

PREVENTIVE ASPECT ON PANDEMIC COVID-19 THROUGH AYURVEDAAnand D. Chamat¹, Mohan R. Yende²

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**ABSTRACT**

Globally corona virus 2 (SARS CoV 2) is a high a pandemic and highly contagious entire mankind is suffering. Tremendous research is currently going on and need of suitable approach for the best treatment. In Covid 19 outbreak, enhancing one own's defence system (immunity) had played important role in maintaining best health. According to *Ayurveda*, without the vitiation of any of three *Dosha*, no disease can occur, so paramount balance of three *Dosha* is required to maintain for good immunity against such deadly disease. *Ayurved* envisages the root of cause for any illnesses. *Ayurveda* is likely to provide evidence-based medicine for preventive health care and enhance the self-immunity As *Ayurveda* described several immunity booster procedures in *Dincharya* and *Rutucharya*. Many researchers perhaps the whole world is looking for an effective drug or safe and effective vaccine for covid-19 which should be cost effective, easily available. A better Prevention through *Ayurveda* approach can be achieved in this pandemic of covid-19 as immunity booster.

Keyword: *Dincharya*, *Rutucharya*, corona virus, *Dosha*,**INTRODUCTION**

In December 2019, an outbreak of COVID-19, caused by a novel severe acute respiratory syndrome

coronavirus 2 (SARS-CoV-2). Acharya *Sushruta* said that, without the vitiation of any of three *Dosha*, no

disease can occur so it is advised to treat and make balance of three *Dosha* should be maintain for good hygiene. The most common symptoms at onset of COVID-19 illness are fever, cough, and fatigue, while other symptoms include sputum production, headache, haemoptysis, diarrhoea, dyspnoea, and lymphopenia.¹ In the Covid 19 outbreak, entire mankind globally is suffering from this disorder. Enhancing one own's defence system (immunity) plays a significant role in maintaining best health. It is well known that prevention is better than cure for any disease. According to *Ayurveda*, pandemic diseases are those disease which spread from one person to other through contacts or droplets through air. As far as there is no restorative medicine for COVID-19 as of now, various efforts are taken to enhance body immunity through various preventive measures.

Ayurveda approach towards Immunity:

In *Charak Samhita - Vimana Sthana* - Chapter III is dedicated to "*Jan-Padodhwansa*", it explains that these Pandemics are caused by imbalance of *dosha's*. Environmental Degradation of Air (*Vayu*) Water (*Jala*) Country (*Desha*) and Time (*Kala*) can be a cause for various epidemic diseases at various places. In *Ayurveda* it is considered as '*Agantuj Vikar*' and its types are *Adhidaivik*, *Daivabalpravrutta* and *Aupsargic vikar*.² The concept of treatment in *Ayurveda* is based on body humours i.e., on *Tridoshas* (*Vata*, *Pitta* and *Kapha*). In order to balance these three *Dosha*, it is necessary to enhance the *Ojas* (immunity level) by correcting the *Agni* (metabolism), which further enhancing the *Dhatu Sarata* (quality of body tissue at different level).³ Acharya Sushruta explained that without the vitiation of any of three *Dosha*, no disease can occur, so it is advised to treat and make balance of three *Doshas* required to maintain for good hygiene. The *Rasayana* drug is providing passive immunity (*Yuktikritabala*). As postulated, *Vyadhikshamatwa* (immunity), which depends on the *Ojas*, provokes the strength of disorders and prevent it.⁴

Swasthavrutta prevention for COVID-19:^{5,6}

Ayurveda's knowledge based on preventive care, derives from the *Ayurveda* also give specifies recommendation about maintaining hygiene through concepts

called as "*Dinacharya*" daily regimes called as a "*Ritucharya*" are the seasonal regimes to maintain healthy life. There are several immunity booster herbal drugs described for building immunity, *Ayurved* envisages the root of cause for any illnesses.

