



COVID IN REFERENCE TO AYURVEDA

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Abstract:

India is a land of diversity and also a developing nation that faces many challenges. Corona virus disease -19 (COVID -19) is such a disaster in 2020 which ravaged the whole world. Ayurvedic literature has mentioned today's situation so many years back. *Janapadodhwansa* in ayurveda clearly indicate everything that is happening today all around the world. Ayurveda mainly emphasis on "Swasthasya swasthya rakshanam" [1] To maintain it *aacharyas* had described daily lifestyle or different regimne (*dincharya, ritucharya, pathya aahar vihaar*). So an effort is made to review the concept mentioned in ayurveda and ongoing pandemic disease COVID-19 along with role of ayurveda in its prevention & management.

KEYWORDS: Ayurveda, *Dincharya*, covid -19

INTRODUCTION:

The COVID -19 a global health crisis of our time & occurs to be the greatest challenge we have faced since the 2nd world war. The outbreak was first identified in Wuhan city of China in December 2019 and spread globally. WHO declared it as pandemic on march 11, 2020. According to WHO statistics – 'total confirmed cases are 567K, recovered 335 K and 16,893 people have died in India till date.

It is a highly contagious viral infection caused by NOVEL CORONAVIRUS. Transmission of this virus has been ruled out by direct contact and droplet aerosol infection. The symptoms are fever, dry cough, sore throat, tiredness, chest pain, difficulty in breathing etc.. This new disease has neither established treatment nor any vaccination. Modern medical scientists are doing their best to get rid of this pandemic. Prevalent antiviral medicines have been tried on patients but no satisfactory results are found yet. This is the major concern of the medical scientists.

In this critical phase, the entire country is looking towards Ayurveda. On persuasion of Ayurvedic text, this type of conditions has been described under the topic of *janpadodhvanasa* and *aupsargika roga* by Charaka and Sushruta respectively.

Ayurveda is defined as '**ayusho vedam**' which means science of life. It was originated by rishis for the welfare of mankind. The first aim and objective of Ayurveda is to preserve the health of the healthy person [2]. For this *acharyas* contributed various concepts like *dincharya, ratricharya, ritucharya, rasayana* therapy and *achara rasayana*. They also have incorporated *aahara, nidra and brahmacharya* as three pillars of life. [3]

Previously indian lifestyle was Ayurveda oriented in ancient times and the prevalence of diseases were very less but due to modernization drastic changes have been noticed in the lifestyle.

AIMS AND OBJECTIVES:

In recent years world is facing different types of wierd situation in form of newer disease such as swine flu,ebola virus,SARS,and now covid 19.This not only bring economic crisis,public health crises,human right crises,administration crises,psychological crises.For the well being of the mankind our aim is to conquer this crisis early,successfully,effectively and to build more resilient,sustainable envoinment to the mankind. The only solution to these problems are age old traditional medicinal system i.e Ayurveda which has been written thousand years ago and whose primary purpose is to protect the health of a healthy person *swasthasya swasthya rakshanam*.

MATERIAL AND METHODS:**WHAT IS IMMUNITY ?**

Vyadhikshmatvam nam vyadhi bala virodhitwam vyadhyutpada prathibhadakatwam. [4]

Immunity can be defined as a power of an individual to fight against disease and an ability to prevent the occurence of disease.

On the other hand, *Bala* and *Oja* in ayurveda are similar to immunity. There are 3 types of *bala* i.e

1. *Sahaj bala* (innate immunity)
2. *Kalaja bala*
3. *Yuktikrita bala* (acquired immunity)

Though immunity of a person has been already determined by the genes i.e *sahaj bala* but it can also be acquired by good lifestyle , proper diet and *rasayan* drugs(immunomodulators).According to charaka *agni* (digestive fire) is also considered as a basic component for life,complexion , *bala* and *oja* . In the present covid scenario the prime motive of Ayurveda must be to boost immunity maintain metabolism and psychosomatic health .

Absolute lifestyle regime in ayurveda**1. wake up early in the morning before sunrise (BRAHMAMUHURTA)**

This period is considered *vata* predominant and suitable for evacuation of excreta from the body .High level of oxygen is present at this time. Effect of pineal gland and pleasure hormone(serotonin) is at its highest peak.In addition to this , Atharva veda also considers the benefits of rising sun rays which prevent many diseases.[5]

2. Oil pulling /hot water gargling (KAVALA / GANDUSHA)

Oil pulling in the morning after brushing helps in cleansing the oral cavity completely and strengthens the sense organs.[6]Gargle with hot water mixed with salt and turmeric twice a day helps to maintain oral hygiene as well as kills the colonization of coronavirus.

