

AYURVEDA OPENING NEW DIMENSIONS IN COVID ERA

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Abstract

China detected first case of covid19 on 31st Dec 2019, Pandemic, very high risk, incubation period 2- 14 days. Ayurveda is system of traditional medicine native to the Indian subcontinent and practiced in other parts of the world as a form of alternative medicine. Ayurveda regarded as a holistic manual of life and age describes a lifestyle that's in harmony with nature. Ayurvedic description of health by sushruta, "whose doshas dhatus agni is balanced, appetite is good, removal of waste products and toxins properly along with mental sensory and spiritual pleasant condition called swastha". Achieving the state of dhatu-samyak, the aim of Ayurveda, is the pathway to obtain swasthya and dirghayu. Thus the two objectives of swastha are gaining appropriate immunity and along with that a longer life. Acharya Charaka also stated that the person who can stand hunger, thirst, heat of the sun, cold and physical exercises may represent a personality of swastha and they can digest and assimilate properly.

KEYWORDS- AYURVEDA, SWASTHA, COVID-19, PREVENTIVE MEASURES.

INTRODUCTION-

One whose doshas, agni functions of doshas and malas are in state of equilibrium, who has cheerful atman, mind, intellect and sense organs is designated as healthy. The important aim of Ayurveda is to maintain and promote the health of a healthy individual. This aspect clears vision of Charaka that body is influenced by both internal as well as external factors and internal strength/health can be measured by effect of external factors on body. Dosha, dhatu and mala are the moola (roots) of sharira (body). Equilibrium state of dosha

is necessary for health. The equilibrium state of dosha refers to normal physiological variations of dosha according to age, food, daily and seasonal variations.

Four objectives of life; Health is root to attain all four basic objectives of life i.e Dharma, Artha, Kama and Moksha. The diseases are destroyer of all this as well as harmony within an environment There should be proper formation and expulsion of the three mala, otherwise toxins get accumulated in the body and may produce various related disorders.

MATERIAL AND METHODS-

Three principles for knowledge of health and diseases; the best ways of knowledge of health and disease are kowing Hetu, linga, and aushadha. Ayurved has its own unique way to understand diseases under 3 headings

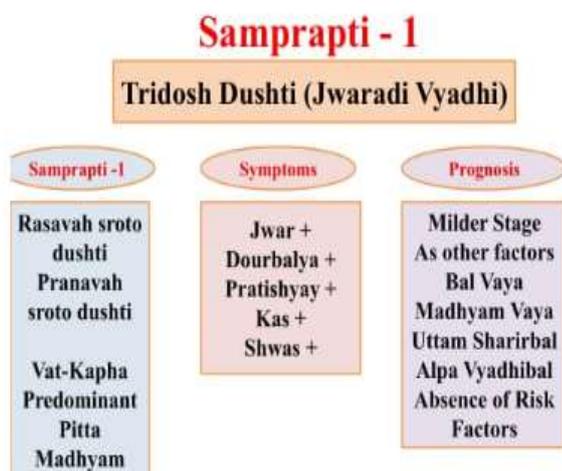
HETU-causative factors and pathogenesis,

