



Home Remedies for the Elderly in the direction of Protection against COVID-19: An Ayurveda perspective

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Article History:

Received on: 07 Jun 2020

Revised on: 15 Jul 2020

Accepted on: 18 Jul 2020

Keywords:

Preventive measures for COVID-19,
Home remedy,
Ayurveda,
Yogasana,
Rasayan

ABSTRACT

In the middle of the current coronavirus epidemic, it has become essential to be concerned about health. In conjunction with following the essential guidelines of social distancing and hand washing, it is advisable to look after the body's self-defence mechanism and resistance. The coronavirus, which is desolating the world, can affect anyone. Still, elderly citizens with pre-existing conditions like cardiac troubles, diabetes, asthma, and other cardiovascular diseases are actually at greater risk on the rise of severe, sometimes life-threatening symptoms. The majority of healthy people heal from the coronavirus rapidly after a few days of rest. People, who are with compromised immune systems, go down underneath the high-risk category. But if someone diagnosed in this group, there is no need to fear, as this risk can be alleviated by good and correct nutrition, strengthening the immune system, and ensuring correct safety measures to stay away from getting infected with the virus in the first place. The Ministry of AYUSH has released a listing of Ayurveda accepted practices to help out to improve immunity, particularly for the duration of the present times. Ayurveda information is derived on daily basis regimens or seasonal regimens. In this review, we summarise the ayurvedic practices and other measures that are reported helpful against the prevention of COVID 19. Considering this, an attempt has been made to screen classical literature for the remedies which can be used in Protection against COVID-19.



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ISSN: 0975-7538

DOI: <https://doi.org/10.26452/ijrps.v11iSPL1.3576>

Production and Hosted by

IJRPS | www.ijrps.com

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INTRODUCTION

A novel coronavirus (nCoV) is a new strain that has not been recognised in humans before. Coronaviruses acquired their name as if they seem under a microscope. The virus consists of a core of genetic material surrounded by a covering by protein spikes. This gives it the look of a coronet or crown. In the Latin language, the meaning of the word Corona means "crown". (Cascella *et al.*, 2020) Usually Coronaviruses present with respiratory symptoms. This may include Respiratory symptoms, pyrexia, cough dyspnea, fatigue, sore throat etc. This virus primarily spreads through droplets of saliva or nasal discharge of coughs or sneezes of the infected person. Person to person contact thought

to be the primary method of transmission for this virus, according to the Centers for Disease Control and Prevention (C.D.C.). At present, there is no specific vaccine or efficient antiviral treatment for coronavirus. (WHO, an outbreak of COVID 19) Thus prevention is only the solution at present. Lock-down, a phrase typically used as a substitute for “mass quarantine”, is classically derived from “stay-at-home” or “shelter-in-place” Nearly all people who become sick with COVID-19 will only experience mild sickness and can get well at home. Symptoms might last a few days, and people who have the virus might recover in a week. Management must be intended towards alleviating symptoms which include rest, fluid intake, and pain relievers. Ayurveda believes that wellbeing depends on the equilibrium between circulatory (Vata), metabolic (Pitta), and matter (Kapha) and ideal coordination among the intelligence, body, and spirit. It aims to advance good health, not just fight disease. This similar mechanism may also play out in the COVID-19 infected cases. Ayurveda’s broad information base on preventive care developed from the concepts of ‘Dinacharya’-daily regimes and ‘Ritucharya’-seasonal regimes, The attentiveness about oneself and harmony with nature can attain sturdy immunity, which has been highlight across Ayurveda’s classical scriptures. Considering these details, an attempt has been made to screen classical literature for the information which can be used as a home remedy for this pandemic disease.

MATERIALS AND METHODS

This review article is emphasised on Ayurvedic home Remedies in the direction of Protection against COVID-19. Classical texts of Ayurveda were studied in detail, and information was gathered along with related research articles and websites. Collected data was later compiled, analysed, and discussed for a comprehensive understanding of effective pharmacological action to think about utilising it.

OBSERVATION AND RESULT

“Ayurveda broadly describes lots of way on protective care through *Dinacharya* and *Ritucharya*, It is a plant-based science and improving immunity has been emphasised in many numbers of ways in Ayurveda text,” detail preventive, as well as curative remedies, are summarised in Table 1 and Table 2.

DISCUSSION

On 31st December 2019, many people identified with the symptoms of dry cough, dyspnea, fever, and bilateral lung infiltrates. Twenty-seven cases of pneumonia of unknown aetiology were identified in Wuhan City, Hubei province in China. The causative agent was recognised from throat swab samples and afterwards called Severe Acute Respiratory Syndrome Coronavirus (SARS-CoV-2). The disease was named COVID-19 by the World Health Organization (WHO) The mechanism of the spread of this disease there is uncertain, but current information and researches show that the virus transmitted from human-to-human through respiratory fomites. Various bodies such as WHO, C.D.C. have issued recommendations such as wearing masks, P.P.E., avoid travelling in crowded areas use of hand wash and sanitisers, etc. for preventing more spread of COVID 19 (Sohrabi *et al.*, 2020), They also say that senior citizens and people with medical history like cardiac disorders, diabetes, etc. are at risk during this pandemic. At present, no effective treatment or vaccine is available for COVID-19 Modern medical and health systems are being tested for proper and effective management for COVID-19. However, there are some gaps. So prevention is better than cure during this time.

