses here[12]. | trees stand in the direction, scorching by the intense rays of the sun, the land and ponds have dried up without water, where only the water of wells Only when cows and buffaloes fill their stomachs by chewing dry grains, there is no tenderness in the juice and meat, where cold air is not circulating, where there is no cultivation of sugarcane, then there is an outbreak of blood and bile soon. Such a state is called *Jangal Desh*[11]. |

| | | | | | |
|---|---|---|---|---|---|
| strong. This is due to the unique properties of certain locations. A man's strength is enhanced by his birth in such a location. Diseases are occurring at a lower rate[16]. | | | | | |

*A. Contemporary Thoughts on Jaangal Desh*

According Morden classification of climate (Koppen classification), Due to the similarity in the characteristics of *Jangal Desh* and Arid or semi-arid region, the boundary of *Jangal Desh* can be determined from the Arid and Semi-Arid regions.

| Ayurveda | Contemporary View | Rainfall (cm) | Temperature |
|---|---|---|---|
| Jangala Desha | Tropical semiarid steppe | 38.10 – 72.2 | $20^0$ C – $28.8^0$ C In December<br>$32.8^0$ C in May |
| | Tropical desert climate | <30.5 | Above $34.5^0$C |

## IV. MODERN CONCEPT OF WESTERN GEO – CLIMATIC REGION OF RAJASTHAN[17]

In modern main geographical features of Rajasthan's arid and semi-arid regions are described below according to Resource Atlas of Rajasthan, State Remote Sensing Application Centre Department of Science & Technology Government of Rajasthan Jodhpur. The current Flora covers an area of around 25,000 square kilometres in the N.W. section of Rajasthan State, between 250 2' and 28° 10' N and 690 30' to 740 E. The arid and semiarid plains of the districts of Jodhpur (in the east), Barmer (in the south), and Jaisalmer (in the west) are included (in the W. & N.W.). The shape of the area, which is around 100 metres above sea level, is roughly rhomboidal. Pakistan shares its western boundary over the entirety of its length. Bikaner and Nagaur districts form the north-eastern boundary, while Pali and Jalore districts form the south-eastern boundary. In terms of geography, it is the eastern extension of the huge Saharao-Thar desert.The majority of the area is made up of a dry undulating plain of hardened sand, while the remainder is mostly made up of a rolling plain of loose sand that forms shifting sand-dunes of longitudinal and transverse types with lengths ranging from 2 to 10 kilometres and heights ranging from 30 to 80 metres. These dunes are oriented in the directions of North-East, East-West, and South-West, and are frequently generated at right angles to the direction of the south-westerly wind. Rivers are scarce, tiny, torrential, and only flow during certain seasons. A substantial portion of this region is said to have remained under the tremendous seas of the great Indian ocean in the distant past. Indeed, in many parts of the Jaisalmer district, the illusion of a receding tide that has 'forgotten' to return persists, leaving vast swaths of thirsty land interrupted by systematized arcs of sand-dunes. The arid conditions are thought to have developed as a result of climatic oscillations that occurred after the last phase of glaciation during the Pleistocene period.The area is a desolate wasteland of sand, unfriendly and sterile, and becoming more so as one travels westward. Agriculture, as one might imagine, is underdeveloped and limited due to the low water table and weather circumstances. Human settlements, in the form of small villages and villages, are few and far between, clearly reliant on the availability of potable water. The average population density in Barmer district is 30 people per square kilometre, 46 people per square kilometre in Jaisalmer, and 73 people per square kilometre in Jodhpur districts, with occasional lows of 1.30 and 1.36 people per square kilometre in Ramgarh and Sam sub-divisions of Jaisalmer district. A considerable portion of the population lives a nomadic or semi-nomadic lifestyle, with livestock as their primary source of income. With the exception of a few metalled roads linking the key oasis towns of Jaisalmer and Barmer, the region is largely traversed by foot or cart trails. Only a single railway line connects Jodhpur and Jaisalmer, the district headquarters, about half way west.

*A. Climate*

Extremes of temperature, severe drought accompanied by high wind velocity, low relative humidity, evaporation greatly surpassing precipitation, and insufficient rainfall to support any appreciable vegetation characterise the climate of this region.

