

AN OVERVIEW RESEARCH STUDY IN THE NEED & IMPORTANCE OF AYURVED IN ENHANCING THE HEALTH OF INDIAN SOCIETY DURING COVID-19 PANDEMIC CO- OPRATED BY MINISTRY OF AYUSH GOVT OF INDIA.

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ABSTRACT

Ayurved is a holistic system of medical science and is the oldest science of healing that is almost more than 5000 years old. Ayurveda has two Sanskrit words "Ayu" which means life or live life and "Veda" meaning knowledge of Science Life. This system of medicine was formed in the ancient land of India. Hindus accept Vedas as Ayurveda a gift from the gods to humanity that was communicated to the saints and sages of India through deep meditation. Veda Vyasa, one of the greatest sages of India is considered to have written the Vedas, for the first time. These closures have health issues and the use of herbs to cure various diseases. Ayurveda is one of the oldest yet most modern and influential of oriental medicines. The history of Ayurveda in India began in 1500 BC as the Hindu tradition. Can be found in the Atharvaveda, one of the four ancient books of knowledge and indigenous culture, which speaks of more than 114 Ayurvedic treatments to cure a variety of ailments. Due to its mention in ancient writings and often religious, Ayurveda is considered by many professionals as of divine origin. Ayurveda is used has increased for the treatment of various diseases and is divided into eight branches of medicine. Atreya addition, the College of Physicians and Dhanvantri surgeons school-originated. The Chinese, Tibetans, Greeks, Romans, Egyptians, Afghanistan's, and the Persians came to India to learn the Ayurvedic principles of healing and treatment. Ayurvedic texts were translated into Arabic and these were used by physicians as Avicenna and Razi Sempione to establish Islamic medicine. Besides this, Ayurveda became popular in Europe, and that is the foundation of the European tradition in medicine. Paracelsus, the father of modern Western medicine (1600) has also adopted from Ayurveda (in the system of medicine that he practices).

KEYWORDS ; H-Humanity , T-Tradition , H-Healing , D-Dhanvantri ,A-Ayurveda

INTRODUCTION OF VEDAS

The Vedas are considered the first literary record of Ind-Aryan civilization, and the sacred books of India. They are the original scriptures of Hindu teachings and contain spiritual knowledge encompassing all aspects of our lives. Vedic literature with its philosophical maxims has stood the test of time and is the highest religious authority in all sectors of the Hindus in particular and humanity in general.

Types of Vedas

The four main Vedas Rig, Sama, Yajur and Atharva Veda (Ayurveda means the science of life is a subsection of the Atharva Veda). At first, only the Brahmins learned the principle of healing and were considered doctors. However, over time this changed and people of other castes also learned this art of healing and the specific term Vaidya was brought into use for these professionals.

Types of Upavedas Vedas

1. **Dhanur Veda:** contains thorough knowledge of Marma points (acupuncture points on the body) to promote healing of specific organs.
2. **Sthapatya Veda:** showing the inherent healing forces and addresses the use of these in the construction of houses, temples, and hospitals. These forces called “Vastu” help create more healing prana (vital energy) in the right place.
3. **Gandharva Veda:** shows how music and movement can heal the body and mind. Vedic music is used to balance and harmonize the elements within us, that change with the days and seasons.

Ayurveda is also connected to the six members or six limbs (Vedangas) of the Vedas:

The 6 Branches Of Vedas

1. Jyotish (Vedic astrology)
2. Kalpa (ritual Vedic)
3. Shiksha (pronunciation)
4. Vyakarana (Grammar)
5. Nirukta (Etymology)
6. Chandra (metric)

According to Ayurveda, Vedic astrology, rituals and mantras are very important in healing. In outlining the movement of our past, present, and future (karma), Vedic astrology is said to aid in the diagnosis of the disease, which shows that the disease is likely to occur and the resources for treatment and prognosis. A comprehensive understanding of Ayurveda requires a detailed look at its long history, from its source to the various interpretations it has been subjected to, through the centuries. The original verses of Ayurveda are said to be derived from the consciousness of Lord Brahma the Creator, and carefully internalized by his disciples. These were passed down among the Gods, until they eventually reached the three Great Sages - Dhanwantari (in his Divodasa avatar), Bharadwaja, and Kashyapa - who setup different schools of treatment and thought on Earth. In the course of time, Ayurveda branched out into three categories, namely *Shalya Chikitsa* - Surgery, *Kaya Chikitsa* - General Medicine, and *Kaumarabhritya* - Paediatrics. These had a huge influence on the way diseases and ailments were approached and treated, as the Sages sought this knowledge in times of great plague and pestilence.

