



# INTERNATIONAL JOURNAL OF RESEARCH IN PHARMACEUTICAL SCIENCES

Published by JK Welfare &amp; Pharmascope Foundation

Journal Home Page: [www.ijrps.com](http://www.ijrps.com)

## Role of Rasayana (Kutipraveshik Rasayana and Achar Rasayana) in the Prevention of Covid 19 Like New Diseases

Anupam Amar Jilte, Mayuri Amol Deshpande\*

Department of Kayachikitsa, Mahatma Gandhi Ayurved College and Research Centre, Datta Meghe Institute of Medical Sciences (Deemed to be university), Wardha, Maharashtra, India

### Article History:

Received on: 05 May 2020

Revised on: 01 Jun 2020

Accepted on: 22 Jun 2020

### Keywords:

Rasayanachikitsa,  
acharrasayana,  
kutipraveshik,  
shodhan,  
Ayurved

### ABSTRACT

In the wake of the Covid 19 outbreak, entire mankind across the globe is suffering. Corona virus disease (COVID-19) is an infectious disease caused by a new virus. *Ayurveda*, being the science of life, propagates the gift of nature in maintaining healthy and happy living. *Ayurveda* scripts also talk about a similar treatment form, more rightly called the Rejuvenation and Revitalization Therapy. In *Ayurveda* this COVID-19 like newly originated diseases which affect person and spread faster over across the world which is correlated with *Janopadhuwansa*. Method of consuming *Rasayana* by entering into an isolated and specially constructed cabin and staying there in until the completion of therapy. *Achara Rasayana* is a code of conduct, which includes the maintaining living standard based on honesty, trust, faith, love and truth. This is further helps in fighting against various newly originated diseases like COVID-19.



### \*Corresponding Author

Name: Mayuri Amol Deshpande

Phone: +91-9130292949

Email: mayuribawane12@gmail.com

ISSN: 0975-7538

DOI: <https://doi.org/10.26452/ijrps.v11iSPL1.2713>

Production and Hosted by

IJRPS | [www.ijrps.com](http://www.ijrps.com)

© 2020 | All rights reserved.

### INTRODUCTION

In the wake of the Covid 19 outbreak, entire mankind across the globe is suffering. Enhancing the body's natural defence system (immunity) plays an important role in maintaining optimum health. We all know that prevention is better than cure. While there is no medicine for COVID-19 as of now, it will be good to take preventive measures which boost our immunity in these times ([Ayush Ministry, 2020](#)).

Corona virus disease (COVID-19) is an infectious disease caused by a new virus. The disease causes

respiratory illness (like the flu) with symptoms such as a cough, fever, and in more severe cases, difficulty in breathing. You can protect yourself by washing your hands frequently, avoiding touching your face, and avoiding close contact (1 meter or 3 feet) with people who are unwell. Coronavirus disease spreads primarily through contact with an infected person when they cough or sneeze. It also spreads when a person touches a surface or object that has the virus on it, then touches their eyes, nose, or mouth. For the prevention of the Corona virus spread cover face and wash hand frequently ([Who Health Topic, 2020](#)).

*Ayurveda*, being the science of life, propagates the gift of nature in maintaining healthy and happy living. *Ayurveda's* extensive knowledge base on preventive care, derives from the concepts of "*Dinacharya*" - daily regimes and "*Ritucharya*" - seasonal regimes to maintain healthy life. It is a plant-based science. The simplicity of awareness about oneself and the harmony each individual can achieve by uplifting and maintaining his or her immunity is emphasized across *Ayurveda's* classical scriptures ([Ayush Ministry, 2020](#)).

*Ayurveda* scripts also talk about a similar treatment

form, more rightly called the Rejuvenation and Revitalization Therapy. It includes a rigorous procedure but what is surprising is the outcome that has been experienced by several *maharishis*(Saints) of the time (Vagbhata *et al.*, 2009a). There have been texts stating that the saints who practiced this treatment called *KutiPraveshika Rasayana*, they reversed the process of ageing, extending life spans for up to 180 years with complete functionality and flexibility. Moreover, the process healed existing ailments and rejuvenated the body from its very core.

### Objective

To review over the *Ayurvedic* manuscripts and find out the safest procedure of *Kutipraveshik Rasayana* and *Achar Rasayanain* the correlation with COVID-19 virus.