The hot season lasts from April to June, with May often being the hottest month.During these months, the average maximum temperature ranges from 39 to 42° C, while the average minimum temperature ranges from 25 to 28 C. The average maximum temperature for the period is between 28.50 and 27.50 degrees Celsius. The cold weather in the region occurs from December through January, with the mean lowest temperature ranging from 6.00 to 10.5° C in January. As a result, rainfall in this area is uncommon. In comparison to Barmer (14.5) and Jodhpur (12.6), there are fewer such days in Jaisalmer (12.6). The average rainfall in Jodhpur over the last 10 years has been 315.26 mm, 305.14 mm in Barmer, and 202.82 mm in Jaisalmer. As one travels westward, a declining pattern emerges. The monsoon season, which runs from June through September, sees the most rainfall. Winter showers are uncommon. Droughts occur on a regular basis. The relative humidity is lowest during the summer months, such as March, April, and May, and highest during the monsoon months, such as July, August, and September. It is, however, at its lowest point in April and at its maximum point in August.The relative humidity varies dramatically throughout the day, which is an essential but predictable aspect of the desert. Over the course of the year, the wind tends to blow from the south-west to the west. Dust storms, locally known as andhi, are common and can reach speeds of up to 136 km/h in hot weather. During the winter, though, the wind speed is much lower. Easterly breezes are frequently connected with rain.

### *B. Geology*

The rocks in western Rajasthan are mostly covered by wind-blown sand, but they are exposed near the surface in a few spots. The Kailana-Jodhpur-Mandore plateau is a broad sandstone plateau that rises suddenly from the plains. It is of Vindhyan origin and often consists of a fine, gritty, reddish substance that is good for construction. The Jaisalmer plateau and outliers, which are rich in fossils, are composed of yellowish, brittle brown sandstone with a large quantity of well-preserved sea shells. Rajasthan's physiography is the result of many years of erosion and depositional processes. The geological formations and structures have had a significant impact on the current landforms and drainage systems.

Four major physiographic regions can be identified within the state.

*1)* The western desert (Thar),
*2)* The Aravalli hill region,
*3)* The eastern plains and
*4)* The south-eastern plateau region.

### *C. Vegetation (Trees and Shrubs)*

The state of Rajasthan is home to a diverse range of flora that may be divided into two separate groups: dry vegetation found in the western portion of the state, and semi-arid to sub-humid vegetation found in the eastern and southern parts of the state.

### *D. Vegetation of Western Zone*

Western Rajasthan is known for its scant vegetation, which is impacted by a variety of climatic, edaphic, and biotic conditions. The vegetation of the dry tract has adapted admirably to the harsh environment. The potential vegetation of this region has been altered by intense biotic forces. What is visible today is the deteriorated stage, and in extreme degradation, one can see relict vegetation. When considering a greater area of vegetation coverage, however, the vegetation type is determined by species dominance and co-dominance. The dominant and co-dominant species of the vegetation have largely been identified using two indices: density and frequency.

*1)* Calligonum-Haloxylon-Leptadenia Type
*2)* Salvadora oleoides-Euphorbia caducifolia Type
*3)* Zizyphus nummularia-Capparis decidua Type
*4)* Suaeda Fruticosa-Salsola baryosma Type.
*5)* Prospois-Capparis-Zizyphus Type
*6)* Prosopis-Tecomella Type
*7)* Prosopis cineraria-Acacia nilotica Type
*8)* Salvadora oleoides-Prosopis cineraria-Capparis decidua Type
*9)* Acacia nilotica Type
*10)* Acacia Senegal-Euphorbia cadducifolia Type

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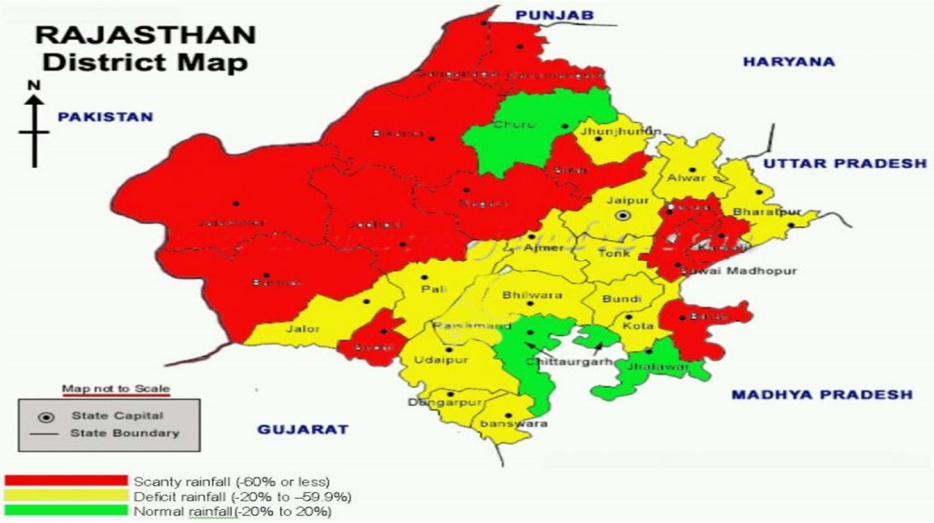
## V. RAINFALL PATTERN




