



Review Article

Importance of *Achara rasayana* for building healthy society

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ABSTRACT:

The prime aim of Ayurveda is Swasthasya Swaasthya Rakshanam(maintaining health of the healthy individual).¹

So, to maintain healthy state of a person one should follow Swasthavritta principles and Rasayana is one amongst them. According to WHO "health is a state of complete physical, mental and social wellbeing and not merely an absence of disease or infirmity. Achara rasayana mentioned by Acharya Charak in Charak Samhita Chikitsasthana helps to attain physical, mental and social wellbeing. The same principles are also mentioned by him in Sutrasthan as Sadvritt. For therapeutically purpose he mentioned the same as Achara rasayana in Chikitsa sthana. The social ethics, lifestyle, diet, good conduct mentioned in Achara rasayana helps to maintain physical, social, psychological and spiritual health in balanced state. We need skill full young generation for the development of the country, which is possible through Achara rasayana with zero cost.

KEY WORDS: *Achara Rasayana, Ahimsa, Sattvika ahara, Ayurveda, Health*

INTRODUCTION:

"Our character is based on habits. Our daily life habit inbuilt our character" and it is these daily deeds that can determine our destiny. Since formation of character is a gradual process, influence of parents, teachers, friends, the people they talk to frequently, the food habits they follow, the circumstances they pass through, the books they read, the cinema and videos they watch, influence of social media, the environment they live in etc. plays a very vital role in shaping our personality. Achara Rasayana is a set of factors that include all these influential factors listed one by one, is till date valid yet unexplored to its fullest applicability.

India, being a country known for its tradition and culture, but losing its identity in the recent pasts, needs capable youth with virtues highlighting the same for establishment of values throughout the world. For this reason, if we could infuse these virtues into young minds,

it can bring in capable citizens, who understands the power of this culture & traditional inputs & they can contribute better to globalizing Ayurveda and our Nation.

Achara literally means 'discipline' by following a sattvika diet and lifestyle, speaking truth, practicing nonviolence, living in harmony with nature, following social ethics and conducts are included under this category of rasayana. These behaviors bring about rejuvenation in the body mind system, being a holistic science with equal focus on the body, mind and soul, ayurveda also describes a type of rasayana for psychological and spiritual health.

Effect of Achara Rasayana on mind and body.

- Achara Rasayana calms the mind.
- The mind can cause physical symptoms, for example when we are afraid or anxious we

develop a fast heart rate, feeling sick, tremors, sweating, dry mouth, headache and fast breathing.

- Knowledge of Achara Rasayana helps to avoid Pragyaparadha, which is one of the Trividha Hetu and is responsible for manifestation of diseases.
- The following of sadvritt and Achara rasayana are important to maintain a healthy and happy socio physiological wellbeing of a person.
- This intern helps to build a healthy society.

1 Previous work on Achar rasayana-

1. Dr. Priyanka Godara, D. S. S. A. D. A. P. (2021). Theory of Achar Rasayana And Its Impact On Mental Health. World Journal of Pharmaceutical and Medical Research, 7(8), 6.
2. Dr.Ved Prakash Gupta (2023).A Review On Role Of Achara Rasayana In Social Health . World Journal of Pharmaceutical and Medical Research, 9(7), 3.
3. Anusha Baburaj Abhishek SL, G. (2023). Achara Rasayana: A substantial reference that can determine character formation in children. Journal of Ayurveda and Integrated Medical Sciences, 8. <https://doi.org/10.21760/jaims.8.3.13>
4. Urvashi Sharma, D. A. K. S. (2023). Achar Rasayan for Health And Longetivity. International Journal of Advanced Research (IJAR), 6.

Aim:

Aim of the study is to prevent diseases, promote longitivity and nurture holistic health through Achara Rasayana and to cultivate virtues from early age to nurture capable citizens who contribute to build the healthy society.

