



Ayurvedic Diet and Life Style Recommendations for COVID-19 Patients with Fever

Padhar B* and Jaiman D

PG Department of Kayachikitsa, National Institute of Ayurveda, India

***Corresponding author:** Dr. Bharat Kumar Padhar, Lecturer, PG Department of Kayachikitsa National Institute of Ayurveda, Jaipur 302002, Rajasthan, India, Email: bcpadhar@gmail.com

Mini Review

Volume 4 Issue 2

Received Date: June 06, 2020

Published Date: June 17, 2020

DOI: 10.23880/jonam-16000245

Abstract

The outbreak of Corona Virus Disease 2019 (COVID-19) caused by Severe Acute Respiratory Syndrome Corona Virus-2 (SARS-CoV-2) is a potentially fatal disease of great global public health concern. Due to increased globalization and adaptation of virus in every environment, the virus has spread more rapidly compared to severe acute respiratory syndrome (SARS) and Middle East Respiratory Syndrome (MERS). Most of the patients of COVID 19 present with fever. Contemporary treatment targets control of fever and other symptoms through various antipyretic, nonspecific antiviral, and antibiotic drugs etc. In spite of using these majors to treat the cases of COVID 19, some patients develop complications related to respiratory and other systems. There is no any specific diet and lifestyle guideline for the patients of COVID 19 with fever. Ayurvedic diet and lifestyle recommendations mentioned for *Jvara* (Fever) of various origins can help the patients for their speedy recovery without further complication of the diseases. The diet and lifestyle modifications advocated in Ayurveda also felicitate the immune system to fight against infective organisms and strengthen the immune system and infected organ, which reduces the chances of re-infections.

Keywords: Ayurved; Diet and lifestyle for COVID 19; *Jvara*; Novel Corona Virus Disease

Introduction

The outbreak of Corona Virus Disease 2019 (COVID-19) caused by Severe Acute Respiratory Syndrome Corona Virus-2 (SARS-CoV-2) is a potentially fatal disease of great global public health concern. Due to increased globalization and adaptation of virus in every environment, the virus has spread more rapidly compared to severe acute respiratory syndrome (SARS) and Middle East Respiratory Syndrome (MERS). Slowing the spread of the COVID-19 by taking necessary precautions and by following rules of social distancing will significantly reduce the strain on the country's health care system.

Indian traditional medicinal systems are considered as one of the oldest treatments in human history and it plays an important role in encountering global health care needs.

Traditional Indian medicinal practices include Ayurveda, Siddha, Unani and Yoga, Naturopathy and Homeopathy, which are successfully practiced for treating various diseases. Ayurveda which is a source of time tested knowledge for health and longevity provides many formulations both for dietary regulations and for betterment of health. Following Ayurveda diet and lifestyle mentioned for fever of various origins can help individuals for speedy recovery without any further complication of diseases.

Brief Overview of COVID-19

- **Symptoms-** Fever; Common Cold, Cough, Shortness of Breath, Fatigue
- **Onset of Disease-** Sudden
- **Incubation Period-** 2 to 14 days after exposure
- **Recovery Period-** 2 to 8 weeks

- **Transmission of disease-** Human to Human
- **Complications-** Acute pneumonia, Septic shock, Respiratory failure in adverse condition

Ayurveda Diet and Lifestyle Modification for COVID 19 Patients with Fever

Fever is the common symptom found in most of the infectious disease. The treatment of infectious disease mostly designed to target infectious agent and control of fever, if fever not treated properly can result in fatal complications and death in advance stage. Ayurveda advocates various diet and lifestyle strategies according to various stages of fever to eliminate the waste products produced as a result between fight of infectious agent and host immune system. It also help to correct the metabolism and re establish the functions of infected organ and immune system, which helps to prevent the re infection and post infection complications. Therefore, the diet and lifestyle modification recommended in Ayurved for *Jvara* (Fever) can help to patients of COVID 19 with fever to recover from infection effectively without any complications and prevent the further chances of re-infections of any kind.

The sequence of therapy for fever should be as *Langhana* (light diet or fasting), *Pachana* (digestive and metabolism improving drugs), *Bheshaja* (disease specific drug), and *Virechana* (purification of body) [1].

- **Langhana (Lightening therapy):** Initially *Langhana* (light diet or fasting) should be followed up to a period of 6 days [2].
- **Use of Shadanganeeya:** Patients suffering with fever should drink luke warm medicated water (*Shandaga Paneeya*) processed with medicinal herbs like *Mustaka* (*Cyperus rotundus* Linn.), *Parpataka* (*Fumaria vaillantii* Loisel.), *Ushira* (*Vetiveria zizanioidis* Linn.), *Chandana* (*Santalum album* Linn.), *Udichya* (*Pavonia odorata* WILLD.), *Nagara* (*Zingiber officinale* Rosc.) which helps

in reducing fever associated with thirst [3].

