

# Rejuvenation for the Earth

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## Abstract

Why do we need a rest? Is it only for humans and machines? Can we survive in a polluted environment and with contaminated food items, and with contagious diseases? Resting gives energy and harmonics get stabilized that rejuvenate the system for successive operations. The continuous unethical activities on planet Earth and ruthless killing of animals for self goals, which should remind humans one day to respect and treat the mother land properly, that helps humans for survival. Events like COVID-19 is a grave reminder that Earth is in dire need for rest.

The outbreak of deadly pandemic Covid19 has forced to implement lockdown in most of the countries to curb the fast spreading covid19. This fatal virus wave had taken millions of deaths and damaged world economy, and it has warned all people in the world to be harmony with the nature.

The merits of lockdown or Earth Healing Period (EHP) and the normal ideal conditions of the Earth planet are studied systematically in this paper. This analysis emphasizes the need for the implementation of Earth Healing Period or lockdown for a period of two weeks during summer in every year. This will lead to the concept of Green Planet.

**Key words:** Covid 19, Swine flu, Newton's laws, Law of Karma, unethical values, air pollution, hygienic water, EHP every year, merits of lockdown etc.

### 1) Philosophy

All living entities are not everlasting. No machine is perpetual. A continual engine does work, and produce heat and emit thermal radiations. The uninterrupted operation gets collapsed one day. Every mechanical system has withstanding and sustaining capacity up to certain limit of stress, if it exceeds the ultimate threshold point, breakdown occurs. In order to increase durability and produce accurate results, the system needs to be given cooling time or healing period.

If the labours demands in a manufacturing industries, the employees requirements in a company, the students needs in educational institutions and universities are not accepted even after repeated requests, they will be compelled to go on strike, thus the system gets collapsed and shutdown for certain period of time till their demands are fulfilled.

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## 2) Cause

Among all living entities, humans are believed to be highly intellectual and they tend to control and show supremacy over other childlike living species for selfish goals. They come for shelter, trust the master whole heartedly for providing regular food and basic needs. But the animal gets sudden shock when he sees a knife in his master's hand. He feels the breach of contract or trust. The pain will curse the master.

The merciless activities of killing animals and insects, detonation of mountains, deforestation of trees and plants for inhabitants and industrialization, construction of multistoried buildings, drilling mines for minerals, bore wells for water, oil wells for petrol, throwing garbage and industrial wastages into the rivers, nuclear wastages and testing nuclear weapons in oceans, polluting the environment, water crises and densely populated cities etc. are causing major threat to ecology of planet Earth.

All living entities have equal rights for survival and they have different roles to play on this Earth. There is no theory and no law to kill innocent animals for consumption of animal meat. Can we not survive without meat?<sup>1</sup> The Newton's 3<sup>rd</sup> says for every action there is an equal and opposite reaction so there will be a tit for tat scenario. As per law of karma<sup>2-4</sup> any misdeed is a curse, the curse will continue to take retaliation.

## 3) Effects

The natural calamities, Earthquakes, droughts, floods and cyclones; environment pollution, water crisis and the regular epidemic diseases and are consequences of ruthless activities of humans in the name of civilization and developing.

The history reminds us that all epidemic diseases such as (mentioned few here) Ebola virus, Zika virus, Chikungunya, Plague, H1N1, Swine flu and the present Coronavirus were caused due to the merciless activities killing of animals for consumption of animals meat, beef, pork and chicken etc. These diseases are mostly originated from slaughter centers and unhygienic places from different parts of world.<sup>5-6</sup> These rampant viruses have claimed millions of lives of innocent people.

The continuous killing of animals and storing the dead and live animals, birds and reptiles at one place, provides the ideal conditions for bacteria and other micro organisms to shift and spread among species much more easier-

This is what happened in the dreadful Coronavirus which was originated from Wet market, Wuhan, China spread globally and cause pandemic diseases. Unfortunately this was the first instance it was affecting humans and became Zoonotic viruses<sup>7</sup>. It had spread globally, nearly 185 countries in the world and infected more than 3 million people and more than 2 lakhs people died throughout the world.<sup>7</sup>

## 4) Remedy

In order to save people from the deadly Covid19 most of the world leaders imposed lockdown in their countries to avoid gathering of people. The offices, companies, industries, educational institutions and all modes of transport are completely closed with exemption of emergency services – Hospitals, Police and Super markets. All people are requested stay home and work from home if necessary. In order to prevent the virus, it is suggested to maintain Social distance of nearly one to two meters, hand washing regularly with a sanitizer or soap, and use a mask to cover mouth and nose, whenever one goes to outside.<sup>7</sup> The Covid positive infected patients are kept in quarantine for 14 days.

