

Ayurveda and Yoga: An Immunity Booster at the Time of COVID-19 Pandemic

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Abstract: The global healthcare system is facing many challenges during the pandemic outbreak of COVID-19. From the Wuhan city of China a case of pneumonia has been reported in December, 2019, with a new type of pathogen. World Health Organization had given a name of this as Novel Corona virus (COVID-19), antiviral vaccine is still in progress of research. India has a treasury of some indigenous medicines like Ayurvedic, Unani and Siddha. Ayurveda is a classical medicinal system initiated in India from 2000 years ago. Ayurveda comes from the Sanskrit word “Ayur” that means life and “Veda” that means knowledge. So, ayurvedic can stimulate the immune-modulators within human body and enhance the immunity system. Ayurveda and yoga may support the patients of COVID-19 with improvement of quality of standard care.

Keywords: Ayurveda, Yoga, COVID-19, Pandemic.

1. Introduction

Ayurveda medicines and Yoga therapy is the most ancient approach of the Indian traditional medicinal system. Indian classical system of medicine is commonly known for the contribution of the ayurveda medicinal research. From the past 2000 years Ayurveda research has a good impact on the human being without any side effect and documented in the form of Sanskrit language. The book “A history of Indian medical literature” has played an important role on the Ayurvedic research with the contribution of three fatherly figures of Ayurveda Charak, Susruta and Vagbhata. Ayurveda research can be split into eight main sub-parts i.e., Diseases of the head and neck, surgery, toxicology, internal medicine, rejuvenation therapy, possession by spirits, aphrodisiacs and pediatrics. Caraka had given a brief description about all the therapies but specially discussed about internal medicine. Similarly, susruta has described well about the surgery. Vagbhata had given his knowledge through the two main books of traditional Indian medicinal research that is “The heart of medicine” and the “Summary of medicine” [1].

It is very unpredictable to depict the actual beginning of the yoga. This is one of the ancient classical therapy. Some researchers said that it originated 5000 or more years ago, whereas western scholars predicted that yoga originated from the time of Goutam Budhdha. Yoga is the part of the mature

civilization lifestyle and has carried out an honorable stream of tradition of ancient time. The yoga therapy can be bifurcated into four approaches. Those are Vedic yoga (This kind of yoga has described in the different vedas like, Yajur, Sama, Atharva and Rig and Vedic yoga is also known as Archaic Yoga), Preclassical yoga (This type of Yoga includes different gestures and affectations and very closely associated with the vedic yoga), Classical yoga, Postclassical yoga and Modern yoga [2].

In recent past, World Health Organization (WHO) has declared the extreme outburst of SARS Corona virus disease (COVID-19) as PHEIC (Public Health Emergency of International Concern). And in the recent scenario no as such antivirus vaccine is available for the treatment of this. So, as it was started from the Wuhan city (China) but now has spread almost all over the world. Many ayurvedic researchers have tried to investigate the Indian classical medicinal system to provide any solution against COVID-19.

2. Perspective of Ayurvedic Research for Covid-19

In terms of sever clinical and health condition four specific approaches can be identified. For sampling researchers can choose different four groups like firstly, the groups that are having no symptoms of the COVID-19 disease. Secondly, those who are having high risk of affection with some critical health challenges like Bronchitis, Diabetes Mellitus, Chronic obstructive pulmonary disease and chronic liver diseases and many more. Thirdly, those who have no fever but symptoms of chills and some respiratory difficulties in early stage and fourthly, the uncomplicated covid-19 affected patients with fever, but without dyspnea and hypoxemia. There are some preventive valuable precautions can be taken from the Indian classical ayurvedic research. The group of people who are not having any symptoms of COVID-19 affection they can take 200 ml of haridra (turmeric) milk and cow ghee along with 10 ml of rice or roti. Chyawanprash Avaleha (10 gm) can be taken once in a day before breakfast. Dhopana of house by saal (*Shorea robusta*) Resin, Neem (*Azadirachta indica*) leaves, coconut shell and hingu has to be taken twice in a day (in evening and morning). The group are having high risk of having can be taken 250 mg of Gudduchi tablet or Samsamana vati twice in a day

