

IMPACT OF JANAPADODHWAMSANEEYA VYADHI (COVID-19 PANDEMIC) ON LIFE-STYLE

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ABSTRACT

This study aims to assess the impact of the covid-19 pandemic on lifestyle. The study was conducted across the people to access the impact of the covid-19 pandemic on lifestyle-related to daily physical activity, mental health, eating habits, sleeping patterns and stress levels. For this purpose, the survey was conducted on online google mode between males and females of age between 17 to 58 years. A valid questionnaire was provided for them to answer. The change in lifestyle due to covid-19 was observed. Some notable observations include a decline in physical activity, increase in weight gain, frequent headaches and improvement in taking healthy food etc.

Keywords: Eating habit, physical activity, sleep pattern, screen time, stress, mental health

1. INTRODUCTION

Coronavirus disease (covid -19) was declared a global pandemic by the World Health Organisation (WHO) on 11th March 2020. Soon later it spread across the world and affected the daily lifestyle, be-

haviour of the people, the daily eating behaviour, sleep pattern, physical activity, daily routine of the individual gets affected. The Covid-19 affected people of all ages and to prevent the spread of infection

various countries and governments issued certain policies⁶ like “social distancing” and “staying at home”. Isolation and staying at home keeping all regular work apart affected individuals mental and physical health.

The stringent regulations imposed gave rise to work from a home system wherein the contacts with the people around got decreased and only people in the family remained in contact. The people started working from home and physical activity of moving to the workplace got reduced. The student’s interaction with their teachers and friends got reduced due to online classes taken up by the various schools, colleges and institutes.

To control the spread of the covid-19 virus, certain steps taken up by the government affected food availability, dietary, normal daily activities, work condition and affected financial insecurity. Closing of borders imposed several trade restrictions which prevented various sectors of the people from accessing the market for selling and buying of their products. Several other changes include the conversion of several public health centres to covid-19 centres which affected local individuals from accessing public health centres for other routine problems. Pandemic increased the need for various medical products such as N-95 masks, oximeters, ventilators, personal protective kits as means to protect and prevent the virus spread.

1. Aim and Objectives

The study aims to assess the impact of a covid-19 pandemic on lifestyle

2. Material and Methods

3.1 Study methods

An online mode survey was conducted among the people in Goa. Both males and females of age between 17 to 58 years of age were given preference. The impact of covid-19 on the daily lifestyle of the people with regards to their physical activities, mental health, eating habits, sleeping patterns, behavioural changes, total screen time and intake of water was studied.

The survey was conducted in the post lockdown period. The google form was prepared by including valid

questions and were made available to the participants. The form was made available through WhatsApp to the participants in contact and was also requested to forward the link to the other people to get more responses.

3.2 Study participants

The data was collected through an online google survey. The participants were made to answer the different questions related to their lifestyle and on the changes that were experienced during the lockdown in the covid-19 pandemic³. All the responses of the participants were got saved only after clicking the submit button. A total of 58 responses were collected from whole across Goa state.

3.3 Study questionnaire

The questionnaire related to lifestyle was prepared. The questions asked in the survey included- eating habits, intake of water, physical activity, sleep and screen time, mental health and certain disease-related questions. Total thirty questions were asked to each participant.

3.4 Eating habits

Several questions asked regarding the eating habits were about the quantity of taking food, skipping of meals, intake of fruits in terms of whether the intake increases or decreased or remained same as that of before pandemic. Questions such as which meal was mostly skipped, what type of food they prefer were also asked.

3.5 Intake of water

The related to intake of water was like what type of water they prefer- cold/hot/normal and whether the intake of water got increases/decreased/remained same as before were asked.

3.6 Physical activity

The questions on physical activity including time spent exercising during the lockdown and the type of exercise performed were interrogated.

3.7 Sleep

Questions regarding sleeping hours were asked. It included if they sleep for less than 4 hours a day or between 6 to 8 hours or more than 8 hours a day or no sleep at night. Other questions included the time of sleep and waking up, type of sleep they get- sound,

incomplete or disturbed sleep and whether they sleep in the daytime or not.

