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Lockdown Lifestyle: Engaging the invisible Enemy

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ABSTRACT

At present, COVID-19 has created such a worse pandemic situation worldwide. The virus is responsible for severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). During quarantine, outside, there is the danger of getting physically sick due to infection (spreads with social contact) and inside due to mental and psychological stiffness. Once found proof of a range of psychological conditions during previous epidemics such as SARS, from post-traumatic stress symptoms to confusion, anger, depression, stress, insomnia, and emotional exhaustion. It is essential to look over schedule during this lockdown. From the sleeping time, exercise, diet, remain physically and mentally calm and relaxed. An estimated 2.6 billion people – one-third of the world's population – are living under some lockdown or quarantine. This is arguably the most massive psychological experiment ever conducted. There was no option to combat the COVID-19 crisis. Lockdown helps to break the chain of virus scattering in society and to minimize the disease rate as well as control the mortality rate. People didn't seem aware of how to face or schedule the lockdown period, and that creates a panic situation in the society. Thus, it is necessary to plan out the lockdown schedule to overcome physical as well as mental illness.



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INTRODUCTION

It's very challenging to deal with a pandemic circumstance unexpectedly. An expectancy is an invitation for mental disorders like anxiety, depression, loneliness, aggression—many questions bouncing, resulting in mental stiffness. Lockdown can not only adversely impact the economy and employment but

also One's State of mind [Nassisi et al. \(2020\)](#). 7.5 % of the country population of 1.3 billion suffer from some form of mental disorders, according to the World Health Organization (WHO) ([OMS, 2011](#)).

Lockdown during this extended period affects our psychological lifestyle, which we are accustomed to. It may disturb daily working hours, diet, interaction with the community, and other external factors. It is not only physically affect us but also mentally disturb our body ([Gavidia, 2020](#)). In Ayurveda context, summer is explained as the *Pitta* predominant season, overactive *Pitta* results in burning sensation, irritability, jealousy, criticism, anger, and explosive outbursts of mental, physical, and emotional nature, a cooling *pitta-pacifying* routine is ideal for all ([Rastogi, 2010](#)).

Lifestyle challenge

Starting up with early to bed early to rise, this balances our sleep cycle. Minimum, 7-8 hours of sleep is necessary to recover the body mentally and Phys-

ically.

Early rising enhances oxygen level in the body, which relaxes our state of mind. Early to bed give the proper duration of time to recover once body and hormones.

Pranayama and Yoga

You ever noticed how once the body feels when going under negative thoughts? Pranayama and Yoga Table 1 is a powerful depression fighter as it promotes all kinds of brain changes, including neural growth and reduced inflammation. It also releases endorphin, a powerful chemical in your mind that energizes your spirit and makes you feel relaxed (Krishnakumar *et al.*, 2015).

It activates our seven chakras, which enlightened our soul and helped us to fight against negative thoughts. During the lockdown, it's necessary to stay at home, resulting in stiffness and tiredness of our body muscles; yoga relaxes your muscles and increases blood flow (Woodyard, 2011).

Washing off stress

Currently, we are in summer; Refreshing our minds is very important. Bathing balances emotions, brain, and nervous system. It reduces the *Raja-Tama* predominantly particle in the body of a person and assists it in absorbing *satvik* waves from the atmosphere with ease.

It Removes tiredness, sleeping, exhaustion, burning sensation, itching. Calms and freshens the mind and elevate the energy level (Sengupta, 2012).

Use Aromatherapy

Aromatherapy helps to activate specific receptors in your brain, potentially easing anxiety. Whether in oil form, incense or a candle, scents like lavender and sandalwood can be very soothing. Through the sense of smell, the aroma quickly transmits a healing message to the brain, nervous system and mind (Barati *et al.*, 2016).

Family: Stress Buster

Spending time with family has proven to cope up with stress. According to psychology today, face to face contact with loved once can reduce the risk of mental illness, such as depression and anxiety.

Texting and social media are no substitution for it. Today, we have got such a beautiful time to cope up with our family, which use to be difficult for us because of piles of work (Sheidow *et al.*, 2014).

Remain Hydrated & Soothing Diet

When one feels stressed, adrenal glands can become exhausted and resulting in lower electrolyte levels.

The general recommendation for an adult is to drink at least eight glasses of water per day. The body should be well-nourished and hydrated. Breakfast between 8 & 10 o'clock, lunch between noon and two o'clock making this the main meal of the day as digestive fire is the most active at this time, and lastly, dinner should complete around sunset.

Now, as per summer, food should favour light, sweet, cooling, astringent Table 2 (Ulrich-Lai *et al.*, 2015).

Preserved hobbies

Writing down what's making anyone anxious gets it out of the head and can make it less daunting. It innovates the positive perception of the mind. Writing all about hobbies like singing, drawing, gardening, doing creative things, etc. makes one feel positive about their personality. One can get more familiar with skills and try to make them better.