after lunch or dinner. 200 ml of haridra (turmeric) milk or cow ghee along with 10 ml of rice or roti and Dhopana of house by saal (*Shorea robusta*) Resin, Neem (*Azadirachta indica*) leaves, coconut shell and hingu can also be a good alternative. But the patients who are having smoking allergy should strongly avoid the dhopana, Neem leaves, coconut shell and hingu. The patients are in early stage with chill and some respiratory challenges can prefer two table spoon of sudarsana Ghana vati and Gudduchi tablet or Samsamana Vati twice in a day respectively. 200 ml of cow ghee or haridra milk with 10ml rice or roti is also very helpful. The patient with body temperature 37 °C and above has considered as uncomplicated COVID-19 infected. They are subjected to take one table spoon of Suvarna Vasanta malati rasa-125 mg with the Parijata leave juice, twice in a day. Similarly, as an alternative two table spoon of Sudarsana Ghana vati after lunch and dinner, 20 ml of Amruti kasayam with 20 ml of luke warm water can also be preferable [3]. Sars Cov-2 virus basically reduced the immune system of the human body and infected the whole respiratory system. Infection has occurred within two phases. One is immune defected based protective phase and another one is inflammation driven damaging phase. As per the ayurvedic research, Ashwagandha (*Withania somnifera*) has a potential ability to immune the human body and can fight against the Sars Cov-2 Virus [4]. As this is having a phytocompound known as Withanone, which can helps to block the activity of the Main protease of the Sars Cov-2 virus. Main protease helps to virus replication activity. So, this phytocompound can play a role to protect the human body cell from the virus [5]. Ashwagandha can restore the immune homeostasis in any erythrocytic condition. Ashwagandha can be a strong alternative of Hydroxychloroquine and also it can be modulate Th-1 and Th-2 immunity in human body. Along with this some more ayurvedic modulator like Amlaki (*Phyllanthus emblica*), Guduchi (*Tinospora cordifolia*) and Shatavari (*Asparagus racemosus*) can also strong human's immune system and fight against the COVID-19. Several prophylactic and therapeutic approaches can be initiated against the COVID-19 virus with the ayurvedic medicinal research [4]. Warm water with different spice ingredients like yasthimadhu, ginger, Indian sarsaparilla, cinnamon, catechu etc. is very good for health and also cures the inflammation, fever or some asthma allergy. Oral and tonsillar parts of the mouth are the entry part of any micro structural virus. So, by mouth rinses and gargles with warm liquid can be beneficial. Cleaning of nasal passage with the warm salt water, using of the glycyrrhizin are the approaches for protecting the mouth from the virus [6].

3. Yoga: A Key to Build Up the Immunity

Yoga is the India's gift to the world and India's ancient wisdom that makes life healthy and happy forever.

"Pranayama" has introduced different breathing techniques and improved the lung activity, different postures and procedures are known as "asanas" and "Yogic kriya"

respectively. Those can cure the lung breathing ability, and the exercise tolerance of the human body. In the rising time of the pandemic situation during COVID-19, it is very obvious to see many cases of anxiety, depression and some misbalance of mental piece among the human civilization. Mental stress and depression have the strong probably of the deduced respiratory immunity. Social distancing is also a reason of loneliness, as no public gathering, family get-together is possible in this situation. Meditation can be a process to deduce the inflammation and can stimulate the immune factors in the human body [6].

Yoga is holistic therapy approach and can facilitate the immune system of the human body strong by praise the will power. A strong approach described in literature about the "Pratipaksha Bhavana", where "Pratipaksha" means opposite and Bhavana means thoughts or emotions. By this therapy anybody can control the mind piece and a challenging mind practice. This technique works on the mind towards the positive and non-violent thinking [7].

4. Conclusion

Thus, yoga asana and ayurvedic medicinal research has an impactful role in the time of COVID-19 pandemic situation. Ashwagandha (*Withania somnifera*) is an important medicinal herb with various good attributes which can protect our body from the infection of the virus and increase our immunity system. Not only ashwagandha, but some home kitchen ingredients like ginger, turmeric can be very good for health. Rasayana is technique of ayurvedic which can fight against the virus to enhance the immunity. So, immunity is somehow the main key point to protect the body from the SARS Cov-2 virus. And immunity system is also connected with humans' mental stability and peacefulness. So for the mental relaxation Yoga is helpful factor.

So, the global medicine researchers are hounding after the preparation of vaccine against this COVID-19 virus to stop this pandemic expansion. But in India the Ayurveda is a classical and ancient medicinal research and very helpful to enhance the immunity system of human body in various way. If human body will be strong enough with high immune system, then there is a probability that the virus may be inactive within the body. So, for that daily different gesture of yoga practice 10-10 min twice in a day and taking some ayurvedic medicines are needful. Hence forth, a promotion of several ayurvedic medicines with systematic dose should focus more in this outbreak of COVID-19.

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