3. Oil massage – (ABHYANGA)

One should take a whole body oil massage daily in the morning as it vitiates *vata dosha* and blood circulation in the body[7]. Insomnia is an usual symptom faced by covid patients. It is relevant to take gentle oil massage on the scalp and sole at bedtime for sound sleep.

4. Exercise-(VYAYAMA)

It maintains equilibrium between tridosha and metabolism. Regular exercise has a positive impact on the serotonin level that improves appetite and sleep. Thus it is helpful to destress the body and mind. One an hour of regular exercise should be done before 7 am. Emphasis should be given on *asana, pranayama and dhyana*. Vigorous exercises should be avoided in the summer season.

5. Nasal drops-(NASYA)

Apply 5 drops of sesame oil or annu tail in both the nostril before leaving home and after coming from outside.[8] It improves lubrication of nasal mucosa and helps to trap dust, allergens and viruses.

6. Sleep-(NIDRA)

Sound sleep of 7-8 hrs (10 pm -5am) at night is mandatory. Avoid day sleep. If habitual then sleep at least after 1 hr of taking meals. Power nape may be advisable in summer season.

AYURVEDIC DIETARY CONCEPT

The right diet at the right time is very important for nutrition and metabolism. It has been considered as the root cause for *bala, varnam, agni and oja*. Acharya has advised to take **hitakara aahar** as they enrich our *dhatu and satva*. [9]

Food items which should be taken regularly are :

1. Cereals - barley, wheat, rice
2. pulses - moong dal
3. liquids – cow's ghrta, milk, tila tail, honey
4. green leafy vegetable - bathua, cholai
5. green vegetable - loki, parwal, kushmand
6. fruits - munakka, khajur, dadim

Some more add on to dietary regime:

1. Hydrate the body with normal water, coconut water, lemon tea or green tea.
2. Take homemade bilva juice with an empty stomach.
3. Evening tea may be replaced by sattu made by barley, honey, ghee with normal water.
4. Take water containing fruits like watermelon, muskmelon, grapes etc
5. Add cucumber, tomato, onion as salad at lunch. Avoid it with dinner.
6. Spices (like sunthi, dalchini, haldi, jeera, ajwain, dhaniya) should be consumed in good quantities.
7. Curd should be replaced by chhachh in lunch. Both of them should be avoided at dinner time.
8. Dinner must be done by 7 pm.

Food items to be avoided - as these destroy metabolism, obstruct the excretion process and decrease the immunity.

white flour items like bread, biscuit, pizza etc

cold items like shakes, cold drinks, cold water etc

junk food and processed food and *viruddha ahara*

RASAYANA drugs(immunomodulators):

1. *amala, haritaki, tulsi, giloy, mulethi, ashwagandha* etc should be consumed daily.
2. *Chyawanprash* 1\2 - 1tsp in the morning with milk.
3. *Brahma rasayan* or *agastya haritaki rasayan* at bed time with turmeric milk or golden milk.
4. 1 piece of *amla murabba* at noon.
5. *Triphala* with milk at bed time.
6. *Swarna prashana* should be provided to every child up to 10 years of age. It enhances the immunity and intellectual capacity of children.

ACHARA RASAYAN –(code of conduct)

These are behavioural characters of a human being like *satyavadinam, akrodha, ahimsa, prasannta, priyavadinam, dheeram* etc. [10] which produce the benefits as *rasayana*. It promotes family and social relationships resulting in better mental health.

CONCLUSION:

There is a popular saying that *a healthy mind prevails in a healthy body* -by adopting ayurvedic lifestyle one can maintain a healthy body, mind and soul. In December 2019, a novel coronavirus, now named as SARS-CoV-2, caused a series of acute and typical respiratory diseases in Wuhan, Hubei Province, China. The disease caused by this virus is called as COVID-19 and a pandemic was declared by the World Health Organization. Till date, there is only supportive treatment in modern medicine, no proper cure found. The strength of Ayurveda lies in these well validated theories and practices that can be used to understand, diagnose and strategise treatments of newer diseases like COVID-19. Diseases are innumerable and newer ones would keep appearing says *Aacharya Charak* and provides methods to diagnose and treat new. [11]

" NahiSarvaVikaaranamNaamtoAstiDhruvaSathiti "

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