### MATERIAL AND METHODS

The data will be collected from various *Ayurvedic Samhita* and the review article which is based on the *Rasayan Chikitsa* and from *easyayurveda* (Vagbhata *et al.*, 2009b) online website and WHO online website. Information was collected from Google scholar, Pub Med, WebMD, YouTube Research gate. *Ayurved* rejuvenating which play role as antioxidants which help in development of immunity may prove useful for the current review on the prevention of infectious diseases like Covid-19

### Observation

In Ayurveda this COVID-19 like newly originated diseases which affect person and spread faster over across the world which is correlated with *Janopad-hudhwansa*. *Ayurveda* tells about various reason behind the COVID like newly originated diseases and how to treat and cure the diseases. Behind the origin of COVID like diseases i.e there are such factors - air, water, location and season (*Vayu, Udaka, Deshaand Kala*). Vitiation of these factors leads to the simultaneous manifestations of diseases having the same set of symptoms leading to the destruction of a country (Krishnyamurti *et al.*, 2016).

Line of treatment of epidemic diseases are *Panchakarma* and *Rasayana chikitsa*. (Krishnyamurti *et al.*, 2016). In this article told about *Kutipraveshik Rasayana* and *AcharRasayana* with respect to COVID - 19.

### Type of Rasayana

According to Acharya Charak, Rasayan is divided into two main types,

#### 1. Kuti Pravesika Rasayanam

In this method, the rejuvenation therapy is done in a cabin made up of Soil and cowdung (Vagbhata *et al.*, 2009c). The patient has to follow all the food and behavioural regime. In this therapy, the sitting arrangement is made such that the patient has to move along with the sitting porch. In the middle of the room, the hot box is kept which contains burning coal. The shape and size of that Cabin are mentioned in Samhitas.

#### 2.Vatatapika Rasayana

In this method, the patient can consume Rasayan therapy with normal living style (Vagbhata *et al.*, 2009d). Patient don't have to follow any food and behavioural regime.

#### Procedure

1. How to get prepare for KutiPraveshika Rasayana Pre – procedure
2. Construction of rejuvenation cabin

First step for Kutipraveshik rasayana is constuction of *Kuti*. It should be newly made for every patient. Kuti should be Made on proper land. It should be examined thoroughly.

#### Land examination

Examination of Land is one of the most important norms while construction of Kuti.

Following things should be considered while making Kuti ,

1. **Nripa, vaidya, dwijaateenaamsaad-hoonaampunyakarmanaam**

It should be a land where people who are celestial and involved in dutiful and superior deeds, kings, physicians, *Brahmins*, warriors, businessmen and righteous people dwell.

#### 2. Nirbhaya

a place where in one can stay without any fear, such as fear from any wild animal, thieves, any kind of infection.

#### 3. Shasta

place chosen should be propitious and superior enough.

#### 4. Prapyaupakarane

place where all the necessary facilities and essential things are effortlessly obtainable (Vagbhata *et al.*, 2009e).

#### 5. Kuti

Kuti should be constructed such that it faces North or East direction (Tripathi and Pandey, 2007a).

### **Configuration, characteristics and facilities in the Kuti**

The Rejuvenation therapy chamber should be constructed in the below mentioned form and should consist of the below mentioned facilities.

#### **1. Vistarautsedasampannam**

The cottage should be designed to numerical accuracy i.e. its length, breadth and height should be satisfactory and relative enough such that it should be good enough for a person to dwell in it (Raghuram and Manasa, 2018).

#### **2. Trigarbha**

*Trigarbha* means having three cabins. The cottage is constructed in such a way that it consists of 3 cabins one inside the other. The third chamber is the innermost. The person willing to take Kutipraveshik rasayan is supposed to live in this cabin. The innermost cabin is surrounded by the middle cabin and it is surrounded by the outer cabin. The doors of the cabins should not face one another. The doors should not be in straight line one in front of another (Tripathi et al., 2007a). The person have to stay in outermost chamber at starting, then in middle cabin and then in innermost cabin.

#### **3. SukshmaLochanam**

Every cabin should have small windows so that the cabin is enlighten and the temperature inside it is maintained (Tripathi et al., 2007b).

#### **4. Ghana bhittim**

The walls of the cabin should be thick.

#### **5. Rutusukham**

It should be suitable in all seasons for dwelling.

