

## **Impact of Natural Medication on Human Health, Turn from Allopathic to Environmentalism : Study of Hot Spring in Singa, Myagdi**

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*Natural medication is a way of natural treatment to a patient using medicinal herbs or natural/environmental resources to get a recovery from injury/illness. It is also used for adding bodily beauty or physical fitness. In the environment we find herbs and other natural resources that contain iron, protein, vitamin, salt and sulfur which are good for health treatment. In the past treatments were done using medicinal herbs, natural oil and other environmental resources that work as antibiotic or auto chemical to cure in the injured places for Ayurvedic treatment. Ayurved campuses run the trainings and academic programs about natural medication that are effective for health without side effect. Many of the diseases are cured doing yoga, sun bath, acupuncture, hot or cold water and other natural resources that we find in the fresh environment. The objective of this research is to study on impact of natural medication and it is practically observed in Hot Spring of Singa, Myagdi where thousands of patients of back pain, rheumatism, nerves problem, sore throat, common cold problem, spiral curd injury, gastric, bath, uric acid, skin disease, swelling, goiter and arthritis, paralysis and dozens of other diseases got recovery*

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*. Finding of this research is that with the development of science and technology people have a craze on allopathic treatments but they have some side effects and people are suffering for a long time as a result and therefore it is better to turn from allopathic to the environmentalism.*

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## **1. Environmentalism and Natural Medication**

Environmentalism is a philosophical ideology and social movement for the protection and improvement of environmental health. It concerns for the preservation of biosphere and aspire knowledge to save the non-human elements for shifting the anthropocentric views to the bio-centrism. Environmentalists view that ‘the earth is first and it is important to save because the same earth is our savior’. Earth and earthly things work in the form of natural medication by balancing the things in ecological sphere to save us from all kinds of possible dangers. Pure water that comes in the form of spring originated from Mountains and Himalayas, fresh air around them and herbs of the beautiful forest are the means for natural medication. Herbal medicine don’t have side effect and they are good for any kind of treatment for the human health than allopathic treatment. Environmentalists suggest us to shift from anthropocentrism to the bio-centrism rethinking about disastrous impact of industrialization, so-called modernization and side-effect of modern medicine with the lesson to control the pollution. Environmentalism is thus good for natural medication and it helps to balance a relation among biosphere, natural resources, human, ecology and bio-diversity.

Preservation and restoration of various natural resources like air, water, soil as well as forest is essential concerning with the land ethics. The practice of environmental resource management and natural medication helps to replace allopathic dependency as it treats the environment without creating pollutants, dangerous gases and chemicals to save the health of living beings. Natural medication protects the human health more than allopathic treatment and so we must turn to the environmentalism and renew the face of earth as U.S. Bishop quotes G.M. Hopkins in *Renewing the Earth*, “We can proceed with hope because, as at the dawn of creation, so today the Holy Spirit breathes new life into all earth’s creatures”. Today we pray with new conviction and concern for all God’s creation : “Send

forth thy Spirit, Lord, and renew the face of the earth” (Environmental 482). Sustainable management of natural resources helps for eco-system and ecological balance as G. M. Hopkins in God’s Grandeur writes, “The world is charged with the grandeur of God. It will flame out, like shining from shook foil” (The Heritage of Words 69). According to the theism, earth and earthly things are believed to be gift of God and the God is always aware and busy to take care and save its own creation in the shining form so the environmentalist launch the supportive programs to save the natural, ecological and environmental beauties. To save the environment is to save the human health.

Early in the beginning of human civilization, people began to walk in the forest through Himalayas, Hills, and Mountains and used to eat fresh fruits, foods and vegetables and they exercised or used the medicinal herbs for the health treatment as Bill McKibben writes in *The End of Nature*, “Almost every day, I hike up the hill out of my back door. Within a hundred yards the woods swallowed me up, and there is nothing to remind me of human society-no trash, no stumps, no fence.....” (Environmental 261). People enjoyed the friendship with nature without any tension of the human society. In the beginning of human history, If people felt sick or met an accident they got recovery from natural medication but with the modern development of Science and Technology people turned to the modern allopathic medicine. People started to control over the natural-environmental things taking human activities as the superior of all. Innumerable human activities are against environmental protection, land ethics, natural principle and so we are compelled to face the present disastrous situation.

