



HOLISTIC APPROACH FOR THE PREVENTION OF COVID 19 IN AYURVEDA

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ABSTRACT

The cases of the covid 19 are increasing day by day. In India, first case of Covid 19 was observed in Jan 2019. The approach of modern medicine is curable for covid 19, while the approach of Ayurveda and Yoga is preventive and prophylactic. For any disease, prevention is better than cure, and *Nidana Parivarjana* is the best option for prevention according to Ayurveda. But along with this, one should boost his or her immunity or we can say *Vyadhikshamatva* in Ayurveda, which can be achieved by state of *Dhatuamyata*. To maintain *Vyadhikshamatava* or immunity, one should follow daily *Dinacharya* regimen mentioned in Ayurvedic classics, use of Ayurvedic preparation and practice of pranayam. Daily routine practices of *Dinacharya* like Waking up in *Brahmamuhurta*, Daily practice of *Abhyanga* and application of *Anu Taila Nasya* which play an important role in maintaining the health of an individual. The Ayurvedic Preparations like *Amalaki, Guduchi, Aashwagandha, Shatavari, Makardhwaja* and contents of *Chayawanprash*, all these come under *Rasayan dravyas*. *Rasayan dravyas* not only promote the growth and development of the body, but also play an important role in increasing the immunity of the body which leads to the resistance of virus entry into the body.

KEYWORDS: Ayurveda, Dhatuamyavastha, Rasayan, Santata Jwar, Vyadhikshamatva.

INTRODUCTION

The Covid 19 disease has spread over a world wide within 4-5 months. Before, it became pandemic, the outbreak of the corona virus was first observed in Wuhan, China in December 2019. Now, in today's condition, covid 19 has become vulnerable for most of the countries in the world. In India, first case of Covid 19 was observed in Jan 2019. After that, Covid 19 is increasing by leaps and bounds in all states of India.

The cases of the covid 19 are increasing day by day, so it has become a challenge for the healthcare system to overcome it. The Modern medicine is doing a lot of work in this field and also succeeded to some extent. The current modern prophylactic measures are insufficient and hence has not yet achieved the wholesome treatment for covid 19. So, it is the time for modern system and traditional system i.e. Ayurveda, to come together to achieve the victory against this covid 19. The approach of modern medicine is curable for covid 19, while the approach of Ayurveda and Yoga is preventive and prophylactic. It was observed that the Ayurveda medicine has been proved good in alleviating the symptoms of covid 19 and virulence power of covid 19. The symptoms of covid 19 include high grade fever, sore throat, coughing, weakness, GIT, palpitation, *ghabarahat*. As per the symptoms and pattern of covid 19, we may compare covid 19 with *Santata Jwar* in Ayurved.

We may compare *Santata Jwar* with covid 19 as our ancient *Acharyas* has mentioned the continuous fever as the symptom of *Santata Jwar*. *Rasa Dhatu* has been mentioned as the *Dushya* for *Santata Jwar*.^[1] Also, it is one of the type of *Vishama Jwar*. *Acharya* has mentioned *Vishamjwara* as "Aagantuchhanubhandohi praysho Vishamjwara".^[2] Here *aagantuja* word refers to the exposure to the infection of micro-organisms as mode of transmission of covid 19 is also the direct exposure to respiratory droplets, aerosol, saliva, serum of infected person. *Acharya Vagabhatta* has also mentioned *Vishamajwara* as "Vishama – aarambh- Kriya-kala-anusangavana".^[3] It means the production of symptoms, cause of disease and pathogenic phase of *Vishamajwar* are irregular. Also it stays for long period of time. It postulates the hypothesis of covid 19 infection as some relapse cases of covid 19 has been reported.

Prevention

For any disease, prevention is better than cure, and *Nidana Parivarjana* is the best option for prevention according to Ayurveda.^[4] As Covid 19 is a communicable disease or we can say *Sansargaja roga* in Ayurveda, so to prevent from this virus, we have to break routes of transmission chain. It includes use of mask, use of sanitizer, hand wash, maintain social distancing. But along with all these measures, one should boost his or her immunity or we can say *Vyadhikshamatva* in

Ayurveda. To maintain *Vyadhikshamatava* or immunity, one should follow daily *Dinacharya* regimen mentioned in Ayurvedic classics, use of Ayurvedic preparations and practice *pranayama*.

