

An Analysis of Shivpuran's Uma Samahita in Relation to Health, Longevity, and Viksit Bharat 2047

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Abstract

Viksit Bharat @2047 as Ram Rajya, Vishwa Guru and Shresht Bharat are the dream and mission for every Indian. Health and longevity are one of the most important aspects of development. The present modern medical allopathy approaches are very expensive, not easy to access, painful, stressful if people are under ICU and emergency. In general treatments it gives comfort and saves lives but on the other hand gives side-effects of the medicines. For better medical approaches to treatment an investigation has been carried out. In this regard the Ancient great Hindu religion book Shivpuran particularly its chapter Uma Samahita page number 597 to 603, explains the number of symptoms that refers to serious issues of health and persons death. Further this book very well explains how a serious person can restore his/ her health with some yogic exercises and by interaction and worship of nature. This is the book which gives knowledge about God Shiv which is also called Mahadev, MahaKal and he is the only that revives death again in life. Further this book that stated by Maha Mrityunjay Mantra people get healthy longevity and restore strong mental strength that helps in improvement of health issues even in very critical conditions. The symptoms and issues explained in this book are completely scientific when compared to textbooks of medical physiology and the yogic exercises are very well based on use of concentration of oxygen, sound and mental state that restore health and improve longevity. Therefore, this information can be used for development of good, easily accessible, comfortable, friendly, indigenous result oriented holistic approach for development of medical facilities for Viksit Bharat @2047.

Keywords: Shivpuran, Uma Samahita, health, longevity, Viksit Bharat

INTRODUCTION

15th August 2047 will be the year of our 100 years of independence, for every Indian it will be the time of pride and happiness. Every Indian has dreams for developed India which are acknowledged as Vishwa Guru, Utkrist Bharat, Samarth Bharat and strongly represent Vishwa Bandhutwa, Sarve Bahawantu Sukhine, Sarve Bahawantu Niramya. Further the country shows one of the best governances in the world marked as Ram Rajya which ensures everyone lives with dignity, justice, security, respect, prosperity and enjoys healthy longevity in clean pollution free biodiversity rich environment. In the great respectable book, Ram Charit Manas of Goswami Tulsidas ji, the chapter Uttarkand [1], the Chopai between of Doha number 20 to 31 explains the status and condition of environment, society,

health, governance, and development during Kingdom of Maryada Purushottam Bhagwan Ram Ji that marked as Ram Rajya. The two Chopai in Hindi are:

1. “Dhaik Davik bhotai tapā l
Ram Raj nahi kahoo hi wyapa l
Sab Nar karhai Paraspar Preeti l
Chalihi Swadharm nirat Shruti niti l”.
2. “Alp Mritu Nahi Kawnoo Peera l
Sab Sunder Sab Biruj Sarira l
Nahi Daridra Koi Dukhi Na Deena l
Nahi Koi Abudh Na Lachan Heena l”.

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Received Date: July 04, 2026

Accepted Date: July 11, 2026

Published Date: August 24, 2026

Citation: Ashutosh Mishra. An Analysis of Shivpuran's Uma Samahita in Relation to Health, Longevity, and Viksit Bharat 2047. Research and Reviews: A Journal of Health Profession. 2026; 16(2): 9–13p.

This clearly emphasizes everyone who shows healthy longevity and very good governance [1]. From the ancient time, health has been one of the important issues. It directly affects society development [2]. In the present time the modern medical facilities, which in other words are also called allopathic medicine systems, really do very well and give comfort and protection from several diseases. But it is still not accessible to everyone and is also very expensive. In this medicine systems with comfort and cure also have side-effects [3]. The NCD (Non-Communicable Diseases), for example, diabetes, heart diseases, cancer, arthritis, obesity, and mental problems are increasing. Further, AMR (Antimicrobial resistance), ADR (Adverse Drug Reaction) becoming a critical global threat. The modern medical facilities are still very much expensive and stressful when people are going under treatments of organ transplants, heart problems, emergencies, and ICU (Intensive Care Unit). Further, in view of the common people, it is not easy, not accessible particularly its routine checkup, tests, and medicines are not economical [2]. In Hindu mythology, it is mentioned that Lord Shiva, who is also called as Mahadev, MahaKal is the God that revives death again in life. Further, the Lord Shiva dedicated Maha Mrityunjay Mantra to save life from critical conditions. In this regard, Shiv Puran is considered for study and search for some medical approaches for betterment of the health system of India. The Shiv Puran is composed of the great Maharishi Ved Vyas. This Puran has 28 thousand verses and 7 parts called Samhita like Vidyashvara, Rudra, Shatrudra, Kotirudra, Uma, Kailash, and Vayu. These Samhita are related to different aspects of Lord Shiva, for example, Uma Samahita for fruits of worship to get healthy longevity. Shivpuran's Uma Samahita page number 597 to 603 explained the number of symptoms of the body that indicated serious to very critical conditions of the body and also mentioned the time of death. Besides this, it further also explained how the person saves his/her life and restores rejuvenation and good health. Further lives lead to healthy longevity [3]. The study of vital activities of the human body, for example, respiration, excretion, digestion, nerve sensation, etc., are called human physiology. Infective agents, accidents, pollution, stress, etc. are the factors responsible for discomfort and diseases that mainly disturb human physiology [4].