## **2. Environmental Degradation and its Impact**

Human activities in the present era, especially after Industrial Revolution increased toxic waste contamination, battles over public land use and industrial rights increased acid rain, made loss of fertile top soil, and brought destruction on the tropical rain forest bringing droughts, floods, hurricanes and different kinds of insects attacks/diseases like Ebola virus viruses attack, dengue attack, malaria etc . People used allopathic medicine to get relief from or cure the diseases but they aroused new problems with side effect. In this regard modern love of industrial revolution, chemical discharges, dust production and destroy of natural resources are the major causes of

incurable diseases like COVID-19 that challenged the human, even scientific and modern medical investigations. Millions of people got infected from COVID-19 and thousands of people lost their life from it. The virus passes continuously from animal to human-human to animal or more the human to human as writes Keith Ervin in *A Life in Our Hands*, “Silently, motionlessly...the best method of attack. Suddenly, swoops down and, with scarcely a pause in wing beats snatches.....” (Environmental 177). It enters into human through mouth, eyes and nose in invisible form and attacks seriously. COVID-19’s terrific attack, death and bitter experiences are much more painful than World War results but the allopathic treatment did not work effectively to save the human life. Natural medication, home quarantine, drinking hot water and eating healthy/organic food to increase the immunity power is rather helpful. According to the research of John Hopkins University and report of WHO :

COVID-19 has a disastrous affect over the world. It brought the grave problem in human health. More than 34, 00,000 people got infected all over the world and 2, 39,575 people lost their life but only 10,81,000 people got recovery all over the world. Among them 10, 31,000 people got infected and nearly 65,729 people lost their life in a single country America until the preparation of this article. (Saturday, 2<sup>nd</sup> May 2020, WHO).

The modern technologies and scientific investigations might be the causes and consequences of environmental degradation that brought the diseases like COVID-19. In the present we are in the danger of Corona and from a long ago we were in the danger of Ebola, Dengue, and Mosquitoes. Ecological-environmental degradation brings different reactions and might bring negative effect in the human health. Anthropocentric human activities against biosphere, human cruelty against non human life and natural disaster with the help of modern scientific and industrial chemicals are the causes and consequences of present death and disaster.

In the present, we have some challenges to face and we can get succeed only through smoke control, common preservation of the natural resources, conducting the natural resources preservation activities, natural medication awareness campaigns and controlling the manufacturing industries that help to save the natural medication resources like natural beauties of Mountains, Himalayas and Islands. Planting the new forests, protection of animal species and natural things like wind and rivers with land ethics saves us

with natural medication and so we should save the environment otherwise we must be ready and responsible to face the challenges as writes Stephen Crane in *The Open Boat* :

The wind had a voice as it came over the waves, and it was sadder than the end. There was a long, loud swishing astern of the boat, and a gleaming trail of phosphorescence, like blue flame, was furrowed on the black waters. It might have been made by a monstrous knife. Then there came a stillness, while the correspondent breathed with open mouth and looked at the sea (Environmental 21).

Excessive increase of human population and exploitation of natural resources in rapid speed are the causes and consequences of natural disaster that mis-balanced in eco-system and brought the ecological disaster. Global warming, deforestation, industrialization, human empowerment in chemical industrialization and love of weapons with scientific investigations done by human have the stupidity to control over the natural-environmental, earthly things and practice to win the world through modern technologies and weapons is a serious mistake that brought the disease with wind and transformed with breath. Negative impact on environment challenged the modern technology and no allopathic medicine controlled the virus but the natural medication, self-quarantine, drinking hot water, exercising in homely fresh environment and eating healthy food to increase the immunity power in the body helped to save some human life through natural medication.

Environmental degradation has brought the disastrous result in our ecology and environment. Sustainable management of natural resources and control in massive hunting of animals and birds helps to balance in the biosphere. Smoke and pollution of industrial discharges increased after industrial revolutions. Late eighteenth century to 21<sup>st</sup> century people's activities increased the thick black smoke in the environment and that created the problem in human health. Popular movements for ecological preservation are essential to influence the people who work for greenery activities. In 1971 US secretary general took forward the deep ecological activities to control the negative effect of the global warming in the environment. Climate improvement action of the environment support community and the team works for the preservation of natural resources by the volunteer organization, federation and

global society, helped to preserve the endangered species to balance the eco-sphere.

