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**ABSTRACT**

The SARS COV-2 virus has again reminded people about how immunity is the key to fighting against any disease. But to introducing a new vaccine accompanies loads of resources and time. It is also undeniable that the vaccines available today are not free from adverse effects. In contrast, the eternal science of Ayurveda has herbs, minerals, procedures that help in building immunity without any adverse effects. Thus, instead of constantly injecting vaccines to achieve artificial immunity, various *Ayurvedic* formulations, herbs, or processes can be used to enhance natural immunity. Various research has demonstrated that Ayurveda pharmaceuticals are more effective for preventative and therapeutic purposes with fewer side effects than Contemporary science drugs. Various texts including *Samhitas*, Modern science textbooks, Web-search, PubMed, and UGC indexed peer-reviewed journals were referred to collect the data. This article gives a glimpse of holistic ways of Ayurveda which will build immunity and help in leading a disease-free life.

**Keywords:** Ayu Pratirakshak, Immunity, Swamprashan**INTRODUCTION**

*Ayurveda* is an eternal Science of Aimful life that gave us ways of prevention and treatment of prevailing diseases, as in the concept of *Ayurveda*

"*Swasthasya Swasthya Rakshanam Aturashayavikara prashamanmch<sup>1</sup>*" is the very 1<sup>st</sup> law of *Ayurveda*, modern science too follows this rule as they use vac-

cines as a mode of prevention for communicable and non-communicable diseases. As per *Ayurvedic* classics, *OJUS* is the essence present in every *Dhatu* (Tissue) and is considered as *Sara* (Extract) of all the Seven *Dhatus* starting from *Rasa* to *Shukra*. This *OJUS* is responsible for life, immunity, vitality, and strength of our body. *Ayurveda* has many formulations, herbs, and procedures that help to increase our Immunity to provide a disease-free life, much more than vaccines do.

### WHAT IS A VACCINE?

Vaccines are biological preparations that are produced from living organisms that enhance immunity against Diseases. Either it prevents (Prophylactic) or in some case, treat disease (Therapeutic). The vaccine can be divided into a number of different types but ultimately works on the same principle to stimulate the immune response to recognize a pathogen.

### VACCINE-RELATED QUESTIONS

We can now see the vast and rampant prevalence of viruses on Earth as it exists now. Is it feasible to prevent all invading germs and viruses using contemporary vaccines? If so, consider the costs, effort, and time needed in research. We all know that developing a smallpox vaccine took over a century, a lot of money, and many hours of research from scientists all across the world. It's concerning that a particular vaccination protects against only one illness, but the real worry is what it does to the body as a side effect. Doctors now concur that the danger of a vaccination response is greater than the chance of contracting smallpox or contracting Covid. What happens to man's natural immunity after this, or is there a natural vaccine?

Mumps vaccinations, like flu vaccines, are made with eggs, therefore anyone who has severe egg allergies should avoid them. In Australia and New Zealand, routine typhoid immunization is not advised. Unfortunately, the vaccination is only approximately 50% effective and does not prevent the disease from spreading<sup>2</sup>. In terms of vaccinations and protection, India is reliant on Western biomedical sciences. Despite the availability of vaccinations and our aggressive "Universal Immunization Program," however,

we have not been able to prevent death and disability. Why can't we utilize *Ayurvedic Pratikshak* (Vaccines) for prophylactic and preventative purposes? We have so many *Ayurvedic* preparations that have substantial advantages over contemporary vaccinations, with low side effects, that they need to be popularized based on science.

### AYURVEDA AND IMMUNITY

*OJUS* is responsible for practically everything in the human body. It is found in every cell and circulates throughout the body in order to maintain homeostasis. *BALA* is a phrase used to describe the body's immunity. *BALA*, *OJUS*, and *KAPHA* have also been cited as synonyms in *Ayurveda*<sup>3</sup>. *OJUS* has been defined as the body's resistance to deterioration and degeneration. This *BALA* or *OJUS* stands for 3 types of *Sahaj* (Innate), *Kalaj* (Acquired), and *Yuktikrita* (Artificial Immunity)<sup>4</sup>. *Prakrit kapha* strives to boost *Bala*. *OJUS* is also known as *Bala* and *Prakritleshma*<sup>3</sup>. *Bala* is referred to as *Vyadhikshamatava* by *Acharya Chakrapani*. *Vyadhikshamatva* refers to the ability to fight disease at its source<sup>5</sup>. Different treatments, protocols, and specialized herbal drugs are used to create or sustain *OJUS* in the body.