Achara Rasayana:

In Charak Samhita Chikitsa sthana Rasayan Chikitsa adhyaya he has mentioned specific food and regimen under the name Achara Rasayana. He also mentioned that those who endowed with all the auspicious qualities, consumes rasayana, gets all the aforesaid benefits of rasayana treatment.

These are –

1) Sathyavadinam (being truthful)-

सत्या वाक् यस्य acc. to amarkosha.

- Being truthful to one's own self is one of the keys to maintain a healthy mind. Being trustworthy attracts the surrounding and if maintained well, results in happy relationships. This can comfort the stressful minds.
- Satya (truthfulness), the second of the five yamas (the quality of intelligence that governs a higher state of consciousness) described in Patanjali's Yoga Sutra's.
- The word Satya derives from the Sanskrit word 'sat' meaning 'the true essence' or 'true nature', it can be described as "that which exists, that which is."
- When someone lies, stressful conditions are produced and stress may lead to disease. When a person lives with honesty our body discovered balance in body which helps to treat the disease.
- For Ex: suppose a child has not washed his face properly. It would be true to say, "Your face is dirty", but that could hurt the child. Instead we could say, "Your face looks good, but if you were to wash it with lots of water and cleanser, it would look even better".
- If you say something encouraging first, a suggestion for improvement that comes later will be less likely to be taken in the wrong spirit.
- It's important to find a way to tell the truth without hurting anyone.
- And if we can't be honest with ourselves first, we cannot really be honest in any other part of life.

2) Akrodham (anger free) -

नास्ति क्रोधो यस्य इति वा । अक्रोध

akrodha Absence or suppression of anger;

अक्रोधस्तपसः (विभूषणम्) अक्रोधेन जयेत् क्रुद्धं

Anger is within everyone in seed form.⁴ Like a fire with a small flame, if you put oil on it, it can flare up. By practicing unconditional forgiveness, we can prevent the seed of anger

from becoming an uncontrollable wildfire.

In practicing forgiveness, it's important to forgive yourself also or that anger will reflect to others.

Sometimes people enjoys being angry and they think it's their birth right to be angry all the time. But they should be aware that anger can cause indigestion and also ama and amvisha as mentioned in Charak samhita

मात्रयाऽप्यभ्यवहृतं पथ्यं चान्नं न जीर्यति।

चिन्ताशोकभयक्रोधदुःखशय्याप्रगारैः ॥९॥

In angry condition, if highly nutritive food is taken in proper amount, food will not get digested properly and produces ama and amdosha. The amdoshas are alasaka and visochika.

3) Nivrutta Madya(avoiding alcohol):

निवृत्त nivṛtta Returned , turned back, refrained or abstained from, stopped, desisted;

मद्य madya a. [माद्यत्वेन करणे यत्] 1. Intoxicating. 2 Gladdening, exhilarating. -द्यम् Spirituous liquor, wine, any intoxicating drink;⁴

One should restrain the intake of alcoholic drinks, as it has power to alter the levels of consciousness in a person.

When someone is unaware of the surroundings, he has an extraordinary fearlessness that can destroy him from being himself. The risks that associate with it are even worse than they really are.

As mentioned in Madatyaya Chikitsa Adhyaya of Charak Chikitsasthana, it gives guidelines for consumption of alcohol. It has direct impact on satva guna. Qualities of madya are opposite to guna of oja which is responsible for maintaining immunity

Nivritta Maithuna (following celibacy) –

मैथुन maithuna [मिथुनेन निवृत्तम् अण्] Paired, coupled; United by marriage. -Relating to copulation. - नम् Copulation, sexual union;⁴

Maintaining celibacy is a requirement in the study duration as it improves the ability of the

child to concentrate.

This fantasy world that distracts students to the core can even be affecting the health, both physically and psychologically.

Following celibacy, indicates a balance between the sexual urges as well as the real-life circumstances, which can fulfil the desires but simultaneously shape your internal & external behaviour.