### **3. Natural Medication in Singa, Myagdi**

Hot Spring (Tatopani Kunda) lies near by the Tallo Tatopani Bazar in the bank of Myagdi River, heart of Beni Municipality ward number 4, Myagdi district, Dhaulagiri Zone in Nepal. Tatopani Bazar lies exactly 9km away west from Myagdi District Headquarter Beni Bazar. The road from Beni Bazaar to the Tatopani Bazaar is rather narrow and unsafe in the rainy season so it needs to be widened; black topped and cemented in sloppy area for the traveler's convenient to avoid the possible risks while travelling through for natural medication and other purposes. Going back to the history of Tatopani Kunda Tatopani Kunda Management Committee views :

It was just a small ditch before 2042 BS. The place was named as Kulachaur Pokhari/Ditch as it was a part of Kaulachaur Village Development Committee. It was un-managed around the ditch in terms of basic infrastructures like drinking water; tap system, toilet management for proper latrines, and structure of the spring needed renovation. Cleanliness of the Tatopani ditch was must for proper medication to save the people in rush season from possible infection caused by the pollutants. Roadways for arrival of the people from different places of the country and abroad was difficult and now it is improved but it is not in an excellent condition. There were no hotels and lodges for stay of the people who came for natural medication to bath in the hot spring. Travelers were compelled to spend the nights on the road sides, caves and under the trees (Leaflets, Introduction).

The first management committee was formed in 2042 B.S. (1985 A.D.) to manage the Tatopani Kunda but the committee didn't do anything special for infrastructure development and environmental management however the patients of back pain, rheumatism, nerves problem, sore throat, common cold problem, spiral curd injury, gastric, bath, uric acid, skin disease, swelling, goiter and arthritis, paralysis and dozens of other diseases used to come as people get fit and fine after they sit in this hot water ditch at least for a week for natural medication. The reason of this effective medication is that the "temperature of the water is over 50 degree centigrade at the foundation and this hot water has a mixed up of black salt and phosphorus. This combination of the black salt and

phosphorus in natural hot water works in a form of natural antibiotic for natural medication” (Hot Spring Leaflet, np). Diseases are not transforming among each-other and others while bathing in the same Kunda at a time because of the mix up of natural medicines. It was not advertised well and only a few people near by the area knew about positive impact of this hot water for natural medication.

Previous committee was almost passive up to 2054 B.S. and the new management committee was formed in 2054 B.S. (1997 A.D.) under the chair of Prabuddha Kumar Shakya. The new management committee established the office and planned for managerial and constructive works interlinking with the helping hands, community people and agencies within the country and abroad. The committee focused especially in the field of road construction, transportation management and proper management of drinking water, separate bath area for the male and female. The first advertising documentary film was made in 2055 B.S. by Kabindrman Shakya with the help of Nepal Television that increased the flow of people for the hot water medication. Now the Kunda is sufficient nearly for 300 people to bath at a time and if the number of people is greater than that the committee forms the groups and divides the time and suggests waiting for the turn. In addition to that there are 3 separate bath tubs and special hot spring fall, too.

Singa Myagdi is an appropriate place for natural medication where one can get relief from different kinds of illness through hot water treatment. People usually get confused listening about Hot Water Spring (Tatopani Kunda) and medication using this water. Strangers begin to question about the place where, how and why the boiled water is stored. The answer from the local people and the researchers is rather different that it is a place where the water is naturally in the boiled form in more than fifty degree centigrade temperature and it is available there in the spring well form nearby Tallo Tatopani Bazaar. There are two bazaars named as Tallo and Mathillo/Upallo Tatopani Bazaars. On the Bank of Myagdi River nearby Tallo Tatopani Bazaar there is a pond for hot water collection. The collected hot water is also stored in the water tank and additional Spring Fall pond too using electrical motors according to the need if the travelers go there and love to enjoy pond bath for a short time.

Kunda is built nearby Tallo Tatopani Bazaar on the bank of Myagdi River by the people there to collect the water and have a natural medication. There is a temple in the entrance of Kunda where as people pray, worship God and wish for quick recovery after medication as their religious spirituality. There are some pictures of snakes on the big stone in the side of that Kunda known as nag raja. It is said that real snakes appear there in some special time. It is worshipped inside the temple with the help of priest or side by it especially in the first day of entrance to the Kunda with dhaja and agarbatti and on the last day before they exit or leave from there with dhaja, jyoti/agarbatti and bheti. People are free for donation for their name and fame if they like.



**Fig. 1 : Temple and bath place on the bank of Myagdi River**

Source : Field visit and photo click by the researcher on 15th Ashoj 2076 BS

**Fig. 2 : record of the doners/Source : Click by the researcher 12<sup>th</sup> Ashoj 2076 BS.**

The place is popular for its natural beauty as it is surrounded by the mountains, enriched by the natural greenery, medicinal herbs and clean water of the Myagdi River and hot water Kunda on the side



is valued for as said by Indira Parajuli in Environmental Impact Assessment....., “.....adverse impact on environment and human health, comparatively low impacting...allow lessening the force of impact on environment and human health” (The Journal of University Grants Commission, 38). Hot water collected in the Kunda and pond on the bank of Myagdi River outside the Kunda have different purposes as the Kunda water is used for steam bath and pond water is used for additional warm up and to have a final bath before going home after the stem bath. The water is really effective for natural medication to the human in getting rid from the physical injury of back pain, nerves problem, sore throat, common cold problem, spiral curd injury, over weight problem, ulcer, gastric, bath, uric acid, paralysis and dozens of other diseases because there is a natural mix up of black salt and sulfur.