3.8 Screen time

Screen time means time in exposure to mobile, television or laptop⁷. The questions like time spent on such things, whether continues exposure to screen affected their eyes, whether they suffer headache, use of earphones and its impact on ears was also asked.

3.9 Mental health/stress

Minute questions such as whether the participants suffer from any stress or not, whether they feel sad happy, depressed or bored whether they feel lonely were asked.

3.10 Medicine

Participants were asked if they leant any creative work, whether they had taken any medicine to boost

their immunity, whether they take steam inhalation as a preventive measure were asked. Any other disease they suffer from was also asked.

3. Result and observation

4.1 Characteristics of the population under study

Total 58 responses of both male and female participants were collected. The participants were aged between 17 to 58 years of age. Among them, most of the participants were student community of age group between 20 to 21 years.

4.2 Characteristics of food intake

The following table provides the summary report of the survey carried out to know the characteristics of the food intake.

Sr. No.	Question asked	Options provided	Response in %	Remark
i.	Quantity of taking food	Increased	43.1%	
		Decreased	12.1%	
		Same as before	44.8%	
ii.	Skipping of meals	Meals skipped	31%	
		Meals not skipped	69%	
iii.	Most of the time meal skipped was	Breakfast	54.2%	A total of 24 responses have been collected in this regard.
		Lunch	20.8%	
		Dinner	25%	
iv.	People prefer mostly	Vegetables	33.9%	The rest of the people take homemade, rice and fish
		Chips, Maggie, pasta	19.6%	
		Oily food	10.7%	
v.	Intake of fruits	Increased	59.6%	
		Decreased	28%	
		Same as before	12.3%	

4.3 Characteristics of water

The following table provides the collected survey data about the intake water study.

Sr. no.	Questions asked	Options provided	Responses collected in %
i.	Water mostly preferred	Hot	56.9%
		Cold	3%
		normal	41.1%
ii.	Intake quantity of water	Increased	46.6%
		Decreased	8.6%
		Same as before	44.8%

4.4 Characteristics of physical activity

Day to day physical activities include exercises carried out during the day. Questions asked and the responses of the questions are summarised briefly in the table given below.

Sr. no.	Questions asked	Options provided	Responses in %
i.	Time spent exercising	Increased	29.8%
		Decreased	33.3%
		Same as before	36.8%
ii.	Type of exercise they perform	Walking	50%
		Yoga	32.7%
		Other	17.3%
iii.	Weight gain	Gain in weight	51.7%
		Not gain in weight	48.3%

4.5 Characteristics of sleep

Variation in sleep patterns of different individuals was studied. It was observed that the majority of the people prefer to wake up at 7 am. Most of the people prefer to sleep at 11 pm whereas some few prefer to

sleep between 12 to 1 am. Among the people sleeping during day hours, about 14% of them sleeps for one to one and half hours of a day whereas others even found sleeping for about 2 to 3 hours a day. Other details have been tabularized as follows.

Sr. no.	Questions asked	Options provided	Responses in %
i.	Sleeping hours at night	Between 6-8 hours	65.5%
		More than 8 hours	31%
ii.	Sleep pattern	Sound sleep	75.4%
		Incomplete sleep	7%
		Disturbed sleep	17.5%
iii.	If sleeping during daytime	Sleeping	62.1%
		Not sleeping	37.9%

4.6 Characteristics of screen

Sr. no.	Questions asked	Options provided	Responses in %
i.	Screen time on mobile, TV, laptop	4 to 6 hours	53.4%
		Less than 3 hours	25.9%
		8 to 12 hours	15.5%
		More than 12 hours	5.2%
ii.	Effect on the eye due to continuous exposure to screen	Has effect	56.9%
		No effect	43.1%
iii.	Headache due to more screen time	Yes	53.4%
		No	46.6%
iv.	Effect on-ear due to use of earphone	Yes effect	34.5%
		No effect	65.5%
v.	Suffer from neck, shoulder, back pain	Suffer from pain	55.2%
		Do not suffer from pain	44.8%

4.7 Characteristics of stress level / mental health

Among the various people of different age groups under study, no one had suffered from diabetes. Only a few were suffering from hypertension. Other details are tabulated as below.

