

Importance of Ayurveda for Management of COVID 19

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How to cite this article:

Sangeeta Ahuja. Importance of Ayurveda for Management of COVID 19. Int J Food Nutr Diet. 2020;8(3):123–127.

Abstract

Ayurveda is an ancient plant science. According to the type of the human body the combinations of doshas must be balanced. When the doshas become unbalanced the body showing some form of disease and disorder. The symptoms may be same for so many problems. So, the Ayurveda concentrate on the balancing the body that the doshas instead of something else but it totally depends upon the type of body. After identifying the body types the management of all diseases even Covid 19 can also manage to the large extent.

Data have been obtained and rigorous experimentation with statistical testing with inference have been done. The utilization of Ayurveda in life for balancing the doshas and increasing the immunity manage the treatment of patients suffered from Covid 19 gives promising results.

Keywords: Covid 19; Vata; Pitta; Kapha; Mind; Soul; Digestion; Meditation; Management; Happiness; Treatment; Spices; Herbs.

Introduction

Ayurveda is known as healing science or the “science of life”. Ayurveda knowledge originated in India more than 5000 years ago. Ayurveda stems from the ancient Vedic culture. Many of natural healing systems have roots in Ayurveda. Ayurveda a Sanskrit word refers to the ‘science of life and longevity’. Ayurveda adopts a holistic approach towards healthy living and is considered to be one of the oldest medicinal systems in the world. The base of Ayurveda philosophy to balance the body, mind and spirit. Both prevention and healing are carried out through natural means.

According to Ayurveda, each person is born with a life force that comprises the five elements or building blocks of nature earth, air, water, fire and space. We possess a unique balance of these five elements is known as Doshas. There are three fundamental dosha vata, pitta and kapha and a

good health is considered to be a perfect state of balance between these three doshas.

The anatomical and physiological components of the human body are these three humors or doshas. They acts as constituents and protective barriers of the body in its normal physiological condition when out of balance. They contribute to disease process. The food and the individual actions nourish the humors and based upon the predominance of a particular humor, the human body is constituted. Accordingly each person is classified as vata, pitta and kapha.

For assessment of prakriti many factors have to be taken into consideration such as body build, skin, body temperature, hair, forehead, eyes, nose, lips, teeth, tongue, shoulder, joint, palms, nails, gait, muscles, physical activity, mental disposition, memory, speech and voice, sleep, sensitivity to weather, thirst, sweating, hunger, sweating, hunger, capacity of ingest food, food habits, capacity to digest food, Urine, Stool, Anger, Intolerance, Problem facing.

Ayurveda encourages the maintenance of health by maintaining the balance in one’s life, right thinking, diet, lifestyle and the use of herbs. Each person is having unique pattern of energy i.e. physical, mental and emotional characteristics

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which comprises their own constitution. The constitution is determined at conception by number of factors and remains the same throughout life.

Many internal and external factors acts upon us to disturb this balance and are reflected as a change in one's constitution from the balanced state. The solution is to understand the factors to nullify the cause of imbalance and reestablish the original constitution.

Through one's life, these constitutions may change based on physical, mental and emotional conditions. It is important to identify one's dosha and then create a lifestyle that suits it. This means adapting a diet and daily routine board on one's dosha. Ayurveda divided the different body into seven categories. Here it is possible for a person to be vata, pitta, kapha, vata-pitta, pitta-kapha, vata-kapha or tri-dosha. However there is no best or perfect body types.

Everyone has a different combination of them and this determines one's genetically inherited physical and personality traits. Through one's life, these constitutions may change based on physical, mental and emotional conditions.

Various characteristics determine the dosha of an individual viz., body frame, body weight, skin type, eyes, hair, complexion, disease tendency, personality weakness, physiological traits, miscellaneous traits etc.

Energy is required to create movement so that fluids and nutrients get to the cells, enabling the body to function. Energy is also required to metabolize the nutrients in the cells and is called to lubricate and maintain the structure of the cell.

Vata is the energy of movement pitta is the energy of digestion or metabolism. Kapha is the energy of lubrication and structure. All people have qualities of vata pitta and kapha but the constitution is different. According to Ayurveda, the cause of disease is viewed as a lack of cellular function due to deficiency of vata, pitta or kapha. Disease can also be caused by the presence of toxins. For maintaining the balance in the body, mind and consciousness the understanding of vata, pitta and kapha is most.⁶⁻⁹

Vata, pitta and kapha are the combinations and permutations of space, air, fire, water, earth elements that manifest as pattern present in all creations. In the physical body vata is the subtle energy of movement, pitta is the energy of digestion and metabolism and kapha the energy that forms the body's structure. Vata is the subtle energy associated with movement composed of space

and air. It governs breathing, blinking, muscle and tissue movement, pulsation of heart and all movements in the cytoplasm and cell membranes. In balance vata promotes creativity and flexibility. Out of balance, vata produces fear and anxiety. Pitta expresses as the body's metabolic system made up of fire and water. It governs digestion, absorption, assimilation, nutrition, metabolism and body temperature. In balance, pitta promotes understanding and intelligence. Out of balance, pitta arouses anger, hatred and jealousy. Kapha is the energy that forms the body structure-bones, muscles, tendons and provide the glue that holds the cells together formed from earth and water. Kapha supplies the water to all body parts and systems. It lubricates joints, moistures the skin and maintain immunity. Kapha is expressed as love, calmness and forgiveness out of balance, it leads to attachment greed and envy. To maintain the balance and health, diet and life style according to individual constitution strength the body, mind and soul. Drugs sometimes because of toxicity, weaken the body.