Brahmacharya(celibacy) is included in three key pillars for body.⁶

4) Ahimsa(free from violence) –

योऽहिंसकानि भूतानि हिनस्त्यात्मसुखेच्छया

Engaging in creating harm to self or surrounding, in the form of physical attacks, disturbing the stability of mind verbally, creating an adverse scene emotionally etc.⁴

When it comes to the practice of ahimsa (non-harming), it's often recommended that we start with ourselves.

Figuring out how to be non-harming to ourselves is key to finding relief from mental and physical suffering.

Yet so often we approach our suffering with frustration, and sometimes aggression, and the illusion that the problem is outside of us.

And that begets even more frustration and aggression. Yoga and Ayurveda encourage us to look at ourselves courageously and honestly so that we can work directly with what we see. Once problematic qualities are identified, we can start to apply the opposite conditions to bring about balance and resolution.

5) Anayasam (be relaxed):

Avoidance of overstrain is said as, अनायास anāyāsa a. Not troublesome or difficult, easy;

शरीरं पीड्यते येन शुभेनाप्यशुभेन वा ।

अत्यन्तं तन्न कुर्वित अनायासः स उच्यते ॥

It means deeds done with overlooking one's own power.⁴ Overstrain causes diseases like rajayakshma (Ch.Chi.8/13) and also causes stress & strain to mind. By avoiding overstrain; one can reflect peace, calmness of mind.

6) Prashantam and adhyatmapravanendriyam

Prashantham(stay calm) – प्रशान्त praśānta - Calmed, tranquillized, composed;

जितात्मनः प्रशान्तस्य परमात्मा समाहितः
तत् सर्वमेकपद एव मम प्रशान्तम् ॥⁴

To sustain the relaxed nature of body and to maintain the calmness of mind, one must be brave, brave enough to analyse what he sees, what he hears, what he speaks and what he does. If we are aware of the sequels of our actions, that marks us special amongst others.

7) Priya Vadinam (having pleasant talks) – वादिन् a. speaking kind or pleasing words, a flatterer; प्रिय priya a. [प्रीणाति प्रि-तर्पणे क] Dear, beloved, liked, welcome, favourite; Healthy talks, between the wise,⁴ help us uplift the level of knowledge that we possess.

Acknowledging where to talk and where not to, determines the quality of a person. A positive attitude is framed out if we can instil this in early childhood. Once spoken, a word cannot be taken back; there are consequences. Just pleasant conversation can bring comfort and healing.

8) Japa Nithyam (offering daily prayers) – जप japa a. [जप्-कर्त्तरि अच्] whispering. -पः repeating prayers & counting silently the beads of a rosary performing daily prayers and rituals point towards our culture & traditions.⁴

Being a part of it, creates a space for exploring yourself to understand who you are, what your responsibilities are, what your strengths are and how to utilize it fearlessly.

Prayers does not mean going to a religious space and offer yourself there but channels a path to analyse our inner self and uplift it to a better one.

9) Shoucha Nithyam (maintaining hygiene) –

शौचम् śaucam [शुचेर्भावः अण्] Purity, clearness; Purification from personal defilement caused by voiding excrement, but particularly by the death of a relative, Cleansing, purifying. Uprightness, honesty.⁴

Pure mind ends up in good deeds which restore energy & vitality daily . This also helps in preventing infectious diseases when we get exposure to it even more.

10) Dheeram(having courage)

धीर dhīra a. [धियं राति रा-क, धियमीरयति ईर-अण् वा उप° स Brave, bold, courageous; धीरोद्धता गतिः firm, Strong -minded, persevering, self-possessed, resolute, of firm resolve or purpose; धीरा हि तरन्त्यापदम् विकारहेतौ सति विक्रियन्ते येषां न चेतांसि त एव धीराः ॥⁴ Having courage to speak and do what is worthier is a characteristic feature of strong minds. Stronger the mind is healthier the actions would be. One should be content with what they have acquired by good fortune or the mercy of God.