1. **Swarnaprashana:** In the present climate of communicable and infectious illnesses, it is critical to boosting children's first line of defense from the moment they are born.

*Bala*, or immunity, is required at all times for survival, whether in the womb of a mother or on the first day of life. The human age has been separated into three distinct ages: *BALA*, *YUVA*, and *JARA*, each with its own routine for general personality development. *Samskar* is the name given to these special adoptions, which also teaches us the value of life. *Samskar* is a type of immunity-building instruction and practice. *Acharya Kashyapa* Mentioned the important role of *Swarnaprashana* as *lehan karma*. It can be used to improve *Bala* (Immunity & Physical), *Medha*, *Agni*, *Ayu* and to prevent a child from different diseases<sup>6,7</sup>. According to recent research, gold particles are encapsulated by honey, *ghrita*, and herbs in *Swarnprashna*, which aids in the formation of varied sizes, shapes, charges, and compositions. This

irregular shape of gold particles in *Swarn Prashana* may activate both cellular and humoral immunity, resulting in non-specific immunity. Pathogens, in general, undergo multiple mutations, either spontaneously or as a result of human intervention. As a result, the human system that develops non-specific immunity will be able to defend against any pathogen or inflammatory agent that enters the body<sup>8</sup>. *Swarna Prashana* did not interfere with the normal growth of the infants. As evident by NNT, it showed immunomodulatory activity and was tolerated by the infants with no adverse effects during the trial or follow-up period.<sup>9</sup> We can test novel versions of *Swarnaprashana* in the lab to see how they work and how hazardous they are. *Swarnaprashana* gold nanoparticles can be used to treat and prevent illnesses such as cancer, tuberculosis, diabetes, and other immunological disorders. For many site-based malignancies, we can create *Ayurvedic* vaccines like gold, silver, or other metallic nano particles.

**2. Samsakara and Immunity-** Varying religious texts have different numbers of *Samsakara*, such as 13 in *Manusmriti* and 40 in *Gautam Grihyasootra*. However, there are currently 16 *Samsakar*s that are suitable.

*Garbhadan*, *Pumsavana*, *Simantonayana* are the *Samsakar*s done during the prenatal stage

*Samsakara* performed during postnatal periods are-

**A) During the Neonatal period- (1<sup>st</sup> four weeks)**

- *Jatakarma*<sup>10,11</sup>
- *Namakaran*<sup>12,13</sup>

**B) During Infantile Period (upto 1 year)**

- *Nishakraman*<sup>14</sup>
- *Upveshtan*<sup>16</sup>
- *Karnvedhan*<sup>22</sup>
- *Phalaprashana/annaprashana*<sup>16</sup>

**C) During School Age- (after 4 years)**

- *Chudakramana/Mundan*
- *Upanayansamsakar*
- *Vedarambha*<sup>23</sup>

Only *Samsakar*s relating to immunity strengthening will be discussed here.

1) *Garbha samsakaram* is performed to ensure that our child has excellent health, good attributes, strength, and the greatest potential traits in our child with *BALA* physical strength.

2) *Jatakarma Samsakara*- Give *grita* and honey combined with a mantra to the baby. This stimulates the stomach's intrinsic nerve plexus. This aids in passing the meconium as quickly as possible. It also aids in the early immunization process.

3) *Swarnaprashanaa Samsakara*: As previously said, all of these *samsakara* are important life events or rituals. Always follow the correct *samsakara* for the child's chronological age. It will aid in the child's growth, development, and immunity. *Samsakara* Also helps a child in adjusting to the external environment and also plays an important role in a child's psychological development and final personality. *Samsakara* Also helps in the assessment of early detection of growth and development disorders.<sup>15</sup>

**(3) Rasayan:** *Rasayan Sevan* is as wonderfully mentioned by *Acharya Charaka* and *Sharangdhara* for improving *OJUS/BALA* or Immunity for a long-life span, intellectuality, and disease-free existence<sup>25</sup>.