The third important phase of early Ayurvedic history is marked by the composition of the first medical literature on the subject that was invaluable in disseminating Ayurvedic philosophies and treatments across the world.

State Government Announcement

Uttarakhand Governor Baby Rani Maurya has said that Ayurveda can play an important role in the prevention and control of coronavirus pandemic. According to a press release from the Uttarakhand Raj Bhawan, the Governor addressed a webinar on the Importance of Ayurveda regarding COVID-19 organised jointly by National Institute for the Empowerment of Persons with Visual Disabilities (Divyangjan), Dehradun and by Ayurved University on Tuesday. She said, "In such a situation when no treatment of Covid-19 is available yet, then one's immunity will have to be strengthened further. Ayurveda can play an important role in the prevention and control of coronavirus pandemic. The purpose of Ayurveda is to protect the health of a healthy person and remove disease from a patient. Ayurveda system of medicine has made its place globally today." "Ministry of AYUSH has suggested that drinking water, doing Yoga and consuming spices like coriander, turmeric, and garlic strengthens our immunity. Also, Chavanprash, 'Ayurvedic Kadha' and turmeric mixed in milk strengthen the immunity. For prevention of COVID-19, one must regularly wash hands, wear face mask and practice social distancing," the Governor further said. (ANI)

Ever since the COVID-19 outbreak in the country, the ministry of AYUSH has been actively involved in researching the preventive measures for the pandemic. AYUSH is a special branch of alternative medicines comprising of Ayurveda, Yoga, Unani, Siddha and Homeopathy. All of these branches have an extensive following as well as practitioners in the country. These branches of Medicines like Ayurveda and Unani mainly work by utilizing the herbs in their different forms and act on the body's defence mechanism or ability to fight diseases. Homoeopathy, on the other hand, is a science that is based on the principle of highly attenuated doses or 'potentised doses'. These doses produce a 'medicinal disease' in the body that curbs or eliminates the disease process. Homoeopathic medicines also play an important role in prevention of illnesses by boosting the person's immunity.

AYUSH has released multiple directives regarding the role of Homoeopathy and Ayurveda in the prevention of COVID-19. These directives had invited a huge wave of criticism and mockery from people initially. Amidst all the criticism the ministry received for talking about the role of Homoeopathy and Ayurveda; the ministry of AYUSH still chose to stand by its directives.

The Ministry of AYUSH in one of its releases had suggested the possible role of 'Arsenic Album 30', a Homoeopathic remedy for the prevention of COVID-19. The Ministry had come up with the remedy 'Arsenic Album 30' after consulting senior doctors of the field. As a result, this remedy was distributed to people in large numbers by Homoeopathic practitioners.

Consistent research has shown that 'Arsenic Album 30' has been highly effective in preventing the infection or in other words preventing the people from falling sick. Now, even the BMC or Brihan Mumbai Mahanagar Palika has released a communication asking the people residing in Mumbai to use 'Arsenic Album 30' as a preventive medicine as per the guidelines of the Ministry of AYUSH.

Following the guidelines of the Ministry of AYUSH, we at WelcomeCure have distributed more than 20,000 'Immunity kits' absolutely FREE to frontline workers like Police personnel, Traffic Police, BMC workers, Fire Department, Healthcare workers etc. in the Mumbai and Thane division. Team WelcomeCure has also been providing Teleconsultation to the frontline warriors for their health concerns.

GREAT PERFORMANCE OF MINISTRY OF AYUSH IN ENHANCING THE HEALTH OF INDIAN SOCIETY DURING COVID-19

The Government of India has now allowed AYUSH practitioners to perform research on COVID-19 cases. Our Founder and CEO Dr. Jawahar Shah has been actively involved in the research related to COVID-19. With his experience of 40 years and expertise he has also been treating COVID-19 positive patients, along with a team of doctors as per the guidelines of ministry of AYUSH. The team has achieved encouraging results with the use of Homoeopathic medicines. The results of the study being conducted will be published soon in the form of a scientific paper or case study.

