



## COVID -19 Preventive Aspects

**Ballabh SR\***

Rishikul Government Ayurvedic College, India

**\*Corresponding author:** Sati Radha Ballabh, Director, Rishikul Government Ayurvedic College, India; Email: drsatirb@gmail.com

### Opinion

Volume 4 Issue 2

Received Date: June 12, 2020

Published Date: June 26, 2020

DOI: 10.23880/jonam-16000247

### Opinion

Now a days there is outbreak of Corona virus infection and population of whole world is badly affected, millions of people have succumbed to the infection and billion are infected so far. The corona outbreak has given a lesson to humans to remain associated near the prakriti (nature) and avoid the excessive use of chemicals and exploitation of natural resources. The corona virus is RNA virus which is largest among the non-segmented RNA virus. This virus is enveloped, carrying crown like Peplomer spikes giving appearance of solar corona. There are six recognized corona viruses known to cause human infections, most of them are widespread affecting people of most part of world and produce mild upper respiratory tract infection and sometimes intestinal symptoms. Three exceptions are SARS-Cov., MERS-Cov. and Covid-19. SARS-Cov.(Severe acute respiratory syndrome corona virus) and MERS-Cov. (Middle East respiratory syndrome corona virus) which was geographically restricted and have produced outbreak of severe respiratory disease with higher mortality.

### Morphology

Virus have only type of nucleic acid which may be single or double stranded and remain inside the capsid which is compose of a protein subunits, some viruses also have envelop surrounding the nucleocapsid viruses are more susceptible to heat and lipid solvents like ether. In Ayurvedic classic Sushruta Samhita [1] it is mentioned that sometimes even during un-vitiated seasons, communities suffer greatly by the effects of kitya (sorcery/microorganisms) curses, anger of demons and unrighteous behaviors of men smell of poisonous plants, flowers which is carried by the wind, in such a country people become afflicted and produce symptoms like cough, dyspnea, vomiting nasal catarrh, headache, fever etc.

Kadachidbyapanneshwapi  
kriyabhishaparakhshakrodharmerup dhwashyate Janapadh.

ritushu

Vishoshadhi puspgandhen wa vayunopanite na karmyate yo Deshastatra dosha prakrutivisheshen Kasashwassha vamathu pratishyaya shirorugjware ruptapyante.

Shu.Su 1/19.

Corona virus spread by coughing, sneezing through (droplets) and close personal contact such as touching mouth, nose, eyes or shaking hands. Corona virus rarely spread through the air. Covid-19 the main symptoms are fever, headache, giddiness, fainting, sneezing, cough,, sore throat, respiratory distress, sometimes diarrhea and ultimately death.

### Laboratory Examinations

RT- PCR assay are useful to dquespiratory secretion and stool samples and SARS-Cov from blood.

### Precautions

- Prevent Physical Contact maintain at least 2 meters distance with every person every time.
- Namaste is the best method for abhivadan (wishing)
- Sanitize all the usable along with hands and wearing.
- Frequent hand washing with soap.
- Sanitization of things procured from outside including fruits and vegetables.
- Take ample quantity of fluid.
- Take lukewarm water every time.
- Take balanced diet which is easily digestible and rich in protein.
- Eat food only after the privious one has completely digested
- Mild exercise and yogic exercises especially Pranayama.
- Make effort to improve immunity.
- Proper care of any other systemic disease.

Immunity power of the body of living being has very important role in preventing different types of infections.

Ayurvedic system give importance to shadrashaahar (diet having-sweet, acidic, salty, stringent, bitter and pungeants) which is causing bala (body strength and immunity) and those who are confined to take the ahar (diet) having few rasa do not have proper bala in their body as shadararahar is in real sense a balanced diet. So that one should take food comprising all ingredients with principles of ASHTAAHARVIDHIVISHESHAYATANN well described in Charaka Samhita Vimansthan chapter 01 [2-4].

### Ayurvedic Medicines

1. **Decoctions Ingredients:** Take all below ingredients in equal quantity,
  - Madhuyashti (Glycyrrhiza glabra)
  - Haridra (Curcuma longa)
  - Tulsi(Ocimum Tentuiflorum)b
  - Dalchini (Cinaamomum verum)
  - Kalimircha (Piper Nigrum)

2. Sanjeevani Bati 500mg twice daily with lukewarm water.

### Method of Preparation of Decoction

Crush all the ingredients to powder form and take 6 grams each and boil it in 100ml of water, reduce it to 25ml sieve and take lukewarm twice daily. Thus prepared formulation in quantity is used for one time a day.

### References

1. Sushrut samhita by Ambika Datta Shastri.
2. Charak Samhita by Agnivesh and Edited by CKRAPANIDATTA.
3. Medical Microbiology, Apurba Sankar Shastri, Sandhya Bhat K.
4. Pathologic Basis of Disease Robbins.