Prevention protocol given by AYUSH for covid-19:^{7,8}

AYUSH task force has counselled the Covid-19 treatment as following.

For Jwar,

1. *Guduchi Ghana Vati* two bid
2. *Guduchi, Pippalimoola, Sounth* equal part *Kashaya*
3. Tab AYUSH- 64
4. *Mrityunjay Rasa* 25- 500 mg thrice a day with *Madhu*

For Dry Cough,

1. *Vasavaleha, Drakshavaleha, Kaphakuthar rasa* 250 mg tds
2. *Sitopaladi churna* 2gm+ *Godanti Bhasma* 250 mg
3. *Sitopaladi churna* 2gm+*Praval bhasma* 250 mg+ *Guduchi satva* 250mg

Immunity Promoting Medicine: -

1. Herbal tea prepared from *Tulsi* (Basil), *Dalchini* (Cinnamon), *Kalimirch* (Black pepper), *Shunthi* (Dry Ginger) and *Munakka* (Raisin) - once or twice a day.
2. *Chyavanprash* 10gm in the morning and evening with milk.
3. Golden Milk- Half teaspoon *Haldi* (turmeric) powder in 150 ml hot milk.
4. *Nasya* therapy (*Nasya*) - Apply sesame oil and coconut oil or Ghee in both the nostrils (*Pratimarsha Nasya*) in morning and evening. Pouring 2- 2 drops of almond oil, *Narikel* oil or ghee in nasal sinuses is helpful, hyperactivation of the brain comes as a major reason for compromised immunity.

General Measures: *Pranayaam*, *Yogasana*, Meditation and Breathing Exercises also can be practiced for maintaining physical strength as well as immunity. Similarly, keeping safe distance minimum of 6 feet from any person, regular hand washing practice and use of N-95 mask to prevent droplet infection in covid-19.

DISCUSSION

Covid-19 is disease of *Vata Pitta* are dominant but *doshadushyasammurchhana* takes place in *Kapha sthana*. Vitiated *Vata Pitta* depleted the *Shleshma and Shleshma Sthana*. Vitiated *Vata Pitta* by its *Ruksha* and *Ushna Guna* makes *Shleshma Sthana* (Nose, Mouth, Eyes, Urah etc.) *Ruksha and Durbala*. When pathology exceeds *Vata-Pitta Doshas* depleted *Kapha Dosha* and by virtue of its *Ruksha* and *Ushna guna*, *Shleshma sthana* (Nose, Mouth, Eyes, Urah etc.) becomes *Ruksha* (dried) and *Durbala*. It results into affection of these *Sthana* by *Vata Pitta*, which results into development of symptoms. Lower respiratory tract infection and later on when *Dhatupakavastha* takes place and then symptoms of Pneumonia appear. At this stage all three *Doshas* are involved in *Samprapti* leading to *Sannipatavastha* and later on respiratory failure and multi organ failure develops, when *Marmasthanas* get involved. It was noticed that mortality rate was more among older people, probably because of the poor immunity and any other illnesses leads to faster progress of COVID-19. *Rasayana Dravyas* (immune-modulators drugs) can be used as immunity booster, immune-modulation through which prevention of such disease burden could be overcome, as it is more imperative to enhance our immune system to fight against such pandemic of COVID-19 till the satisfactory treatment.¹⁰ Till date, there are various clinical trials are going on COVID-19 prevention if succeed in this then it is quite possibilities to public health scenario to gain acquired immunity. At present, treatment provided to the affected individuals are mainly symptom based, and the seriously ill individuals are provided with ventilator support.

CONCLUSION

Ayurveda has empirical background for the management of various diseases including such pandemic, and *Ayurveda* science has great potential for both for prevention as well as management of particular disease according to its aetiopathogenesis. The various element in *Ayurveda* protocol for the management of covid-19 are helpful in generating trustworthy evidence and also to make policy changes to solve the issues related to

public health challenges in India. *Ayurveda* is likely to provide evidence-based medicine for preventive health care to enhance the self-immunity.

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