LINGA {LAKSHAN}-Symptoms

AUSHADHA-Treatment Hetu sangrah: Covid19-

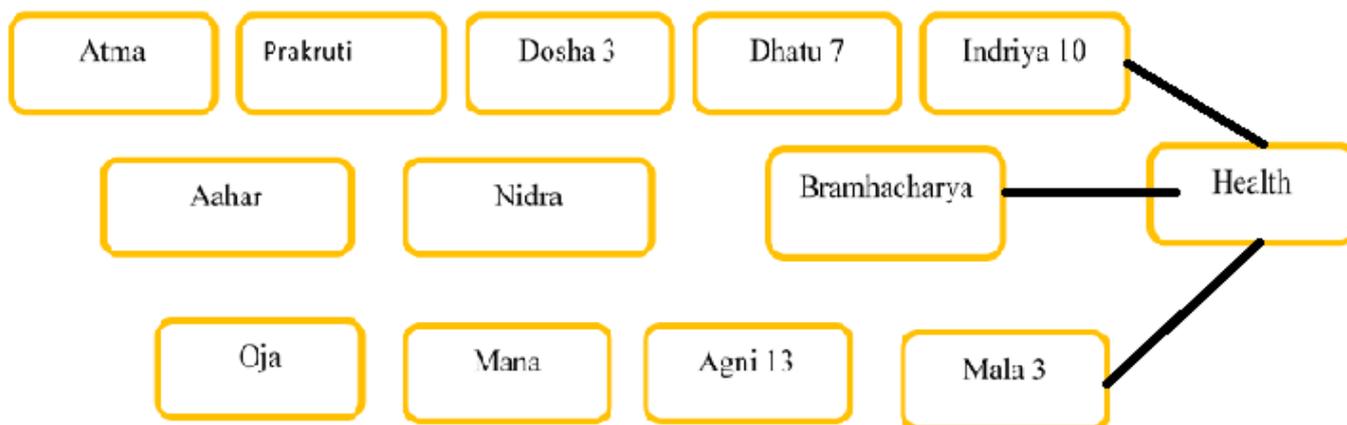
1. SESSON\KAL [TIME]: Rutusandhi kal →Asatmyaj vyadhi → vasant Rutu → kapha prakop →Agnimandhya →vat-kapha predominance.
2. GRAHGATI\KRUR GREHECTION: Grahgati \krur grahekshan---Bhutabhishayanga and krumi utpatti---viral outbreak
3. DESH PRADURBHAV AND PRASAR →China Deshodha →Bhutabhishangya Epidemic →Worldwide Spread [pandemic]
4. PRADNYAPARADH →Ashubha Sharirik and Mansik karma →Ashuchi →Adharma →Abhashya Sewanam →Bhutabhishyanga →Epidemic to pandemic
5. Agantuja Vyadhi [jwaradi]→Rasvah srotodushti →Pranvah srotodusti→kapha stana →Bhutabbhishyanga→Vasant rutu, agnimandhy→kapha prako→Jwaradi vyadhi

JWARA LAKSHANA ACCORDING TO AYURVEDA CLASSIC-



Vaishmya (Anishchitita) in jwara apagama, Vaishmya (Anishchitita) in jwara kshobha Vaishmya (Anishchitita) in jwara vedana, Vaishmya (Anishchitita) in jwara apagama, Vaishmya (Anishchitita) in jwara ushmana , Chala (Asthir) Ange vedana, Padayo Suptata Stambha, Pindikodweshtanam, Shrama, Sandhi Vishlesha, Nipeedyata ivodaram, Chindyantha ivacha astheeni, Hridayasya graham, Hridyasya toda, Prajanenava vakshasa, Skandhayo madhanam, Peedanam amasayo, Nistoda shankhayo, Moordhni vedana, Virasasyata, Malanam apravartanam, Rooksha twak, Aruna twak, Rooksha Aasya.

Treatment Aspect: Health can be depended upon following factors.



Treatment:

Treatment will be explained as

- 1) **Precision Medicine:**
(As per Vyadhi Samprapti & Vyadhi avastha)
- 2) **Preventive Medicine:**
(As per Deha-Prakruti and Vaya etc)

Preventive Medicine:

Vaya – Sharir Bal

Balyavastha	Yuvavastha	Wardhakya
Sitopaladi Churna/ Talisadi Churna/ Shwasaghna Churna-1 + Syp Balchaturbhadra/ Syp Imudab/ + Tab Krumikuthar ras	Sitopaladi Churna/ Talisadi Churna/ Shwasaghna Churna-1 + Guduchi ghana vati + Ras Pachak vati + Tulasi ghana vati + Chyavanprash Rasayan	Sitopaladi Churna/ Shwasaghna Churna-2 + Guduchi ghana vati + Ras-Rakta Pachak vati + Chyavanprash Rasayan

Treatment: Samprapti - 1

- 1) Sitopaladi / Talisadi / Shwasaghna Churna (1)
Lehan (3-4 times) with Madhu.
- 2) Ras pachak vati
- 3) Biiwadi Gulika with Indukantam Kashayam
- 4) Guduchi ghan vati + Tulasi ghan vati /
Tribhuvan kirti ras / tab. A-flu-o-cil /
Tab Fifatrol
- 5) Amrutarishta / Amrutottar Kashay /
Vasa-Guduchyadi Kashay

Preventive Medicine:

Deha Prakruti

Vat-Kaphaj	Vat-Pittaj	Kapha-Pittaj
Sitopaladi Churna/ Talisadi Churna/ Shwasaghna Churna-1 + Guduchi ghana vati + Ras Pachak vati + Tulasi ghana vati + Agastya Haritaki Lehya	Sitopaladi Churna/ Shwasaghna Churna-1 + Guduchi ghana vati / Samsamani vati + Ras-Rakta Pachak vati + Tulasi ghana vati + Maha Kishmanda Rasayan	Sitopaladi Churna/ Talisadi churna/ Shwasaghna Churna-1 + Guduchi ghana vati + Ras-Rakta Pachak vati + Tulasi ghana vati + Chyavanprash Rasayan

