

Neo-wisdom of Human Ecology

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Ecology (Greek Oikos= Environment) is the scientific study and analysis of interactions among organisms and their environment. In simple words, it is the study of interactions that organisms have with other organisms and with abiotic components of their environments. The human ecology, however, can be defined as an outcome of interactions of external and internal environmental factors shaping the human personality/life. In order to lead a balanced life, individually as well as in social atmosphere, it is of paramount importance to know and understand the ecological variants operating externally and internally in harmonious manner. In this context, first of all, it is imperative to know that there are three levels of human existence. These are (i) Physical or Gross body, (ii) Subtle or Psychic body also known as Linga deha, (iii) Causal or Karana sharira or Jivatma or soul. The external and internal environments, therefore, interact at these three levels of human existence. The human ecology that is why not so simple as has been conceived till now. Before dwelling on the various interactions with three bodies, it will be important to discuss what are different external and internal factors, that influence human ecology profoundly.

1 External Factors of Human Ecology: These factors are important to determine food and nutrition supply, health status, material requirements and environmental conditions for survival. These can be broadly grouped as (i) Abiotic and (ii) Biotic.

- A. Abiotic Factors: These include the following;
- (a) Solid materials- economically useful minerals, marble, including land with its culturable capabilities.
 - (b) Liquid state- includes water bodies, underground water reservoirs, soil moisture, Snow, glaciers, and water in air and clouds.
 - (c) Air- atmospheric air, gasses produced by industrial factories, large garbage wastes etc.
 - (d) Luminous Factors- Sun as source of energy on earth, temperature, various forms of electricity, electro-magnetic waves, radiation of several kinds.
 - (e) Space or Akash- Ethereal material, bombardment of meteorites, microvita, celestial vibrations from interstellar space.

B Biotic Factors: These are living beings which greatly influence the lives of human beings on the planet earth by way of creating suitable ecological conditions. These include the following;

- (a) Animal kingdom
- (b) Plant kingdom
- (c) Microbial organisms
- (d) Microvita (Viruses)

B Internal Factors of Human Ecology: The physical human body is a biological machine, and is well organized for its different vital functions. Such functional organization of the organs in the body is known as a system. The different functional systems of the body are: the digestive system, the

respiratory system, the circulatory system, the reproductive system, the nervous system, the lymphatic system and the endocrine system. The human anatomy and physiology, nervous system and endocrine system play an important role towards its advancement in the psychic or subtle body. Since the human being is predominantly a psychic being, the psychic body has a crucial role in the development and evolution of humans. The psychic or subtle body is composed of the following constituent parts;

- (a) Chitta, Ahamkar and Mahatattva.
- (b) Five sensory organs.
- (c) Five motor or organs of action.
- (d) The nervous system includes (1) the Central Nervous System (brain –Cerebrum & Cerebellum, spinal cord, 12 pairs of cranial nerves and 31 pairs of spinal nerves). These nerves and their branches constitute the Peripheral Nervous System (PNS); (2) The Autonomic Nervous System (ANS) which is further divided into (i) Sympathetic Nervous System, and (ii) Parasympathetic System. The nerves which conduct impulses from the CNS to the muscles and glands are called efferent or motor nerves, and the nerves which convey impulses from receptors in the periphery of the body to the CNS are called afferent or sensory nerves. The autonomic nervous system (ANS) controls the functions of smooth muscles, cardiac muscles, and glands. It works without the direct control from the brain.
- (e) The spinal cord- contains within it the three major nadis, Ida, Pingla and Sushumana forming structure like helix of DNA and the crosses form seven chakras (represent energy current in circular motion) and plexi (a network of energy channels). The major energy channels (three nadis) traverse through the nervous system and the endocrine glands. Plexi play a prominent role in translating the propensities into body chemistry and consequently human behaviour. The chakras are the gateways through which the external world communicates with our internal environment. Microvita gain entry into the human body through the solar and sidereal plexuses (fourth and fifth chakras). The Kundalini (The Cosmic Energy-Dormant) is located in the Muladhara chakra (The terranean or coccygeal plexus). The chakras utilize the vital energy (prana) for the expression of propensities.
- (f) A network of 72000 nadis in the subtle body.
- (g) Mental layers or Koshas- Annamaya, Kamamaya, Manomaya, Atimanas, Vijianamaya and Hiranamaya.
- (h) Prana- Prana is intimately related to mind and also to chetana (vitality), and chetana is because of Atma. The breath is prana and thus, respiratory system has great role in determining the human life. The science of swara-shastra given by the first Tantrika, Shiva on earth, is considered to be the panacea for all mental and physical body problems.

C Causal body- this is constituted of Atma or Soul according to Shrii Shrii Anandamurti. However, there are different philosophical statements about the causal body. In Siddha's philosophy, the karana sharira or causal body or Jinana deha consists of Anandamaya kosha (Ganapathy and Arumugam, 2004). In the Tibetan Tantra, causal body is the habitation of spirit and the pure "I" feeling (Kuthumi-Djwal, 1996). According to Shrii Shrii Yogananda states that man is A causal-bodied being. The causal body is an idea matrix for the astral and physical bodies. The causal body is composed of 35 idea elements, astral body

19 elements plus the 16 basic material elements of the physical body (Yogananda, 2000). The basic truth revealed by Shrii Shrii Anandamurti is the most scientific in the field of spirituality. Sarkar (as philosopher) has said that certainly there exists a body between subtle body and Atma or Soul but this body is called as Samanaya deha (Sarkar, 1959). By acquiring the knowledge through self experience of Atma, one attains near perfection in the human frame and is revered by all.

The present education system is severely constrained by lack of adequate attention to development and progress at the three levels of human existence. The real development and progress of human beings is only possible when education system follows the principles of development of three levels of human existence and only then the human society will be able to attain all-round progress. In the education system in vogue, there is no awareness about the necessity of physical exercise or yogic asanas providing benefits of physical exercise and mental harmony through the balanced hormonal secretion. The does not encourage the mental faculty of thinking or viveka and discrimination (about good or bad at individual and societal levels). Hence, the look at various factors those that determine the interactions of human beings externally and internally need to establish harmonious relationship for human wellness, peace and happiness at individual and in the world community,

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