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COVID 19 Pandemic and Preventive Footsteps

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ABSTRACT

Corona virus is initiating cluster of severe acute respiratory syndrome all over the globe, leads to pandemic. The major preventive mode is being self-isolated if symptoms present and remain in quarantine if asymptomatic but exists history of contact or travel. According to Ayurveda, no disease can occur if *Doshas* are in balance and *Agni* is in good state, in turn immunity also persists optimum to defy any disease. Therefore, for prevention of any *Nija-Agantuj-Sansargaj/Upasargaj Vyadhi* /communicable disease, one should follow daily-diet-seasonal regimen-cleansing by *Panchkarma*, *Sadvritta* (Code of conduct), *Acharrasayan-AR*(ethical principles), *Satvavajay* (mind control therapy) and *Rasayanadi* few Ayurveda interventions which may prove helpful in prevention and management of new viral infections prevalent now a day.

KEYWORDS

Nija-Agantuj- Sansargaj/upasargaj vyadhi /communicable disease, Corona virus, Ayurveda



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INTRODUCTION

Corona is RNA virus causing respiratory morbidity like MERS- middle east respiratory syndrome and SARS- CoV-2 Severe acute respiratory syndrome¹. WHO gave its nomenclature as it is a novel strain transmitted from animal to human and then person to person². It has confirmed its presence in all zones except Antarctica³.

COVID-19 is an infectious and contagious hence its outbreak ended into pandemic with severe consequences leading to high mortality in co-morbid associated and in vulnerable groups. According to CDC, COVID-19 is only one of many public health threats⁴. The best way to stop the further spread is to quarantine everyone specially who are suspected with flu like symptoms, contact and travel history. As per advisory released, they should go through early screening by RT-PCR test and mandatory isolation in hospital or home, from community till improvement in all the features⁵. The symptoms are dry cough, fever, dyspnea, shortness of breath, body ache, common cold, diarrhea, fatigue, loss of smell and taste progresses to Pneumonia, kidney failure, confusion due to hypoxia in brain, cyanosis with severe respiratory syndrome and organ dysfunction⁶. Virus shedding can occur up to 8-37 days in survivors, so vaccine

preparation work is going on through the serum of the survivors by different countries⁷. Lopinavir/Ritonavir, Oseltamavir with Azithromycin and Hydroxy chloroquine orally are being in practice to protect from ARDS and organ dysfunction condition⁵. A few drugs are being tested without FDA approval, but no data is available on their effectiveness with this virus. It spreaded across 190 countries affecting more than 23 lakh people with 1,60,000 deaths till 20th April, 2020⁸.

The disease which infect from person to person by germs, spreads by droplets, skin-sexual contact is infectious, while contagious disease spread by contaminated use of food, water, bedsheet, utensils and ornaments, also called as *Aupasargik Vyadhis*⁹. The disease affects to those primarily who have vitiated *Doshas*/humors in the form of less immunity and if *Dosha* remains balanced (good immunity) then in context to *Nija vyadhi*, disease would not occur¹⁰. In *Charaka Samhita* it has been categorically mentioned that all diseases cannot be named but need to understand its basic concepts and accordingly can be treated¹¹. *Agantuj*-COVID -19 may ingested into the body and after few days, symptoms appear. *Ama*, *Agnimandya*, *Kleda*, *Dosha prakopa*, *Abhishyand-Ajirna*-*Shleshmapradhan/kapha* dominant stage



and *Ritusandhikal* are some favorable conditions for any germ to produce infection in human beings⁶. *Agnimandya* is the most important factor in any disease process which further leads to *Ama* production causing *Strotorodha*/obstruction of channels¹². It vitiates *Dosha*, creates imbalance and produces disease as per *Kha-vaigunya* (favorable site of disease in the body)¹³. The main causes of diseases are adoption of less/more physical exercise, more stress, poor hygiene, poverty, less sleep, junk food, malnutrition, suppress urges and faulty daily-diet regimen with negligence or over indulgence to manage the disease¹⁴. Due to unauthorized use of antibiotics drug resistance microbes are getting prevalent¹⁵. In Ayurveda context, epidemics comes under the term of *Janapadodhwamsa* (*Sansargaj/upasargaj*/communicable diseases) where it is mentioned that due to either of deranged *Vayu* (air), *Jala* (water), *Desha* (habitat) and *Kala* (seasons), certain diseases arise which kills people in masses^{8,16}. These diseases can be considered either as airborne or as waterborne infectious disease, COVID is one among them. Newly-occurring diseases and the re-emergence of viral diseases demand urgent strategy to avoid more spread, mass awareness, actions for epidemic prevention and its control.

