

## NEW DIMENSIONS OF AYURVEDA IN THIS COVID-19 ERA

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## ABSTRACT

*Ayurveda* is the Science of healing and a mere ancient medicinal text instead. It is a way of perceiving a healthy lifestyle. It primarily focuses on improving the lifestyle which can naturally heal the body and talks of medicines lately. This natural healing is the reason that everyone is looking at it hopefully at present conditions. Out of infinite healing techniques of *Ayurveda* some of the best are discussed here. Study of different principles of *Ayurveda* with its different prophylactic as well as curative approach, which shows the predominance of *Ayurveda* from time immemorial till today. *Ayurveda* has a broad category of techniques which can be used as prophylactic measures. This list consists of numerous methods and techniques that can help maintaining and achieving healthy lifestyle. This technique begins with the proper daily routine. A case presentation of a patient aged 43 years, an investor banker in New York, United States of America (USA), with a height of 193 cm and weighing 94.3 kg found corona positive. On the first day of falling ill contacted his *Ayurvedic Vaidya* in Chennai on the telephone, for a consultation and started on *Ayurvedic* medication for his complaints. This case proved that in these chemicals dominating era it has become a prerequisite requirement to collaborate with *Ayurveda* for a better and convenient lifestyle. Also mentioning different ways in which *Ayurveda* is helping today, with a special emphasis on the cure of covid19 patient through *Ayurveda*.

**Keywords:** *Ayurveda, Parivarjana, Pathyavyavastha, Rasayana.*

## INTRODUCTION

*Ayurveda* is the Science of healing and a mere ancient medicinal text instead. It is a way of perceiving a healthy lifestyle. It primarily focuses on improving the lifestyle which can naturally heal the body and talks of medicines lately. This natural healing is the reason that everyone is looking at it hopefully at present conditions. In *Charak Samhita* there is a classical reference of pandemic <sup>[1]</sup> which describes the various reasons, characteristics and prevention of pandemics. It describes social disciplinary actions as lifesaving management during pandemics. Various management and concepts have been discussed in various ancient texts. Enough principles and techniques are formulated to establish good immune power and ensure good health. In the course of this pandemic from prophylaxis to various clinical trials *Ayurveda* has played a significant role. Various decoctions, proper use of spices, use of rejuvenators like *Chawanprash* has provided a major positive impact on the population till now and a few *Ayurvedic* clinical trials are currently in process. Some treatments using *Sudarshanchurna* and *Sitopaladichurna* are successfully given. In various clinical trials use of *Ashwagandha*, *Giloya*, *Tulsi* are done as well. The primary principle of *Ayurveda* is to keep a person disease free. However, even after the proper preventions if one falls sick, *Ayurveda* suggests proper medicines to one <sup>[2]</sup>. It advises preventive methods up to the mark and further appropriate dietary practices. We can see this phenomenon in the context of treatment as well where *Pathyavyavastha* and *Nidaanparivarjan* principles are used <sup>[3]</sup>. *Ayurvedic* principles are themselves opening up new dimensions for it. It is very important for us to understand a few of the basic

principles on which *Ayurveda* depends so that we can have an insight in this magical science of healing.

Basic principles of *Ayurveda* in the perceptive of health and immunity are as follow:

**Tridosha:** *Ayurveda* runs around this principle. This concept tells about 3 bodily humours viz. *Vata*, *Pitta*, and *Kafa*. The functionality of these humours is the reason and cause for disease free or diseased body <sup>[4]</sup>.

**Samanyavisheshsiddhant:**<sup>[5]</sup> This principle talks about food consumption. Consuming food having certain characters, increases the same characters in the body, this principle is known as *Samanya*. For instance, consumption of meat increases *Mamsa* of the body. Similarly, consumption of food containing opposite characters decreases those characters from the body, known as *Vishesh*. For instance, consumption of oil decreases *Vata* in the body as *Vata* contains dry character.

**Rasa and Doshas:**<sup>[6]</sup> This principle states that the *Rasa* we consume affects the *Doshas* of the body. Sweet, sour and salty food items increase the *Kafa* in body and decrease the *Vata*. Bitter, spicy and astringent food items increase the *Vata* and decrease the *Kafa*. Similarly, sour, salty and spicy food increase the *Pitta*.