The efforts taken by the Ministry of AYUSH have been of great help and can soon lead to a breakthrough for COVID-19 management.

During your treatment for Covid-19, Aditya Birla Health Insurance offers plans which cover hospitalization expenses and AYUSH treatment with the Activ Health – Platinum Enhanced Plan. It is a Health Insurance plan that covers costs for tests and diagnostics too. Get access to expert health coaches for coaching on nutrition, fitness and mental health with mental wellness counselling, homeopathy and tele-consultation, #ABHIK. Aditya Birla Health Insurance karo.

Ayurveda Play a Significant Role in Fight Against Coronavirus

As the field of alternative medicine gains immense popularity in the wake of COVID-19, the ancient practice of Ayurveda with India as its land of origin can don the role of quiet yet powerful armed forces in the fight against the coronavirus, according to a seasoned Clinical Assistant Professor of Medicine from Weill Cornell Medical College in New York.

Weill Cornell Medicine is the biomedical research unit and medical school of Cornell University, a private Ivy League university and according to Dr Bhaswati Bhattacharya, practicing Ayurveda is like approaching the disease from the perspective of air, water, land and time.

"This is elaborated in a chapter on epidemics known as janapada-uddhvansa in ancient classic medical texts. The daily lifestyle of a survivor includes cleaning the air, using clean water properly, cleansing the land, and becoming aware of time," Bhattacharya told IANS in an interview. Alongside this pillar of lifestyle guidelines are a pillar of wisdom for food (ahara) and a pillar of medicines for epidemics.

According to Bhattacharya who is Fulbright Specialist in Public Health-Integrative Medicine at Weill Cornell Medical College, Ayurveda does not focus on the virus."It focuses on the person, the host. Every seed that can grow will not grow in every soil. Ayurvedic wisdom says to empower the soil of the body so that the virus cannot take hold. This is pure personalised medicine at its best," she emphasised. The Ministry of AYUSH in India has proposed to include Ayurveda solutions in the district level contingency plans being drawn up to contain COVID-19 in all districts across the country.

Prime Minister Narendra Modi in his recent address to the nation advised everyone in his 7-point appeal to follow the guidelines issued by the Ministry of AYUSH to help build immunity against the coronavirus pandemic. Bhattacharya said that cleansing the air includes fumigation, the use of flames in homam, daily diyas, and any burning of herbs, especially those with anti-viral or poisonous properties."Burned ajwain is used in eye remedies and can be used in a dhoopana, along with neem, haldi, garlic and onion peels, and coconut husk. Opening doors and windows in the morning after rising brings in fresh air allows concentrated particles to leave," she said.

Known in vernacular languages as jutha, etho, ushta, enjalu, eccam, ainta and engili, among others, many Indians know rules of washing hands, feet and face at certain times of day and around certain activities.

"We know how to bathe before cooking, before eating, and after using the toilet. We know to not touch our faces while cooking or touching children and persons outside the household. We know to wash our hands after handshakes," Bhattacharya elaborated. Keeping the land clean around our homes requires removal of inorganic waste, planting of trees, leaving water and food for birds, and consciously ensuring that the space breathes clean air regularly. Fumigation around the home precipitates the particles of germs that hover. The awareness of time is developed by regular meditation, yoga and appreciation of quiet and calm.

"During pandemics, people who are not mentally resilient require extra assistance, breaking down with low thresholds for trauma and showing poor stress management," Bhattacharya told IANS. Ayurveda also offers guidelines for food during epidemics, stressing that we should keep our guts clean. We should eat simple foods, healthy foods, and foods that do not disrespect the environment.

According to her, gradually shifting toward eating vegetables, whole grains and pulses, and using less ingredients is advised. Adding raisins (draksha), coriander (dhanya) leaves, prunes, spinaches (saag), palak and dark green leafy vegetables to the diet helps the bowel push contents down and out.

