



# Traditional Medicine “Ayurveda” Guidelines against COVID-19

## Addressing Ayush Ministry Protocol

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### Abstract

The new coronavirus (Covid-19) has spread to nearly every country in the world, till now there is no specific treatment, and the work to develop a vaccine is accelerating but it is unlikely to be available until next year. Doctors and researchers are concentrating that a central player in the fight against the novel coronavirus is the immune system that it can even be helpful for its therapy, since that the virus is important, but the host response is at least as important, if not more important in this situation with absence of remedy it is essential for the shift of complementary and traditional medicine from the marginal status it holds to a significant role in international health care, whereas Ayurveda main goal is to promote good health, not fight disease. Ayush ministry considered that and released one protocol to boost immune human system (both physical and psychological) to win the battle, this article is a try to address the guidelines of this protocol by explaining it.

**Keywords:** Ayurveda; Traditional Medicine; Coronavirus

### Introduction

In front of the instinct of survival, the feeling of racism, extremism and social classes have fallen apart and something other than internet has gathered the world and changed it into small village speak one language it is Corona language. This small virus came along carrying the name of new historical stage refuting the most powerful economic theories, and proving that the greatest power for man is his health and other things which he built his economic statute on had made him just more fragile.

With the delay in the emergence of a successful treatment or preventive vaccine against the emerging Coronavirus, doctors and researchers are still betting on the ability of the human body to deal with the deadly disease, through the human immune system. In our current age, and in the face of the inability of modern medicine, this Virus caused us to ask the question: What our grandparents would did in such situations, What are the alternatives that can be practiced to strengthen the immune system??

“Ayurveda”, which mean “ the wisdom of life” Came along with an answer for all these doubts, it is one of the oldest natural healing systems that deals with the equilibrium or the harmony of both mind and the physical body as a pre-requisite for a healthy and purposeful life [1], depends on a deep understanding of the eternal truths of the body, spirit and mind, and these are fundamental pillars acknowledging that a person is not healthy in the absence of disease only, but in the presence of a delicate balance Among these important pillars in a balanced formula.

In this fight against this virus, immune system plays the vital role, It is a powerful barrier that protects the organism from the damaging, Many attempts have been made to improve physical and psychological immune system that increase resistance towards illness [2]. There is still much that researchers don't know about the intricacies and interconnectedness of the immune response, but in general following good health guidelines is best step toward naturally keeping immune system strong and healthy.

Because of that, The Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (abbreviated as AYUSH) which purposed with developing education, research and propagation of indigenous alternative medicine systems in India, had launched one protocol explained group of measures to build a strong immune system, This approach helps to balance and revitalize the body at a deeper level! And the only certainty is that the human body has the innate ability to heal itself. This article is try to discuss the protocol with details, believing that following natural ways could help in these difficult time, because the basic rule of nature is to grow toward health and peace.

## Methodology

Boosting the body's immune system may help minimize the effects and hasten the recovery from the disease, The concept relay on:

### Strengthening Psychological Immunity

The concept of psychological immunity is a hypothetical concept that means a person's ability to face crises and distress, endure difficulties and calamities [3]. The psychological immunity within us, it is an integrated, multi-dimensional unit of personality resources related to the aspects (cognitive, motivational, and behavioral) as declared by Pessoa L [4] that provides the individual with immunity through which he can deal with stress as a secret weapon that protects him from everything, and the most important means to promote it:

**Cognitive aspects:** Nourishing the mind with positive, constructive ideas which build strong belief that the quality of thoughts affects the quality of body.

**Motivation aspects:** Gratitude for what you are, since that the grateful heart is always satisfied with its condition, which keeps the immune system calm and vital processes inside, so it works in its best form.

**Behavioral aspects:** Doing meditation for at least thirty minutes per day, which increases confidence that everything around you is being for your goodness.

### Strengthening Physical Immunity

**Drinking healing water:** Ayurveda treatment has proven effective in treating many incurable diseases, with the record of medical progress in many cases. And it is considered as the oldest health caring system prescribed water for drinking purpose and strengthening physical immunity, [5] compared water to nectar or vital breath.

The idea of making healing water depends on mixing it with specific spices to extract important oils from the plant that contains a number of healing properties. Fortunately,

healing water can be made at home in a traditional way, because all its ingredients are readily available. This protocol advised to drink warm water throughout the day. These are some of the traditional waters that have been identified in the fight against this virus [6].