Objective of Study

The objectives of the present study are mainly to search for knowledge and possibility of good holistic medical approaches and facilities. The medical facilities should be easily accessible, comfortable, stress free, economical, indigenous, result oriented, and able to give healthy longevity. Further, it is being aware and emphasizes the importance of our religious book regarding innovation and development of healthy longevity. Besides this, people of India and other countries should read our heritage and Hindu mythology book Shivpuran that scientifically explains the importance of nature, yogic exercises, and how to get healthy longevity, happiness, mental strength, and mental peace.

METHODOLOGY

In the present study, a qualitative method is applied. For study of Shivpuran's Uma Samahita, textual and thematic analysis are used. The concept of Shivpuran's Uma Samahita page number 597 to 603 mentioned 19 statements regarding body conditions. These statements are analyzed and correlated with the text of human physiology and diseases or conditions in medical terminology. Further the explained yogic exercises, statements regarding rejuvenation, restoring health and healthy longevity are also analyzed in terms of body physiology requirements and emergency conditions treatments.

Data Analysis

For the present study, 5 personal cases of medical conditions (1. Lung fibrosis, 2. Heart dysfunction, 3. Sepsis shock, 4. Cancer, 5. Brain hemorrhage) are taken for the analysis. All those cases were very critical, and they were admitted in the ICU of good hospitals. The medical conditions and the time of death of the concerned person are noted. In 2, for critical conditions – such as Septicemia and Kidney trouble – some provisions are applied as mentioned in Shivpuran's Uma Samahita and the results are noted. All these observations are analyzed considering human physiology, medical treatments, and knowledge regarding healthy longevity.

RESULTS

The statements mentioned in the Shivpuran's Uma Samahita regarding body conditions and period of death are significantly matched with modern medical science knowledge and textbooks of human physiology. For example, two statements of Shivpuran's Uma Samahita are quoted in the Hindi language. Number 1. Mahadev Ji stated, "Yadi akasmat sarir sab aur se safed ya peela pad Jaye aur upper se kuch lal dikhe" – "death within six months". 2. Mahadev Ji stated, "Jab muh, kaan, netre, aur jihwa ka stabmhan ho jaye" – "death within six months".

When the above text, with the help of AI, correlated with medical science knowledge it shows the following results. In respect number 1, the medical science text said it is a serious medical condition, and it is related to the blood, immune system, and liver. Further stated possibility of jaundice, anemia, blood disorder, and morphea. In respect number 2, it is written in medical science that serious conditions like stroke, neurological disorder, may be amyotrophic lateral sclerosis (ALS), Bell's Palsy, Guillain Borne Syndrome (GBS). The symptoms of body – those stated in the Shivpuran's Uma Samahita when correlated with patients of the taken conditions (as mentioned in Methodology) and his/her death time period in hospitals – are true and interesting. The Shivpuran's Uma Samahita page number 601 to 603 explained the ways the affected person restores health, life, and get healthy longevity. These ways are in the language of the Shivpuran's Uma Samahita as it is in Hindi: "Navdha, Shbdah Brahma aur tunkar method of yogic practices". Further for rejuvenation, restore of health from serious emergency conditions Shivpuran's Uma Samahita explained four yogic practices, and these are: "Pranayam, bhumadhy Agni ka dhyam, Mukh-reyji se yaau paan aur mudi hui jiwaha duwara gale ki ghanti ka sparsh". These ways in terms of medical science knowledge correlated for restoration and treatments of the body are found helpful.