To prevent illness, Ayurveda says to keep gut clean using foods. "If you need extra help, try taking 1 tsp of triphala with hot water at night. If you need more help, contact an ayurvedic physician. You can take 1 tsp of dashmul powder with 1 tsp of psyllium husk with hot water at night. The main goal is to have large bowel movements daily and get the gut clean," she advised.

To keep the prana-vaha-srotas (ENT+respiratory system) clean, make a bitter kada/kara/kwatha. Decoctions at sunrise and sunset are a ritual for cleaning the nasal passages by stimulating the bitter taste buds, which turns on the airway's immune machinery."Guduchi/giloy (*Tinospora cordifolia*) is the best plant for boosting immunity during this pandemic and is found in many forms," she said. For more specific symptoms, such as lower airway breathing difficulty, middle airway asthma, or upper airway, special formulations such as Soma Asava, Yashi Churna, Agasthya Haritaki Rasayan, Pushkarmoola asava, Vasa Avaleha, and Chitraka Haritaki Avaleha exist. According to her, Ayurveda is not a chemistry-based science. "It includes ecology, geology, biology, botany, and many other modern sciences which are disconnected. Trusting Ayurveda as an overall approach is trusting that all sciences are deeply connected," said Bhattacharya who hold a Ph.D in Ayurveda from Banaras Hindu University and has been affiliated with Mount Sinai School of Medicine and Wyckoff Heights Medical Center.

The Institute of Teaching and Research in Ayurveda (ITRA), Jamnagar (Gujarat) and the National Institute of Ayurveda (NIA), Jaipur (Rajasthan) are both premier institutions of Ayurveda in the country. The Jamnagar institute has been conferred the status of an Institution of National Importance (INI) by an act of Parliament and the one at Jaipur has been designated an Institution Deemed to be University (De novo Category) by the University Grants Commission (UGC), according to the AYUSH ministry. "Despite our nation being very populous, the COVID-19 situation is under control because every household is consuming immunity boosters like turmeric milk, the ashwagandha herb, kaadha etc. "Everything is being integrated in today's era and this approach has made Ayurveda play an important role in the medical world

Allopathic and Ayurvedic practices will now go hand in hand For the first time, the science of our ancient India is being integrated with the science of the 21 century. During the event, the World Health Organization (WHO) announced that it will set up a Global Centre for Traditional Medicine in India WHO Director General Tedros Adhanom Ghebreyesus made the announcement.

"I am pleased to announce that we have agreed to open a WHO Global Centre for Traditional Medicine in India to strengthen the evidence, research, training and awareness of traditional and complementary medicine," Ghebreyesus said

"This new centre will support WHO's efforts to implement the WHO traditional medicine strategy 2014-2023 which aims to support countries in developing policies and action plans to strengthen the role of traditional

medicine as part of their journey to universal health coverage and a healthier, fairer and safer world,” he said. “It is a matter of pride for all Indians that the WHO has chosen India for establishing its Global Centre for Traditional Medicine Now work will be done in this direction from India,”

PRIME MINISTER VIEW

“I would like to thank the WHO and particularly its Director General Tedros for giving this responsibility to India. I am confident that just like India has emerged as the pharmacy of the world, in the same manner this centre for traditional medicine will become the centre for global wellness,” he added. Coronavirus pandemic has taught us many lessons where the most important of them all is the importance of immunity. The main element in the fight against COVID-19 is immunity. It's been almost one year since this virus outbreak and the only thing that we can refer to as the solution to prevent coronavirus is a stronger immune system. Not only covid but it also helps in tackling other seasonal and viral infections. In a nutshell, better immunity guarantees better health. Immunity is meant to be built over time through diet and other means. You must have heard and read about so many natural ways to boost immunity lately. So, what's new in this article? Well, we will not talk about immunity-boosting foods or recipes but Ayurvedic herbs for a stronger immune system. Take a look at all the Ayurvedic herbs that can help in protecting the body against coronavirus.

The link between Ayurveda and Immunity

Ayurveda is the ancient medical science that made use of natural plants to treat all kinds of health issues. Our ancestors didn't take medicines as they knew about herbs and plants to treat the issue. Even during the outbreak, the one thing that even doctors promoted was the use of herbs and spices to keep the immunity strong. [Ayush Kwath is the mighty kadha](#) that we all had for coronavirus prevention is also an Ayurvedic concoction.

