



A CRITICAL STUDY ON OCCUPATIONAL HAZARDS – PREVENTIVE AND CURATIVE MEASURES W.S.R. TO JANAPADODVAMSANEEYA BHAVAS

Abdul Sukkur M

Associate Professor and HOD, Department of Samhita, Siddhanta and Samskritam, Ahalia Ayurveda Medical College, Palakkad District, Kerala. Pin -678557.

Corresponding Author: drabdulsukkur@gmail.com

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ABSTRACT

Background: The study of occupational hazards is relevant in the present time because many accidents in the industrial sector are reported without many intervals. In Ayurveda, *Janpaddhvamsameeya* factors explained from time immemorial are significant when considering occupational hazards. Aim and objectives: To study the occupational hazards faced by ordinary people in the workplace in industries by giving significance to relevant explanations in *Ayurveda*. Materials and Methods: To do a literary study on the occupational hazards with the support of available scriptures and publications in the institutional library, websites, etc. Review of Literature: *Janapadodhvamsa* means destruction of a community or group of people, which means the epidemics and outbreaks of high-risk communicable diseases strike mankind. The polluted *Vaayu* (air), *Udaka* (water), *Desha* (Land) and *Kaala* (environment) are the four factors causing epidemics or pandemics. Results: There are many situations in which accidents happen for an individual in the workplace due to negligence, ignorance, or lack of proper training in handling the equipment, which will turn into life-threatening or produce irreparable deformities. So, it will be beneficial for all to do timely inspections by the authorities to ensure safety in industries and ensure that everyone working in factories gets proper safety maintenance training. Discussion: Effective controls protect workers from work place hazards, help avoid injuries, illnesses, and incidents, minimize or eliminate safety and health risks, and help employers provide workers with safe and healthful working conditions. Conclusion: It is better to evaluate

the effectiveness of existing controls to determine whether they continue to provide protection and review new technologies for their potential to be more protective, more reliable, or economical.

Keywords: *Janapadodvamsaneeya* factors, occupational hazards,

INTRODUCTION

The study of occupational hazards is relevant at the present time because many accidents in the industrial sector are reported without much intervals. In Ayurveda, *Janapadodvamsaneeya* factors explained from time immemorial are significant when considering occupational hazards. Infections, unsafe handling of equipment, exposure to chemicals, radiation, etc., are some of the occupational emergencies that have come across recently in industrial workplaces.

Aim and objectives: To study the occupational hazards faced by common people in the workplace in industries by giving significance to relevant explanations in *Ayurveda*.

Materials and Methods: To do a literary study on the occupational hazards with the support of available scriptures and publications in the institutional library, websites, etc.

Review of Literature:

Dooshita Vaayu¹: The characteristics of air that are known to cause widespread diseases include air that is not in conformity with the season, totally calm or violently blowing, exceedingly rough, intensely cold, intensely hot, excessively dry, and excessively humid.

Dooshita Udaka

²

Water that does not seem typical in smell, colour, taste and touch, has excessive stickiness, is from a source devoid of aquatic animals and birds or from a drying up water reservoir without pleasantness and is basically devoid of normal attributes indicates polluted water

Dooshita Desha

³

Any land having abnormal colour, odour, taste and touch, that which is excessively damp and has an abundance of serpents, beasts, mosquitoes, locusts, flies, mice, owls, birds and animals such as jackal, and jungles of grass and weeds, is abounding in creepers, where crops have fallen, etc.

Dooshita Kaala

⁴

A time is said to be unwholesome if it exhibits characteristics that are opposite to normal or exhibit excessive or deficient characteristics (e.g. early rain, too little rain, excessively hot summers or cold winters, etc) These four environmental factors, affected in the aforesaid way, can be considered the type that cause epidemics, and those having features contrary to these could be considered wholesome

Occupational hazards

The occupational hazards as referred by the World Health Organisation are

- 1) Occupational infections – The common occupational infections in the health sector are Tuberculosis, Hepatitis B, Hepatitis C, HIV or AIDS and respiratory infections.
- 2) Unsafe handling – The lifting, handling, repositioning of equipment without proper techniques or safety measures causing musculoskeletal injuries
- 3) Exposure to chemicals - The most common hazardous chemicals in the health sector include cleaning and disinfecting agents, mercury, toxic drugs, pesticides, latex and laboratory chemicals and reagents.
- 4) radiation exposure – The exposure to ionizing and non-ionizing radiations like x-rays, radio nucleotides, ultraviolet rays, and lasers causes specific risks to the health and safety of the workers.
- 5) Psycho-social risks – Occupational stress resulting from time pressure, lack of control over work tasks, long working hours, shift work, insufficient support, and moral injury are significant psycho-social risk factors.
- 6) Violence and harassment – There may be incidents related with work abuse, threats or assaults related with physical, sexual, verbal abuse and workplace harassment.
- 7) Work environment risks – Many factors like heat and cold stress and noise cause health harm.

8) Workplace injuries—Common workplace injuries, such as slips, falls, electric shocks, explosions, fires, etc., can harm workers.

9) Environmental health hazards – These are unsafe and insufficient water for drinking and washing, inadequate sanitation and hygiene, hazardous wastes and climate related risks causes work related diseases and injuries.

General treatment in epidemics

Despite the vitae of the four factors ending with the vitae of time, one need not suffer from diseases provided they are assured of proper medicaments which are already collected and processed.

Results: There are many situations in which accidents happen to an individual in the workplace due to negligence, ignorance, or lack of proper training in handling the equipment, which can turn into life-threatening situations or produce irreparable deformities. So, it will be beneficial for all to do timely inspections by the authorities to ensure safety in industries and ensure that everyone working in factories gets proper safety maintenance training.

DISCUSSION

Effective controls protect workers from workplace hazards, help avoid injuries, illnesses, and incidents, minimise or eliminate safety and health risks, and help employers provide workers with safe and healthful working conditions. To effectively control and prevent hazards, the employees should understand the conditions that create hazards. Identify and evaluate

options for controlling hazards and develop plans with measures for the protection.

CONCLUSION

It is better to evaluate the effectiveness of existing controls to determine whether they continue to provide protection and review new technologies for their potential to be more protective, reliable, or economical.

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