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DINCHARYA ADAPTATION FOR PROPHYLAXIS FROM COVID-19

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Abstract: World is facing pandemic situation, in which more than 1.65 millions are affected cases and almost 6.5 lakh death has occurred as of 28 July, 2020. Despite worldwide efforts to control it, the virus is continuing to spread for want of a prophylaxis and therapeutic strategy. Soon the virus started spreading many prophylactic measures evolved. Some of them are proven theories while some are not. In managing a communicable pandemic, it is logical and essential to explore Ayurveda which helps in addressing the COVID-19 challenge. Ayurveda aware of such viral situation may manifest in upcoming eras. Ayurveda told to follow the dincharya which gives overall protection from various diseases and increase the lifespan. Utilization of our traditional science in covid patients has already started in few of institutes and it's effective. Now it's right time when the AYUSH systems come into mainstream and transform Indian healthcare system. The preventive measures developed recently those only deals with local prophylaxis, which are recently developed theories in few months. Whereas Dincharya adaptation includes local prophylaxis (Cleansing eyes, nose and mouth), systemic prophylaxis (diet, sleep, pranayam etc.), social prophylaxis (do's & don'ts in social life) and immune boosters (rasayan sevan). By doing all this, protects from several diseases and boosts immunity. These measures may hence function as "physiological masks" barricading the viral invasion. Only healthy living adaption can give healthy long life, which is an easy deal with life. After all in routine every human being follows the tag line 'Prevention is better than cure'.

Index Terms - Covid-19, Dincharya, Prophylaxis.

INTRODUCTION

The outbreak of corona virus is pandemic situation the world is facing now days. The disease has spread to many countries, more than 1.65 million confirmed cases and more than 6.5 lakh deaths as of July 28, 2020¹. Despite worldwide efforts to control it, the virus is continuing to spread for want of a prophylaxis and therapeutic strategy. Utilization of Traditional Chinese Medicine in Wuhan to treat COVID-19 cases sets the example demonstrating that traditional health care can contribute to treatment of these patients successfully. In managing a communicable pandemic, it is logical and essential to explore Ayurveda which helps in addressing the COVID-19 challenge. Whereas this is the time to mainstreaming the AYUSH systems to transform in Indian healthcare. Research and therapeutic strategies for COVID-19 have focused on, to attack the virus or immunize against it. Ayurveda pays particular attention towards the host & recommends measures for a healthy lifestyle (dincharya) rather than giving prescription of medicine. Acharya Charaka², describes epidemic management and defines immunity as the ability to prevent disease and arrest its progress to maintain health. As like innate immunity & acquired immunity, the Ayurveda also explains Bala (immunity or strength) is classified as Sahaja (natural), Kalaja (chronobiologic), and Yuktikrut (acquired)³. Adaptation of dincharya, avoids infections, gives arrest to disease and also acts as immune booster.

Dincharya -

As everyone is aware about corona virus, it is worldwide epidemic. Peoples are in panic condition, lockdown going on; everybody has to seat in their houses with family, so it's a critical time. Seating in home jobless is very stressful life and high risk in being social. In such period one can start following dincharya which dealt by our acharyas. Dincharya adaptation includes local prophylaxis (Cleansing eyes, nose and mouth), systemic prophylaxis (diet, sleep, pranayam etc.), social prophylaxis (do's & don'ts of social life) and immune boosters (rasayan sevan).

Bramhe muhurta uttishte (Wake up time) -

The healthy person should get up during brahma muhurta, to protect his life. The last three hours of night (3a.m. to 6a.m.) is known as brahma muhurta, because it is the best time for study, obtain knowledge, exercise and meditation. Ultimately gives good health to body & mind⁴.

Shoucha, dantdhawan (Cleansing orifices) -

The person should eliminate urine & faeces after waking up early in morning. Nextly do the prakshalan (abulation), and then after should clean teeth with the twigs of arka, nyagrodha, khadira etc. (medicate herbs)⁴. Now a day's brushing teeth is done with pastes,

powders which are also medicated one. Whereas, acharya charak mentioned cleansing of tongue (jivha nirlekhan) with the help of shalaka (tongue cleanser) made of gold or silver or tamba. This shalaka must be curved according to the shape of tongue and blunt⁵.

Anjan, Gandusha, kaval -

Anjan doesn't mean only applying kajal in eyes. Applying kajal or medicated anjan in eyes cleanses eyes, give strength in visualisation. It removes all dirt, itching, burning, infectious watery discharge so one should apply anjan once a week regularly⁶.

Gandusha means holding medicated oil in mouth and kavala (gargles) means rinsing mouth with medicated kwatha (decoction). Doing both in regular manner cleanses oral cavity, reduces throat infection, gives strength to jaw, gums, and improves quality of voice⁵. For example, one should follow simple coconut oil gandusha regularly and amalaki kwatha, triphala kwatha or simple salt water etc for kavala⁶. Considering throat pain, cough, redness of eyes symptoms of corona, following anjan, gandusha, kaval in day today basis gives prevention and early coverage.

