

Role of Swasthavritta & Yoga in the Prevention of current Corona Pandemic - A Review**Dr. Vinod S. Koravi**MD. PhD (Sch) Swasthavritta & Yoga
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Abstract

All the gloom spread across the world due to the outbreak of novel corona virus (COVID-19), which has now infected more than Twenty Six lakh people and killed nearly 1,80,784 individuals around the world, everyone is focusing on preventive measures, at least until an effective cure is found. Ayurveda is a natural health care system that originated in India more than 5000 years ago. Its main objective is to achieve optimal health and well-being through a comprehensive approach that addresses mind, body, behavior, and environment. Ayurveda specially under the Swasthavritta & Yoga emphasizes prevention and health promotion, and provides treatment for disease. There are different dietary and lifestyle recommendations for each day & season of the year. Common spices are utilized in treatment, as well as herbs and herbal mixtures, and special preparations known as Rasayanas are used for rejuvenation, promotion of longevity, and to boost the Immunity. It may be projected from Swasthavrittis (Ayurveda's) comprehensive approach, emphasis on prevention would improve the health status of the world's population against Corona Pandemic.

Keywords – Corona; Ayurveda; Swasthavritta ; Yoga; Pandemic.

Introduction

The situation surrounding COVID-19 is developing quickly around the globe and across our nation. Novel corona virus (COVID-19), which has now infected more than Twenty Six lakh people and killed nearly 1,80,784 individuals around the world. In India reported its first positive case of corona virus on 30 January & right now 20,471 confirmed cases, 652 number of deaths due to this virus . We know that at this time, everyone is especially concerned about their health and the health of family and friends. Together we are all experiencing a cultural shift as we wait with hope that this pandemic will quickly decline so that life as we know it can return to normal. As we all know, right now there is a no any medicine ,vaccine or any line of treatment to fight against corona virus. Prevention is the best strategy to combat corona virus.

Ayurveda is an ancient science which deals with every aspect of human life. The ultimate goal of Ayurveda is

प्रयोजनं चास्य स्वस्थस्य स्वास्थ्य रक्षणमातुरस्य

विकारप्रशमनं च ॥ च.सु.३०/२६

Ayurveda not only deals with treatment of disease but also have grate contribution in maintaining life standards in all aspects Physical, Mental, Social, Spiritual, Health promotion & prevention. Ayurveda

had given much importance to Primary and secondary preventions of Disease. Acharya have explained at length the various procedures that are to be implanted under Dinacharya, Rutucharya, Sadvritta Palan, Rasyan seven, Aahar & Yoga .These are advocated under a branch Swasthavritta & Yoga. Which explains the prevention of disease at different levels. Person who follows Dinacharya , Rutucharya Sadvritta Palan, Rasyan seven, Aahar & Yoga mentioned in Ayurvedic text will keep him healthy, boost immunity & free from Diseases. Under Ayurveda many simple rules & regulations about Dinacharya, Sadavritta , intake of food, water, storage of water are given .These scientific concepts in Ayurveda needs detail scrutiny to assess their utility in the field of science. In current time there are so many suggestions are given. Any statements that claim otherwise (and there are many circulating online) should be considered false and misleading. Despite this, the ancient knowledge of Ayurveda, which by nature upholds “prevention” as a core principle. We are all so fortunate to be able to use Ayurvedic tools and practices that can promote resistance to infection and provide symptomatic relief. With their focus on the total health and well-being of the individual, Ayurvedic teachings remain an enduring source of wisdom that we can continue to wholeheartedly embrace in these uncertain times. So here I am going to review these simple methods

mentioned in Ayurveda samhitas for prevention & to keep human beings healthy.

1) Dinacharya (Daily Routine)

In this different upkarms mentioned .If we follow these upkarma in day to day life we are never diseased and our immunity is morely boosted.In this current situation some upkarams are very helpful for prevention.Like Ushapan,Kaval-Gandhusa, Nasya, Dhum pan, Snan, Dhoopan & Sadvritta palan.