Treatment: Samprapti - 3

-) Sitopaladi / Shwasaghna Churna (3)
Lehan (3-4 times) with Madhu & Ghrut
-) Suwarna Sootshekhar + Naradiya Laxmivilas +
Shwaskuthar ras + Brihat Vat Chintamani ras
with Madhu
-) Tab Shwas-kas Chintamani
-) Siddha Jal pan: Shadangodak /
Musta + Dhanyak udak / Suwarna Siddha jal /
Shrut-shit Jal or Amruta Peya
for Trushna-Jwar prashamanarth

- Langhan** followed by Peyadi Samsarjan kram
Shadangodak / Shunthi udak / Koshna Jal 1
for Trushna-Jwar prashamanarth
- Kawal-Gandush** with 2
- Triphala + Yashtimadhu + Haridra + Tulasi + 3
Saindhav kwath
- Dhoopan** with 4
- Yawani + Haridra + Tulasi + Vacha + Nimba + 5
Vidanga + Gomay
- Aparajita Dhoom / Rakshoghna Dhoom 6

Treatment in short is avoidance of causative factors. So, the first thing that is required to be implemented is concept of general immunity, instead of focused inoculation system. Ayurveda can very well take a lead for propagation of swasthvrutta & the spread of rasayana concept.

As regards today's infectious disease like Covid -19 and autoimmune diseases and life style disorder ayurvedic diagnosis through nidanpanchaka is must depending on resemblance with textual disease or knowing dosha, dushya, agni etc. conformity with 3 fold approach in learning namely uddesha, nirdesh & lakshana ayurvedic treatment can commence.

Primary Prevention

Prasangat gatra samsparsh Nishwasat Saha bhojanat Saha shayyasanat chapi, Samkramanthi narat naram. Daily Regimen, Seasonal Regiman, Good conduct following necessary.

Prevention is better than cure. It is affecting 0.001% of world population. Non affected persons are more. How to prevent is more important Medicine and food which boost immunity.

Treatment of vata jwara -Duralabha amrita musta nagaram vataje jware Athava pippalee moola gudoochi vishva bsheshajam Kashayam panchamoolam cha

Pittaja jwara treatment- Pitte shakrayava ghanam Katuka cheti sa kshoudram musta parpatakam that Sadhanvayasa bhoonimbam

Kapha jwara treatment Vatsakadyo- gana kaphe Athava vrisha gargyee sringavera duralabha Vatsaka moorva bhargee. chala kapha meda peenasa gulma jwara shoola durnamna

Kapha jwara treatment- Vatsakadyo gana kaphe Athava vrisha gargyee sringavera duralabha Vatsaka moorva bhargee. chala kapha meda peenasa gulma jwara shoola durnamna

Vata kapha Jwara Treatment- Ruk vibandha anila sleshma yukte deepana pachanam Abhaya pippalee moola shamyaka katuka ghanam

Vata pitta jwara- Draksha madhooka madhuka lodhra kashmarya shaaribaMusta amalaka hreebera padma kesara padmakamMrinaala chandanosheera neelotpala parooshakam Phanto himo va drakshadi jateekusuma vasitaYukto madhu sita laajai jayathi anila pittajam Jwaram madatyayam chardim moorcham daaham shramam bhramamUrdhvagam raktaittam cha pipasam kamalamapi Jwara daaha swarasa-- Paachayet katukam pishtwa karpore abhinave shuchou Nishpeedito ghrita yuta tat raso jwara daha jit.

Kapha vata jwara kwatha--Kapha vate vacha tikta patha aragvadha vatsaka Pippali choorna yukto va kwatha chinnotbhavotbhava Vyghradi kwatha Vyaghri shunthi amrita kwatha pippali choorna samyuta vata shleshma jwara shwasa kasa peenasa shoolajith.

