

# Role of Ayurveda in the Era of COVID-19

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## Abstract

**Summary:** Currently, we can see, covid19 is quite a concern because of its mortality and even morbidity rate. Since no cure is present till date it's more important for people to take basic care to increase their immunity. One modality for prevention of such diseases can be through **AYURVEDA**, which has different therapies and medicines to deal with diseases as well as measures to take basic care and to boost immunity of individuals. AYUSH helps with those basic methods in one's life. This article discusses the necessity of ayurveda in order to cure this type of air born diseases. Ayurveda mainly emphasizes on body response to any cure as well as role of chakra healing in covid19. Susruta helps find chakras in our body and chakra helps to communicate with different diseases via factors like air, water, earth, fire etc. Ayurveda is the oldest cure and best way to connect body with mind and soul. It brings you more near to nature and helps you calm yourself in different situations. It also molds your perspective and the way we see things.

**Conclusion:** Lifestyle adaptation with proper dincharya and ritucharya is quite effective to ensure healthy living and protect ourselves by building our immunity. Ayurveda acts as an immunity booster and effective in combating infectious diseases.

**Keywords:** Janapadodwasma (Covid19), ayurveda, herbs, dincharya and ritucharya in covid19.

## Introduction

### Janapadodwasma and covid19

The world is terrified due to pandemic corona virus disease (COVID-19) which is mainly caused by severe acute respiratory syndrome Corona virus (SARS-CoV-2). This is considered as Janapadodwasma (destructions of states or kingdoms or country) in ayurveda. Moreover COVID-19 infection may be correlated with *Vata-Kaphaja Sannipataja Jwara* (a type of fever mentioned in classical Ayurvedic texts with severe complications and problems to one's living) <sup>(1)</sup>. Thus we have to understanding the concept of COVID-19 and its management principles based on ethics of Ayurveda. The main aim of management principle includes correction of the *Vikruta* (contaminated) *Vayu* (air) and *Desha* (place/continent etc.) and improving the immunity and lifestyle for prevention of disease as well as the management of COVID 19 patients by various herbal or herbo-mineral combinations which is mainly based on the stage/severity of the disease along with which patients are asked for follow up for recovery to avoid the recurrence.

In this aspect the management of COVID-19, role of Ayurveda experiments are proved more beneficial in asymptomatic, mild and moderate stages. Further, clinical studies on these drugs should be conducted to make sure evidence for safety and efficacy on COVID-19 for wider acceptance and implementation of *Ahara, Vidhis, Dinacharya* and *Sadvritta* in National Health Policies for improving disease resistance. In ayurveda it is termed as Janapadodhwamsa; in Caraka Samhita its concept has already been described, Caraka Samhita being a nodal text helps you to understand it better and it is also correlated with pandemics and epidemics too <sup>(2,3)</sup>. According to this janapadodhwamsa is classified into two group based on their causes: <sup>(4,5)</sup>

- First- occurring due to natural causes
- Second- occurring due to manmade causes.

All two of them mentioned above are further classified into four groups that is:

1. Vitiatio of water

2. Vitiating of climate
3. Vitiating of land and
4. Vitiating of air

Etiology of janapodhwamsa

**Water:**

Water is considered to be harmful (vitiating) when –

1. Water has different texture, taste, color, odor or smell,
2. Water that is muddy and is turbid and
3. The water which doesn't have any type of aquatic animals in it.

**Climate:**

Some Features of destruction or vitiating of climate includes-

1. Unseasonal climate variations,
2. Regular climatic agitation, earthquakes, meteorites, etc and
3. Presence of poisonous fumes that veil the skies.

**Land:**

Land is considered to be problematic or vitiating when-

It is rife with grass or weed, withered and dry, major of forest resources are damaged and are excessively moist – like it has no predatory animals like birds, vultures, jackals, serpents and carnivores, a bog or marsh and is riddled with smoke and Dust.

**Air:**

Vitiating of air is considered when –

Air is constant without any movement, turbulent and fear full, like moist, hot, dry and blowing in opposite directions frequently, huge cyclones, harmful and toxic gases in it etc.

These all are responsible for violation of climate, water, air, land and finally leading to epidemic and pandemic. Now since we are clear about, how

janapodhwamsa work, there are some ways to understand the spread of air born infection in ayurveda.

