



Role of Ayurveda in Current Pandemic Situation of Covid 19

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Introduction

Today we all are facing Coronavirus disease 19 (COVID-19) caused by "Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2)", a newly discovered member of the *Coronaviridae* family. The COVID-19 pandemic has led to a spectacular loss of human life worldwide and has affected our day to day life, businesses, disrupted the world trade and movements. It is a big challenge before health care systems across the globe.

Ayurveda, a traditional system of medicine, originated in India more than 3000 years ago. Ayurveda mainly emphasized on prevention and maintenance of good health. In Ayurveda the epidemic situation is elaborately described under the term *Janapadodhwamsa* (large scale destruction). As we all are aware that Coronavirus is a Pandemic highly infectious disease and to prevent its spread everybody has to stay at their home. During this lockdown period people are living a sedentary lifestyle in a stressful condition which weakens their immune system and makes them more susceptible towards infections.

Covid 19 situation brought attention towards boosting immunity to combat with rapidly spreading Covid infection. Ayurveda is a science of life that is mainly focusing on strengthening the immune system through following a proper lifestyle, healthy diets, practicing meditation, yoga and pranayama and use of medicines.

It is possible with Rasayana Chikitsa (Rejuvenating therapy) mentioned in Ayurveda years ago by Acharya Charak. Besides use of Rasayana that is immunomodulatory and antioxidant drugs in

Ayurveda other measures are given for prevention of diseases and maintaining good health. These mainly include Dincharya for maintaining personal hygiene, Shatkriya (six yogik cleansing procedures) like dhauti, neti, kapalbhati for purification of the body, pan-chakarma (five purification procedures) therapy for detoxification of the body, yoga and pranayama for strengthening physical as well as mental health. India's Ministry of traditional medicine or AYUSH (Ayurveda, Unani, Siddha, Homeopathy) issued "Advisory" advocating preventive measures against the viral infection on 29 January 2020. It advocated the measures such as dincharya for personal hygiene, drinking warm water and Shadanga paniya throughout the day, use of spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) in cooking, intake of Chyavanprash, Agastyaharitaki, herbal tea/decoction (Kadha) made from Tulsi (Holy Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin) with jiggery (natural sugar) and half teaspoon of fresh lemon and Haldi (Turmeric) powder in 150 ml hot milk. Pratimarsh Nasya (instilling oil in nasal cavity) with two drops of sesame oil, coconut oil or Ghee in both the nostrils in the morning and evening. Gandush (Oil pulling therapy) with sesame or coconut oil and Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) once in a day for dry cough or sore throat, Lavang (Clove) powder mixed with natural sugar or honey are advised for dry cough or throat irritation. There are various immunomodulatory single drugs as well as herbomineral formulations are described in Ayurveda which can be used in Covid situation for strengthening respiratory system and boosting immunity. Samshamani vati, Sanjeevani vati, Triphala, Trikatu, Kantakari

Avaleha, Vyaghri haritaki, Dashamul kwath, Sitopaladi, Talishadi, Chitrakadi vati, Chyavanprasha, Agastyaharitaki Rasayana, Pippali rasayan, Brahma Rasayana, Laghu Vasant Malati, Tribhuvan Keerti rasa, Brihata Vata Chintamni rasa, Mrityunjaya rasa, Siddha Markardhvaja and decoction of herbs like *Tinospora cordifolia*, *Zingiber officinale*, *Curcuma longa*, *Ocimum sanctum*, *Glycyrrhiza glabra*, *Go Jihvadi Quath*, *Yashtimadhu Adhatoda vasica*, *Andrographis paniculata*, *Swertia chirata*, *Moringa oleifera* can be used in prevention by boosting immunity and strength of the body. These drugs described in Ayurveda can be used to mitigate symptoms of Covid 19 in mild to moderate cases. Ayurveda has a great potential in dealing with such a challenging situation. The need is to conduct research studies for understanding the potential of Ayurveda in COVID-19 situation. This is a good opportunity to come across the true potential of Ayurveda science and to adopt integrative approaches for fighting against COVID-19 pandemic.

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