



## Indian Lifestyle With Ayurveda Perspective During Covid-19 Pandemic

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### ABSTRACT

Covid-19 is an infectious disease caused by novel Coronavirus. The overall prevalence rate of Covid-19 in Worldwide ( 9.94M ) & it is (529 K) & (153 K) in India and Maharashtra. This situation can be considered under *JanapadadhwanasaVyadhi* in Ayurveda. The primary purpose of *Ayurveda* is the prevention of the disease in healthy individuals and eradication of disease, which are curable. Immunity comes under the *Vyadhikshamatva*. Further, Covid-19 infection is correlated with *Vataj-Kaphajwara*. In Ayurveda *Rasayana* therapy to boost up immunity (*Bala & Vyadhikshamatva*). The present study aimed to explore the concept of infectious disease and its prevention through different lifestyles described in Ayurveda. The above need-based information is collected from various *Ayurvedic* literature (*Laghutrayee, Bruhatrayayi*) along with numerous research articles from databases, such as PubMed, Google Scholar. All collected data were depicted in narrative form and tabular manner under different heads. Considering the above aspect in the prevention of Covid-19, the role of Ayurveda intervention may be proved more beneficial in Covid-19. Further, adoption of code of conduct may efficiently overcome the current pandemic situation by maintaining good immunity & implementation of *Ahar, Vihar Vidhis, Dincharya, and Rutucharya & Sadvritta* for improving disease resistance.

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### INTRODUCTION

Covid-19 is an infectious pandemic disease caused by novel Coronavirus, now called as a severe acute respiratory disease. The overall prevalence rate of

Covid-19 worldwide is 9.94 Million, and it is 529 Thousand and 153 thousand in India and Maharashtra, respectively ([Zhang et al., 2020](#)). There is no standard line of treatment established for the management of this pandemic. Prevention is the better option in this current dreadful situation, and the preventive aspect of this highly infectious disease is emphasized by modern science. However, the prevention of any illness is highly appreciated by Ayurveda, which is the ancient and holistic science of life. Such a pandemic situation is correlated with *JanapadadhwanasaVyadhi* in Ayurveda ([Agnivesha, 2020a](#)). The primary purpose of *Ayurveda* is the prevention of disease in healthy individuals and eradication of disease, which are curable ([Agnivesha, 2020b](#)).

Immunity is the backbone of a healthy life. The immune system helps to protect the host from

pathogens; they are minimizing damage to tissue. The immune system consists of an unlinked network of cells, lymphoid organs, and proteins that are strategically placed to ensure maximal protection against the infection (Walker *et al.*, 2010). *Vyadhikshamatva* is a crucial factor in the daily lifestyle of human beings for the prevention and recovery of the disease. That's why prevention of this disease can be very well done by maintaining good immunity (Singh and Verm, 2012).

### Aim And Objectives

Considering the high need-based scenario, it becomes imperative to search for some alternative, safe, and effective in immune-modulatory remedies in *Ayurveda*. Utilizing this modality, we can enhance immunity. Through this paper, the novel efforts are made to compile the various immune-modulator regimens mentioned in *Ayurveda* in the form of a healthy lifestyle and seasonal purification (*Rutucharya*) and daily dietary & behavioural regimen (*Dincharya*) which are essential components of a healthy lifestyle and exclusively narrated in *Ayurvedic* sculptures.

### MATERIALS AND METHODS

The information regarding the above need base study is collected from various *Ayurvedic* literature (*Bruhatrayi, Laghutrayi*). Different research articles from databases such as Pubmed, Google Scholar, etc., all collected information is described under the heads in narrative and tabular form.

### Result And Observation

*Proper Ahar, Vihar, and Nidra* are the fundamental pillar for the healthy maintenance of life and prevention of disease. This triad compromises robust lifestyle module in the current dreadful situation of COVID-19 which demands for specific lifestyle modification at three levels

1. Particular lifestyle for patient suffered by COVID-19
2. Lifestyle for healthy persons for the prevention of COVID -19
3. Lifestyle for the Person who is highly susceptible to COVID -19

### Specific lifestyle for patient suffered by COVID -19

The disorder Covid-19 it can be correlated with *Vataj-Kaphajjwara*. Therefore, *Vataj-Kaphaj Shamak Chikitsa* and *AgnideepanChikitsa* can be

given. *Agnidipak, Laghu Ahara*, and nutritious (*Yusha, Laja, Manda, Peya, Vilepi*), which are essential for immune-modulator & digestive stimulant properties mentioned in Table 1, (Agnivesha, 2020c).

### Lifestyle for the healthy persons for the prevention of Covid-19

Ayurveda has described some daily regimen, which is useful for a healthy lifestyle and maintenance of positive health mentioned in Table 2 , (Chaudhary and Rana, 2017).

