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# Covid-19 : Scope of Ayurveda to make Swastha Bharatha

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## ABSTRACT

Ayurveda, being the science of life, propagates the gifts of nature in maintaining healthy and happy living. Ayurveda's extensive knowledge base on preventive care, derives from the concepts of *Dinacharya*- daily regimes and *Ritucharya* - seasonal regimes to maintain healthy life. It is a totally plant based science. The simplicity of awareness about oneself and the harmony each individual can achieve by uplifting and maintaining his or her immunity is emphasized across Ayurveda's classical scriptures. In present situation of Covid-19, one has to take care of himself and his family by following simple precautionary measures explained in Ayurveda. Before that one has to understand what is covid-19, its causative organism, its incubation period, it's signs and symptoms etc, and it's precautions in general. In the wake of the Covid-19 outbreak, entire mankind across the globe is suffering. Enhancing the body's natural defense system (Immunity) plays an important role in maintaining optimum health. We all know that 'Prevention Is Better Than Cure', while there is no medicine for Covid-19 as of now, it will be good to take preventive measures which boost our immunity in these times.

**Key words:** Covid-19, Dinacharya, Ritucharya, Yogasana, Pranayama, Nasya, Herbal tea, Dhoopana.

## INTRODUCTION

In January 2020 the World Health Organization (WHO)<sup>[1]</sup> declared the outbreak of a new corona virus disease, COVID-19, to be a Public Health Emergency of International Concern. WHO stated that there is a high risk of COVID-19 spreading to other countries

around the World. In March 2020, WHO made the assessment that COVID-19 can be characterized as a pandemic.

### About Corona virus disease 2019 (Covid-19)

It is an infectious disease caused by severe acute respiratory syndrome, resulting in the ongoing 2019-20 Corona virus pandemic. Corona viruses are a large family of viruses belongs to Coronaviridae which may cause illness in humans or animals. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes Corona Virus Disease-19. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

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The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but does not develop any symptoms and do not feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness.

### Simple Precautions<sup>[2]</sup>

Regularly and thoroughly cleaning hands with an alcohol-based hand rub or washing with soap and water which kills viruses that may be present on hands. Maintaining at least 1 meter (3 feet) distance from the person who is coughing or sneezing because when someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If anyone who is too close, can breathe in the droplets, including the Covid-19 virus if the person coughing has the disease. Avoid touching eyes, nose and mouth because hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the viruses to eyes, nose or mouth, from there; the virus can enter the body and can make the person sick. Making sure that everyone around, follow good respiratory hygiene, means covering mouth and nose with bent elbow or tissue during cough and sneeze, then dispose of the used tissue immediately because droplets spread virus. Staying at home if feeling unwell.

### A general measure according to Ayurveda includes

- Drinking of warm water throughout the day.
- Daily practice of *Yogasana*, *Pranayama* and *Dhyana* for at least 30 minutes.
- Use of spices like *Haridra*, *Jeeraka*, *Dhanyaka* and *Lashuna* in cooking.

### Ayurvedic immunity promoting measures includes

- Take *Chyavanprash*<sup>[3]</sup> 10gm in the morning, Diabetics should take sugarfree Chyavanprash.
- Drink herbal tea/decoction (*Kadha*)<sup>[4]</sup> made from *Tulsi*, *Twak*, *Mareecha*, *Shunthi* and *Draksha* - once or twice a day. Add *Guda* and/or fresh lemon juice if needed for taste. A decoction is prepared from boiling *Tulasi* leaves (10), *Guduchi* 2 inch piece, *Mareecha* 3 in number, *Shunthi* 1/4<sup>th</sup> inch piece, *Draksha* 3 in number, in 250ml water. Boil and reduce till half. Keep it in glass bottle after filtering and use lukewarm. This decoction may be taken twice a day fourteen days to three weeks.
- Golden milk.<sup>[5]</sup> Half teaspoon *Haridra Churna* in 150ml *Ushna Dugdha* - once or twice a day.
- *Lavanga Churna* mixed with natural sugar/*Madhu* can be taken 2-3 times a day in case of cough or throat irritation.