Method of Shadanganeeya Preparation

Shadanganeeya water is prepared by using equal proportion of above-mentioned medicines and water in 1:64 proportions and boiling it until half water remains [4].

- After proper *Langhana* (fasting) food preparations like *Manda*, *Peya* or *Yavagu* should be used as a diet whenever the good appetite to kindle the *Agni* (metabolism).
- *Ksheera* (Milk), and *Sarpi* (Ghee) should be advised at the remission stage of disease having very mild fever due to weakness of body after considering the condition of the disease [5].

Method of Manda preparation:

Manda Kalpana is prepared by using rice and water in 1:14 proportion. The rice is cooked in said proportion of water and then only water content of the prepared formulation is collected as *Manda* (watery portion of rice) [6].

Method of Peya preparation:

Peya Kalpana is prepared by using rice and water in 1:14 proportion. The rice is cooked in said proportion of water and then maximum watery content of the prepared formulation is collected with few grains of cooked rice is known as *Peya* (rice gruel) [7].

Method of Yavagu preparation

Yavagu Kalpana is prepared by using rice and water in 1:6 proportion. It is a nearly thick or semisolid consistency. It is a thick rice gruel preparation [8,9].

- **Ksheera** (Milk) and Ghee processed with herbs are recommended for terminal stage of fever (almost after remission of fever).

Table 1: List of *Yavagus* (Medicated gruels for various conditions associated with fever) is as follows.

Associated conditions with fever	Preparation of <i>Yavagus</i> (gruel)
Fever with loss of appetite	<i>Yavagu</i> processed with <i>Shunthi</i> (<i>Zingiber officinale</i> Rosc.) and <i>Pippali</i> (<i>Piper longum</i> Linn.)
	<i>Yavagu</i> prepared with <i>Vidaaryadi gana dravyas</i>
Fever with diarrhea	<i>Yavagu</i> processed with <i>Dadima</i> (<i>Punica granatum</i> Linn.) and <i>madhu</i>
	<i>Yavagu</i> processed with <i>Prishnaparni</i> (<i>Uraria picta</i> Desv.), <i>Bala</i> (<i>Sida cordifolia</i> Linn.), <i>Utpala</i> (<i>Nymphaea stelaata</i> Willd.), <i>Bilwa</i> (<i>Aegle marmelos</i> Corr.), <i>Shunthi</i> (<i>Zingiber officinale</i> Rosc.), <i>Dhanyaka</i> (<i>Coriandrum sativum</i> Linn.) with <i>amla dravyas</i>
Fever with pain in flanks, pain in lower abdomen, headache	<i>Yavagu</i> processed with <i>Gokshura</i> (<i>Tribulus terrestris</i> Linn.), <i>Kantakari</i> (<i>Solanum surattense</i> Burm. f.) and <i>Rakta shali</i> (<i>Oryza sativa</i> Linn.)

Fever with constipation	<i>Yavagu</i> with <i>Pippali</i> (<i>Piper longum</i> Linn.) and <i>Amalaki</i> (<i>Emblica officinalis</i> Gaertn.) with <i>ghrita</i>
	<i>Yavagu</i> processed with <i>Mridwika</i> (<i>Vitis vinifera</i> Linn.), <i>Pippalimoola</i> , <i>Chavya</i> (<i>Piper retrofractum</i> Vahl.), <i>Amalaki</i> (<i>Emblica officinalis</i> Gaertn.), <i>Shunthi</i> (<i>Zingiber officinale</i> Rosc.)
Fever with loss of sleep and increased thirst	<i>Yavagu</i> prepared with <i>Shunthi</i> (<i>Zingiber officinale</i> Rosc.), <i>Amalaki</i> (<i>Emblica officinalis</i> Gaertn.) with <i>ghrita</i>

- **Use of Tikta Dravyas:-** Patients having strong appetite after having fasting or taking gruels like liquid and light diets, should take leaves and fruits of *Patola* (*Trichosanthes dioica* Roxb.), *Karavellaka* (*Momordia charantia* Linn.), *Patha* (*Cissampelos pareira* Linn.) and *Karkotaka* (*Luffa cylindrica* Linn.) as vegetables, which are wholesome for those suffering from fever
- **Dhupana (Medicated fumigation) – Palanksadi Dhoopa** prepared with *Palankasha* (*Commiphora mukul* Hook.), *Nimbapatra* (*Azadirachta indica* A. Juss), *Vacha* (*Acorus calamus* Linn.), *Kushtha* (*Saussurea lappa* Clarke), *Haritaki* (*Terminalia chebula* Retz.), *Sarshapa* (*Brassica campestris* Linn.), *Yava* (*Hordeum vulgare* Linn.), *Sarpi* (*Ghee*) etc. is recommended for medicated fumigation for the patients suffering with fever of infectious origin [10].