Vyayam (Exercise) -

During this pandemic situation many people have started doing exercise but our acharya already explained yogasana and pranayam which is easily followed in home. Doing yoga will give flexible body, lightness, proper digestion, bala (strength), stability, immunity and mental peace which energise in daily routine⁴. If anyone feels yoga complicated then just follow suryanamaskar. Start with minimum counting daily, can be increased on the basis of strength (bala) of person.

There is a package of eight (beneficial) pranayam exercise: bhastrika, kapala bhati, anuloma viloma, bramari, utjayi, utgeet, sheetali and sheetakari⁸. Just by doing this, one can strengthen immunity including pranavah srotas or respiratory system.

Both of them togetherly maintain the balance of ojas (immunity), tejas (digestion, subtle growth) and prana (vital life force). Then sit for meditation. For meditation, sit quietly in sahajasan pose (easy adaptable pose) and inhale, exhale deeply with concentration. Following meditation gives flower to inner joy, inner beauty and feel presence yourself.

Snan (Bath) -

Snan or sharir parimarjan is not only washing body with water but it also includes applying medicated scrubs during bath and drying body with towel. Water or water added with ayurvedic herbs like nimb along with acts anti microbial or anti viral, which cleanses whole body. Snan (bath) improves appetite, life span, enthusiasm and strength; removes itching, dirt, exhaustion, sweat etc⁴. So every time person come home from work should take a bath.

Ahar (Diet) -

Food should be consumed at the proper time, it should be satmya (accustomed), clean, suitable, hot and easily digestible, contain all the 6 tastes. Taking food shouldn't be too fast not slow, after having good hunger, without much talking⁷. Food should contain all the necessary proteins, vitamins, minerals, fibers etc. Good quality and healthy diet always boosts immunity otherwise leads to many diseases. Along with healthy diet one should practice taking regular rasayan (immune booster). These immune boosters are nothing but chyavanprash, suvarnprashan (below 5yrs) and ayusha kadha developed now days.

Vihar -

Now days during this lockdown or corona virus spreading situation many precaution measures to be taken. On the other hand our ancient acharyas already told about the precaution measures to be taken while going out of house on daily basis. Acharya vagbhat says that one should walk holding umbrella which protects from direct sunlight, putting on footwear protection foot. The person should avoid the direct breeze, sunlight, dust, snow, hard breeze (whirlwind). One should not sneez, laugh or yawn without covering mouth, should not blow nose (except for forcing out dirty excretion), nor shake the hands and hairs⁴.

Nidra (Sleep) -

Sleeping in normal daily routine which every person follows, but sleeping also has its rules n regulations. The person should not sleep at proper time, not in day time, not excess nor is less sleeping well for health. Proper sleeping time must be 6 to 9 hours depending on prakruti of person. Considering today's stressful lockdown life one should take proper sleep in night. Proper sleep gives happiness, increases physical & mental strength, good lifespan⁹.

These are the routine to be followed in sequential manner. This sequence is drawn from the ashtang hruday samhita, rather than this many other day to day regimens has explained in it but as this article is about the regimens which acts prophylactic to covid-19 so related points are explained in details. There is also difference of opinion about the sequence of dincharya between bruhatrayi (three important samhitas of ayurveda).

DISCUSSION AND RESULT –

In routine every human follows the tag line 'Prevention is better than cure'. Ayurveda says that cures the diseased and keeps the health of healthy person. Because of that in every samhita acharyas has started with dincharya (daily regimen). Dincharya deals with the routines to be followed by person to stay healthy lifelong and prevention from the diseases. In the outbreak of corona everyone should follow the dincharya said by ayurveda which gives prevention from such pandemic diseases. Usually person's day starts with waking up in morning, dincharya or daily routine starts from then onwards. If person wakes up early morning (brahmamuhurt) that maintains physical & mental health. After waking one should eliminate the urine and faeces (shouch), then brush the teeth (dantdhavan) along with cleaning of mouth, throat through kaval and gandush. For cleansing eyes, anjan to be followed once a week. Vyayam or exercise must be done in the form of yogasana, pranayam and meditation. Yogasana or suryanamaskar increases physical strength, pranayam increases strength and capacity of lungs and meditation controls psychic activities. Then take a bath (snan) which is rejuvenating and cleanses the all dirt from body. After all this local and systemic prophylaxis, proper diet or ahar gives health and boosts the immunity. All above activity can be followed in house itself in lockdown but in case of going out one should follow the regimen dealt in vihar. Vihar explains about activity to be or not to be followed in social life. Nidra or sleep is always necessary to calm down minds which stressed in the pandemic condition.

CONCLUSION -

Ayurvedic acharya and today's scientific system both are developed their own preventive measures for covid-19. But while looking into depth of them, ayurveda aware of such viral situation may manifest in upcoming eras. So already said to follow the dincharya which gives overall protection from various diseases. Whereas the preventive measures peoples are following now a day is suggested by today's scientific system, which are recently developed theories in few months. Many of the theories like covering mouth, nose, sneezing with covered mouth, not to shake hand etc are already told by ayurveda comes from dincharya. That means complete adaptation of dincharya gives protection from several diseases like covid-19 and 'Prevention is always better than cure'.

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