*OJUS*'s quality is Similar to milk and *ghee*, which are referred to as *Nitya Rasayana*. *Rasayana* therapy can be used for both prevention and treatment.

*Rasayana* nourishes the whole *Dhatu* system and improves natural resistance to illness by boosting immunity.

- a) *Acharya Sharangdhara* defined the *Rasayana* in terms of decade-by-decade aging.
- b) *Ayurvedic* Texts describe particular *Rasayans* for distinct Tissues<sup>26</sup>.
- c) Various *Rasayan* for specific channels – Bodily Systems<sup>26</sup>.
- d) *Rasayan* for diverse body constitutions<sup>26</sup>.

*Aachara Rasayana*<sup>19</sup>- Various literature discuss

*Aachara Rasayanas*. It denotes positive behaviour.

The majority of the *Aachara Rasayana* is concerned with excellent manners and behaviour. A person must be truthful in the circumstances, free of wrath, free of drink and sex indulgence, free of violence, and a person who routinely prays to God, instructors, and the elderly. According to *Ritucharya*, a person devoid of

Barbarian acts has a regular and on-time resting and waking schedule. Must consume *Ghrita* and milk on a regular basis, must not be narrow-minded, desire to study spiritual knowledge, good sense organs, and self-control; if you possess all of these traits and adhere to them, this entire process will have a *Rasayana* impact on you. *Rasayana* herbs exhibit non-specific immunity, which may not be attributable to specificity; however, individual studies of the *Rasayana* have shown activity against SARS-CoV-2 in various experimental settings<sup>19</sup>.

*Withania somnifera* was not found inferior to HCQ and its efficacy was within the 15 % non-inferiority margin set a *priority*. WS as an immunomodulator has other clinical benefits including reducing mental stress.<sup>17</sup>

According to *Ayurveda*, therapeutics are of two types: 1. *Swasthasyorjaskara*-which promotes strength (immunity) in the healthy, and 2. *Roganut*-which alleviates disorders. Both of these groups perform both of these functions, but *Rasayana* and *Vajikarana* are mostly used for promotive treatment (C.S.Chi. 1:1/4-8). *Ayush Kwath* has both immune promoting and disease alleviating properties which can be achieved by various treatment modalities like *Rasayana*, *Satwawajaya*, *Yuktivyapashraya*, *Vyadhi Viparitarthakari chikitsa*, etc.<sup>18</sup>

**4) Ahara (food):** After oxygen and water, food is the third most crucial aspect of existence. The 1<sup>st</sup> *Upstambha* of life is *Ahara*. *Ahara* is metabolized and absorbed in the body after *Pachana*, according to *Samhita* and *Ayurvedic* texts. From this *Ahara ras*, *Sara* with *Mala Bhag* is derived. As a result, *Sara* will supply sustenance to all *dhatu*s. *OJUS* is the *Dhatu*'s *sara*. Thus, if all *Dhatu*s are well-nourished, the body's *OJUS* will be well-nourished. We should consume *Ahara* as *Aharavidhi Vidhan* for healthy nutrition. According to *Prakriti*, *Karan*, *Sanyog*, *Rashi*, *Desha*, *Kala*, *Upyogsanstha*, and *Upyokta*, which foods should be consumed. Food consumed in accordance with *Aharavidhi* will promote *OJUS* and bodily balance, as well as aid in the prevention of disease. All the nutrients come from food. The immune impairments associated with nutritional inade-

quacy increase susceptibility to infection and permit infections to become more severe, even fatal. The adverse impact of poor nutrition on the immune system, including its inflammatory component, may be one of the explanations for the higher risk of more severe outcomes from infection with SARS-CoV-2 seen in older people and those living with obesity.<sup>20</sup> So *Ahara* is the most important part of life to be taken according to *Aharavidhividhana*. *Acharya Charaka* also said that *Ahara* produces *OJUS*.