Acharya Sushrut mentioned swastha lakshan as follows

a) **Ushapan** – Drinking a specific amount of water in dawn in the early morning is called Ushapan in ayurveda. Ushapan is a Rasayana Therapy in ayurveda, which plays a very important role in preventive ayurveda.Ushapan consists of two words – Usha and Paan. Usha means dawn and Paan means taking or drinking. It occurs just a few minutes before sunrise when light becomes visible all around, but the sun does not appear in the sky yet. This is a perfect time. Ayurveda recommends waking up in Brahma Muhurta, which is around 96 minutes before sunrise. Usha means dawn, which is nearly just before sunrise. So, there is around 60 minutes gap between the time of Brahma Muhurta and Dawn. The amount of water varies person-to-person. It depends on how much water you can hold in 8 Anjali. Anjali is a Sanskrit word, which means concavity formed by adjoining both hands. 8 Anjali means the amount of water that you can measure 8 times in the concavity formed by adjoining both hands. For example, if you can hold 100 ml water in 1 Anjali, then your drinkable water recommendation is 800 ml. So, you have to measure the water quantity suitable for your body yourself. The water that you can hold in 8 Anjali, you should drink in the morning.

Now In Ayurveda appropriate method of drinking water quantity, time , preparation & storage of drinking water was mentioned such as

सौवर्णं राजते ताम्रे कास्ये मणिमयेऽपि वा ॥

पुष्पावतसं भौमे वा सुगन्धि सलिलं पिबेत् ॥ सु.सू.४५/१३

In above sholka Acharya Sushrut mentioned that for storage of Drinking water use Suvarna ,Rajat and Tamra Paatra.

भौमानामम्भसां प्रायो ग्रहणं प्रातरिप्यते ।

शीतत्वं निर्मलत्वश्च यतस्तेषां मतो गुणः ॥ भा.प्र.वारिवर्ग ६८

Above Sholka Bhavpraksh mentioned the time for intake of water.

जलपात्र तु ताम्रस्य तदभावे मृदो हितम भा. प्र. नि.५/१२८

Above Sholka Bhavpraksh said Tamra Paatra (Copper vessel) is the best for storage of Drinking water. Storing water in a copper vessel creates a natural purification process. It can kill all the microorganisms, molds, fungi, algae and bacteria, Viruses present in the water that could be harmful to the body and make the water perfectly fit for drinking. In addition, water stored in a copper vessel, preferably overnight acquires a certain quality from the copper. Copper is an essential trace mineral that is vital to human health. It has antimicrobial, antioxidant, anti-carcinogenic and anti-inflammatory properties. It also helps neutralize toxins.

ताम्रं तिक्तकषायश्च मधुरं पाकेऽथ वीर्योश्नोकम साम्लं

पित्तकफापहं जठररूक्कुष्ठामजन्त वन्तकृत ।

उध्वाधःपरिशोधनं विषयकृत स्थौल्यापहं

क्षुत्करं,दुर्नामक्षयपाण्डुरोगशमनं नेत्र्यं परं लेखनमं ॥

र.र.समु.५/४६.

In the University of southampton research project conducted on copper and he concluded with biocidal efficacy & killing mechanism of copper & copper alloy dry surfaces against bacterial & viral pathogens.After this conclusion Dr.Bill keville advised 13 hospitals to use copper for doors ,chairs,indoor beds,drinking water storage & for ICU for covid pandemic in England. So here I can said drink 800ml water in early morning which is stored in copper vessel. You can use boiled water also for drinking.Drink every 3 hrsly a cup of hot water.

b)**Kaval** - Gandhusa -Gandusha or oil pulling involves retention of medicated oil or decoction in the mouth cavity for several minutes. The Ayurvedic text Charaka Samhita mentions Kavala gandusha – Kavala refers to that which is related to the oral cavity and gandusha is a gargle.As we all know corona virus enters through mouth and deposited on tonsils.He activated after 2-3 hrs .If we do gargaling with warm water then the virus is killed in the throat.So Gandusha and kaval is very helpful for prevention.

