

PREVENTIVE ASPECT OF COVID19 –AYURVEDIC PERSPECTIVE**Dr. Rekha Bajpai*¹ and Dr. A. K. Dixit²**¹Associate Professor/HOD Panchkarma, State Ayurvedic College and Hospital Lucknow.²Medical Officer Panchkarma, State Ayurvedic College and Hospital Lucknow.Article Received on
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Covid19 a world wide epidemic is a matter of stress for all of us. Ayurveda ancient system of medicine is the only ray of hope to fight against the corona virus. Following simple rules of Dincharya and Ritucharya can keep us protected and boost our immunity. Certain Ayurvedic drugs Giloye, Haldi, Tulsi, Ginger etc are also helpful to boost our immunity.

KEYWORDS: Immunity, dincharya, ritucharya, epidemic.**INTRODUCTION***'prevention is always better than cure'*

Ayurveda is the system of traditional medicines, it is based on world's oldest holistic healing system of body. Tridosha ie VATA, PITTA and KAPHA are the basics of our body. When all three doshas are in balanced state the person will remain healthy, vitiation of dosha will cause different type of diseases. The aim of Ayurvedic system of medicine is to maintain health of the person and to treat the diseased person. Acharya Shushruta has defined infectious diseases as Aupsargic Roga. COVID19 is also an infectious pandemic disease (aupsargic roga). Acharya Charak in Viman sthan has defined Janpadodhwansh (Pandemic) root cause of which is VAYU, JAL, DESH, KALA. Persons living in different areas, different age group, different prakriti are effected with the same disease. Till now there is no treatment of this pandemic disease COVID 19. Boosting our immunity is the only way to prevent this disease. As Ayurveda has so many herbs which can boost our immunity whole world is seeing ray of hope in our classical and natural herbs.

OBJECTIVE

1-To discuss Ayurvedic aspect of pandemic COVID 19.

2-To discuss immunomodulatory effect of AYURVEDA

2-To discuss prevention of COVID19 through ayurvedic system of medicine.

AYURVEDIC REVIEW

Ayurveda classics clearly explain method of prevention of any disease. Aim of Ayurveda is,

**स्वस्थस्य स्वास्थ्य रक्षणम् !
आतुरस्य विकार प्रशमनम् !!**

Maintain the health of the healthy person and treat the diseased person.

Dincharya (daily regimen) and **Ritucharya** (seasonal regimen) and **Nidra** are the basics to remain healthy. The person who follows these regimen is always healthy. According to Ayurveda our body is made up of Panchmahabhoot and Tridosha i.e. VATA, PITTA, KAPHA. When these three doshas remain in equilibrium the person is healthy. VATA, PITTA, KAPHA increase and decrease according to different seasons that's why we have to follow seasonal regimen and do *sansodhan chikitsa* according to vitiation of dosha so that the person remains disease free throughout the year. Similarly we have to follow daily regimen to remain healthy.

Today in the pandemic of COVID 19 we should follow the particular daily regimen so that it can enhance our immunity-Get up early in the morning i.e. 1/2 hr before sunrise (*brihm muhurta*). After relieving from natural urges follow the mentioned regimen.

Pranayam: Sit comfortably at a calm place, close your eyes and relax. Chant OM 3 times and slowly increase it to nine times as per your capacity. It generates vibrations, enhances blood flow to different body parts. It also improves your digestive system, nervous system, helps to reduce stress and anxiety, reduces negativity, creates positive atmosphere around you throughout the day. It runs through PRAN /breath and sustains life.

Meditation: Practice mindfulness meditation

Sit in any position that is comfortable to you it can be bench, chair or floor, close your eyes and relax. Bring attention to your breathing. Focus on your inhalation (breathing in) and exhalation (breathing out). Sometimes you will notice your mind wandering but don't worry practice to concentrate slowly you will be able to focus on your breathing. Keep practicing daily 5-10 mins you can increase time period as per your capacity.

Practising mindfulness meditation helps to bring attention on present moment no worries of past or nothing to plan for future. It creates capacity to deal with adverse effects. It also improves physical health in number of ways. It helps to reduce stress, treats heart disease, lowers hypertension, improves sleep. Latest researches indicate that it also reduces chronic pain like osteoarthritis. Now a days meditation is being an important element in chronic disorders.

Oil Massage - Do gentle body massage with mustard oil/til oil.

10 -15 minutes sun exposure to get vitamin D.

Take bath with luke warm/normal water.

Decoction- Prepare decoction

4 cups of water and 8-10 fresh leaves of TULSI

2 pieces of 1.5 inch-DALCHINI

2 piece of 1.5 inch GILOYE (GUDUCHI)

Small piece of GINGER

6-8 KALI MIRCH

Boil it and make it 1 cup, drink it luke warm. You can add lime juice and honey (as per your choice).

Tulsi- Antiviral, Antibacterial, Anti inflammatory, Antiallergic,

Dalchini- Antioxidant, Anti inflammatory, Antidiabetic, removes toxins from body, Effective against running nose and cough.

Giloye- Immunomodulator, (boost immunity),strengthens Respiratory system

Ginger- Antibacterial, Antiviral, Anti inflammatory, increase secretion of gastric enzymes, improves digestion and metabolism, relieves cough cold.

Kali Mirch-(Black Pepper)- Improves metabolism, anti tussive, removes phlegm and mucus from throat.

Take nutritious and light diet fresh green vegetables, fresh fruit, Drink luke warm water.

Before taking lunch and dinner take 1 tsf of TRIKATU CHURNA (PIPPALI KALI MIRCH SHUNTHI). It improves digestive fire and helps to digest food.

After taking dinner walk 20 -25 mins,

Before going to bed massage luke warm mustard oil on sole.

Drink -Milk with Haldi (1 glass of milk and mix 1/2 tsf haldi boil it then filter it)

Take Chavyanprashavleha 1 tsf bd with milk.

Oil In Nostril (NASYA)

Put 2 drops of mustar oil/til tail/nariyal tail/ Go ghrita

Sleep in clean and peaceful atmosphere with positive thoughts.

Follow above mentioned daily regemin regularly it will boost immunity and will make the person strong mentally and physically to fight against covid 19 or any other disease.

For purification of atmosphere dhoopan karma is described in Ayurveda. For this purpose use nimbi patra and kapoor and fumigate (dhoopan) environment around you.it will help to clean and protect from any virus or bacteria.

CONCLUSION

Following Dincharya and Rituchatya regularly improves our immunity so that we can fight against the COVID19 infection.

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