**Comprehending infectious diseases (air born) in Ayurveda**

One of the terms being regularly used is “Bhuta” which can be found in various scripts in ayurveda .one of the example of this is the text of Panchamahabhootas <sup>(6)</sup> – where they have explained the foundation and basis of the microorganism and the macro organism of this world. Panchamahabhootas has been used for all microorganisms commonly known as ‘Jeevanus’. The character that microorganisms or microbes play in manifestation of disease has never been hidden and known since the time of Vedas. , Krimi (worms that leaves inside human body), Bhuta (ghosts), Jantu (creatures), Rakshas (demons), Jeevanu (bacteria), and Pishacha (vampires) these terms have been used to describe them. The “Panchamahabhootas” are therefore classified on the basis of visibility and on the basis of infection<sup>(4,5)</sup>. Thus, spread of these diseases is main concern to deal with.

**Transmission of infectious diseases**

In ayurveda one of the renowned personality Susruta has describes that the manner of spreading of infectious diseases is mainly through contact with an diseased person frequently, food sharing and having physical contact via respiratory droplets , using materials such as combs, napkins, towels, blankets, bed sheets, etc. and exchange of body fluids in terms of sexual contact. Interestingly in ayurveda they all have cure for these spreads but before knowing, how to control them, one should know how Ayurvedic medicine work with pathogens in our body. Thus to continue further lets first understand the basic concept of approaching Ayurvedic medicine in individuals.

**Pathogenesis of infectious diseases and Ayurvedic approach**

There is no as such description describing how pathogens work and what the basic of occurrence of those pathogens is. There are diseases like Agantuj Jwara (external factors leading to fever), Agantuja Atisara (Diarrhea), Ajirna (indigestion due to infection), Visuchika (Cholera leading to diarrhea), etc are some scenarios where vitiating of Doshas take place which occur mainly because of infectious diseases, this can be

related with the infectious agents. In rest of the scenario or cases, no different descriptions are available for this type of infectious diseases and are usually known by the type of infectious diseases.

Time of Disease origin, its development and progression of any infection is written in the description in Shat Kriya Kala -here one thing is important to note that according to the line the main agenda of ayurveda is obtaining this stage of Dhatus Samya – ( that is equilibrium of Dhatus) <sup>(3)</sup> and to study about these things that being grasping the knowledge of Hetu (refers to etiological factors), Aushadha (Drugs or medicines) and Linga (clinical presentation)<sup>(4)</sup> for healthy person as well as diseases person its important to free them from these pathogens so that there healthy life could be maintained and the person is treated in order to stabiles his efficiencies back. In pathogenesis according to above mentioned stages the progression of disease is being assessed <sup>(5)</sup> and thus they are considered as the stage of treatment. This mainly includes corrupting the situation of Malas, Dhatus and Dosha.

- First stage - Dhatus
- Second stage – Dhatus and Malas
- Last stage and third stage- differentiation or complication

In first three stages there is lodgment of infective agents which are disturbing the Doshas. The bodily elements are spoiled by factors such as environment, diet, indulgence, modification of lifestyle.

In the last stage of pathogenesis there is migration and circulation. It is caused by the Vayu by the means of Rasa (blood circulation, lymphatics, interstitial fluid, etc) <sup>(6)</sup>. these circulating Doshas accumulate in places where it doesn't affect or temper the body element <sup>(6,7)</sup>. It means that, the knowledge of infection is good to Ayurvedic scholars.

**How dincharya and ritucharya will help in Covid-19?**

“Ayurveda extensively describes many ways on preventive care through Dinacharya and Ritucharya, which means daily and seasonal regimens. It is basically a plant-based science and improving immunity has been emphasized in many number of ways in Ayurveda literature,” says senior Ayurveda specialist Dr S Sarangapani. <sup>(8,9)</sup>

Dincharya helps u to emphasize on things that we were ignoring since long time. It's a high time one should make a proper timetable to spend their day more efficiently. Do yoga, eat healthy, talk to your elders, be good to people, try to find your weakness and way out of it, learn new things, and use the time to grow every day. Yoga bring u peace, it cures your body help u to analyze things more clearly. It's a food to your soul.

While ritucharya is more Ayurvedic secrets for seasonal eating. Where ritu stands for seasons and charya stands for guidelines. Our body is designed in specific manner which mainly help us to work with different natural conditions including different seasons. These guidelines help us to follow a proper diet and lifestyle which include detox treatment.