**(5) Yoga/Asana/Pranayam:** *Yoga*, according to *Acharya Charaka*, is a method of achieving *Moksha* and *Arogyata*. "The individual who follows *Hitakar Ahara* (healthy eating) and *Vihar* (regimens), goes into action after careful consideration, is unattached to sensual pleasure, donates, respects equality, is truthful, for bearing, and is devoid of authoritative figures, becomes disease-free." *Yoga* increased the number of antibodies that as IgA, salivary cortisol, SOD, leukocyte, eosinophils, monocytes, CD56 and stimulate inflammatory response namely, IL-1 $\beta$ , IL-10, IL-6, CRP, EC-SOD, NF- $\kappa$ B and IRF, glucocorticoid receptor, cAMP, and sTNF-RII.<sup>21</sup> He who is equipped with great intellect, speech, and acts that result in joyful outcomes, as well as a well-controlled mind, clear understanding, knowledge, penance, and continual effort in *Yoga*, never succumbs to sickness<sup>28</sup>. In *Yoga*, there are several stages. *Arogyata* is also mentioned in *Hathyoga Siddhi lakshana*. **Asana<sup>29</sup>:** *Asana* is the first step in the practise of *yoga*, and it produces a sense of lightness in our bodies while also increasing strength and promoting a healthy lifestyle.

**Pranayama<sup>29</sup>:** If *Prayanama* is practiced in a proper way, it is capable of curing all diseases. *Pranayam* provides *Nadisuddhi* and features of *Nadisuddhi* are *Agnideepan* and *Arogyata*.

**(6) Balavidhikara Bhavas<sup>30</sup>:** Things that enhance Immunity/*Bala/OJUS* are known as *Balavidhikara Bhavas*, which include things like place of birth and time, genetic quantity, good favorable weather (*Visarga kala*), good food, good quality of ovum and sperm (*Beeja*), good quality of uterus (*Kshetra*), good physique, good tolerance power, good mental status,

From conception to death, all of these factors contribute to our increased immunity.

**(7) Ritucharya and Dinacharya:** Body *Bala* is ideal at the beginning of *Aadana Kala* and the end of *Visarga Kala*<sup>31</sup>.

We may improve our immunity and avoid sickness by practicing the *Ritucharaya*.

- *Snanakarma* is *Vrishaya*, *Ayushay*, and *OJUS karma* in *Dinacharya*<sup>31</sup>.
- Wearing clean and decent clothing is *Ayurvedhak*
- Aromatic medicine *lepan* and wearing aromatic flower garlands induce *Vrishyata* and *Ayushaya*, which is why we greet our visitors with flower garlands.
- *OJUS* and *Ayurvedhan* are caused by wearing *Ratana* and other jewels.
- *Ayurvedhana* is caused by cleaning the foot and *Malamargas*.
- *Ayurvedhak* also includes hair cutting, shaving, and nail cutting.
- A person's *OJUS/BALA* or *Ayu* increases if all of these *Ritucharaya* and *Dinacharya* are strictly maintained.

**(8) Ayurvedic concept of active immunity:** Prior sensitization of the body by taking medications or *rasayana* treatment on a regular basis in order to prevent any ailment caused by *Virudhahara*. It's a notion referred to as active immunity<sup>33</sup>. Ayush kwatha and single herbs like Guduchi (500-1000mg) extract, Aswagandha powder (3-5gm), and Haridra milk/gargling recommended as Ayurveda immunity Boosters by the Ministry AYUSH are safe and effective for prevention and cure of COVID-19 with sufficient preclinical and some Randomised clinical trials (RCT) evidence.<sup>24</sup>

**(9) Nidana Parivarjana:** *Nidana Parivarjana* of avoiding the factor, risk factors, and etiological factors are the first step to preserving health. So, this can also be a *Pratirakshak* (Vaccine).

## CONCLUSION

Therefore, all these concepts and methods as described in *Ayurveda* can act as *Pratirakshak* (vaccine). By following all these regimes, we can prevent thousands of occurring diseases from viruses. *OJUS* is *Bala* and *Prakrit Sleshma* which provides strength to fight against diseases. Therefore, we have to increase *OJUS* as much as possible. *OJUS Vridhi* doesn't cause any disease, it provides satisfaction, strength, happiness, and nutrition to the body<sup>34</sup>, and helps to achieve *Poornayu*.

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