1. *Dinacharya* regimen- *Aahar*
2. Use of Ayurvedic Preparations
3. Practice of *Pranayama*

Role of *Dinacharya* regimen and *Aahar*

Ayurveda basically depends on two principles i.e. prevention and Cure.^[5] The regimen of *Dinacharya* is one of the factor which fulfill the first principle of *Ayurveda*. Our ancient *Acharyas* have mentioned some daily routine practices of *Dinacharya* like Waking up in *Brahmamuhurta*, Daily practice of *Abhyanga*, and application of *Anu Taila Nasya* which play an important role in maintaining the health of an individual.^[6]

a) Waking up early in the morning (*Brahmamuhurta*)

Nascent oxygen which is liberated in the early morning will easily and readily mix up with haemoglobin to form oxy-haemoglobin which reach and nourish the remote tissues rapidly. Ultimately strengthen the respiratory system.^[7] Also serotonin, growth hormone and glucocorticoids releases early in the morning. Release of serotonin hormone keep the individual active and alert.^[8]

b) Daily practice of *Abhyanga*

Daily practice of *Abhyanga* or massage of body parts with medicated or non medicated oil is one of the major step of *Dinacharya*. According to *Acharya Vagbhata*, *Abhyanga* is *Jarahara*, *Shramahara*, *Vatavikaranashaka*, *Aayushya*, helps in inducing sound sleep, *twaka dardharyakara*.^[9] It improves the blood circulation, facilitates removal of the toxins from the tissues and improves the functioning of musculoskeletal system. Manipulation of body parts by massage induces the endorphins which shows analgesic effect.^[10]

c) Application of *Anu taila Nasya* (Nasal instillation)

Nasya Karma has been mentioned by ancient *Acharyas* in the regimen of *Dinacharya*. As mentioned by *Acharya Charak*, *Nasya* helps in maintaining the functions of sense organs (eye, ear, nose), prevents from early greying of hair and hair fall, helps in relieving headache, facial palsy, chronic coryza and migraine.^[11] *Nasya Karma* make the nasal mucosa sticky which traps the polluted particles and viruses. Also *Nasya dravya* triggers the nerve endings and sends the message to the CNS and initiates the normal physiological functions of the body. The venous circulation of nose drains in the cavernous sinus. Cavernous sinus has emissary veins, which also receives drains from the brain. Hence, the potency (active principle) of the *Nasya* drug may act on brain through cavernous sinus.^[12]

d) Role of *Aahar*

As *Acharya Kashyap* has clearly mentioned that no medicine is equivalent to food.^[13] So, It is possible to make a person free from disease or to increase his immunity with just proper *Aahara*. He also mentions that our health is dependent on food.^[14] *Aahara* to be taken should be *Doshaviprita* and *Dhatu Aviprita* (not to vitiate *Dhatu*), unless it would lead to vitiation of *Srotas* and initiation of disease.^[15]

Our Ancient *Acharyas* has mentioned *Nitya sevaniya Aahara* dravya (wholesome daily foods) and *Nitya asevaniya aahara* dravya (unwholesome daily foods).^[16] *Nitya Sevaniya dravyas* are the dravyas which are necessary for the growth and development of the body and for the maintenance of health. Also *Acharya Charak* has mentioned “*Ajatanama Vikaranama Anuttapattikarama cha*” for *nitya Sevaniya dravyas* which means by the regular intake of these *Aahara dravyas*, one can boost his immune system of the body by resisting the entry of any pathogen within the body.^[17]

The *Nitya sevaniya Aahara* mentioned in *Charak Samhita* are *Shashtika shali* (a kind of rice maturing in 60days), *Godhuma* (wheat), *Yava* (*Hordeum vulgare*), *Mudga* (*Phaseolus mungo*), *Saindhava* (rock salt), *Amalaki* (*Emblica officinalis*), *Antariksha jala* (rain water), *Ghrita*, *Go-dugdha* (cow milk), *Madhu* (honey) and *Jangala Mamsa* (meat of animals dwelling in arid climate).^[18]

2. Use of Ayurvedic Preparations

Our ancient *Acharyas* has mentioned so many ayurvedic formulations which works on multiple system of the human body. Here, some formulations have been mentioned below which may play an important role in the prevention of Covid 19 or we can say *Santata Jwara*.

1. *Guduchi Ghana Vati*
2. *Ayush- 64*
3. *Aarogyavardhini Vati*
4. *Lakshmvilasa Rasa*
5. *Swamala Compound*

1. *Guduchi Ghana vati*- As name suggests, its major content is *Guduchi* (*Tinospora Cordifolia*). *Guduchi* is having *tikta rasa* which is *Aamapachaka*, *Srotoshodhaka*. Also *guduchi* having properties of *Jwaraghana* (*Antipyretic*) and *immunomodulator*.^[19]

2. *Ayush 64* – It contains *Kuberaksha* (*Caesalpinia Crista*), *Saptaparna* (*Alstonia Scholaris*), *Chirayata* (*Swertia Chirayata*), *Kutaki* (*Picrorrhiza kurroa*).^[20] It is basically *Vishamajwaraghna*, proved by CCRAS. It works in *Doshasamata* and also prevent *Dhatupakavastha* as it delay or arrest the viral pathology before its fatal stage.