**Pathya and Apathy:**<sup>[7]</sup> According to this principle different food items and activities are defined as good or bad as per their impact on the body. Like sleeping in day is not suggested, use of black gram is not recommended in summers. Using green gram is good in most of the conditions and seasons. It is said that “No medication is require if one follows this principle and if avoided no medication will do.”

Some *Pathya* and *Apathy* according to different season are as follow <sup>[8]</sup>-

Seasons	<i>Pathya</i>	<i>Apathy</i>
<i>Hemant</i>	Meat of animals with enough fat, wine, milk and its products, fat, oil, new rice	Food which increase <i>Vata</i> in body, light food, fasting, powdered gram flour ( <i>Sattu</i> )
<i>Shishir</i>	All the food said above	All the food said above
<i>Basant</i>	Wheat or barley, drinks made up of honey, meat of rabbit, deer, lava, grey francolin	Food which enhances the <i>Kafa</i> , heavy and cold food, sleep in daytime, sweet, sour & salty food.
<i>Greeshm</i>	Use of powdered wheat flour, meat of <i>Jangal</i> animals, old <i>Shali</i> rice, ghee and milk.	Use of wine, spicy, bitter and astringent food, hot food, exercise
<i>Varsha</i>	Old <i>Shali</i> rice, wheat and barley with <i>Kratyush</i> , honey, boiled water, light and oily food	Sleeping in day, excessive sexual activity, exercise, walking, sunbath

Sharad	Rice, wheat, barley, <i>Aamlaki</i> , <i>Draksha</i> , <i>Jan-</i> <i>galmamsa</i> , <i>Hansodak</i>	Sunbath, <i>Kshar</i> , fat, oil, eat a lot
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**Three sub pillars of Ayurveda,** <sup>[9]</sup> this principle talks about immunity and health management. It states that food, sleep and sexual activities are the three sub pillars of life. Appropriate knowledge and use of these factors will lead to a balanced and disease-free life. Proper use of these 3 sub pillars and avoidance of bad food and activities alone can lead to a disease free and healthy life.

**Aim & objectives:** Literary review of importance of *Ayurveda* in this covid-19 era.

#### Material & Methods

- Literary review of the *Ayurvedic* preventive measures from different ancient *Ayurvedic* classical texts.
- Literary review of the curative approach in *Ayurvedic* texts.
- A case presentation of Indian Vaidya in New-York covid-19 patient.

#### *Ayurveda's* Prophylactic Approach

*Ayurveda* has a broad category of techniques which can be used as prophylactic measures. This list consists of numerous methods and techniques that can help maintaining and achieving healthy lifestyle. This technique begins with the proper daily routine. In this chemical dominating era, it has become a prerequisite requirement to collaborate with *Ayurveda* for a better and convenient lifestyle. Some techniques of *Ayurveda* regarding preventive measures are:

**Dincharya**<sup>[10]</sup> i.e. day routine. Day routine as suggested by ancient *Ayurveda* scholars is as follows, waking up in *Brahmamuhurta*, getting fresh, collyrium, nasal drop, mouth gargles, herbal smoking, consumption of beetle, massage, exercise and bath. **Ritucharya**<sup>[11]</sup> i.e. Seasonal routine. According to this routine we should consume seasonal food and follow seasonal activities. Consumption of wine in winters, gram powder in summers and medicated water in rainy season is recommended. <sup>[12]</sup> Another prophylactic approach is the **proper way of having food** <sup>[13]</sup> like: quantity of food, sequence of having food, *Anupana* after having food and time of having food. All these

factors impact digestion. The better the digestive system is, the lesser the disease will be and hence a promised immunity. Some other important methods include **Use of proper spices** <sup>[14]</sup>. Apart from taste spices contain enormous medicinal properties. For instances, antiseptic properties of turmeric, usage of asafoetida in digestion and stomach problems, black pepper as appetiser, *Ajwain*, fennel, black mustard seeds for betterment of heart. **Use of herbal decoctions and rejuvenators** <sup>[15]</sup> is another and one of the commonly used measures for boosting immunity and preventing diseases.