This researcher went there continuously from 2074 B.S. to 2076 B.S. in the month of Ashwin with family and friends and spent a week long period each year in stem bath and other observation including purity of the water, its usefulness for natural medication, Kunda management system, environmental study and cleanliness around it for the research purpose. I stay in Hotel Serchan and Lodge for the first time and in Dhaulagiri Guest House and Restaurant (9867613515, 9847781393, 9857681393, 9821313162) continuously then after and collected all information from Padam Bahadur Baniya and Sarita Baniya, the owners of the hotel, in detail. Researcher conducted a meeting on 15<sup>th</sup> Ashoj 2076 with the present Tatopan Kunda Management Committee Chair Birendraman Shakya, Secretary Krishnabhadur Khadka, Joint-Secretary Ammarbahadur Khatri and their team for the further detail.



**Fig. 3 : Meeting with Management Committee/ Source : Photo Click**



**Fig. 4 : Meeting with Management Committee/ Source : Photo Click**



**Fig. 5 : Surrounding Around, Environmental beauty and Water temperature measured post/Source : Photo Click**

I clicked the photos of different parts of the Kunda and outside it for the matching of field realities and authenticity of the published sources with documents. I went through the official records :

The water in this hot water spring is really amazing about its heat, combination of natural medicine and its effectiveness for human health if they suffer from any kind of illness. According to the water analysis report of 2074-12-30 prepared by Environment and Climate Study Laboratory, Nepal Academy of Science and Technology Central Office, lab code number 12/31 the water contains acceptable values to use (NAST np).

The final body wash place outside the Kunda is really beautiful in the side of clean Myagdi River and good environmental medication area. People make their final bath there on the taps on the side of Myagdi River, out of the Kunda, either in hot or cold water according

to their choices. This additional bath also helps for physical fitness. The separate bath place also is managed by Kunda Management Committee to bath before going home to make them fresh and feel free from group bath. People can't use soap while bathing inside the Kunda and Bath Tubs but they can use soap outside on the tap if they like.



**Fig. 6 : Glimpse of the bath inside the Tatopani Kunda/  
Source : Photo Click**

Many patients of the skin disease, nerves problem, bath and uric acid cover their bodies with blankets and plastics after bath to discharge the sweats. People warm up the injury places by this hot water for healing of the pain. I met patients of different diseases there from different parts of the country and abroad. Among the patients I met an Army Officer serving for the India Government, permanent resident of Parbat, Nepal, Modi Village Development Committee ward number 1, had a serious problem of spiral curd injury in motorcycle accident who hospitalized for several months in Manipal Hospital, Pokhara Nepal and Army Hospital in India that did not get complete recovery and was in the natural medication in this Hot Water Kunda for few weeks that has brought a great change on him. Bimal Pun from Taman, Baglung was a patient of nerves problem who has a great changes after 9 days bath in the same hot water. Likewise, I met a young gentleman Tomo from Yokohama Japan who said that he is there for environmental studies and natural medication. French and German friends also appreciated about its natural medication and environmental beauty. "The appropriate seasons for the medication are autumn and spring whereas maximum numbers of visitors are from Baglung, Myagdi,

Parbat and Kaski” (Official record, np). The management committee has appointed 4 regular staffs for ticketing, internal management and to take care of the Kunda’s property. In the year 2074/75 its annual income was 4,220, 570.00 and expenditure was 3,865,963.00 RS but it is increased in 2075/76. The major part of its income is spent for the academic works. Sarswoti Secondary School is totally depended in its income. This medication centre is also helping for academic centre, tourism and it is financially supporting to the community.

#### 4. Conclusion

Natural medication does not have side effects and it is likely to replace the allopathic treatment in the days ahead. This study recommends that there are lots of benefits of natural medication for the human health with physical fitness. Natural-environmental medication is also connected with travel, tours, physical exercises and yoga. Religious activities also help for natural medication. Efficiently used natural medication should help to reduce the allopathic consumption and emission that is ultimately lowering the adverse effects on the health of the dwellers surrounding around the environment. Hot water of Singa Myagdi has an adverse effect on human health and I prefer to have a natural medication there. Impact of natural-environmental medication on human health makes a revolutionary turn from allopathic to environmentalism and one among natural medication is at least seven days bath in Singa, Myagdi hot spring.

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