11) Danam

दानम् dānam [दा-ल्युट्] Giving, granting, teaching, (in general); giving in marriage (कन्यादान). Delivering, handing over. A gift, donation, present; दातव्यमिति यदान दीयतेऽनुपकारिणे ⁴

We are not merely in this world to consume and be rich. Living for others is the path to true pleasure.

12) Tapasvinam(performing meditation) – तपस्विन् tapasvin a. 1 Practising, devout. सा तपस्विनी निर्वृता भवतु⁴ Imbibing(absorbing) the self-worthy religious practices heal the wounds of minds, help you relax better and aids a comfortable and logical decision-making skill. Knowing ourself better assists in self creativity & productivity.

Rendering our worries to the supreme power that we believe in raises our inner self and make one free from worries. Every religion has its own unique elements. The best approach to navigate life is to be aware of one's own belief and living in virtue.

13) Deva Go Brahmana Acharya Guru Vriddha Archaneratham(worshipping) –

अर्चन archana [अर्च्-ल्युट्] worshipping, praising. - respect paid to deities and superiors रत रता [स्-कर्त्तरि क्] Pleased, delighted, gratified, devoted to; गोब्राह्मणहिते रतः ⁴

Teachers and elders can teach us invaluable lessons by sharing their wisdom and experience. It's easy to read a book to gain knowledge, but it's often very difficult to apply that knowledge in daily life.

An elder or teacher can tell you how they tried to practice unconditional forgiveness, for instance, and what the results were. Only wise elders can share such valuable life experiences.

They are the best guides. And it is when one respects teachers and elders then they will offer their advice freely

Is there anyone in the world who was born with a good character, who knew what is right & what is wrong? Indeed, it is one's privilege that he can portray himself as a better person being influenced by the surrounding people & nature.

It is through the guidance of parents, teachers, and the elderly, that slowly one understands the secrets of healthy living making them capable of taking wise decisions.

In early childhood, it is difficult to estimate what is good & which remains bad, what is right & what is wrong, and it is through the inputs of surrounding that one can be in a circle of wellness, safe & secure.

A specific time each day should be kept aside to show gratitude to the people who helped you to be a better version of yours.

14) Anrīshamsya Param Nithyam (being loving and compassionate)

आनृशंस ānṛśamsa, आनृशंस्य ānṛśamsya Mild, kind; merciful. -सम्, -स्यम्⁴ Anyone in his livelihood, should remain kindhearted and instill in himself, the seeds of compassion & love.

This is when we realize the feeling of the needy, consider ourself in their parts and react. That can make us a simple but attractive personality.

15) Nitya Karuna (Mercifulness)

नित्य nitya a. [नियमेन नियतं वा भवं नि-त्य-प्;] 1 (a.) Continual, perpetual, constant, everlasting, eternal⁴

करुण karuṇa a. [करोति मनः आनुकूल्याय, कृ-उनन् Tv.] Pity, compassion, tenderness⁴

वेदिन् vedin a. [विद्-णिनि] 1 Knowing; as in कृतवेदिन्⁴

In the self-evolutionary process, one need to be kind for himself & the society, as the way one speaks, the mannerisms one follow, the deeds a person perform, the skills, the thoughts, differentiates a person from others.

This specifies the individuality of a person & highlights him from peers. People are able to rise to the occasion and help those who are in need. In order to advance as a person, one needs to have Empathy and Sympathy.

16) Sama Jagarana Swapnam(having balanced sleep habits)

जागरणम् jāgaraṇam [जागृ भावे ल्युट्] 1 Waking, wakefulness. - 2 Watchfulness, vigilance⁴

Balanced sleep habits is a key to sustainable health status. Only when you avail sufficient sleep, your mind can bring in fresh thoughts & ideas; it can work to its fullest capabilities ensuring health.

17) Nithyam Ksheera Ghrita Ashanam (consuming milk & ghee daily)

Ksheera and Ghrita these foods are sattvika, sattvika means they are pure and convert easily to ojas.