Let us tell you the role of Ayurveda in immunity. According to Ayurveda, the human body can withstand viral infections only when all the body tissue layers namely Rasa, Rakta, Mamsa, Majja, Medha, Shukra and Asthi are strong. All these layers need to be functioning properly to keep the immune system strong. 'Ojas' is the essence that is responsible for maintaining immunity and vitality in a human being. Only its optimum levels can boost immunity. In Ayurvedic terms, your body needs to build ojas to improve immunity. This can be optimised with some plants and herbs that we will be talking about in this article. Stay tuned to know what are they and how they help in fighting against deadly coronavirus.

Moringa

Moringa word may sound unfamiliar but we all know about it. It is the other name for drumstick tree (which is highly used in South Indian cuisine). However, we are not talking about the fruit here but its leaves and bark as they contain the most nutrients. Moringa is high in vitamin C and antioxidants that are two important nutrients to prevent COVID-19. You might be surprised to know but the percentage of vitamin C in moringa is almost 7 times higher than in orange! There are many other foods with high vitamin C than an orange. But that's not all that makes moringa a powerful herb. It also contains a significant amount of Vitamins A, B, D, E; calcium, iron, copper, zinc, potassium, magnesium, etc. All these bolster cell growth, tissues, muscles, etc. Thus, moringa should be your go-to herb for overall health. [You can consume moringa powder](#) to make moringa tea. There are many ways to include this herb in your diet.

Triphala

Firstly, let us tell you what triphala is. It is a powder of tree noted herbs- amla, haritaki and bibhitaki. These are dried and made into a powder that to be consumed with warm water daily. Triphala is loaded with antioxidants,

antibacterial and anti-inflammatory properties. Other than boosting immunity, this herbal powder also aids obesity, diabetes, gastrointestinal ailments, inflammatory diseases, to name but a few. If you have triphala daily in the morning, it would boost vitamin A and vitamin C levels to strengthen immunity.

Black cumin

Black cumin is another herb that is more of a spice to us. It is popularly known as nigella seeds or kalonji. This is widely used in pickles but there are so many [health benefits of nigella seeds](#) that explain why it is beneficial in preventing viral infections like coronavirus. You must add the seeds to your diet or consume black cumin seeds oil to strengthen immunity. Besides, it has a lot of antioxidants that eliminate free radicals from the body to reduce the damage caused by them.

Neem

Neem has long been linked to immunity it is just that we use it more as a medicine. Not only neem is antiseptic and antibacterial in nature but it is also a potent immunity booster. Its hidden properties are anti-fungal and antiviral that protects against pathogens by strengthening the body's defense system. Neem helps in purifying the body and eliminating toxic elements to boost overall health. You can have neem powder mixed with water or consume neem oil. Just be aware of the quantity before consumption.

Holy Basil or Tulsi

We don't need to tell you how wonderful is holy basil or tulsi for your overall health. This is one of the wondrous Ayurvedic herbs that is favoured by Ayurveda. The AYUSH Ministry also included Tulsi in their Ayush Kwath formula as it helps in boosting immunity. The aromatic flavour just adds to it. Tulsi is an amazing germicide, antioxidant and phytochemical-rich food. It can effectively spot viruses or bacteria and kill them.

Ashwagandha

Ashwagandha is a great Ayurvedic ingredient that is widely used in medicines for various health concerns. But not many people know about the [effectiveness of ashwagandha for immunity](#). It has adaptogenic properties that help in reducing stress levels. By combating stress, you can uplift the immune system as stress weakens the immune response. To fight COVID-19, you must consume ashwagandha herb. The best way to have it either taking ashwagandha capsules or making ashwagandha tea, if you have access to ashwagandha roots. Have it daily and you would be safe from this deadly virus.

Turmeric

Another root that is exceptionally wonderful for immunity is turmeric. We cannot stress enough how important is turmeric for overall health. Do you know why your mother or grandmother asks you to consume turmeric milk or haldi doodh when you are sick? It is because of the impeccable infection-fighting properties. Curcumin in turmeric is the secret ingredient behind turmeric. To get its benefits, just add a dash of turmeric powder to your meals or make turmeric tea or have turmeric milk daily.