Rajasthan has a diverse climate that ranges from desert to sub-humid. Hyperthermic conditions characterise the entire state.The state's annual rainfall varies dramatically. Isohytes have a typical north-west to south-east tendency. West of the Aravalli range, rainfall decreases rapidly and dramatically, making western Rajasthan the driest area of the state. The average annual rainfall in this region ranges from less than 10 cm in the northwestern part of Jaisalmer (the lowest in the state), to 20 to 30 cm in the Ganganagar, Bikaner, and Barmer regions, 30 to 40 cm in the Nagaur, Jodhpur, Churu, and Jalor regions, and more than 40 cm in the Sikar, Jhunjhunun, and Pali regions, as well as along the western fringes of the Aravalli the rainfall on the eastern slope of the Aravalli ranges from 55 cm in Ajmer to 102 cm in Jhalawar. The districts of Banswara (92.0 cm) and Jhalawar (95 cm) receive the most yearly rainfall in the plains. Mount Abu (Sirohi district) in the state's south-west, on the other hand, receives the most rainfall (163.8 cm).The months of July and August have the highest average monthly rainfall in most regions. The number of rainy days during this time varies greatly depending on where you are. From ten in Jaisalmer to forty in Jhalawar and forty-eight in Mount Abu. The rest of the season sees rainfall ranging from 2.1 cm in Jaisalmer to 7.2 cm in Jaipur, spread out over 2.5 to 6 wet days.

### *A. Temperature Regimes*

All over the state, considerable changes in diurnal and seasonal temperature ranges occur, demonstrating the most typical phenomena of the warm-dry continental climate. The month of March heralds the start of summer, with temperatures gradually climbing throughout April, May, and June. During this time, the temperature rise is nearly uniform across the state. The maximum daily temperatures in the western region of the state, primarily in Bikaner, Phalodi, Jaisalmer, and Barmer, range from 40°C to 45°C. During the summer, it can reach 49°C on rare occasions. Summers have a greater diurnal temperature variation. At night, the minimum daily temperature decreases significantly and remains between 20°C to 29°C. Day temperatures are similar on the eastern side of the Aravalli range, but night temperatures are around 26°C. Temperatures are lower at Udaipur and Mount Abu, where the mean daily maximum temperature in July is 38°C and 31.5°C, respectively. These two stations have daily minimum temperatures of roughly 25°C and 22°C, respectively.Summer isotherms (June) show temperatures ranging from 42°C (Sirohi district) to over 47°C (Ganganagar district). The dry zone in the west and the semi-arid zone of the mid-west, which make up a large portion of the state, had average maximum temperatures of 45°C this month. The isotherms in the south-eastern sections, however, show a downward tendency from 43°C to 37°C. The month of January is the coldest of the year.

The winter season lasts from December through February, with minimum temperatures dropping significantly in December and January. Some areas, including as Sikar, Churu, Pilani, and Bikaner, may see nighttime temperatures as low as minus 2°C.The rapid release of heat radiation from the sandy soil just after nightfall causes a dramatic drop in night temperatures in the dry and semi-arid zones of western Rajasthan. Secondary Western disturbances that primarily sweep western, northern, and eastern Rajasthan during the winter months, causing light rainfall, can also reduce night temperatures and increase wind speed, resulting in a wind chill effect. the majority of Rajasthan experiences mean temperatures of over 10°C.

*B. Agro-Climatic Zones*

During the winter months, secondary depressions (western disturbances) accompanied by ice-cold winds from higher latitudes may bring the entire state of Rajasthan under the grip of a cold wave for 2 to 5 days.

The agricultural cropping pattern is influenced by the climatic conditions of a place, and different areas produce different crops as a result. Rainfall, temperature, humidity, wind velocity, and sunshine duration, among other meteorological conditions, have a considerable impact on cropping patterns. Annual rainfall and its distribution throughout the year, as well as diurnal and annual temperature regimes, are by far the most important elements affecting agriculture and people's lifestyles.