Sr. No.	Question asked	Options provided	Response in %	Remark
i.	Mood feel	Bored	73.7%	
		Depressed	8.8%	
		Happy	15.8%	
		Sad	2%	
ii.	Suffer from stress	Yes	48.3%	
		No	51.7%	
iii.	Feel lonely due to isolation	Feel lonely	42.6%	
		Do not feel lonely	57.4%	
iv.	Creative or doing new work in lockdown	Work done	82.5%	
		Not done anything	17.5%	
v.	Intake of medicines to boost immunity	Yes	45.6%	
		No	54.4%	
vi.	Steam inhalation	Yes	80.4%	Most of them were found to take steam once a day.
		No	19.6%	
vii.	Suffer from hypertension	Yes	4.2%	
		No	96.6%	

4. DISCUSSION

The covid-19 had led to a negative impact on the healthy lifestyle of the people. Due to this, the day-to-day activities of the people get hampered. It led to an imbalance and sedentary life.

5.1 Eating habit

About the eating habit of the people most of the time the breakfast gets skipped. It may be associated with getting up late in the morning. The quantity of food had been increased². The people mostly prefer homemade food and vegetables as they were much conscious about their health during the covid-19 outbreak. Intake of fruits was increased. Most of the people started drinking hot water and the quantity of intake of water was also reported to be increased.

5.2 Physical activity

Isolation and homestay and avoiding public places, parks and increase in their indoor time due to covid fear have led to increase in the use of electronic gazettes like television, mobile, laptops etc. decrease in physical activity has led to increasing in weight gain in many of the individuals.

5.3 Sleep

Sleep time among various individuals increased. Most of them get sound sleep but wake up late in the morning. People being at home started sleeping in the

day hours after their lunch. This increased the number of people taking their daytime sleep.

5.4 Screen time

Change in education pattern that is a shift from chalkboard study to online goggle platform study increased screen exposure time. An increase in indoor time among other people increased their screen time as they started to prefer spending time watching TV, and other social media on screen. The student community was found to have more exposure to screen time as they started making more use of mobile phones for studying, playing games, watching movies etc. the continuous exposure to screen has a profound effect on the eyes. Most of the individuals started getting headaches due to the use of such appliances. Using the screen by sitting at one place steadily showed a rise in other problems such as neck, shoulder and back pain.

5.5 Stress/ mood change

Sudden change in daily routine activities like going to the office, meeting people, friends had suddenly stopped. Homestay made people bored at home. They couldn't interact with each other, no get together, no chit chat with classmates and all this increased irritability in many students.

Some people have made better use of the lockdown period⁵. They learned new and creative work. Most of

the individuals started taking steam inhalation and other medicines to boost their immunity. Some people started performing yoga every day⁴. Some individuals were more conscious about their health. While going outside they started wearing masks and social distancing norms to the covid spread of the covid virus.

5. CONCLUSION

- Covid-19 improved the eating habits/behaviour of the people. People started to consume healthy food. There were increases in the intake of fruits. Most of the people started consuming hot water. Various individuals were skipping their breakfast during the covid lockdown period.
- There was an increase in weight gain in many people as there was a decline in daily physical activities. Decrease in physical activities had alternatively increased on-screen time and sitting time of the many individuals.
- An increase in on-screen time hurt the eyes of many individuals. They also suffered from headaches, neck, shoulder and back pain.
- A change in sleeping patterns among people under study was observed. More than two-thirds of the people used to get sound sleep. Most of the people were sleeping for about six to nine hours at night.
- Restricted movement and sitting idle at home-made people bored and irritable.

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