Conclusion

In a nutshell, everything that you need to boost your immune system is within your reach. Most of the ayurvedic herbs are available in your kitchen. If not, they are easily available in the market. Ayurveda has the solution to all your problems. You can tackle COVID-19 easily with these Ayurvedic herbs.

Efficacy of traditional medicine to combat Covid-19 pandemic

The initiative of the Ministry of Ayush is a recognition and encouragement to hundreds of researchers and practitioners from traditional streams of medicine who have been relentlessly working towards finding a cure for Covid-19 as part of the Atmanirbhar drive.

India is witnessing a second wave of coronavirus, with daily Covid-19 cases rising exponentially in the country. The rapid mutation of the virus and never-ending new strains have now become more severe and it is hard to tell, how this situation will manifest in future. This rise in Covid-19 cases has put a toll on the healthcare system, leading to uncertainty in the minds of the people. While government is taking requisite steps to ensure vaccination is ramping up in the country.

This has led to a renewed focus on alternative natural therapies and lifestyle changes that will help the body cope with this deadly virus. Given India's rich history in [traditional medicine](#) - the need of the hour is to look at innovative approaches and solutions. The Central government's impetus on [Ayurveda](#) drugs formulated to treat Covid-19 across the nation comes at the most appropriate time when more than 22 million people in the country are affected by the virus and the entire administrative and healthcare machinery are at work 24/7 to slow down the spread of the pandemic. The initiative of the [Ministry of Ayush](#) is a recognition and encouragement to hundreds of researchers and practitioners from traditional streams of medicine who have been relentlessly working towards finding a cure for Covid-19 as part of the Atmanirbhar drive.

As a rapidly changing and evolving situation, Covid-19 has been part of research for every form of medicine, be it traditional or western medicine. So far, western medicine has not been able to find a specific cure for Covid-19. In the meantime, there have been numerous studies and findings including results from clinical trials showcasing the efficacy of Ayurveda as a prophylactic cure against Covid-19. Ayurvedic products which largely comprise of a concoction of natural herbs, combined through modern science formula, are devoid of side effects and have proven to be safe alternatives to cure many critical diseases.

I have been a practitioner and researcher of Ayurveda since the early 80s and have encountered different types of fevers (Jwaras) and is well aware of the ways in which Ayurveda deals with the diagnosis, pathophysiology, classification, management, prognosis and treatment of fevers and pandemics. I have also experienced how the medicines and its composition evolved according to the changing requirements of the environment and patients' lifestyle and physique.

I have been working with a team of researchers to evolve a system that solves health problems through an approach based on the protocols of western medicine on formulas based on herbal origin. All the drugs that we formulate in our laboratory goes through stringent testing including toxicity studies which is published. Our research aims at discovering the reasons for the imbalances that a disease can cause the body and formulate poly-herbal drugs that address the external element that causes the [detrimental effect](#). We have also contributed to the research to nullify the virus that causes Covid-19 ever since it made its appearance in the country as part of our effort towards providing help to the nation and relieving humanity by finding a cure that helps the body regain health by drawing from the elements of nature. The medicines that have been introduced are aimed at restoring respiratory health and have proven to be effective in clinical trials on patients affected by the disease. The move by the government to distribute drugs that have been proven effective comes at the most opportune time when the nation is struggling from a massive surge of the disease.

Moreover, as many studies have shown integrative therapy using Ayurveda and Yoga have proven to be effective even for [Covid 19](#) positive patients with multiple comorbidities. As a practitioner of modern Ayurveda medicine, I would recommend the use of integrative therapy using Ayurveda and western medicine for emergency treatment for patients who are affected by Covid-19. There have been a few studies based on this which are available for the public.

And finally, it is heartening to note that India is walking the path of the countries from South East Asia where traditional systems of medicines have been treated on a par with Modern Western medicine. Almost all the countries have displayed remarkable level of success in curbing the pandemic.

To conclude, India and other nations of the world have to note the example of countries in the South Asian region where traditional systems of medicines are an integral part of their treatment system. Almost all the countries in the region have weathered the pandemic with remarkable success and the use of traditional systems of knowledge have a large role to play in the manner in which people in these areas have overcome the crisis and managed to put their economies back in the growth path

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