Ayurveda has that potential to prevent and manage before occurrence of complications and mortality. This article is aimed at implementation of certain Ayurveda principles in daily life such as *Dincharya* (daily and diet regimen)¹⁷, *Ritucharya* (seasonal cleansing by *Panchkarma*)¹⁸ [*Sadvritta*(Code of conduct)¹⁹, *Acharrasayan-AR*(ethical principles)²⁰ *Satvavajay* (mind control therapy)²¹ and few Ayurveda interventions which may prove helpful in prevention and management of new viral infections prevalent now a day. These measures mainly mind control are very essential to lead a disciplined quality life by preventing to commit intellectual blasphemy, improper contact of sense organs and time which are the basic causes of occurrence of all diseases²².

FUTURE STEPS FOR PREVENTION OF NEW MORE PANDEMICS

Prevention by getting contaminated to *Jala*, easily polluted by-plastic, garbage, industrial waste into water bodies, God-Goddess idols immersion etc.

Janapadodhvansa, airborne infection, Vayu, Akash, Prithvi & Agnipradushan- can be saved by *Homa-Yagyna*, fumigation, *Mantra-hymn* chanting, *Sadvritta* and *Acharrasayan* (good conduct), *Yoga*, mind



control/*Satvavajay* to be isolated from intellectual blasphemy/*Pragyaparadh* etc²³. **Diet-*Shadrasatmak*, *matra purvak***, as per rules-regulations described by *Charak* in relation to diet should be followed to remain immune and prevent *Sansargaj vyadhis*²⁴.

Adoption of *Dincharya* and *Ritucharya* in which prior facilitates *Dosha shaman*/pacifier and later excretes the vitiated *Dosha* time to time as per season and then *Sansarjan* (light diet and simple lifestyle) helps in *Dosha shoshan* - neutralization of residual vitiated humors²⁴.

Dhupan (fumigation) - *Rakshoghna Dhupa*, *Chaturangika dhupa* – *Ghrita*, *majja*, *vasa* & *Laksha*; *Grahaghna Dhupa* and *Maheshwara dhupa*, medicated *Dhumrapan* are helpful as air purifier, germ killer-bacteriostatic-cidal, prevents vector borne diseases²⁵. Main Ingredients are *Ghrita*, *Shweta sarshapa*, *Haridra*, *Vacha*, *Tagara*, *Hingu*, *Guggulu*, *Kushtha*, hairs of animals, *sarjrasa* etc²⁶.

Role of *Panchkarma* in enhancing immunity- Regular use of *Pratimarsha Nasya* by *Anutail* or *Puran ghrit/Panchendriyvardhan tail*, oil pooling in mouth to prevent *Urdhvajatrugata vyadhis*²⁷, *Mrudu rechan* in *Krura* and *Visham koshhti* person, *Matra basti*, body massage/*Abhyanga* and *Swedan*-hot

fomentation is a best way of detoxification and bio-purification²⁸.

Role of exercise- It is very important to implement in daily routine to expel body toxins out from skin and make the body organs healthy and good functioning immune system by hormonal balance²⁹.

Rasayan- *Chyavanprash*³⁰, *Bramhirasayan*³¹, *Agastiharitaki*³², *pippali*, *Guduchi*, *Bala Rasayan*³³ are some examples of *Rasayan kalpa* to improve immunity.

Herbal antiviral drugs- *Neem*³⁴, *Haridra*³⁵, *Kankshi bhasma*, *Tankan*, *Madhuyashti*, *Amruta*, *Haritaki*, *Trikatu*, *Tulsi*, *Kumari* etc are best antiviral and can be helpful in various modes of administration such as oral and externally by *lepan* etc.

COVID-19 like infections are example of *Prakriti-prakopa* by man and lessons should be learnt to avoid the same in future by adopting these Ayurveda preventive measures and safe lifestyle.



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