These type of precautionary measurements have improved a lot globally and nearly 9 Lakhs people are recovered fully from Covid positive patients who were effected during this period.

### **5) Earth Healing Period for two weeks in a year .**

If a mother in a family is not well or dies, the children and families get completely disturbed and in some cases the families get devastated. The ethics say that mother should be well respected and protected irrespective of any problems as she is the back bone of the family and society.

As a mechanical engine needs a break at regular interval of time to attain normal conditions of initial energy, similarly the Earth also require healing period, when it is being continuously tortured for many centuries. If the break or healing period is not given it retaliates in any form to release her energy for stabilization.

If the system is closed for certain period the insects and bacteria at slaughter places might get reduced and the spreading of infection can be prevented. If it is not closed, the law of nature would automatically thrust on us to close down system for certain period and compels us to follow natural laws that are harmony with environment, health and animal acts.

In order to avoid the unethical activities , regular epidemic diseases such as the present outbreak of Covid19, and the positive results due to lockdown of the cities indicate that “*Need for the Earth Healing Period or Resting Time for at least two weeks in a year, preferably in during the summer season from 15<sup>th</sup> to 30<sup>th</sup> May every year.* This period is termed as Rohini Karte<sup>10</sup>(Telugu), NavaTapa(Hindi), *Njattuvela* (Malayalam). The Sun transits through Rohini Nakshatra (one of the 27 constellations), during this passage, Sun occupies each of the Nakshatras for a period of approximately 13.5 days. Rohini Karte falls during the period 3<sup>rd</sup> and 4<sup>th</sup> week of May every year. This summer period shall always be very hot and humid. It is said during this period even roads and stones get cracked due to the extreme temperature of nearly 45<sup>o</sup>C and intense heat waves. During this excessive climatic conditions all educational institutions are closed for summer vacation and people are generally avail leaves to be remained in the houses.

The healing period is necessary for the planet Earth for stabilization its resources as well as to remove all the unwanted pollutants from the environment. Thus this healing period of two weeks rejuvenate planet Earth and nature to serve the people till one year.

In order to compensate the two weeks, *every first or Second Saturday* may be considered as working day for all governments offices, private campiness and industries. This type of yearly EHP or lockdown may not be major loss for manufacturing units and economy of the country but it yields lot of positive consequences to the citizens in the long run.

### **6) Scientific Reports**

The corona wave has shattered many people, terrible illness and taken lives millions of innocent people in the world. However the lockdown imposed to curb the virus has also taught us moral lessons and obtained successful results which could not be achieved any time in the past, such as heart attack patients, river water, air pollution and seismic vibrations etc.

#### **a) Reduction in Heart Attack Patients**

The lockdown to curb covid19 has benefitted to patients suffering from cardiac disease. It is very surprising to see the number of heart patients going to hospitals are abruptly reduced in most of the hospitals in the world.

It has been noted that nearly 40 % decline in the number of patients coming with complete blockage of heart blood vessels called ST elevation myocardial infarction (STEMI) and 70 % drop in patients coming with partial block – Non ST elevation myocardial infarction ( NSTEMI).

This abrupt drop in heart attack patients may be due to reduced atmospheric pollution, traffic induced stress, mild cases due to the fear of Covid positive patients in hospitals, said Dr S Srikanth, HoD, Tamil Nadu Accident and Emergency Initiative. <sup>8</sup> The same trend is also noticed in Gujarat, Punjab, Delhi and Bengaluru and Mumbai and also in USA, Italy and Germany.

Dr Upender Kaul, Cardiologist, Chairman Batra Hospital and Medical Research centre said “There is no conclusive evidence in drop of heart attack patients, there could be science behind it. The particulate matter, cold weather and aggressive physical activities are associated with heart disease.<sup>8</sup> This imposition of lockdown which resulted the ideal environmental conditions has opened up new case studies in the field of cardiology.