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Kapha Vata jwara - Pathya kustumbari musta shunteeka trina parpatam Sa katphala vacha bhargee devahwam madhu hingumath

Kapha pitta jwara- Aragwadhadi sakshoudra kapha pitta jwaram jayet Tatha
tikta vrisha usheera trayantee triphala amrita Patola ativisha nimba moorva dhanwa yavasaka

Sannipat jwara Sannipata jware vyaghree devadaru nisha ghanam patola patra nimba twak triphala katuka yutam Nagaram poushkaram moolam Gudoochi kantakaarika Sa swasa kasa parswarthou vata shleshmothare jware

Sarva jwara - Madhooka pushpa mridweeka trayamana parooshakam so usheera tikta triphala kashmarya kalpayet himam Kashayam tam piban kaale jwaran sarvan apohati Jatyamalaka mustani tadhvat dhanwayavasakam Badha vit- Badha vit katuka draksha trayantee triphala gudam

Some of the diseases are outbreak season that should be digitally published for awareness of the disease and their presentation.

Food value of vegetable and fruits according to area should be analysed and digitally published in the society, by which people know their food value and preventative measures for disease.

Control of Sanitation and improvement of basic sanitation and promotion of food hygiene are needed.

Pathya Apathya Sewan - Ayurveda gives pathya vyavastha i.e planning of diet in very scientific method, d. dietetic preparations can be classified in to krittanakalpana for healthy people and pathyakalpana are diet pattern described for diseased condition used to increase jatharagni only in Ayurveda.

Preventive Measure -

The Concept of Vegdharan- Gives keys to a happy life like impulses to be avoided and not to be avoided. dharniya,

Mansik Dharniya Veg- lobha, shoka, bhaya, krodha, nirlajata, irshya, abhyasuya, mada, chittodvega, vishada.

Kayik dharniya – veg-para-stree sambhog, chori, hinsa

Vachik dharniya - veg- purushy, atimnatrasya suchak,anrutasya,vakysya akalyuktasya

Adharniya Veg - Natural Urge: There are 13 natural urges for the preservation of positive health, Ayurveda has mentioned in its classics, dinacharya (daily regimen), rithucharya (seasonal regimen) and sadvritta (good codes of conduct). A concise adoptable model of these regimens is given below.

Dinacharya: 1. Get up as early in the morning as possible. (Before 5AM), fulfill your natural urges (urination, defecation etc) without any further delay. 2. According to the principles of Ayurveda, the habit of holding up one's natural urges can cause a spectrum of diseases. Voluntary holding the defecation reflex upsets the rhythm of the digestive system and affects the proper functioning of eyes.

Abhyangam (oleation) One should apply oil daily on the body, especially on his head, ears and feet. (Sesame oil/coconut oil /other medicated oils) [6.40AM] beneficial for eyes and ears, promotes sleep and prevents hairfall. Prevent diseases like hearing loss and hemiplegia.

Vyayama (exercise):

- 1) After Oleation, light exercises are advisable. (6.45AM to 7.00AM)
- 2) Daily practice of yogasanas in the form of surya namaskara and others along with pranayama is highly recommended.

Udwartana (Massage):

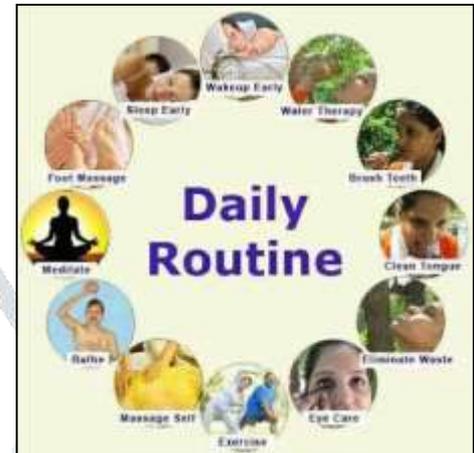
- 1) After Vyayama light massaging of the body in the opposite direction of the hairs in order to remove the excess oil and sweat is called Udwartana (7.00-7.15 AM)

Snana (Bath):

- 1) Bathing should be made a daily routine preferably in the morning.

Ahara (Food):

- 1) Food should be taken soon after the bath.
- 2) Bathing stimulates the secretion digestive juices, so the digestive system shouldn't be held deprived from food.
- 3) Freshly cooked food is always the best. Avoid the practice of "cooling and reheating".
- 4) Always include milk and ghee in one's diet judiciously.
- 5) A Healthy gut means we are better able to absorb full nutritional benefits from the foods we consumed. We need to eat balanced diet.