According to ayurveda year is mainly divided into two time periods -uttrayana (cold climate) and dakshinayana (hot climate). Uttrayana further is divided into –season of sharath, hemanta, and shishira. While dakshinayana is divided into season of vasant, grishma, and varsha <sup>(9,10,11)</sup>.

Thus eating according to seasons helps built immunity and prepare body to fight with any seasonal infection that harms your body. There is two pictures that help you with the dincharya and ritucharya understanding.

# COVID-19

## Coronavirus Disease 2019

### 10 WAYS YOU CAN HELP THE ELDERLY AND PEOPLE WITH UNDERLYING CONDITIONS LIVING WITH YOU



**Monitor their health for symptoms of COVID-19**, like fever, cough, and difficulty breathing.



**If anyone in the household has symptoms**, avoid physical contact and take heightened prevention measures.



**If they have COVID-19 symptoms**, contact a healthcare provider immediately.



**Encourage them to maintain a healthy lifestyle:** eat nutritious foods, get enough sleep, don't smoke, stay active and limit alcohol use.



**Regularly clean and disinfect surfaces** and keep the house well ventilated.



**Avoid sharing objects** like glasses, cutlery and towels.



**Make sure they have at least a month's stock of all their regular medicines** in case it's necessary to stay home. Encourage them to follow medical advice about medication.



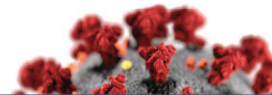
Follow social distancing measures in your area **and avoid shared spaces and large gatherings.**



If going to the doctor, wear a mask, if available, and **avoid public transport if possible.**



**Be kind and show empathy.** Talk and listen to them. Help them cope with stress.



**PAHO**



**BE AWARE. PREPARE. ACT.**

[www.paho.org/coronavirus](http://www.paho.org/coronavirus)

# Boosting Immunity

## Ayurvedic immunity improving measures

- Take 1 tablespoon of Chyawanprash in the morning
- Diabetics should consume sugarless Chyawanprash
- Drink herbal tea from tulsi (Basil), dalchini (cinnamon), kaali mirch (black pepper), Sonth (Dry Ginger) and munakka (raisins) once or twice a day
- Add jaggery or fresh lemon juice in place of processed sugar
- Golden milk, i.e. half teaspoon of haldi powder in 150 ml of hot milk once or twice a day

## General measures

- Take warm water throughout the day
- Pranayama and meditation for at least **30 minutes**
- Use lot of spices, including haldi (turmeric), jeera (cumin), Dhaniya (coriander) and lehsun (garlic) in cooking

## Ayurvedic procedures

### NASAL APPLICATION

Apply sesame oil/coconut oil or ghee in both the nostrils (Pratimarsha Nasya) in morning and evening

### OIL PULLING

Take 1 tablespoon of sesame or coconut oil in mouth. Do not drink but swish in the mouth for 2 to 3 minutes and spit and later rinse with warm water once or twice daily

## During cough and sore throat

- Steam inhalation with fresh pudina (mint) leaves or ajwain (caraway seeds) can be practised twice daily
- Lavang (cloves) powder mixed with natural sugar or honey can be taken **2 to 3 times** a day in case of cough or throat irritation
- These measures are meant for normal dry cough and sore throat. It is better to consult a doctor when the symptoms persist



## Yoga

### UTTANA PADASANA AND SHAVASANA

Effective in overcoming depression, anxiety and stress-related disorders by relaxing mind and body. It balances navel centre (Nabhi, Manipurachakra) and is helpful in relieving abdominal pain and flatulence. Helps in indigestion and diarrhoea and strengthens the abdominal and pelvic muscles

### VRIKSHASANA

People with arthritis, vertigo and obesity, should avoid this asana. It helps improve neuromuscular coordination, balance and endurance. It also helps improve alertness and concentration



Figure1: immunity boosters in covid, By M. Sai Gopal

## HOW TO MAKE AYURVEDIC HAND SANITIZER AT HOME

**herbal sanitizer** comprise of combination of alcoholic extracts of Ocimum sanctum (Tulsi), Azadirachta indica (Neem) and Eucalyptus globulus (Nilgiri) using suitable excipients; which can be used as a ready-made **herbal hand sanitizer**.

Even if Ocimum is not available one can use nail paint remover with aloe vera gel and rosewater for making hand sanitizer.

