

## Wayfaring to Antiquity (Unveiling the realm of Ethnoveterinary Practices)

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### Abstract

Every country has its own culture and tradition. Probing the origin of our current health care practices, it can be found that during ancient times even before the birth of medicines, doctors and hospitals there happened to be a culture that every home was the source of knowledge, remedies and medicinal plants. We call them home remedies. Those were the solutions for every health issues. Every home had animals and there were common ailments for everyone at home. Every home had a knowledgeable person and every home had a treatment strategy where they just go around the house, pluck some plants and make medicines out of them. We named them herbal medicines.

There were ancient doctors with the knowledge and talent for addressing each and every health issues in the community. The communities who have very less interference with others had a rich source of knowledge including health care. Such ethnic communities are there in all parts of the world. They still treasure and practice their knowledge. There are potent solutions with the ethnic groups for the current challenges faced by the modern society. The current health care has many challenges like the expense, efficacy, safety and accessibility. The whole world is in search of alternative health care techniques. Many countries are in the move of banning antibiotics and other chemicals. Taking an example of milk which was once considered as a complete food is avoided by most of the people in modern society. Various experiments around the world have revealed shocking facts about the contents of milk that the consumption of milk can lead to serious health issues. Throwing light on the contemporary relevance of alternative animal health care techniques extrapolate the thought towards a 'One health concept' where the same principle and procedure can be followed in the health care of all living beings. It will almost be like going back to our ancestor's lap.

Promoting Ethnoveterinary Practices does not mean downgrading the modern veterinary practices. It is not meant to replace one with the other.

Instead, it is a better understanding about the strengths and weaknesses of all the supportive healthcare systems in practice and the pragmatic use of them. In some cases, one practice can complement the other and in some other cases, each one has to be individually followed. Hence, it can be concluded that an amalgamation of all the health care practices can bring a synergy in every aspects of life. If we still have the reflex to lick our finger for a cut or burn before reaching out to the first aid, there is a proof that our genes constitute a generation where every home was a hospital, every garden was medicinal, every food was a supplement, every person was a knowledgeable traditional healer and nonetheless every aspect of our routine contributed to health and well being.

Certain studies revealed the presence of pesticides(from the plants they eat), heavy metals, toxins, detergents and disinfectants(added to enhance the quality and shelf life of milk), nitrates, nitrites and nitrosamines, Polychlorinated biphenyls, polychlorinated dibenzodioxines, furans, dirt and impurities and ectoparasiticides(where the animal shed or the animal is not maintained hygienically by giving a daily wash)hormones and antibiotics and sulfonamides, teat disinfectants(when the teat is not washed properly before milking) in animal products that we use every day.

Pesticides - the classifications are organo chlorides(lindane, dieldrin, DDT, polychlorinated biphenyls etc.) and organo phosphates(malathion). Mostly the Maximum Residual Limits (MRL) of pesticides is not followed in animal products and there are no strict measures to check them. Their biological half-life can be very high, may be several weeks or even months. Investigations have proved the presence of Poly chlorinated biphenyl(PCB) exceeding the Maximum Residual limit in animal products like pork, chicken, milk, egg and even human milk. There are reports of other pesticides like DDT and dieldrin in milk from various parts of the world.

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