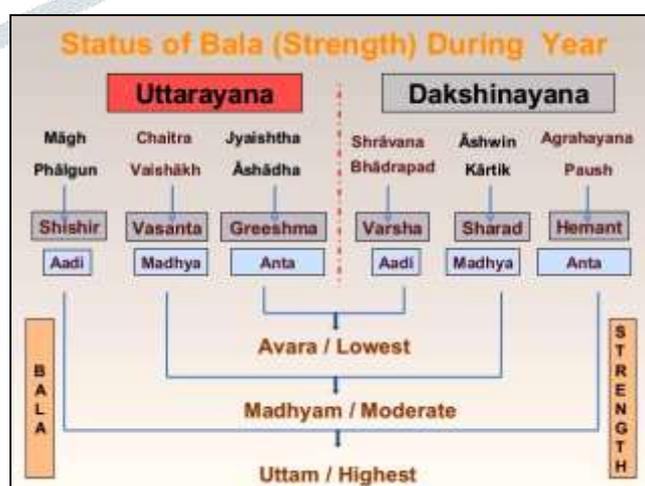
VIRUDDHA AHAR/ INCOMPITABLE DIET –

Acharya Charak gives 18 types of viruddha ahar. such virrudha ahara can affect the immunity of our body against infectious disease.

- 12 months running ice-cream parlors in India is example of desh and kaal virrudha.
- cold substance in winter is kaal (time) virrudha.
- Without hunger taking heavy meal before going to office, if hungry working on empty stomach and late lunch on 3pm are Agnivirrudha.
- Honey + cow's ghee mixed in equal quantity is Matra viruddha.
- Fish + milk are Veeryavirrudha.
- Oil and food must not be reheated.
- Heated honey + deep frying of potato is Sanskar viruddha.
- Consuming curd at night, Taking Madura Rasa food or dravya at the end of meal and Tikta, katu Rasa Drayas at the end of meal is Kramavirrudha. Bed tea, emptying bowl and bladder after breakfast and taking bath after meal is also Kramavirrudha.
- Stale food stored in freeze is Pakvirrudha.
- Consuming cold water immediately before or after having hot tea or coffee is Parihar Virrudha.
- Virrudha is Dhatupratynika i.e. Dhatuvirodhak (antagonist to Dhatu) it leads to Dhatukshya, due to inadequate nourishment of Dhatu causes Dhatu Agnimandhya.



Avoidance of impact of viral infection-corona virus has created global panic ever since its outbreak earlier this year in the wuhan province of china. To avoid impact of viral infection across the globe special screening process have been made available at airport for a carefully examination of travellers to avoid the virus from spreading. Seasonal influence on human health-our body influenced by changes in the external environment. Seasonal changes due to climate can have effect on health ,varying from body ache ,to serious health complications, research has shown a complex and unexpected relationship between temperature and health.[environment Health perspect 2015,123{11}A275-80 Between Extremes –Health Effects of Heat and cold]



❖ Boost Your Immune System to Stay Healthy.

- ❖ Addiction –Alcohol-Harms in a million other ways.
- ❖ Rasyana Tantra-Akalaj jara and Akalaj vali, palita is of great concern in this competitive and cosmetic world respectively. Rasyana tantra being one among Ashtangas of Ayurveda, incorporates the qualities like vavayasthapana, ayushkara, medhakara and balakara along with these preventive techniques, it has the power of Rogaapharana saamarthya against covid also.
- ❖ Traditional shield against air pollution-Ayurveda gives details about various plants and measures in combating environmental impurities and sanitizing the environment. Tulsi plays a vital role in absorbing pollutants. Smoke emitted from burning drugs like Laksha, Ativisha and Haritaki is known to purify toxic air. Shobhanjan Mooladi agad may be used for treating those affected by such pollution.
- ❖ PALLIATIVE CARE\SUPPORTIVE CARE-
Improve the quality of life for a people with serious or life altering illness. improving overall wellness, including physical, emotional, spiritual, and social wellbeing. HOSPICE CARE-Available at the end of life when an illness is no longer responding to treatment. Also known as ‘end of life care’

SHATKARMA Are methods of bodily purification procedures were developed in Hathyoga tradition. shatkarmas of yoga school should be designed for the practice of healthy person for promotve and preventive care. Social approach, cost-effective and eco-friendly characteristics are the important factors for sustainability of any system, and these are effectively achieved in yoga for gaining numerous health benefits on multiple dimensions of health concepts One should give priority to the desire for life. Because with the end of life there is end of everything. and healthy life can only be achieved by following the rules meant to maintain health written in the shastra [Ayurveda]

Conclusion-

According to Ayurveda following measure like dincharya, rutucharya, yoga and vyayama, rasayan sevan, yogya ahara seven and avoiding apathy sevan, voiding of vegas timely, control of mind through we can live healthy, stey away from viral infection like covid-19.

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