For balancing the kapha dosha one is suggested to be active, stay warm and active engage in stimulating activation avoid cold and dump things, cultivate physical challenges. For balancing the pitta dosha one has to be calm, rest and relax cut down striving avoid the sun. Stay cool. For balancing the vata dosha one has to be moderate adequate sleep disciplined schedule. Take in sun avoid over weakness stress, too much stimulation, wind and cold. To balance vata, pitta and kapha herbal remedies, warm oil massages, yoga and the diet is to be taken into consideration. To balance each dosha certain foods need to be consumed while some needs to be avoided.

One of the major reasons to kapha imbalance is excessive food consumption, and therefore a light, low fat diet of bitter, pungent and astringent tastes is recommended. This can include steamed or raw vegetables, ripe fruits, grains like oats, rye, barley and wallets, honey and strong spices like pepper, cardamom, cloves, mustard and turmeric. Kapha prikriti should avoid fats, milk and rice in their daily diet but can consume them occasionally.

High consumption of spicy and astringent foods attributes to vata imbalance. Hence a peace making diet with salty, sweet and sour tastes and warm, moist and easily digestible foods is recommended. This includes vegetables like broccoli, leafy vegetables and cauliflower, wheat and rice, mild spices like cumin, ginger and cinnamons. In addition, most foods like berries, melons and

yogurt can help count-balance vata’s as compared to other hydrating cooked foods such as soups or stews. Only foods like avocado, buttermilk, cheese, whole milk, coconut, nuts and seeds are supportive as well. People with vata prakriti should have slightly fatty foods and drink warm milk at night.

Excessive consumption of alcohol and spicy, oily, fried, salty, fermented food may result in pitta imbalance. They should avoid spicy, acidic or hot foods. Pitta balance can be restored with sweet, bitter and astringent tastes and heavy, cool foods such as sweet fruits, dairy products, curry leaves, barley, oats and nuts. Avoid sour fruits potatoes, tomatoes, eggplant etc.

Irrespective of prakriti, one must always eat food on time, the ingredients should be seasonal and the meals should have a balance of all the ingredients required by the body to maintain good health and wellbeing.

Importance of Ayurveda in the Covid 19 pandemic

Most of the countries are facing the COVID 19 problem since last year. To deal with the impact of COVID 19 pandemic, Ayurveda plays a very important role.

Covid 19 epidemic disease various symptoms like body pain, cough, loss of taste, smell and abdominal pain, fever etc. Due to this deadly virus many people facing the hardships. Impact of lockdown completely effect the livelihoods earning of most of us. Workers are facing a lot 66% lost their jobs, 64% change in earnings, 77% households consuming less food than before, 47% household don’t have enough money to buy even a week’s worth of essentials., 77% vulnerable household received ration, 49% vulnerable households received a cash transfer.

Clinical trials using Ayurveda remedy for Covid 19 shows ground breaking results. Numerous countries and states have adopted or mandated natural treatment for novel coronavirus have shown mortality rates less because of utilizing the Ayurveda in life. It is matter of great pride for India that our ancient sciences are coming to the forefront with this new empirical evidence and sharing the instance of Ayurveda in the pandemic.

Experimental Analysis

Data have been obtained of patients having symptoms of Covid 19. The patients belongs to

different gender, age groups, profession. 5% of the total patients admitted having were Covid negative. Out of all Covid positive patients few have already suffered from some of the disorder/disease very few patients out of Covid positive were not having any disease in the past. All the corona positive patients have taken the ayurvedic treatment for the Covid recovery. Using the Advanced statistical technique Discriminate Analysis^{1-4,10}, prediction have been done. The recovery score have been computed. About 84% of the patients have been completely recovered within 22-25 days. In the first week, recovery was bit slowly, symptoms were very much visible. Gradually the observations were very much improved after utilizing the ayurvedic treatment. Out of 84%, 47% already had some disease/disorder in the past and 37% were not having any problem in the past (Fig. 2). Remaining 16%, 5% are Covid negative. Out of 11%, 7% are above age 69 to 78 years of age (male and female both) had low immunity and 4% are less than 45 years of age, were having low immunity.

There is no comparison of any type of treatment, the thing which is important is the recovery of the patients with less and no side effect. Since till now there is no vaccination of Covid. Ayurvedic treatment gives promising results. The test of significance have also been obtained at different level of significance.(Fig. 1 and 2)

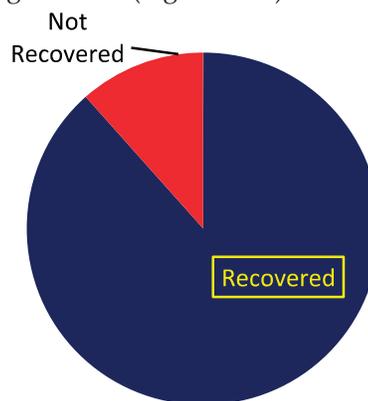


Fig. 1: Covid 19 Patients: Recovery.