DISCUSSION

In India, since ancient times, health has been one of the most important issues for human beings. It is believed that good health of people are directly related to the good society and development of the country. In Indian literature and traditional culture, Dhanwantari is the symbol of God who ensures good health of people and motivates betterment of medical sciences. Ancient Indian medicine systems were very rich, natural, and easy to access. Further, that time medical facilities available for all, this concern evident by the Sanskrit sloka "Sarve Bahawantu Sukhine, Sarve Bahawantu Niramya". Further in ancient times in India, several Rishis were famous – like great Sushruta, Charak, etc. – who gave suggestions and Ayurvedic medicines for cure and restore of good health for human beings [5]. In present time, this knowledge is very limited in use and practice. Modern Allopathic medicine provides good services for human beings. It is very popular and associated with modern medicine. But it is not economical and not easy to access, particularly in medical tests, diagnosis and case of emergency. No doubt modern allopathic medicine provides instant relief in many cases but with this relief, there also have some side-effects. Several research papers are available on Adverse Drug Reaction (ADR) and its risk. Further, the use of antibiotics also developed resistance as AMR (Antimicrobial resistance) which further became serious problems for concerned people [2, 6, 7]. In the present time, the modern Allopathic medicine treatment results are also varied from person to person in the same line of treatments in case of the same disease, it is due to the immune profile. Immunity is highly specific and varies from person to person so the use of modern Allopathic medicine as in general is also a serious concern [8, 9]. In this respect, the present analysis of Shivpuran's Uma Samahita page number 601 to 603 is a system for all, and it benefits all. During literature review regarding present study, it is observed that psychological belongingness plays a significant role in curing diseases, boosting mental health, and healthy longevity [10, 11]. In this respect, the Shivpuran's Uma Samahita developed a relationship of concerned persons with Mahadev (Mahakal, Lord Shiv) and nature. This psychological belongingness developed a strong will power in the person that significantly helps the person in restoring diseases, stresses, and getting good health, longevity, and happiness. The chanting of Maha Mrityunjay Mantra during critical conditions of life provides mental strength that gives positive effects in recovery from health issues. Some reports are available that support these facts [12]. Allopathic medical science

nowadays uses the importance of sound frequency, radiation, vibrations frequency, Oxygen flow, temperature regulation, and nerve sensation for cure and diagnosis of several diseases, for example, Ultrasound, 2d Echo Color Doppler, MRI, CT scan, X-ray, Ventilator, Oximeter, etc. In the Shivpuran's Uma Samahita clearly mentioned the importance of different types of sound, for example, Naad, Shbdah Brahma for cure of serious/critical conditions of the body and for healthy longevity. It is further strengthened by many scientific research papers that are available regarding the importance of music, sounds in relation to body physiology, and the cure of diseases particularly in stress, anxiety, heart trouble and mental health [13]. The present, modern, allopathic medicine has nothing to do with astrology but believes and emphasizes the role of yoga and exercises in curing diseases and longevity. But the Shivpuran's Uma Samahita significantly emphasizes the importance of astrology, nature, yogic practices for cure diseases, happiness, and healthy longevity. In Shivpuran, in some other chapters it is mentioned that the chanting of Lord Shiva dedicated to Maha Mrityunjay Mantra saves life from critical conditions and ensures healthy longevity. These statements of Shivpuran's Uma Samahita are also in the line of some scientific research papers [14, 15]. The Shivpuran's Uma Samahita knowledge may be used for development of unique, indigenous, easily accessible, comfortable, friendly, stress free, economical, and results oriented holistic approach of medical facilities for treatment of diseases, health and longevity for Utkrist Bharat, Samarth Bharat, Survshresht Bharat, and Viksit Bharat@2047.

CONCLUSION

The statements mentioned in the Shivpuran's Uma Samahita page number 597 to 603 are true and significant when correlated with the modern medical science knowledge and textbooks. The mentioned methods of yogic practices and ways for restore, rejuvenation, good health, and healthy longevity show positive effects on the body. Shivpuran's Uma Samahita emphasizes the importance of oxygen level, oxygen flow, sound frequency, temperature regulation, neurosecretion flow, meditation and the role of five main constituents of life and body. The knowledge of Shivpuran's Uma Samahita are applied for development of unique, indigenous, good, economical, easily accessible, results oriented, stress free, natural holistic approach of medical facilities for Shresht Bharat, Utkrist Bharat, and Developed Viksit Bharat @2047.

Acknowledgments

The author highly appreciated the help of the principal, and the librarian of T.D.P.G. College, Jaunpur, Uttar Pradesh for the present study.

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