#### *Ayurveda's* Curative Approach

After understanding the prophylactic approach of *Ayurveda*, now we will have a look at the curative approach. As per the rule if a person suffers from disease, he/she must be given proper medication. But *Ayurvedic* medication approach is based on some of the following principles.

**Shodhan therapy** <sup>[16]</sup> (purification treatment): With this principle all the aggravated *Doshas* in the body are thrown out of system through different process as emesis, purgation, enema, etc. Second principle is **Shaman therapy** <sup>[17]</sup> (palliative treatment) which is used to suppress *Doshas* in the body with the help of medications. Third principle is **Pathyavyavastha**<sup>[18]</sup> (prescription of diet and activity) through which the body maintains its working state without complications. **Nidanparivarjan**<sup>[19]</sup> (avoidance of disease causing and aggravating factors) this is termed as the most basic principle of treatment. No medication will work until we restrict the use of causative factors. **Satvavajaya**, <sup>[20]</sup> (psychotherapy) placebo effect is one of its type. Through this technique *Mana* is restricted to have harmful food and activities. **Rasayana therapy** <sup>[21]</sup> (use of immune modulators and rejuvenators) in these various immune modulators are used to enhance the immunity and hence keep diseases away.

#### Clinical trials and medications regarding covid-19

This covid19 period is the first time when *Ayurveda* is given permission of clinical trials in the modern era. Different medications for different symptoms of

covid19 are suggested. Like the use of *Sudarshan-churna*, *Vilbadigitika* and *Ashwagandadichurna* for *Jwara*<sup>[22]</sup>, use of *Sitopaladichurna*, *Talishadichurna* and *Agastyarasayan* for cough, *Swas* and different bodily pain. A lot of other formulations for mild to moderate symptoms of covid19 are described as well.

### A Case Presentation<sup>[23]</sup>

A patient aged 43 years, an investor banker in New York, United States of America (USA), with a height of 193 cm and weighing 94.3 kg found corona positive. On the first day of falling ill contacted his *Ayurvedic Vaidya* in Chennai on the telephone, for a consultation and started on *Ayurvedic* medication for his complaints. A short summary of his recovery is as follow-

Date/Day	Symptoms	Test/Result	Treatment
29.03.2020/ Day 1	Severe body ache (8/10 on a scale of 1–10), Abdominal pain (2–3/10 on a scale of 1–10), Temp: 100 °F, Loss of taste and smell	NA	Day 1–13: <i>Sudarsana Churna</i> <sup>[24]</sup> 4 tablets (2 gms) with room-temperature water, Tid; <i>TalisadiChurna</i> <sup>[25]</sup> 1tsp with honey, Tid; <i>Dhanwantara Gutika</i> <sup>[26]</sup> 2 tablets, Tid, and regulated diet.
30.03.2020/ Day 2	Immediately after starting the <i>Ayurvedic</i> medicines, abdominal pain became very mild. Body ache persisted. Temp: 101 °F, Continued loss of taste and smell, Mild coughing	NA	Same medicines continued
31.03.2020/ Day 3	Severe body ache, Peak Temp: 103 °F, Continued loss of taste and smell, Severe coughing. Cough was intermittent, dry.	NA	Same medicines continued
01.04.2020/ Day 4	Severe body ache, Temp: 102 °F, Continued loss of taste and smell, Severe coughing.	NA	Same medicines continued
02.04.2020/ Day 5	Body ache finally got better, Temp: 100 °F. Continued loss of taste and smell, No coughing.	Hometest: Completed COVID-19 Nasopharynx test:	Same medicines continued
03.04.2020/ Day 6	No body ache, Normal temperature. Continued loss of taste and smell.	doctor verbally confirmed COVID19 positive	Same medicines continued
04.04.2020/ Day 7	Most symptoms disappeared except loss of taste and smell.	NA	Same medicines continued
From 05.04.2020 to 12.04.2020: Days 8–15	Patient felt mostly normal, except for loss of taste and smell.	The written report for the positive test result came on 07/04/2020 (Day 10)	From 11.04.2020/Day 14–28 <i>Vidaryadi Ghritam</i> <sup>[27]</sup> 15 ml, Bid
13.04.2020/ Day 16	His sensation of smell was partially restored.	Patient ordered a home test, the post fever COVID 19 nasopharynx sample was taken. Lab said “Insufficient material.”	Same medicine continued
28.04.2020/		Patient gave blood sample	Same medicine continued