They are medhya, such as dhi, dhṛti and smṛiti (learning, retention and recall). When the mind remains strong, it is able to effortlessly command the senses. The mind that rules the senses, rather than the other way around, makes positive choices and engages in positive behaviours.

Tamasika foods are the opposite of sattvika-they break down the coordination between mind and body and inhibit the experience of pure consciousness. Daily intake of milk & ghee, are considered as a Sattvika food, not only aids the digestion process but aggravates the metabolism rate, in turn resulting in appropriate bowel habits. This serves as the primary target in prevention of diseases along with promotion of intellect.

18) Desha Kala Pramananjnam(being aware of place & time) –

प्रमाणम् pramāṇam ('प्रमाणं नित्यमर्यादासंघवादिप्रमादिषु) ज्ञ knowing the modes of proof, (as a logician). Knowing the place & period you live in, adopting to daily deeds in accordance with the

same, makes you a person, easily merging with nature.⁴ This can alter body mechanisms in relation with the environment you live in and prepares body to overcome any untoward effects.

19)Yuktijnyam(having logical creativity)

युक्तिः yuktih [युज्-क्तिन्] , ज्ञ . skilled in expedients, inventive.⁴

Logical thinking paves a road to precise actions, which is considered as smart work. Rather than working harder, if you plan yourselves to attain target in a balanced way, it can save time and energy.

20) Anahankritham(without ego) (Get devoid of egoism):

अहम् aham pron. (Nom. Sing. of अस्मद्). ego;.-
Comp. -अग्रिका a contest for superiority, rivalry,
कृत् a.egotistic⁴

Ego is state of mind in which one feels that he is everything. It reflects the diseased mind cover up with moha. By avoiding this, one can get the blessings of god and other wise persons. Being confident in your strength, propels your caliber into the next level in achieving destiny, but performing duties with extreme ego not only distracts the target but makes the path towards it more tangled.

21) Shastha Acharam Asankeernam

संकीर्ण saṅkīrṇa Confused, miscellaneous

शस्त śasta p. p. [शस्-क्त]Right, best.⁴

Being generous and maintaining a simple but disciplined life, it aims at achieving higher targets, making one stronger day-by-day. The admiration given to such a person is often acceptable by all.

22) Adhyatma Pravanendriyam (with well oriented sense organs) –

प्रवण pravaṇa Steep, abrupt, precipitous⁴

By practicing the meditation, one can open his mind to pure consciousness, releasing stress and strengthening the intellect to allow him to make healthy choices in life.He will find himself

naturally growing in positive behaviours without strain or effort. Along with the practice of meditation, it's important to evolve yourself, you should be in a conscious state of mind, aware of the power of your sense organs, the ability of them to change your strength physically & emotionally and have a good control in each of them. Only then, achieving greater heights is reachable for a normal man, without deviating from the right tract.

23) Desha Kala Pramananjam(being aware of place & time) -

प्रमाणम् pramāṇam ('प्रमाणं नित्यमर्यादासंघवादिप्रमादिषु) ज्ञ a.
knowing the modes of proof, (as a logician).⁴

Knowing the place & period you live in, adopting to daily deeds in accordance with the same, makes you a person, easily merging with nature.This can alter body mechanisms in relation with the environment you live in and prepares body to overcome any untoward effects.

24) Upasana for Vridhanam Asthikanam Jithatmanam(having company of elders, theists & the persons having self-control) –

उपासित् upāsīt a. A worshipper आस्तिक āstika a. (-की f.) [अस्ति परलोकः इति मतिर्यस्य, ठक्]⁴

One who believes in God and another world;Keep the company of wises: Even if you are committed to eating sattvika foods, meditating daily and practicing achara rasayana, it can become difficult if, due to social pressures, you find yourself drinking alcoholic beverages or eating tamasika foods. This is why it is important to stay in the company of the wise, to choose like-minded, sattvika friends who will support your desire to follow Achara rasayana. Showing due respect to the elderly, to people who offer true devotion on their religion and persons who have attained control on their self, is part of respecting achievers. The qualities they can make you imbibe, is already proven and hence need not doubt it further.