*C. Ground Water Resources*

Rajasthan is heavily reliant on ground water resources due to a paucity of surface water. The state's accessible ground water resources were first assessed in the mid-1970s, and the report has since been updated.The depth to water varies greatly across the state; shallow water levels have been observed in the canal command areas of Ganganagar, Banswara, Kota, and Bundi districts, while higher depth to water values have been observed in Rajasthan's western districts, particularly Jaisalmer, Bikaner, Barmer, and Jodhpur.The eastern part of Rajasthan has substantially more ground water development than the western part. Due to low and unpredictable rainfall, a lack of surface water sources, and significant evapotranspiration, yearly ground water recharge in western Rajasthan is quite low. However, because the storage in some thick aquifers is many times the yearly recharge, steady pumping can be performed even during a dry spell without inflicting harm.

## VI. SIMILARITY BETWEEN WESTERN GEO – CLIMATIC REGION OF RAJASTHAN AND JANGAL DESHA

Acharya Charak has clearly mentioned the features of jangal desha in kalpa sthan.

According to these features we can mark a Bhoomi or Desh as a jangal desh.

| Fetures of Jangal Desha (Samhita) | Features of arid or semi-arid region (Resource Atlas of Rajasthan) |
|---|---|
| Less number of water bodies (lake, pond etc.) (ch.vi 3/47), | Less in number |
| Abundance of sunlight (ch.vi.3/47) | Mean duration of bright sun in this region is 8.0 to 8.8 hr /day. Maximun sunshine period of 10 to 10.5 hr/ day in may |
| Abundance of air (ch.vi.3/47) | Average wind speeds of more than *8.8 miles per hour* |
| Water rains less (sh.su. 35/50) | With yearly rainfall ranging from 10 to 40 cm |
| Small and thorny trees (sh.su. 35/50) | Haloxylon-Leptadenia Type<br>Euphorbia caducifolia Type<br>Capparis decidua Type |
| Hot and strong wind blows (sh.su. 35/50) | Can reach speeds of up to 136 km/h in hot Weather |
| Scorching by the intense rays of the sun (hs 4/5-6) | Average maximum temperature ranges from 39 to 42° C |

## VII. DISCUSSION

*Ayurveda* is a health science that has evolved over time to care for human life. It is a holistic science that focuses on an individual's complete well-being. This upbeat attitude stems from the fact that a person is born and raised in a specific location. The same concept dictates that the nature of land be evaluated in order to determine an individual's unique characteristics. *Desha* is one of the *Pareekshyabhavas*[18] (factors to be studied) concepts that must be addressed with great care. The determination of a diseased person's birthplace and growth provides a clear picture of the disease's prognosis and hence aids in treatment protocol; conversely, in a healthy individual, it aids in excavating the susceptible *Nidanas* and thus disease susceptibility. As a result, it helps *Ayurveda* achieve its primary goals of *"swasthasyaswasthyarakshanam*" and *"Aturasyavikaraprashamanam"*[19]. Modification of current lifestyles in response to external factors is urgently needed in order to maintain an individual's homeostasis and, as a result, improve health. *Disha* comes from the word *'Dish Nirdesh,'* which is mentioned in nine *'Karana Dravyas'* in Indian philosophy and *Ayurveda*. *Desha*, which is directed or split from one part to another, is also known as *Disha* (direction).

## VIII. CONCLUSION

*Desha* is a term used to describe a site's location, land, and so on. *Desha* has been applied and discussed in two dimensions in Ayurvedic classics known as *Bhumi Desha* (Specific part of land or geographical part) and *Atura Desha* with regard to place and location (the site of disease body and mind). Geographical land is divided into three categories based on its unique characteristics and ecological status: *Jangala Desha* (dry land), which is dominated by *Vata, Anoopa* (marshy land), which is dominated by *Kapha*, and *Sadharana* (normal land), which is dominated by all three *Doshas*.The ayurvedic name for a certain geographical area's topography-climate-vegetation profile is *'Desha.'* Individual human constitution is defined by the term *'Prakriti*'. *Desha* and *Prakriti* are made up of comparable source materials, and as a result, they interact frequently and have unique characteristics arising from their common origins. A specific geographical area's terrain, climate, and vegetation are profiled by *Desha*. Each *Desha* is dominated by one of the *Mahabhootas*[20], and as a result, each *Desha* has a natural affinity for the matching *dosha*. *Anoopa desha* (wet and cold regions), for example, has a natural connection with *Kapha dosha* because both are products dominated by *Jala mahabhoota*. In addition, the qualities of the *desha t*hemselves reveal the source *mahabhootas* along their virtue. So, regarding this fact i considered some of district Rajasthan as a Jangal Pradesh. These districts are Barmer, Bikaner, Churu, Ganganagar, Hanumangarh, Jaisalmer, Jalor, Jodhpur and Nagaur which are parts of western rajasthan.