Fig.1. Ganga Water, at Haridwar, India

#### b) Hygienic Ganga water

The Ganga water in Haridwar has become pure and transparent and fit to drink directly as a result of the nationwide lockdown period to curb covid19 said by Professor BD Joshi, the Uttar Pradesh Pollution Control Board (UPPCB). Such a remarkable success could not be obtained by number of the government schemes worth of thousands of crores.<sup>9</sup>



Fig.2. The Grand Canal in Venice, Italy

The Grand canal river water at Venice, Italy, now looks clearer due to the lockdown effect and there is less traffic on the canals, allowing the sediment to stay at the bottom, But the quality of water is not improved, however the air is less polluted since there are less canal boats (Vaporetti) expressed by a spokesman the of Venice Mayor’s office told CNN.<sup>10</sup>

#### c) Drop in Pollution level

The analysis of satellite data (European Union satellite Copernicus Sentinel-5P) shows the pollution levels are drastically reduced by 40 -50% in major cities Mumbai and Delhi during the lock down period from 25March to 20April, 2020, in the comparison of 1January to 24March, 2020 and also from the same period of last

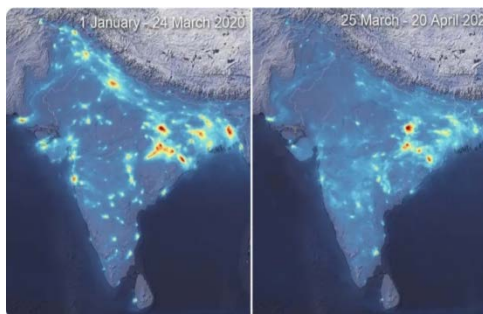


Fig. 3. Nitrogen Dioxide  
1 January - 24 March 2020 25 March - 20 April 2020

year.<sup>11</sup>

The emission of Nitrogen dioxide is reduced by 15 % in the atmosphere during this lock down period. However some clusters of Nitrogen dioxide can still be seen over northeast India due to the coal-based power plants, said by Claus Zehner, ESA’s Copernicus Sentinel-5P mission manager.

In New York city, the level of harmful emissions are fallen due to the reduction in the traffic congestion on the roads . The Carbon monoxide levels from car emissions fell by 50 per cent and Carbon dioxide levels fell by 10 per cent. In China the level of Nitrogen dioxide found in the atmosphere over cities has fallen by about 40 per cent

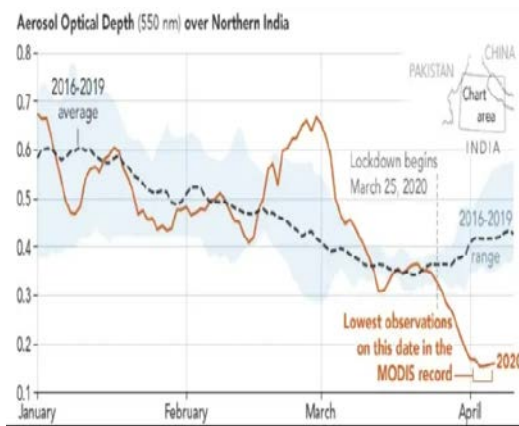


Fig. 4. Aerosol Optical Depth over North India

**d) Reduction in Aerosols by NASA Satellite.**

The aerosol levels over northern India are decreased due to the fall in human activity during the lock down period. The particles are at lowest level during this period which was not seen for the past 20 years, reported by Pawan Gupta, a Universities Space Research Association (USRA) scientist at NASA’s Marshall Space Flight Center.<sup>11</sup>

If the optical depth or thickness of 1 and above indicates hazy (cloudy conditions) and harmful, and if it is less than 0.1 means the atmosphere is considered to be very clean. The aerosols particles usually tend to stay in the air for a longer period of time, and if continuously exposed to these pollutants, humans can face heart and lung problems.

Some other ground based weather observation systems have also reported a significant decrease in particle pollution over north India during the lockdown period.

**e) Reduction in Earth’s Seismic vibrations**

During the lockdown period, the Geo-scientists have noticed a significant drop in the Earth’s ambient seismic noise and vibration due to the absence of human activities including road and rail transports, construction, land drills, exert substantial pressure on Earth’s crust.<sup>13</sup>

According to the seismologists from the Royal Observatory of Belgium, the worldwide lockdown is making the Earth’s crust vibrate less. Usually, to measure the accurate seismic sound, Geoscientists use a detector buried 100 meters beneath the Earth’s surface. But, now the natural vibrations can be studied easily through the surface seismic readings as well, say the experts.

Geologists have also observed similar trends of a drop in seismic vibrations in Paris, London, Los Angeles, and Auckland, due to ongoing lockdown.

**f) Freedom Period for Animals and Birds**

The effect of lockdown shows animal and birds that were lockdown in cages for many decades whereas now they have locked down humans. Now humans are in cages whereas animals and birds obtained opportunity to venture out freely after long time.