This can help your path a trouble free one and assist you to prepare yourselves in facing them wisely. You also gain the blessings of these achievers, which is inevitable for your success.

25) Dharma Sastra Param(devoted to holy scripts) –

परम परमा a. [पं परत्वं माति-क Tv.] 1 Most distant, last. -2 Highest, best, most excellent, greatest; प्राप्नोति परमां गतिम Chief, principal, primary, supreme; सर्वथा ब्राह्मणाः पूज्याः परमं दैवतं हि तत्⁴

Believing in the books written by the experienced Sages, making them as references that you can rely upon, eases the route, and imbibes moral values in you. To be confident from within, they are proven thoughts, gifted in a nutshell for the ones having complete dedication to their work.

DISCUSSION:

Persons who are truthful and free from anger, alcohol and sexual indulgence; who do not indulge in violence and over exercise; who are peaceful and pleasing in speech, who practice japa, tapa, cleanliness, charity; who are stable and steady; who regularly offer prayers to Gods, cows, brahmanas, teachers, preceptors and aged people; who are compassionate and merciful; who go to sleep and awake at regular time; who habitually take ghee and milk; who are experts in the knowledge of rationality; who are free from ego; whose conduct is good; who are not narrow minded; who love spiritual knowledge; who have excellent sense organs, respect for elders; who believe in the existence of Gods; who have self-control and who regularly study Dharmasastras will get best out of rejuvenation therapy. If persons endowed with these qualities practise rejuvenation therapy, they get all the rejuvenation effects.

Following an Achara makes the individual live a long and happy life.

By Achara Rasayana one can keep away the occurrence of ailments and prevent the onset of many fearsome diseases arising due to Prajnyaparadha, Asatmyendriyarth Samyoga and Parinama

Such rules and regulations are described as achara rasayana in Charaka Samhita Chikitsasthana. It is the way of life to improve lifestyle in all four perspective of health.⁷ By following Achara rasayana, our mental faculty becomes lucid and immune. Mind is connector between body and soul. A healthy mind keeps

away the person from prajnyaparadha which is a reason for disease production. A mind, free from raja and tama, does not precede any activity and the stipulated actions become suppressed (Ch.Sha.1/138) and the man can achieve the state of liberation or absolute attachment with supreme soul.

CONCLUSION:

Achara Rasayana helps in

1. Improving personality
2. Improving social relationships
3. Improving physical and mental health

At present era crime speed is growing very fastly, so control of this is crucial need for the society by adopting Achara Rasayana. It will help individual to be in balanced state both physically and mentally. It is also cost effective strategy to reduce global burden of the diseases.

Achara Rasayana is clinically highly significant. Awareness about Achara Rasayana in physicians is needed. To make our country successful we need skillful young generation. Achara Rasayana teaches about virtuous behaviors which are necessary to develop healthy society. Quality of health is essential for reducing burden of diseases and improving overall health outcomes, which intern leads to increased productivity and economic growth. This can be achieved by Achara Rasayana.

To make whole world “Vasudhaiva Kutumbakam “we need Achara rasayana to be followed by each and every one.

SUMMARY-

The review article emphasizes the significance of Achara Rasayana in encouraging a healthy society according to Ayurvedic principles. It highlights the importance of maintaining physical, mental, social, and spiritual well-being through lifestyle practices outlined in Achara Rasayana. These include truthfulness, non-violence, moderation in alcohol consumption, celibacy, compassion, regular prayers, hygiene, and logical thinking, among others. The aim is to cultivate virtues from an early age to nurture capable citizens who contribute positively to society. Achara Rasayana aids in disease prevention, promotes longevity, and nurtures holistic health.

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