Engaging yourself in such a great way motivates careful thought and keeps all worries and anxiety aside; this brings positive and energetic personality (Pressman *et al.*, 2009).

DISCUSSION

Accept that there are events that cannot control. Be assertive instead of aggressive. Assert once feelings, opinion, or belief instead of becoming angry, defensive, or passive. It's difficult to estimate when this lockdown will re-open, but a proper estimation of the stress and the anxiety level will surely help everyone to overcome it.

Managing this pandemic is not in once hands, but controlling this growing psychological pandemic is entirely in hands. Stress, anxiety, depression, loneliness, just stiff-up off the negative vibes and create a positive environment as per this lockdown lifestyle (Sheidow *et al.*, 2014). Make time for hobbies, interests, and relaxation (Pressman *et al.*, 2009).

Get enough sleep. The body needs time to recover from stressful events. Seek out social support. Spend enough time with family. Set aside relaxation time. Include relaxation in the daily schedule. Don't allow other obligations to encroach. Its time to take a break from all responsibilities and recharge self-batteries. Keep a sense of humour, it includes the ability to laugh at yourself, the act of laughing helps the body fight stress in many ways.

Eat a healthy diet. Well-nourished bodies are better to cope with stress, so be mindful of what you eat. Start your day right with breakfast, and keep your energy up and mind clear with balanced, nutritious meals throughout the day (Ulrich-Lai *et al.*, 2015).

Table 1: Effective Asana & Pranayama for lockdown period

S. No.	Asana & Pranayama	Properties
1	Dhanurasana	Valid for lethargy: It is beneficial for reducing inactivity. This asana works on your solar plexus directly at the navel region. These nerves offered better efficiency and improved working of significant organs like reproductive, eliminative, and digestive (Bhavanani <i>et al.</i> , 2014b)
2	Sukhasana	It spreads a sense of calm and peace through your mind and body (Shrirang and Surinder, 2015).
3	Nadi Shodhana pranayama	Restores balance in the left and right hemispheres of the brain, and clears the energetic channels (Bhavanani <i>et al.</i> , 2014a)
4	Sheetali pranayama	Balances excess pitta. Calms and soothes the mind, supporting mental tranquility (Sengupta, 2012)
5	Bhramari pranayama	It works on calming the nerves and soothes them, especially around the brain and forehead. The humming sound vibrations have a natural calming effect (Sengupta, 2012)
6	Anulom vilom	Increases pure oxygen supply throughout the body. Manages blood circulation. Effects on brain positive thinking (Sengupta, 2012).

Table 2: Type of diet and properties

S. No.	Type of Diet	Properties
1	Antioxidant	It can quell an anxious mood; moreover, they also protect the brain against oxidative stress. various studies have linked anxiety symptoms with lower consumption of antioxidants (Wilson <i>et al.</i> , 2017)
2	Herbal Tea	Sip on herbal tea to reduce anxiety Lakhani and Vieira (2010)
3	Yogurt	Works well in summer (digest easily). It is rich in tyrosine, which increases the serotonin level in the brain (ScienceDaily, 2017)
4	Garlic	A state implicates the development of hypertension called oxidative stress, where our body produces reactive oxygen species much higher than its antioxidant capacity. garlic is rich in antioxidants and helps to restore these antioxidants, which in turn soothe our stress level (Rahmani <i>et al.</i> , 2020).

Repetitive exposure of the stress response on our body is proven to lead to long-lasting psychological and physical health issues; these include cardiovascular disease, diabetes, anxiety, and depression. In children, chronic stress has negatively impacted their developmental growth due to a reduction of the growth hormone in the pituitary gland (Bhopal *et al.*, 2019).

It was Aristotle who once said “*Happiness is the meaning and purpose of life, the whole aim and the end of human existence*” – a sentiment that is still

true today. Routine can be an anchor. No matter what’s going on in our day, knowing that we will be having our evening meal around 6 pm, and going to bed around 10 pm, can be a real comfort. The certainty of our routine can help us to manage the uncertainty that life can throw up. Coping with unpredictable periods can feel more doable when we have a little structure in place to look. Having a routine can help us to cultivate positive daily habits and priorities self-care.

Organizing our time gives to have the opportunity

to build in blocks of time for things that are important to us. It can allow one to make daily habits that help to tackle mental health. It could include things like time to relax, or a regular bedtime. When they're part of a routine, it can make it easier to keep up with them because everyone has the time to do them and become 'new normal routine' that ultimately will keep soul energetic, healthy, happy, calm, charming, and positive.

CONCLUSION

Lifestyle pattern is very much important, one can incorporate pranayama, yoga, adopt aromatherapy, healthy hydrated diet, spend leisure time with family for suitable routine during lockdown to keep the body free from invisible enemy likewise negativity, stress, anxiety, and which boost body physically as well as keep mentally fresh, which will create proper constructivism in the life.

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Conflict of Interest

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