#### **6. Suspashtaam**

The cottage and rooms within it should have right things placed in right places. It should have specific places meant to do ultimate activities and efficient according to premeditated engineering (Tripathi et al., 2007c).

#### **7. ManasahaPriyaam**

It should be such that it creates pleasing mind.

#### **8. StreeVivarjitam**

There should be restriction to entry of women in the cabin.

#### **9. IshtaUpakaranopetam**

Cabin should be equipped with all materials which are pleasant to the person who is undergoing the rejuvenation therapy and also all those materials of necessitate.

#### **10. sajjavaidhyaushadhadwijaam**

The physicians, medicines and Brahmins should be available whenever required (Tripathi and Pandey, 2007b).

### **Patient admission**

Admission of the patient / client into the rejuvenation resort

#### **1. Examination of the person willing to take rejuvenation therapy**

Just before posting the person into rejuvenation cabin, he should be examined systematically. Any physical and mental ailments should be ruled out. The person should be healthy at physical and mental level. *Charaka* tells that the person who is enriched with *Dhee* i.e. understanding, *Smriti* i.e. remembrance and vigour is fit to be admitted into the rejuvenation resort. He should also be cautious and have command over himself and situations. He should be devoid of contaminants of the mind i.e. *raja* and *tama* qualities.

#### **2. Actions and rituals to be done before entering the cabin**

Person should be kind-hearted towards other living beings including the people and animals around him. He should pray for their wellness and benefits. He should have reverence for the Gods, *Brahmins* and dutiful people. He should have haircut and get himself trimmed. After following all the above said rituals, he should enter the cabin when the Sun is in Northern solstice, during *Shukla Paksha* i.e. clear lunar fortnight, on an auspicious date and star constellation, having well equipped to stay in the cottage so as to undergo rejuvenation therapy in a proper and religious way (Tripathi and Pandey, 2007c).

### **Panchakarma therapies**

Administration of detoxifying therapies and rejuvenation therapy inside the rejuvenation cabin.

#### **Shodhana**

cleansing before giving *Rasayana therapy*.

After arriving in the *kuti*, the person should be administered with detoxifying therapy so as to clean the debris accumulated in the body. Purification therapy should be administered in the form of

#### **1. Vamana**

2. Virechana
3. Basti
4. Nasya

Detoxifying treatments will get rid of the body toxins, morbid bodily constituents and excreta. profit of *Rasayana* cant be encashed directly without taking detoxifying therapy. After taking the detoxifying therapy, the patient should be healthy enough and should have followed the i.e. *Samsarjanakrama*, the *Rasayanas* should be consumed (Tripathi and Pandey, 2007d).

#### Detox medicines

##### Formulation for *Shodhana – Haritakyadi Yoga*

Equal quantity of the powders of below mentioned herbs should be taken

- Haritaki
- Saindhavalavana
- Amalaki
- Guda
- Vacha
- Vidanga
- Haridra
- Pippali
- Shunti

This *Haritakyadi* powder of approximately 12 gms is given to the patient after snehan (Oil massage) and Swedan(Fomentation). This formulation causes purgation which detoxifies the body.

After body purification, light food is given to the patient according to Samsarjan karma (Tripathi and Pandey, 2007a).

#### Gruel administration

Administration of *Yavagu* for expelling the *Purana Mala* i.e. old stagnant excreta and morbidity . After this, *Yavagu* or medicated gruel prepared from old barley should be given mixed with ghee. The person who had mild cleansing should take *Yavagu*for 3 days, person who had taken moderate cleansing should take *Yavagu*for 5 days and who had taken optimum cleansing should take for 7 days. Alternatively, *Yavagu*should be given until all the old and accumulated wastes of the body are eliminated (Tripathi and Pandey, 2007b).

#### Rasayana administration

##### Administration of *Rasayana*

After analyzing proper signs of cleansing, the physician who has precise knowledge about the age, constitution, pathology and different kinds of *Rasayana* which need to be administered in different conditions and to different types of patients should administer *Rasayana* to the aspirant of rejuvenation staying in the Kuti (Tripathi and Pandey, 2007c).