c) **Nasya** - Nasya therapy is a process whereby the required medication is administered through the nostrils.Since the nose is the gateway of the head, this form of therapy is highly effective in treating a

number of diseases related to the head area, if systematically performed. The therapy cleanses and opens the channels of the head, thereby improving the process of oxygenation (prana), which has a direct influence on the functioning of the brain. When drug, tail administered in the nose it first comes in the thorax. So nasya is very helpful in the prevention of corona virus. For nasya you can use goghrita, tila taila or anu taila. If you are unable to get this then you simply apply coconut oil on the both nostrils.

d) Dhumpan - Dhum means smoke and pan means to drink. Dhumpanam or Dhumpan simply means medicated or medicine or medical smoking. It is totally different from cigarette smoking. It is the use of fire in treatment; it is the journey of medicines on a vehicle of fire. Medicines can reach the minute cavities quickly and can act quickly. This upkarma is specially mentioned for all the upper respiratory infections.

e) Snan – Take lukewarm water for snan or bath in that add leaves of Tulsi and neem. At this situation when you go outside from the home and you return back to home do not enter directly in the home first take bath/snan and then enter the house.

f) Dhoopana - Dhoopana is a method by which drugs of herbal, herbomineral or animal origin are used for fumigation. Since Vedic period sterilization of house & environment around it by Dhoopana, has been going on traditionally. Dhoopana has been mentioned in Atharva Veda. Dhoopana has also been mentioned for its antimicrobial and growth promoting activities for the healthy production of plants in Vrikshayurveda. Dhoopana is an integral part of Rakshavidhi, which ensures protection against microbes. Plants: Kusthahara, Krimighna, Kandughna & Vranahara gana. These drugs mostly have anti microbial properties. Minerals: sulphur compounds Haritala, Manashila. This sulphur might play a key role in the disinfection. In the end of the day we can use dhoopana at our houses to purify air & to kill viruses outside our home.

g) Sadavritta Palan – Codes of conduct for healthy life.

Ayurveda describes health as a balance of body, mind, social and spiritual well-being. In order to achieve this, Ayurveda prescribes certain codes of conduct and this is known as Sadvritta. The root 'Sad' means good and 'vritta' means regimen. Sadvrittis are applicable to people of all age groups,

at all times and at all places. Practicing the codes constantly brings inner peace and happiness, and violating them makes a person angry and agitated. The codes of conduct can be divided as - Ethical or Vyavaharika sadvritta, Social or Samajika sadvritta, Mental or Manasika sadvritta, Moral or Dharmika sadvritta, and Physical or Sharirika sadvritta. Ayurveda covers the physical and mental codes of conduct to be followed under the aegis of Achar Rasayana. Right now sadvritta palan is very most important for the human beings and for the government of India. Our prime minister declared all lock down stay at home don't go outside so this is our duty to stay safe at home. Avoid social gathering & maintain social distancing. Follow the government rules. Satya palan do not hide anything from the doctors, police or government. Do not hide any symptoms give proper history to Medical team. Daya – raise hand over stigma & create awareness. Daana – Donate the needy, build social network, share correct information. Devata puja, japa, tapa to overcome from the stress. Achar rasyan do not shout or use rude language, act to the victims, do not hurt health workers & COVID warriors. So if we follow all these sadvritta we definitely win the fight against a novel corona virus with the help of Ayurveda.

h) Aahar – Vihar (Diet)

Don't take too much sweet food, eat only when you are hungry, in Ayurveda mentioned take meal only at 2 times in the morning and evening, follow this 2 times meal. At this time enjoy basmati rice and mung dal kitchari with sabji vegetables (a style of cooking vegetables with spices). Hot food is good. It is better not to take cold drinks. No iced water; no iced cold beverage. No yogurt, cheese or ice cream. Don't take tea, coffee repeatedly. Avoid day sleeping. Take proper 7-8 hrs sleep at night. Avoid habits like smoking, drinking. Concentrate on how to boost immunity with the aahar and vihar.