### Ayurvedic procedures which boost or promote our immunity are

- *Pratimarsha Nasya*:<sup>[6]</sup> Application of *Tila Taila/Narikela Taila/Ghrita* in both the nostrils in morning and evening.
- *Snehana Nasya*:<sup>[7]</sup> Pouring of *Tila Taila/ Anu Taila/ Panchagavya Ghrita* 2-3 drops in each nostril twice. Followed by coating of the same every two hours during day time.
- Steam inhalation<sup>[8]</sup> with fresh *Pudina* leaves or *Ajamoda* can be practiced once in a day. Steam inhalation is a method of introducing warm moist air in to the lungs via the nose and throat for therapeutic benefit. Inhaling steam is a great treatment for respiratory complications and is recommended for dealing with common cold, flu, bronchitis, sinusitis, asthma and allergies. Dry air passages are moistened and mucous loosened, eliminated easier by coughing or blowing the nose. The moist air also alleviates difficulty breathing, throat irritation and inflammation. If the person suffering from cough and cold takes steam with the extracts of *Tulasi Patra* would

recover fast. *Tulasi Patra* is more effective than plain steam inhalation. The reason being that *Tulasi* has immunomodulatory, antitussive and expectorant properties, that make it a great relief for coughs, cold and other respiratory disorders including chronic and acute bronchitis. Warm steam inhalation before bedtime induces psychological relaxation and increased deep sleep in the early sleep episode, which leads to an improved subjective sleep quality with mild difficulties and anxiety.

- *Dhoopana*<sup>[9]</sup> with *Vacha*, *Guggulu*, *Karpooora* at mass fumigation at the areas of quarantined people.
- *Kavala/Gandoosha*: <sup>[10]</sup> By *Haridra* and *Lavana* mixed hot water to clean local mucous membrane. Oil pulling helps in conditions like sore throat, inflammation and also is proved to strengthen upper respiratory tract. *Tila Taila*, *Kashaya* of *Hridra*, *Yashtimadhu* is helpful. It can be done repeatedly till symptoms are relieved.
- *Yogasana*
- *Pranayama*
- *Dhyana*

#### Pathyas include

- Substances which pacify *Kapha* but simultaneously not reduce *Vata* and *Pitta* for example- *Ghrita Bharjita Haridra Churna*, *Ghrita Bharjita Shunthi Churna*.
- Use of Barley instead of Wheat
- Beans and lentils, green gram, pigeon pea prepared in ghee.
- Vegetables - seasonal, vegetables with water boiled and little ghee used.
- Use of fresh Ginger with meal.
- Fruits like fig, black grapes, dates with black pepper.
- To drink - Medicated water prepared with *Panchakola*.

- *Shadanga Paneeya*<sup>[11]</sup> (*Usheera*, *Parpataka*, *Raktachandana*, *Musta*, *Adrak*, *Twak*) 100ml at least twice a day.

#### Other Ayurvedic remedies for prevention of COVID-19 are<sup>[12]</sup>

- *Dashamoola Kwatha* 20ml + *Pathyadi Kwatha* 20ml + *Trikatu Churna* 2gm to be taken twice a day for 7 days.
- *Samshama Vati* 2 *Vatis* twice a day for 7 days.

#### Activities include

- Adequate sleep, regular life, mild to moderate exercise, breathing exercises like *Pranayama* for 30 minutes in the morning. Exercises like sit-ups, stairs climbing, jogging inside home, and skipping. *Surya Namaskara*, *Yogasanas* can be done on empty stomach like early in the morning and before dinner after digestion of previous meal.

Last but not the least very important measures to be taken for prevention of Covid-19 are: Avoid handshaking, hugging, kissing, sharing clothes, towels, dining together, exchanging of ornaments which are used by the infected patient/suspected positive patient. Maintain social distancing, keep distance of 1-2 meters with other person. Use mask to cover mouth and nose. Avoid sneezing in open, use elbow to cover or cloth or handkerchief. Wash those clothes with disinfectant or soap. Do not use cloth mask without washing and drying. If disposable masks are used dispose it in the dustbin after disinfecting it. For disinfection we can use *Nimba*, *Haridra*, *Guggulu* etc. Do not throw it in open.

#### CONCLUSION

These are Ayurvedic measures which boost our immune system to fight against COVID-19. These Ayurvedic measures help us to stay healthy in this critical condition these days. Following of all these Ayurvedic measures by all the people of *Bharatha* leads to "*Swastha Bharatha*". So, let's do our duties or responsibilities sincerely to make "*Swastha Bharatha*" by following all these Ayurvedic measures.

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