Contradiction in fever

In acute fever, following things should be avoided to facilitate body immune system to fight against infectious agent efficiently:

- *Diwaswapna* (Daytime Sleep), *Snana* (bath especially with cold water), *abhyanga* (oil massage), *Anna* (solid and heavy diet to digest), *Maithuna* (sexual intercourse), *krodha* (anger), *Pravata* (wind), *Vyayama* (exercise) and *Kashaya rasa sevana* (food having astringent taste) should be avoided by the patients in acute phase of fever. Avoidance of these factors helps the body immune system to fight against infectious agent efficiently preventing complication of disease.
- One should completely avoid food items, which are heavy, spicy, astringent and unctuous [11].

Conclusion

It can be concluded through these review that the diet and lifestyle advised in Ayurveda for fever can help the patients of COVID 19 with fever to recover from the disease speedy without further complication of disease. This review work may serve as a lead to conduct a further interventional study of Ayurvedic diet and lifestyle modification for patients of COVID-19 with fever.

References

1. Bhavaprakash B (2012) Vidyotini commentary by Pandit Sri Brahmasankar Mishra 11th [Edn.], Vol-2, Madhyam khanda Jvarachikitsa 1/24.
2. Charaka & Dridabala (2012) Agnivesha, Charaka Samhita. Vidyotini Hindi commentary by Pt. Kashinath shastri Dr. Gorakhanath chaturvedi, Chaukhambha Bharati Academy, Varanasi, Chikitsa Sthana 3/139, pp: 131.
3. Charaka & Dridabala (2009) Agnivesha, Charaka Samhita, Charaka & Dridabala. Vidyotini Hindi commentary by Pt. Kashinath shastri Dr. Gorakhanath chaturvedi, Chaukhambha Bharati Academy, Varanasi, Chikitsa Sthana. 3/145, pp: 135.
4. Dwivedi R (2010) Chakrapanidatta, Chakradatta, with Vaidyaprabha Hindi commentary by Dr. Indra dev Tripathi, Published by Chaukhambha Publications, Varanasi, Jvaraachikitsa 3/21, pp: 3.
5. Charaka & Dridabala (2009) Agnivesha, Charaka Samhita, Vidyotini Hindi commentary by Pt. Kashinath shastri Dr. Gorakhanath chaturvedi, Chaukhambha Bharati Academy, Varanasi, Chikitsa Sthana 30/302, pp: 882.
6. Sharangadhar Samhita (2008) Anjananidana of Maharsi Agnivesa, annotated with Dipika, hindi commentary by Dr. Brahmanand Tripathi, Published by Chaukhambha Surbharati Prakashana, Varanasi, Madhyama Khanda 2/171, pp: 172.
7. Bhavaprakash B (2012) Vidyotini commentary by Pandit Sri Brahmasankar Mishra 11th [Edn.], Vol-2, Madhyam khanda Jvaraachikitsa 1/227, pp: 541.
8. Samhita S (2010) Anjananidana of Maharsi Agnivesa, annotated with Dipika, hindi commentary by Dr. Brahmanand Tripathi, Published by Chaukhambha Surbharati Prakashana, Varanasi, Madhyama Khanda 2/164-165.
9. Shastri KA (2011) Sushruta, Sushruta Samhita, Edited with ayurveda tatva sandipika, edition Chaukhamba

Sanskrit samsthana, Varanasi, Sutra Sthana 46/347, pp: 271.

170.

10. Charaka & Dridabala (2009) Agnivesha, Charaka Samhita, Vidyotini Hindi commentary by Pt. Kashinath shastri Dr. Gorakhanath chaturvedi, Chaukhambha Bharati Academy, Varanasi, Chikitsa Sthana, 3/307, pp:

11. Charaka & Dridabala (2009) Agnivesha, Charaka Samhita, Vidyotini Hindi commentary by Pt. Kashinath shastri Dr. Gorakhanath chaturvedi, Chaukhambha Bharati Academy, Varanasi, Chikitsa Sthana 3/138, pp: 130.