i) Rasayana - Rasayana is defined as a therapeutic measure which promotes the longevity, prevents aging, provides positive health and mental faculties, increases memory, and impart resistance and immunity against diseases. Is a Sanskrit word literally meaning path (āyana) of essence (rasa). It is an early ayurvedic medical term concerning the means of lengthening lifespans.

1. Cyavanaprāśa: 12 to 24 g. to be taken with 100 to 250 ml. milk thrice a day. It is useful in chronic cough and tuberculosis, and to increase the weight.
2. BrāhmīGhṛta: 12 to 24 g. to be taken with 100 to 250 ml. milk twice a day.
3. ŚatāvārīGhṛta: 12 to 24 g. to be taken with honey followed by 100 to 250 ml. milk twice a day.
4. Vasanta-Kusumākara: 60 to 120 mg. to be taken with honey followed by 100 to 250 ml. milk twice a day.
5. Mahā-Lakṣmī-Vilāsa Rasa: 60 to 120 mg. to be taken with honey thrice a day.
6. Makara-Dhvaja: 30 to 60 mg. to be taken with honey thrice a day.
7. DhātriRasāyana: 12 to 24 g. to be taken with 100 to 250 ml. milk thrice a day.
8. Amṛtaprāśa: 12 to 24 g. to be taken with 100 to 250 ml. milk thrice a day. It is useful for increasing the weight.
9. Agastya-Harītakī 12 to 24 g. to be taken with 100 to 250 ml. milk thrice a day. It is useful for decreasing the weight of fatty persons.
10. AbhrakaBhasma: 60 to 120 mg. to be taken with honey followed by 100 to 250 ml. milk.
11. PūrṇaCandra Rasa: 60 to 120 mg. to be taken with honey followed by 100 to 250 ml. milk.

j) Yoga –

Do the regularly sury namskar in the early morning. Do some yogasana -- camel pose, cobra pose, cow pose, boat, bow, and bridge pose, locust, lotus, and lion pose. There is a package of eight [beneficial] pranayama exercises: Bhastrika, Kapala Bhati, Anuloma Viloma, Brahmari, Utjayi, Utgeet, and finally Sheetalī and Sheetkari. Just by doing this package of eight pranayama, we can strengthen our immune system including our pranavaha srotas, our respiratory system. Rasa vaha srotas, our lymphatic system will be cleansed, and that way we can boost our energy. This will maintain the balance of ojas (immunity, strength), tejas (digestion both subtle and gross), and prāna (vital life force). Then do pranayama and then sit for meditation.

k) Other-

- To prevent the spread of COVID-19
- Clean your hands often. Use soap and water, or an alcohol-based hand rub.
- Maintain a safe distance from anyone who is coughing or sneezing.
- Don't touch your eyes, nose or mouth.
- Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.
- Stay home if you feel unwell.

- If you have a fever, a cough, and difficulty breathing, seek medical attention. Call in advance. Follow the directions of your local health authority.

Conclusion –

In Ayurveda Acharya CHARAK mentioned “Janapada Dvamsa Vyadhi”, which means worldwide epidemics. So corona virus is the one of them. This is a period to go within so we can follow our dinacharya [daily routine]. As long as we keep our agni (digestive fire) strong, then illness will not happen to us. So, Ayurveda has a great way of prevention. This is how we can prevent being affected by coronavirus. Keep your agni strong and, to do that, follow your dinacharya & Yoga. It is the first important thing that Swasthavritta (Ayurveda) recommends. If we follow the principles of swasthavritta and Yoga we can enhance our immunity and by that we can prevent the disease like COVID -19.

Let us walk together, share together, stand together

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