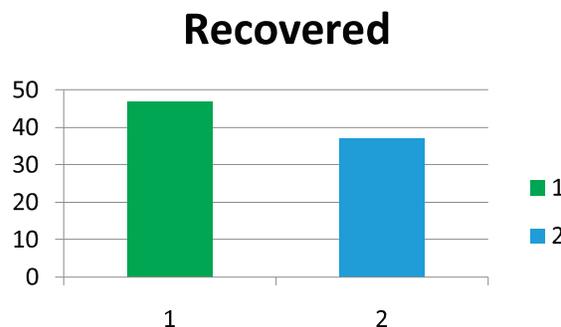


Fig. 2: Covid 19 Recovery with/without disease of history.

Ayurvedic Treatment

Various things one has to keep in mind while management of Covid. Clean hands often, Cough and sneeze in the bent elbow, avoid touching one's eyes, nose and mouth. Limit social gatherings and time spent in crowded places, avoid close contact in some who is sick. Plant based science plays very important role. For uplifting and maintaining the immunity ministry of Ayush⁵ recommends the following self-care guidelines for preventive healing measures and boosting immunity.

Prevention is better than cure for happy and healthy life. It is true that stress and anxiety are part and parcels of a modern busy life, which cannot be ignored but it is essential to manage your stress level by practicing yoga or by other means, else in no time it can turn into a chronic heart condition.

Use boiled water instead of normal drinking water, use giloy, amla, herbal tea, cumin, moringa, tulsi, coriander, garlic, ginger, turmeric golden milk. Daily practice of yogaasans, pranayama and meditation for at least 30 minutes as advised by ministry of Ayush.⁵

For immunity promoting one can take chyawanprash 10 gm in the morning. Diabetic should take sugar free chayanmanprash, Drink herbal tea/kadha made from basil, cinnamon, black pepper, dry ginger and raisin- once or twice a day.

Simple ayurvedic procedures (i) Nasal application Apply sesame oil coconut oil or ghee in both the nostrils in the morning and evening (ii) Oil pulling therapy Take 1 table spoon, coconut oil or sesame in the mouth and spit it off followed by warm water rinse. This can be done once or twice a day.

During dry cough/sore throat steam inhalation with fresh mint leaves or caraway seeds can be practiced once in a day. Clove powder mixed with natural sugar/honey can be taken 2-3 times a day in case of cough or throat irritation. These measures generally treat normal dry cough and sore throat.

The influence of mind and emotions on our immunity is a new system that is being studied in the past four/five decades known as psychoneuroimmunology. This studies the effect of the central nervous system on various factors responsible for immune response.

Many Factors that acts negatively on Immunity. The diet that is not nutritionally balanced and supportive to dosha balance. Excessed intake of processed sugars and additives for artificial

flavoring is known to weaken the immune system. Excessive alcohol intake, irregular sleep, high stress, obesity, chronic medications, Dehydration.

There are so many factors that help augment immunity in Ayurveda. Aahra vihara nidra boost your immunity. A well balanced diet with all size tastes and qualities balanced based on ones dosha, Regular yoga practice, use variety of spices practice into the daily dietary routine. Most spices are high in their oxygen radical absorbance capacity and reduce cell damage and maintain integrity. Regular detox plants like fasting or proper panchkarma cleanse once a year. Consumption of rasayana herbs like ashwagandha and amla. Taking oil bath reduces stress levels and improve the quality of sleep which ultimately increase in immunity.

For getting peace of mind one should find some time for meditation which is a medium to get connectivity with GOD through the soul.

Conclusion

Ayurveda is an ancient plant science. Ayurveda is the balance of body, mind and soul. The body that is the prikriti of the individual is unique and the constitution of the body has been decided at the time of conception by the super power GOD. The constitution of the body are of one of seven kind basically a combination and permutation of vata, pitta and kapha. According to the type of the human body the combinations of doshas must be balanced. When the doshas become unbalanced the body showing some form of disease and disorder. The symptoms may be same for so many problems. So, the Ayurveda concentrate on the balancing the body that the doshas instead of something else but it totally depends upon the type of body. After identifying the body types the management of all diseases even Covid 19 can also manage to the large extent. The use of herbs, spices, hot water is must. The ratio doses are different for different body types.

The mind is related to neurons nervous systems which in terms of Ayurveda also have good/bad effect on health. To increase the energy happy hormones and optimism is very much needed. Soul is the interface between human and GOD. For peace of mind happiness yoga and meditation is must. For maintaining the body structural exercise is also needed. After balancing the body relaxing the mind and soul by maintaining the proper lifestyle, dietary habits and faith in GOD and oneself leads to perfect healthy wealthy happy life.

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