Volume 7 Issue 4, April 2021 ISSN: 2455-2569 Impact Factor: 6.997

Journal Homepage: http://mbsresearch.com, Email: mbsresearchp@gmail.com

Double-Blind Peer Reviewed Refereed Open Access International Journal

AYURVEDA AND YOGA PROTOCOL FOR COVID- 19

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> Abstract:

The world is facing a global crisis and health emergency of COVID-19. Under standing of COVID-19 Pathogensis in Ayurvedic host centric feamework is prerequisite for apt use of Ayurveda. The pathology of COVID-19 is primarily that of *SanipataJwara*(fever) with involvement of Respiratory system. The pandemic of Novel Corona Virus₂ (SARS COV-2) This is the first known case of a Corona virus disease positive patient treated entirely with Ayurveda . So far in modern medicine, no cure has been found which is specific to COVID-19. The only literature relevent to treatment of corana virus disease. The patient reported with predominally moderate system of COVID-19 and the management approach was personalized and holistic in nature in corporating diet, life style and *Samshamana Aushadha* along with *Satavajaya Chikitsa* (Psychotherapy).

Keywords: Ayurveda, SARS COV-2, Pathogensis, Host, Complimentry medicine, Yoga, Protocol.

> Introduction:

The world is facing a never like pandemic of COVID-19 with its implication at economical ,psychological and more level in society .Pragmatic strategies are being proposed for possible role of Ayurveda in management of COVID-19.[1]The new Corona Virus epidemic(SARS -COV-2)(COVID-19) strated in the city of Wuhan in Hubei province in China on December 8, 2019. It was spreding quickly in China, causing death by ten circles and then exported to their Asian countries (South Korea etc.).[2] The COVID-19(SARS-COV-2) pandemic spreading as rapidly as uncontrolled bushfires .It can infect the respiratory, gastrointestinal, hepatic and central nervous system of humans livestock and many other wildlife.[3] It has been declared as a pandemic by the World Health Organization (WHO) since March 11,2020.[4]

COVID-19 can be correleted to *Agantuj Jwara* with sepecial reference to *Vata –Kapha* dominant *Sannipatika Jwara*, Furthur manifested as the consequense of Janapadonwamsa.

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The most common mode of transmission of COVID-19ecountered is inhalation of infectious aerosols and contact with saliva droplets or nasal secreation from a positive persons.

> Incubation Periods :

Its incubation periods remains in the rang of 3 to 14 days, but researchers have been able to demostrate that its median incubation period was 5 days.

> Samprapti (Pathogensis):

Exposer to virus/close contact with virus infected person (Hetu)

 \downarrow

Inhalation of virus by respiration or by touching the nose, eyes or mouth with infected hand.

Viruses settled in throat and mouth mucosa and in pharynx strats theirs replication. (Sanchaya Awastha)

Virus damage the mucosa and enters in blood circulation cause sore throat and dry cough. (Prakopa Awastha)

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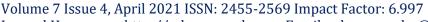
Viruses moves towards lower respiratory tract and settled in larynx produce *vrana shopha at kantha pradesh* then patient peresent with throat congestion ,fatigue, mild fever, excessive dry cough.(**Prasara Avastha**)

Viruses moves towards lower respiratory tract and settled in trachea and bronchus and produces *vrana shotha* in them and high grade fever, chest congestion ,shortening of breath etc.(Sthana Sanshrya Avastha in chest) \downarrow

Viruses moves towards lungs and produces *varna shotha* in Alveoli, patient persent with breathlessness and pneumonia.(**Vyakt Avastha**)

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Viruses infection invades Yakrit and Koshtangas produces anorevia, vomiting, diarrhea and multi organ involvement that produces multi organ failure lead to death.(Bheda Avastha)





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> Samprapti Ghatka:

Dosh predominance – Vata-Kapha pradhana

Dushya (≈vitiated body tissue): Rasa

Srotas (≈body channels)involved : Rasavaha ,Swedavaha and Pranavaha

Srotodushti: Sanga and Vimarga gamana

Adhisthana: Amashaya

Agni : Manda

Svabhava (≈Nature of disease): Ashukari (Acute)

- > Symptoms Of COVID-19: The symptoms may appears 2-14 days after exposure to the virus.
 - Fever
 - Dry Cough
 - Shortness of breath or Difficulty in breathing
 - Chills
 - Repeated with shaking with chills
 - Headache.
 - Sore throat.
 - Loss of taste and smell.
 - Diarrhea.
- These symptoms may becomes more severe in some people.
 - Trouble breathing.
 - Confusion or inability to arouse.
 - Persistent pain in the chest.
 - Bluish lip and face.
 - Excessive drowsiness.

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Complications:

The most serious complication of COVID-19 is a type of pneumonia called the Novel Corona Virus infected pneumonia (NCIP). Following complication in people WHO developed COVID-19.