In *Brahmamuhurta*, the expected mode of action nourishes the tissue rapidly, feeling of wellbeing and happiness. *Ushnaja Pana* brings the lightness in the body. In *Sauchvidhi*, every Person should eliminate natural urges daily. In *MukhaNetraPrakshalan*, prevent the eye and mouth disease. In *Jivhanirlekhan*, the tongue should be clean with plant material. *Dantadhavan* increases salivation and stimulate taste perception. *Sneha Gandush Dharan* improves the circulation of the oral cavity. *Navan Nasya* avoids the entry of dust particles into the nasal tract. The use of *Rasaanjana* helps to drain out *Kapha* secretion from the eyes. In *Abhyanga*, the Person should do oil massage daily. *Vyayam* improves work capacity, increase digestion power.

The sedentary lifestyle during the lockdown period may result in weight gain. Therefore, more emphasis should be given over the indigenous, proper *Yoga* and healthy lifestyle, as *Yoga* and meditation increase *Manobala*. Regular practices of *Yoga* and proper exercise should be adopted, but these should be carried out under supervision or adequate guidance for only experts.

### The specific lifestyle for persons who are susceptible for COVID-19

The specific lifestyle for the Person who is susceptible to COVID-19 is described in Table 3. Immune-modulator drug should be given to the Person. Diet, Exercise, Meditation should be given (Tillu *et al.*, 2020).

### Discussion

*Dincharya* should be followed regularly to help improve the physical, mental, spiritual wellbeing of individuals. Daily habits of people make their happy lifestyle. *SatmyaAhar, Vihar, Nidra, Yogic Asan*, and *Brahmacharya* should be followed to boost the *Vyadhikshamatva*. *Rasayana* therapy promotes and rejuvenates the physiology of the body (Subhrajyoti, 2020). It brings proper uptake, growth, and improvement of essential *Saptadhatus* which plays a vital role in immunity building.

**Table 1: Recommended Daily Regimen for suffered Person**

S.N.	Ahar	Vihar
1.	Peya, Manda, Vilepi, Yusha	Langhana
2.	Shalidhanya	Vishrama
3.	Moonga, Masur	VamanaKarma
4.	Draksha, Dadima	Tarpana
5.	Dugdha	Virechana
6.	Ushnodaka	Niruha
7.	ShadangPaniya	Anuvasana
8.	LaghuAhar	Abhyanga
9.	MamsaRasa	Parisheka
10.	Sarpipana	Pradeha

**Table 2: Recommended Daily Regimen for healthy persons**

S. N.	Recommended Regimen	Expected mode of Action
1.	Brahma Muhurta	Nourishes the tissue rapidly, feeling of well being and happiness
2.	UshnaJalapana	Feeling of lightness in the body
3.	Sauchvidhi	Every Person should eliminate the natural urges daily
4.	MukhaNetraPrakshalan	Prevent the eye and mouth disease
5.	Jivhanirlekhan	The tongue should be clean with plant material
6.	Dantadhavan	Increase salivation and stimulate taste perception
7.	Snehagandushdharan	Which improves circulation of the oral cavity
8.	Nasya ( Navan)	To avoid entry of dust particle into nasal tract
9.	Anjana (Rasaanjana)	To drain out Kapha secretion from the eyes
10.	Abhyanga	A person should do oil massage daily
11.	Vyayam	It improves work capacity, increases digestion power

**Table 3: Specific lifestyle for the Person susceptible for COVID-19**

S.N.	Ahar	Vihar
1.	Moonga	Yoga
2.	Masur	Pranayama
3.	Ardraka	Meditation
4.	Lasuna	Asanas
5.	Neem	JalaNeti
6.	Dhanyaka	Kavala
7.	Chyavanprash	Gandusha
8.	Dugdha	-
9.	Amalaki	-

In a nutshell, the *Vataj-Kaphajjwar, Ahar, and Vihar* should be followed regularly to help improve physical health. *Agnideepak, LaghuAhar*, and nutritious food items should be accompanied to boost the immunity (Lohi and Sawarkar, 2020).

*Yoga, Asanas, Pranayama* should be followed regularly to improve the lifestyle of patients (Sawarkar and Sawarkar, 2020; Vaidya and Sawarkar, 2020). In *Chyvanprash, Amalaki* plays a vital role in boosting immunity.

## CONCLUSION

Considering the above discussion, it is reflected that the integrative approach of *Ayurveda* For Healthy Lifestyle based on a healthy diet or healthy dietary regimen, proper seasonal regimen and adoption of code of conduct may efficiently overcome the current pandemic situation by maintaining good immunity of the Person as well as by minimizing the morbidity and mortality rate. There is ample scope for further research for the above mention regimen in the future.

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## Conflict of Interest

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

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