It is reported that the unprecedented less noise during lockdown had benefitted lot of birds and animals found in streets and parks and they are quite vocal. According to a recent study published in the Journal *Biology Letters*, noise pollution affects any number of creatures ranging from frogs, to shrimp, to fish, mammals, mussels and snakes.<sup>14-15</sup>

## 7) Merits

The impact of lockdown is so powerful that it has touched hearts of many people in the world and cautioned them to follow ancient traditional values which were forgotten or neglected intentionally or unintentionally in the name of human civilization and development of society. It is the general feelings of all people in the world to adopt human values and adhere to new work culture from now onwards for the benefit of the health, environment and animals, it is proposed to implement *Earth healing period or rejuvenation period* for two weeks in a year during every summer vacation from 15<sup>th</sup> May to 31<sup>st</sup> May.

The advantages of implementing Earth Healing Period (EHP) i.e. complete lockdown, for citizens, Earth environment and Government are studied in detail and they are summarized below:

### a) Citizens

1) People have realized to adopt the old traditional values and basic requirements, and need for the new work culture, 2) they endeavor to lead simple life high thinking, 3) they can breathe fresh air, 4) parents will spend more time with children during summer holidays, 5) the bondage in family members become strong, 6) cooking habits will enhance, 7) they get habituated to prepare homemade food and avoid the outside junk food, 8) they develop hygienic culture – cleanse hands and feet regularly, removing shoes outside the house, isolation etc. which are Indian traditions and customs, 9) they get confined to homes during the peak summer 10) unity in the family 11) they may plan to visit home towns, rural areas and form houses during the Earth Healing Period, 12) community engagements concepts will be emerged for students, 13) students may come up with new ideas to develop their villages, 14) develop a culture in maintaining the Social distances when they will go outside, 15) internet would be the basic right 16) develop the work from home concepts, 17) emerge new startup business – Online business concepts, 18) these, new on line trading concepts will save time and money in commuting and transportation respectively, 19) the traffic congestion on the main roads will get reduced due to the on line business, 20) reduction in stress of employees, 21) animals and birds are free from threats and they will be cheerful in the clean and noiseless environment, 22) people can adjust the with minimum needs and try to avoid additional items in life, 23) People find more time for literature, artist work and research work, 24) getting acquaintance to avoid unnecessarily travelling, 25) crime rate and accidents will get minimized thus citizens will have many benefits.

### **b) Earth and Environment**

1) People realize the importance of Earth and nature, 2) the planet earth gets rejuvenated, 3) the environment will be cleaned, 3) the pollution levels in the cities will come down, 4) the animals and birds will be free from fear of being killed and enjoy the fresh air in noiseless environment, 5) aquatic animals in the ocean will also come out to enjoy, 6) the aquatic animals get breeding time, and will be healthy and strong, 7) the Ganga water at Haridwar is very clean and fit drink as per the concerned authorities (Fig.1), 8) the Grand canal water at Venice, Italy is very clean and air quality is improved ( Fig. 2), 9) the ideal seismic waves can be recorded and that helps to study artificial noise created by the humans in the cities

### **c) Health Care**

1) People become health consciousness, 2) reduction in the heart attack cases (6a), 3) the annual variations of heart attack cases will give the results whether it is due lockdown effect or any other reason, 4) people may avoid non vegetarian due to the health, environment and animal acts.<sup>16</sup> 5) people avoid junk food as hotels are closed due to the lockdown, 6) the life of alcoholic drinkers may change, with non availability of drinks, 7) people try to learn ancient treatments and medicines for diseases, 8) some Physicians may prefer to work from home, 9) people can utilize the time for spiritual activates, 10) People slowly improve the self realization.

### **d) Government**

1) It is like a annual vacation (complete lockdown) during summer for two weeks, 2) Government will try to emerge with new concepts of online business and online studies, 2) digital transactions will increase, 3) All elected members are confined to own constitutions, 4) all elected members are involved to improve local conditions for any unforeseen events, 5) Less consumption of petrol and diesel, 6) Office expenses will cut down, 7) Staff will also get rejuvenated.

### **8) Conclusion**

All efforts are for soul<sup>17</sup>. The lives of people and animals are at risk due to regular epidemic diseases and natural calamities. In order to rejuvenate the Earth environment, one should go for implementation of yearly Earth healing period or lockdown period for two weeks. The healing effects of the Earth will be more prominent in and on the ground level, in environmental pollution, uncontaminated water in rivers and life of aquatic animals in oceans; and attitudes of people towards Earth and environment will be totally different. The new zeal will emerge among citizens every year to reduce the unreasonable human activities and admiration of the Earth planet which supports to them stand, and release fresh air to breath for all living entities survival.<sup>18</sup> Certainly, this approach gives the way for *Green Planet* that we have been exploring for the past many decades. Fortunately the pandemic Covid 19 has enlightened us.

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