##### Achar *Rasayana*

##### Definition of *Achara Rasayana*

*Achara Rasayana* is a code of conduct, which includes the maintaining living standard based on honesty, trust, faith, love and truth (Renita and Souza, 2018). *Achar Rasayan* means how ideally the person should be behave while moving in the society. (Dr. Jagdev Singh March 7, 2015)

##### Benefits of rejuvenating behavioral therapy – *Achar Rasayan*

1. sanguine thinking
2. Relieves mental tension and physical damage
3. develop serenity and open-mindedness
4. Helps to Maintain inter human relationships
5. Personality development

Acts as a catalyst for rejuvenating medicines(Dr. Jagdev Singh March 7, 2015)

##### Rejuvenation therapy is given in 3 forms

1. Dietary therapy (Aahara)
2. Medicinal therapy (Aushadha)
3. Behavioral therapy (Achararasayana)

Rejuvenation therapy gives best results when the willing person had undergone detoxification.

According to *Ayurveda*, the following *Achara Rasayan* can be followed or practiced with respect to COVID-19

##### 1. *Sathyavadhi*

Be ingenuous. Being ingenuous takes away lot of fretfulness and makes us more audacious

##### 2. *Madyamaithunanivrutham*

Avoid alcohol and maintain celibacy. Bramhacharya gives strength and peace at mental as well as physical level.

### 3. *Prashantha*

peaceful behaviour helps to be healthy in all aspects.

### 4. *Priyavadhinam*

Speeching style should be humble and should not hurt others. Words should be enlightening and delightful.

### 5. *Japa*

means to recite certain god, goddess names which gives mental peace and increases concentration and intellectuals.

### 6. *Shouchaparam*

means to maintain hygiene at personal and public level.

### 7. *Dheeram*

firm in thoughts and audacious and straight forward in actions.

### 8. *Daananithnam*

Do charity regularly. Charity can be done in the form of provision for a community cause. Charity should not only at economical level but

### 9. *Deva go bramanaacharyaguravidharan-eratham*

respect God, cow, *Brahmans*, teachers, preceptors and old people

### 10. *Sama jaagaranaswapnam*

to maintain health one should go to bed on time and awake on time.

### 11. *Aadhyathmam*

love for pious knowledge

### 12. *Pravanedriyam*

proper functioning of sense organs

### 13. *Upasitharamvridhanamaasthikanam*

respect seniors and those believe in existence of God (*Aastikas*)

### 14. *Jethaathmanam*

have self control

### 15. *NityamKsheeraGrithashinam*

Take suitable amount of milk and ghee (clarified butter) according to your digestion competence.

### 16. *Asankeernama*

Take a balanced diet and make a good plan for eating habits ([Tripathi and Pandey, 2007d](#)).

Now the Achar Rasayana which can be followed at the time of Covid-19 outbreak and how to become stop the spread of CORONA VIRUS in people. Now

after the outbreak of COVID like new diseases each and every person has follow the rule and guideline which is made by our government and health public sector which is,

1. Hand hygiene
2. Respiratory Hygiene
3. PPE ( personal protective equipment) according to risk
4. Waste management
5. Avoid close contact with people suffering from acute respiratory infection
6. Frequent hand washing , especially after direct contact with ill people or their environment
7. Wear Mask
8. Stay in home in the duration of covid 19 outbreak ([Benedetta Allegranzi WHO HQ, 2019](#); [Anthony Twyman WHO, 2020](#)).

This are the *Achar Rasayana* at the time of out break of CORONA VIRUS which can be followed by each and every person.

## DISCUSSION

After the outbreak of covid 19 every nation suffered with this disease , and every nation try to find out the safest and perfect medication on Corona virus (COVID -19 ) disease. But in *Ayurveda* told about *Janopadhoudhwansa* which can be correlated with outbreak of Corona virus diseases like newly originated diseases. In *Janopadaudhwansa* it is told about *Panchakarma* and *Rasayana* therapy treatment which is acquired during this type of situation . The corona virus which is spread by droplet and contact with human to human , so government take decision to Quarantine to all person in their house and make special ward for covid patients. Quarantine of person means the constraint of activities of or the severance of person who are not ill but who may be open to an infectious agent or diseases. Quarantine is different from separation, which is the separation of ill of infected persons from others to prevent the spread of contamination . After outburst of corona people are quarantine in their house at this time to get better immunity use the *Rasayana* therapy. *KutiPraveshika Rasayana* is isolation from the outside world wholly along with giving all sensory points in the body absolute rest. The minimum procedure time is 4 weeks and can go on for months. A

detoxyfying process is followed by the isolation procedure. During the isolation all aspects required to inhibit the senses are integrated. During the stay within a hut specially designed for this, a diet of milk and *Ghee*[clarified butter] and no solid food. As per confirmation, the results are mostly evident on the day of leaving the *kuti* (hut) itself. The person looks younger and feels being healthy. From this at the time of quarantine all the activity can be proscribed by government so at this movement can be use the *Kutipravesnik Rasayana* for the improvement of immunity or for boosting the immunity with also use of *Achar Rasayana* like wash hand regularly stay in home and stay safe from COVID- 19.