**Tulsi water:** Tulsi Plant has great spiritual, medicinal and therapeutic value in Hindu belief [7] Purported health benefits for Tulsi and other *Ocimum* species include relief of stress and treatment of respiratory, also it has antifungal properties that prevent fever and cold, as well as reduce uric acid levels in the blood and cleanse the kidneys [8].

**Herbal water:** The practice of charging liquids, particularly by herbs with intention is widely practiced in Ayurveda, the protocol had suggested to drink herbal tea made from Cinnamon, Dry ginger, Black pepper and Raisin that has great benefits in strengthening the immune system that affect respiratory system health.

As dry ginger has many carminative and digestive properties [9], According to Ayurveda, indigestion and low metabolism is one of the main reasons of all the health problems that we face, Cinnamon can be combined ginger as warming botanicals to promote clear respiratory passages, Its warming properties comfort, soothe, and help clear out the airways also Cinnamaldehyde derived from cinnamon bark has an inhibitory effect on the growth of in-fluenza A/PR/8 virus [10]. While, black pepper is considered as bioavailability enhancer [11], it helps transport the benefits of other herbs to the different parts of the body, helping the free flow of oxygen to the brain, maintaining respiratory system health. Adding Raisins to this drink could lubricate the body's channels, particularly the lungs [12].

**Using Ayurvedic Oil:** Ayurvedic oil has been relied upon for thousands of years as a fundamental part of Ayurveda. Oil is traditionally used in Ayurvedic healing in a variety of ways including raw consumption, cooking, massage, bathing, gargling, and *nasya* (nasal passage nourishment). The protocol has suggested a few practices regarding to oil treatment [6].

**Nasal application:** When an excess of bodily fluids accumulates in the sinus, throat, nose or head areas, it is best eliminated through the nose. Application of sesame oil/ coconut oil or ghee in both the nostrils in morning and evening helps facilitate this cleansing process.

**Oil pulling therapy:** Oil pulling is an ancient technique mentioned in ayurveda, it involves gargling with oil for about 20 min on an empty stomach in the morning, it is beneficial in detoxification of our body by removing all the toxins from our digestive tract. This protocol advised to Swish the mouth with 1 tsp sesame or coconut oil 2 to 3 minutes and spit it off. Followed by warm water rinse (once or twice a day) [6].

In one placebo-controlled study, the efficacy of oil pulling was compared to that of chlorhexidine, a common antimicrobial mouthwash, to reduce halitosis. When compared to those of the placebo, results of the sesame oil and chlorhexidine showed similar scores in the reduction of bacteria and volatile sulfur compounds [13].

**Using steam inhalation:** For dry cough/ Sore throat it was advised to practice steam inhalation with fresh Mint leaves or caraway seeds (once a day). That is because the essential oil (known as menthol) found in mint plants, contains a property that kills bacteria and viruses [13]. and thus, helps to fortify the immune system and warding off infections, also inhalation with caraway seeds ease the tightness of the chest and choking sensation , in general moist air open the breathing pathways.

**Daily Cooking Intergradient:** it was advised to use Turmeric, Cumin , Coriander and Garlic in cooking, and Takeing (10g) Chyawanprash in the morning, (CP) is an Ayurvedic health supplement which is made up of a super-concentrated blend of nutrient-rich herbs and minerals. It is meant to restore drained reserves of life force (ojas) and to preserve strength, stamina, and vitality, while stalling the course of aging [14].

**Following specific regimes:** Ayurveda preventive care derives concepts of Dinacharya- daily regimes, This regimens that are done daily from the time of awakening in the morning, till we go to the bed at night in concern to prolong the healthy lifespan, should be practiced first thing in the morning in order to maintain connection to the circadian rhythms of nature [15], and Ritucharya –seasonal regimes. The prime principle of Ayurvedic system of medicine is preventive aspect, can be achieved by the change in diet and practices in response to change in climatic condition [16,17]. As adaptations according to the changes, is the key for survival.

### As per the Ayurvedic Practices the following Preventive Management Steps are suggested:

- Maintain personal hygiene.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your face during cough or sneeze and wash your hands after coughing or sneezing.
- Clean and disinfect frequently touched objects and surfaces.
- Preferably, use an N95 mask while traveling or working in public places to avoid droplet transmission
- If you suspect Corona Viral infection, wear a mask and

contact your nearest hospital immediately.

### Conclusion

In light of the novel coronavirus outbreak which has killed thousand people till now, there is no cure possible as of now. So any scientific suggestion should be welcome, and that could lead to one conclusion that this virus proved that “being” is the most important sector which science and money should investment for.

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