Day 31		for testing.	
01.05.2020/ Day 33		Results: SARS-CoV-2 IgG, Num: 7.084 NON-REACTIVE	NA

## DISCUSSION

*Ayurveda* is a medicinal science, which promises better health conditions with least amount of complications. It has amazing results and is better suited. Herbal decoctions and rejuvenators are the future of medicinal science. They have great potency in immunity building and prevention of diseases [28]. Regular yoga and meditation are a key to a healthy lifestyle. Promotion of yoga nowadays is the indication of awareness of people regarding their health. *Ayurvedic* treatment consists of herbal meds which has least complications on the body. They just let the body heal all by itself therefore they are the way to natural healing of the body. *Ayurveda* in all of its aspects provides the best however it still requires that fame which it deserves.

In this Covid-19 era many *Ayurvedic Vaidya* of different places of India, claim that they develop his own *Samhita* based combinations to treat this life-threatening pandemic disease. When they are treating patients, they found that if patients follow the *Ayurvedic* lifestyle and preventive measures, they easily recover from the symptoms. One case of them, we share here and try to present the power of *Ayurvedic* treatment and lifestyle presentation which our *Acharya's* told in his *Ayurvedic* texts A long time ago.

In 1st day to 7th day's physician administer *Sudarsana Churna* 4 tablets (2 gms), Tid with room-temperature water, *Talisadi Churna* 1tsp with honey, Tid, *Dhanwantara Gutika* 2 tablets, Tid, and regulated diet. *Sudarshan*

*Churna* has *Jwaraghna* property which regulates the patient fever as well as controls the *Abhyantar Daha*, *Bahya Daha*, and *Angmarda* of the patient. *Talisadi Churna* has *Kasaghna* property and it also improves the digestion system which further eliminates the body and abdominal pain of the patient. *Dhanvantar Gutika* improves the respiratory system of the patient.

On 1st day a patient came with a history of severe body ache (8/10 on a scale of 1–10), abdominal pain (2–3/10 on a scale of 1–10), Temp: 100 °F, Loss of taste and smell. After seven days of treatment patient, most of the symptoms disappeared except the loss of taste and smell.

From 8th to the 15th-day patient is administered *Vidaryadi Ghritam* 15 ml Bid. On the 16th-day patient taste and smell were partially restored. On the 33rd-day patient has no complaint as well as SARS-CoV-2 IgG, Num: 7.084 NON-REACTIVE.

*Ayurveda* has developed a vivid analytical description of various stages and events taking place because the causative factors tend to operate till the final stages of a disease. This provides the system an added advantage of being aware of the possible onset of a disease much prior to the latent symptoms are apparent. This largely enhances this system's preventive role by making it possible to take appropriate and effective step well in advance so as to prevent further progress of the disease or to take proper therapeutic precautions to curb the disease in its early stage.

In today's we have to follow the *Ayurvedic* principles not only in diseased condition as well as in healthy condition. *Ayurveda* is science to live the healthy and diseases free life.

## CONCLUSION

*Ayurveda* is a powerful medicinal tool known for its prophylactic technique. In these pandemic days, the world must understand this science and hence follow it. In this battle so far, *Ayurveda* has helped in various ways, from providing various decoctions and prophylactic techniques to treatment *Ayurveda* is trying its best to stand with its people in this hard time. *Ayurveda* is not only a science of medicine, but it is an art of living. But unfortunately, due to busy lifestyle people have forgotten about this art. Still in many parts of India people wake up at 4 A.M. and follow social dis-

ciplinary action as per the ancient texts. Following these measures are self-sufficient to prevent pandemics or surviving in existing one. Hence one must understand and follow these life saviour principles of *Ayurveda*.

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