The main slogan of *Ayurveda* is *swasthasya swastha rakshanam* that is to prevent the health of a healthy person. *Ayurveda* explains preventive and curative measures based on *Dinacharya*, *Ritucharya*, *Ahar rasayan*, *Vihar rasayan* and *aushadh rasayan* which helps to attain strong immunity, *Rasayana* therapy includes lifestyle, diet, and medicine which improve growth, delay aging, encourage tissue regeneration, and stimulate immunity. This therapy causes immunomodulation and restoration of immune hemostasis (Agarwal *et al.*, 1999). Numerous *Rasayana* in Ayurveda is used in medical practice for increasing immunity.

This may include potential immunomodulators like *Withania somnifera* (*Ashwagandha*), *Tinospora cordifolia*, *Asparagus racemosus* (*Shatavari*), *Phyllanthus embelica* (*Amalaki*), and *Glycyrrhiza glabra* (*Yashtimadhu*) etc. (Balasubramani *et al.*, 2011). Such *Rasayana* may be considered for prophylaxis of COVID-19 and as an add-on treatment. *Kaval* or *Gandush* (gargling) with Turmeric (*Curcuma longa*) rhizome, *yashtimadhu* or liquorice (*Glycyrrhiza glabra*) stem, *neem* (*Azadiracta indica*) and catechu (*Acacia arabica*) barks, and natural salt clean the oral cavity, pharynx, and tonsillar area and coat the mucosa and provide additional immunomodulatory, antioxidant, and antimicrobial

Table 1: List of general and immunity improving remedies for COVID 19

Immunity improving remedy	General preventions & remedies
Take Rasayan in the morning.	Take warm water instead of cold water.
Drink herbal tea made by Tulsi, Dalchini (Cinnamomum), Marich (black paper), sunthi (dry ginger) and dry manuka (raisins) once or twice a day	Practice pranayam regularly
Add jaggery or fresh lemon juice in place of processed sugar.	Regular use of spices like turmeric, cumin, coriander garlic in cooking
Drink Haldy Dudh (Golden milk) once or twice a day	Meditation
Perform regular exercise or yoga	Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe (Moran, 2020)
Perform Nasya, Dhoompan and Gandush morning and evening.	

Table 2: Do's and Don'ts for elderly population during the pandemic

Do's	Don'ts
Stay at residence. Stay away from meeting guests at home. If a meeting is necessary, keep a distance of one meter.	Don't go near your contacts if you are suffering from fever and cough.
Rinse hands and face at regular intervals with soap and water.	Avoid frequent touching eyes, face, nose and tongue
Sneeze and cough either into your elbow or into tissue paper/hand kerchief. After coughing or sneezing, dispose of the tissue paper/ wash your handkerchief.	Avoid coughing or sneezing into exposed hands or without covering your face.
Ensure adequate nutrition to improve immunity.	Avoid going near affected/ sick people.*
Exercise and meditate.	Avoid self-medicate.
Take your daily prescribed medicines regularly.	Avoid handshakes or hug
Postpone elective surgeries (if any)	Avoid going to the hospital for a routine checkup or following up. As far as possible make telephonic consultation.
Clean the frequently touched surfaces with sanitise regularly.	Avoid going to crowded places.
Monitor health.	Avoid going out unless it is essential.

*Indiatvnews.com, Dos and Don'ts for senior citizens amid coronavirus pandemic, viewed 1 June 2020 <<https://www.indiatvnews.com/health/coronavirus-elderly-senior-citizens-old-people-covid-19-602832>>

advantage ([Shanbhag, 2017](#)).

Nasya with medicated oil or ghee protects from the entry of pathogen through the respiratory tract. This can aid as a barrier to the entry of the virus. ([Vinjamury et al., 2012](#)) one of the research in china already anticipated the utility of nasal oil application for preventing SARS-COV-2 infection ([Fan et al., 2020](#)). *Dhoompan* (inhalation of medicated smoke) improves nasal conditioning, nasal mucus velocity, and reducing congestion and inflammation ([Vathanophas et al., 2019](#)). *Ayurveda* also explains that mental conditions and emotions also affect immunity. There may be

chances to increase the risk of respiratory infection due to poor mental health ([Maxwell et al., 2015](#)). *Vegavarodh* is another concept explained by *Ayurveda* which is responsible for lowering immunity. *Pranayam*, *Meditation*, and *Yoga* can overcome all these. *Pranayam* improves lung function ([Abel et al., 2013](#)). *Pranayam* like *Bhramari* increases the nasal nitric oxide, which acts as bactericidal. *Meditation* reduces the inflammation and also manipulate viral markers for specific immune response ([Morgan et al., 2014](#)). Hence, these simple and feasible measures based on *Ayurveda* and *Yoga* can be carried out in daily routine as Remedies for

Protection against COVID-19.

CONCLUSION

People are over stressed by the force and compulsion of social distancing and physical barrier methods. They are expected to find ease and bear in some of the traditional practices that may guard them against the infection and its associated devastating situation. Ayurveda, yoga, and meditation are engaging the community in creating a more positive and healthy environment. These streams draw the attention towards their new perspective of traditional medicine systems and accepting an integrative approach in the search for solutions for the COVID 19 crisis. It is high time to hold integration with an open mind.

ACKNOWLEDGEMENT

I would express my sincere gratitude to Dr Akshay Pargaonkar for his generous support.

Funding Support

The authors declare that they have no funding support for this study.

Conflict of Interest

The authors declare that they have no conflict of interest for this study.

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