

God the Pharmacist!

Ashish Chauhan*

National Institute of Pharmaceutical Education and Research, Mohali, Punjab, India

Human beings are the most developed creation of the God. We are very fortunate that God has given us beautiful earth as place to live and provided with water and food to survive. The human body is like a machine that undergoes wear and tear so it needs maintenance and repair when faulty. The Deity has provided us with such magnificent nature and the natural resources that can help to heal rejuvenate and provide the needed pharmacy. God is the greatest Pharmacist. If we look around we can explore His greatness that we enjoy through the nature and its resources.

A sliced carrot looks like a human eye with iris and pupil. Science has shown that it enhances the blood flow and improves the functioning of the eyes.

Tomato is red and has four chambers like heart. Researchers have proved that tomato is rich in lycopine and benefic for heart and blood.

Grapes hang in cluster like blood cells and with a shape of heart. Science has demonstrated that they are the vital food of blood and nourish the heart.

Walnut looks like a little brain with left and right hemisphere as upper cerebrum and lower cerebellum and the wrinkles on nut are like neo-cortex. It is established now that walnuts help to develop more than three dozen neuron-transmitters for brain function.

Beans look alike human kidney in shape and helps the human kidney to develop and heal.

Sweet potatoes look like the pancreas and actually balance the glycemic index of diabetics.

Oranges, grapefruits and other citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.

Onions look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, Garlic, also helps eliminate waste materials and dangerous free radicals from the body.

Phyto-chemistry, Pharmacognosy has explored the treasure of good health lying in the form of pharmacopeial ingredient in the herbal plants and nature. Yet a lot remains unnoticed for the upcoming generation to work-out and explore. So it is my request, to all the readers to bow in reverence to the Almighty, understand the importance of natural resources and do not misuse them, so that the life could sustain and enjoy the natural pharmacy provided by the God on this earth for a longer time.

*Corresponding author: Ashish Chauhan, National Institute of Pharmaceutical Education and Research, Mohali, Punjab, India, E-mail: aashishchauhan26@gmail.com

Received August 13, 2012; Published August 15, 2012

Citation: Chauhan A (2012) God the Pharmacist!. 1:312. doi:[10.4172/scientificreports.312](http://dx.doi.org/10.4172/scientificreports.312)

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