3. *Aarogyavardhini Vati*- Its main constituent is *Kutaki* (*Picrorrhiza kurroa*). It is having properties like hepatoprotective, antiasthmatic, and an

immunomodulating agent. *Rasaratnasmucchaya* has also mentioned *Aarogyavardhini Vati* as *Sarvarogaprashamani*, i.e. it can pacify all types of disorders. Basically, it works as *Aamapachaka* and prevent from the ultimate stage of *Dhatupakavastha*.^[21]

4. Lakshmilasa Rasa- It acts as a *Rasayana* for *Pranavaha Srotas* (Respiratory system). Due to the presence of *Abhraka Bhasam*, *Dhatu* and *Kajjali*, it works as bronchodilator. Also, it diminishes congestion as well as secretions of Respiratory Tract. Due to the presence of *Bhanga*, *Nagabala*, *Atibala*, *Shatavari* and *Vidarikanda*, it strengthens the respiratory tract which leads to the immediate expulsion of foreign body. Also it act as cardiogenic.^[22]

5. Swamala Compound- It contains mostly all the contents of *Chyawanprash*, small amount of *Abhraka bhasm*, *Swarna bhasm* and *Makardhwaja*.^[23] All these contents emphasizes on strengthen the whole body as well as respiratory system. It alleviates *Tridosha* and maintains the state of *Dhatuamyata* which is a unique feature of health.

Role of Pranayama

Pranayama is basically the combination of two words i.e. *Prana* which means life force and the *Ayama* which means to regulate. It is the regulation or extension of life force. It is one among *Ashtanga Yoga*. It is the fourth limb of the eightfold path of *Yoga*.^[24] Basically it affects respiratory system. *Pranayama* helps in enhancing blood supply and oxygen supply to the brain. Also helps in balancing the sympathetic and parasympathetic nervous system by restoring homeostasis. With the help of *Pranayama*, we can reduce the anxiety and stress level in the body.

As covid 19 virus severely affects *Pranavaha Srotas* (respiratory system), the regular practice of *pranayama* increases the chest wall expansion and almost all lung functions. Pressure variations occur during act of *Pranayama* especially in the thoracic cavity where heart, major vessels and lungs are situated. During the act of *Poorak* and *Kumbhak* i.e. segments of *Pranayama*, partial pressure of oxygen increases in the lungs, simultaneously, increases the venous return of heart and large vessels and oxygen saturation in the blood.

DISCUSSION

Covid 19 has become Pandemic world wide. In *Ayurveda*, such type of disease comes under the heading of *Janapadodwansa*. *Acharya Charak* has mentioned *Rasayan Chikitsa* in the context of *Janapadodwansa* or Pandemic.^[25] The Ayurvedic Preparations which have been mentioned earlier like *Amalaki*, *Guduchi*, *Ashwagandha*, *Shatavari*, *Makardhwaja* and contents of *Chyawanprash*, all these come under *Rasayan dravyas*. *Rasayan dravyas* not only promote the growth and development of the body, but also play an important role in increasing the immunity of the body which leads to

the resistance of virus entry into the body. Also some *Nitya Sevaniya dravyas* like *Go- Dugdha*, *Go-ghrit*, and *Madhu* act as *Rasayan dravyas* for the body. *Go dugdha* is one the best rejuvenate food according to *Charak*. It has a fine blend of all nutrients. It is also a rich source of calcium. It enhances *Ojas* (essence of all tissues), *Dhatu* (all body tissues), Balances *vata* and *pitta dosha* and is *Vrishya* (Aphrodisiac). It is best among *jivaniya dravya*.

In *Bhavaprakash*, *ghrit* has been mentioned as *Rasayan dravya* which enhances stamina, and promotes longevity. As mentioned earlier, Covid 19 may compare with *Santata Jwar*, where *Srotas avrodh* is one of the reason. Here *Madhu* (honey) used as *Nitya Sevaniya dravyas* having property of *Srotoshodhak* and *Kaphashamak* which break the pathogenesis of *Santata Jwar*. Also *Madhu* has property of *Balya*. Also ayurvedic preparations like *Ayush 64*, *Aarogyavardhini Vati* having *Aamapachak*, *Srotoshodhaka* and *agnivardhaka* properties that leads to maintain the *Dhatuamyavastha*. And this *Dhatuamyavastha* leads to maintain the status of *Vyadhikshamatava* or *Oja*. Daily practice of *Abhyanga* makes the body active. It calms the nervous system and reduces stress, which can help support one's immunity. Also *Anu taila nasya* play a key role in breaking the respiratory route of transmission by the lubricating action of oil in nasal mucosa in order to trap the pathogen.

CONCLUSION

In present era, *Vyadhikshamatava* or state of immunity is the only armature to prevent from the viral infections like covid 19. But in *Ayurveda*, *Vyadhikshamatava* can be achieved after *Aamapachana*, *Srotoshodhana*, *Agnivardhana* and *Dhatuamyata* state. Hence, to achieve this, one should use Ayurvedic preparations as *Rasayan* and follow conducts like *Dinacharya* regimen given in the Ayurvedic classics. Thus, it is required to create awareness about the *Ayurveda* among the people which will prevent the disease and promote the health.

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