## Herbal prevention for boosting immunity in covid19 pandemic

It's important now to take care of ourselves and young ones and elders in this pandemic.

The best Ayurvedic medications which are affective and economic can be found very easily in households we usually use it in our daily basis. Some of them are mentioned below with their properties.

Ginger used for cold and cough

Ginger is very effective home remedy for cold and cough. Ginger root have anti-inflammatory properties, ginger and shogaol can help relieve sore throat, reduce congestion and soothe an upset stomach. These compounds can also kill rhinoviruses (nasal wall thickening and secretion), which cause colds. Make ginger tea with honey and drink it three or more cups per day until you feel good this help you to cure cold and cough.<sup>(11)</sup>

Facial steam good for Runny Nose

It is already a traditional to take hot steam to treat runny nose. Steam cleanses your nostrils and helps relieve mucus and blocks caused by it. How to do it? – Place your face over steam water, cover with cloth or towel to make sure no steam goes out and breathe deeply through your nose. Do this for 20 to 30 minutes at a time twice a day. Make sure you take a break if your face becomes too hot. Then inflate your nose to get

rid of mucus (don't try too harshly). You can also add a few drops of decongestant essential oils (like Vicks, eucalyptus oil) to your facial steam water. Eating spicy foods also helps prevent runny nose and unblock nostrils (12).

Gargle with warm, salty water to treat any sore throat

Sore throat is very common, they can be mild or can be severe leading to voice getting worse though they can even get better than themselves within a week. A sore throat is mainly and majority of time is caused by a virus (such as a cold or flu) or smoking. Its Very rare that they can be caused by bacteria. If you are also suffering from a sore throat, gargle with warm, salty water for at least 5 minutes thrice a day<sup>(13)</sup>.

### **Drink lots of water if diarrhea is the problem**

Many a times, diarrhea resolves on its own. This condition also can be caused by various factors including viruses, bacteria, parasites, food intolerance and digestive disorders. If it's Diarrhea, you need to quickly take fluids to treat dehydration. So, drink plenty of water, Taking probiotics, eating green bananas can also help reduce the symptoms of diarrhea. Chamomile and peppermint are also useful to treat diarrhea<sup>(14)</sup>.

### **At last role of dhoopana in ayurveda**

**Dhoopana** is a method by which drugs of herbal, herbo-mineral or animal origin are used for fumigation so as to heal Varna (wounds), Yonivyapada (vaginal disorders), Karna Rogas (ear diseases), Nasa Rogas (arterial diseases), Guda Rogas (anal diseases), Gatra Daurgandhya; to disinfect Bheshajagara, Vranagara, Sutikagara, Shastrakar-maghruha, and Kumaragara and also to sterilize Asavas and Aristas<sup>(15,16,17)</sup>.

Ayurveda has a broader scope for improving immunity and combating infections like Covid-19<sup>(18,19,20)</sup>. A number of ayurvedic herbal drugs are being trialed as antiviral herbals in Covid-19<sup>(21,22)</sup>.

### **Conclusion**

So it is been clear that apart from well known medical help from ayurveda in this pandemic ,importance of it have been declined, in spite of the fact that it plays a major role in peoples life by boosting their immunity.

In ayurveda According to Charaka (renowned Ayurvedic practitioner) – where he said that disease is the combination of two things namely which he named it as Dosha (3 substances present in human body –vata, pitta, and kapha) and Dhatus (metals) and the gifted qualities of Doshas are more dominating over Dhatus. This proves that our body responds quickly after getting affected by pathogens regularly.

If our body is infected it can easily be treated through this methods. Though it has already been seen that not every time herbs help to heal patients and fails to prove its value for treatment of microorganism, but it is well known that ayurveda have always helped one to boost immunity and make individuals body more stronger against microorganism, so these herbs or medicine are tend to increase body's action against diseases

Before this, the mentioned herbs should be the prime initiative for one's to deal with this covid19 situation. Its more effective and economical. There are many articles that are available on this topic the more u read the more u can help yourself to protect from this pandemic. Ayurveda is just most basic form to hold your roots; there is always a reason that our ancestors followed this culture of dincharya and ritucharya. Meditation, eating healthy, suryanamaskar, early to bed , early to wake up, helps to form a clock (alarm) to people body that make their organ work in a systematic manner.

Concluding to this, Ayurveda might have not produced cure for this pandemic problem, but its been proven that it for sure helps people to boost their immunity against covid19.

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