- Acute respiratory distress sundrom (ARDS)
- Irregular heart rate arrhythmia
- Cardiovascular shock
- Severe muscles pain
- Heart damage and heart attack

> Ayurveda management of COVID-19

➤ General and physical measure:

- 1. Follow physical distancing, respiratory and hand hygiene, wear mask
- **2.** Gargle with warm water added with a pinch of turmeric and salt, water boiled with *triphala or vashtimadu* can also be used for gargling.
- **3.** Nasalinstillation application of medicated oil(Anu taila or shadbindu taila) or nasal application of cow's ghee once or twice a day especially before going out and after coming back to home.
- 4. Steam inhalation with Ajwain (trachy spermumammi) or pudia (minta spicata) once a day.
- **5.** Adequate sleep 6 to 8 hours.
- **6.** Moderate physical exercise

> Dietary measures:

- 1) Use warm water or boiled with herbs like ginger (*zingiber officinale*) or coriander (coriandrum sativum) or cumin (*cuminum cyminum*) seeds etc. for drinking purpose.
- 2) Fresh, warm, balanced diet.
- 3) Drink golden milk add half tea spoon haldi (*curcuma longa*) powder in 150 ml hot milk once at night.
- 4) Drink Ayush Kwath or kadha once a day.

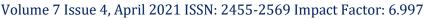
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> Specific Measures/ Symtoms Mangement :

Clinical Severity	Medicine	Dose And Time
Prophylatic care (High Risk	Ashwagandha (Aqueous	500mg extract or 1-3 gm
Population Primary Contact)	extract of Withania Somnifera)	powder twice daily with luke
	or its powder.	warm water for 15 days or one
		month.
	Guduchi Ganavati	500mg extract or 1-3 gm
	(Sanshamni vati) or powder of	powder twice daily with luke
	Tinospora Cardifolia.	warm water for 15 days or one
		month.
	Chyawanaprasha	10 gm with warm milk/ water
		once a day.

Clinical severity	Clinical presentation	Medicine	Dose And Time
A Symptomatic	For prevention of	Guduchi Ganavati	500mg extract or 1-3 gm
COVID-19 Positive	disease progression	(Sanshamni vati or	powder twice daily with
	to symtomatic and	Giloy vati havingn	luke warm water for 15
	severe formand to	Aqueous extract of	days or one month.
	improve recovery	Tinospora cardifolia) or	
	rate	the powder of	
		Tinospora cardifolia.	
		Guduchi + Pippali	
		(Aqueous extract of	375mg twice daily with
		Tinospora cardifolia	luke warm water for 15
		and Piper longum)	days.
		AYUSH 64	
			500mg twice daily with
			luke warm water for 15
			day.





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Clinical	Clinical	Clinical	Medicine	Dose And Time
severity	persentation	parameter		
Mild	Symtomatic	Without	Guduchi +	375 mg twice daily
COVID-19	Management Fever	evidence of	Pippali	with warm water of 15
positive	, Headach, Dry	breathlessness		day.
	Cough, Sore throat	or hypoxia		
	,Nasal Congestion,	(Normal		500mg twice daily
	Tiredness	Situation)	AYUSH 64	with warm water for
				15 days.

> Yoga Protocol for Primary Prevention of COVID-19:

***** Objective :

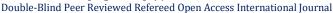
- To improve Respiratory and Cardic efficiency.
- To reduce Stress and Anxienty.
- To enhance Immunity.

S.R	Practice	Name of Pactice	Duration (Minutes)
1.	Prayer	-	1
2.	Loosening Practice	Neck Bending	2
		Shoulder's Movement	2
		Trunk Movement	1
		Knee Movement	1
3.	Standing Asana	Tadasana	1
		Pada-hastasna	1
		Arada Chakraasana	1
		Trikonasana	2
	Sitting Asana	Ardha Ushtraasana	1
		Sasakasana	1
		Utthana Mandukasana	1
		Simhasana	1
		Marjariasana	1
		Vakrasana	2
	Prone Lying Asana	Makarasana	1









		Bhujangasana	1	
	Supine Lying Asana	Setubandhasana	1	
		Utthanapadasana	1	
		Pawana Muktasana	1	
		Marktasana	1	
		Shavasana	2	
4.	Kriya	Vata Neti 2 rounds	2	
		(30 sec each with 30 sec relax)		
		Kaphalabhati	2	
		(2 rounds, 30 strokes each)		
5.	Pranayama	Nadi Shodhana (5 rounds)	2	
		Surya Bhedhana Pranayama (5	2	
		rounds)		
		Ujjayee Pranayama (5 rounds)	2	
		Bhramari Pranayama (5	2	
		rounds)		
6.		Dhyana	5	
7.		Shanti Patha	1	
	Total Duration for Each 45			

Conclusion:

Thus from above discription it can be conclude that the disease COVID-19 can be correlated with *SannipatikJwara* explained in classic text of Ayurveda. The disease can be prevented with the help of diet, regime, Ayurvedic medicine and Yoga. Yoga is actively sought to achieve reduced anxiety and stress so that improve sleep may positively impact immunity. India is in a position to use the wealth of knowledge available in the Indian System Of Medicine, to cure this disease and control the epidemic. This is also an invaluable apportunity for demostrating the efficacy of Ayurveda.

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