## CONCLUSION

Ayurveda is that science which is applicable in all eras. Today there is a new infection known as Covid 19 but we can fight and overcome that infection with the protocols given in Ayurved samhitas. The name of the disease may get change but the basic principles are same to avoid any kind of infection.

## ACKNOWLEDGMENT

Authors are thankful to Dr. Vaishali Kuchewar Dean MGACH & RC for providing such opportunity, also thankful Dr Punam Sawarkar and all other peoples who knowingly and unknowingly helped me in making manuscript.

## Conflict of Interest

No conflict of interest.

## Sources of funding

No any source of funding.

## REFERENCES

Anthony Twyman WHO 2020. celebrating nurses and midwives for clean care in the age of COVID-19 Online available.

Ayush Ministry 2020. *Ayurveda's immunity boosting measures for self care during COVID 19 crisis Ministry of AYUSH pdf 2020.*

Benedetta Allegranzi WHO HQ 2019. Considerations for quarantine of individuals in the context of containment for coronavirus disease (COVID-19).

Krishnyamurti, M. D., Raghuram, Y. S., Manasa, B. A. 2016. *Kuti Praveshika Rasayana-Rejuvenation Therapy In Health Chambers.*

Raghuram, Y. S., Manasa, B. A. M. 2018.

Renita, D. ., Souza 2018. *Achara Rasayana - Behavioral Therapy For Calm Mind And Long Life.*

Tripathi, B., Pandey, G. S. 2007a. *Agnivesha Charak Samhita*, with *Charak Chandrika Hindi commentary.*

Tripathi, B., Pandey, G. S. 2007b. *Agnivesha Charak Samhita*, with *Charak Chandrika Hindi commentary.*

Tripathi, B., Pandey, G. S. 2007c. *Agnivesha Charak Samhita*, with *Charak Chandrika Hindi commentary.*

Tripathi, B., Pandey, G. S. 2007d. *Agnivesha Charak Samhita*, with *Charak Chandrika Hindi commentary.*

Tripathi, B., Pandey, G. S., Sthana, C. 2007a. *Agnivesha, "Charak Samhita", with Charak Chandrika Hindi commentary. volume 1 of 16, page 9, Varanasi. Chaukhamba Surbharti Prakashan.*

Tripathi, B., Pandey, G. S., Sthana, C. 2007b. *Agnivesha, "Charak Samhita", with Charak Chandrika Hindi commentary. volume 1 of 17, page 10, Varanasi. Chaukhamba Surbharti Prakashan.*

Tripathi, B., Pandey, G. S., Sthana, C. 2007c. *Agnivesha, "Charak Samhita", with Charak Chandrika Hindi commentary. volume 1 of 24, page 12, Varanasi. Chaukhamba Surbharti Prakashan.*

Vagbhata, Hridaya, A., Vidyotini 2009a. *Hindi Commentary of Kaviraj Atrideva Gupta UttarSthana. volume 39 of 5, page 812, Varanasi. Chaukhambha Prakashan.*

Vagbhata, Hridaya, A., Vidyotini 2009b. *Hindi Commentary of KavirajAtrideva Gupta UttarSthana. volume 39 of 1, page 812, Varanasi. Chaukhambha Prakashan.*

Vagbhata, Hridaya, A., Vidyotini 2009c. *Hindi Commentary of KavirajAtrideva Gupta UttarSthana. volume 39 of 6, page 813, Varanasi. Chaukhambha Prakashan.*

Vagbhata, Hridaya, A., Vidyotini 2009d. *Hindi Commentary of KavirajAtrideva Gupta UttarSthana. volume 39 of 11, Varanasi. Chaukhambha Prakashan.*

Vagbhata, Hridaya, A., Vidyotini 2009e. *Hindi Commentary of KavirajAtrideva Gupta UttarSthana. volume 39 of 180, page 845, Varanasi. Chaukhambha Prakashan.*

Who Health Topic 2020. World Health Organization.