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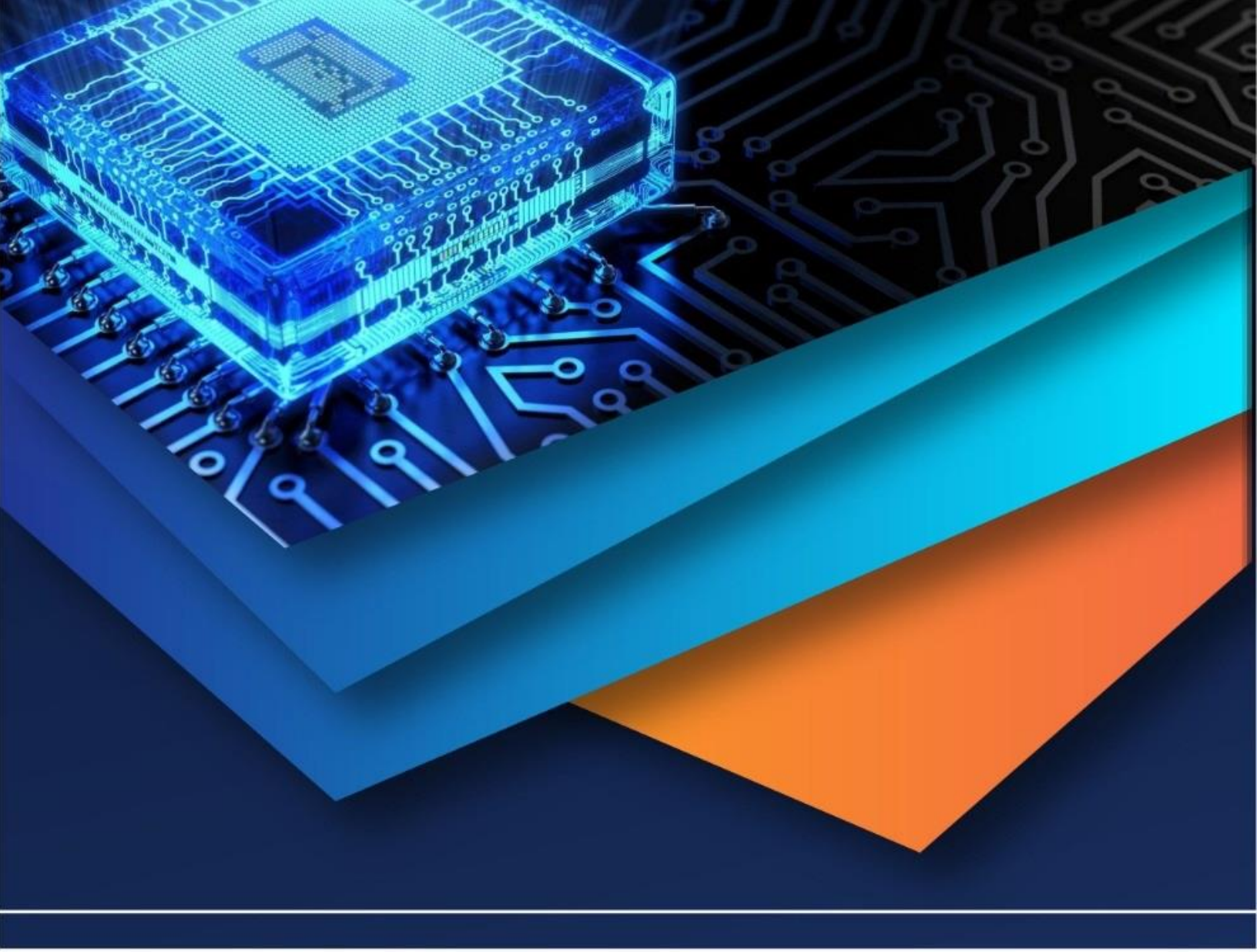

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