



## Natural and Ayurvedic Medicine based on COVID – 19

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**Opinion**

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### Opinion

Considering the current circumstances, the COVID-19 virus has caused havoc in the entire world. There is no vaccine invented yet to counter the COVID-19 virus infections. Similarly no medicines are available for its treatment. Under the circumstances, we are left with no other option, but to enhance the resistance power of our body and fight the infection. Hence if we put the Ayurvedic and other natural remedies to enhance the resistance power of our body, it would enhance our physical resistance power to fight the COVID 19 infection.

Considering the basic principles of Ayurveda, it is one of the greatest gifts by the sages of ancient India to the Mankind. It is one of the oldest scientific medicinal systems in the world with a very long clinical record and experience to validate it. However it is not merely a system of medicine in the conventional sense of curing the diseases. It is also a way of life that teaches us how to maintain and protect health. It shows us how to cure disease and to promote longevity. Ayurveda treats the person as a whole though at the same time viewing him as a combination of body, mind and soul. Hence it is a truly holistic and integral medical system. If we consider various natural diagnostic methods and therapies in Ayurveda, Ayurvedic Massage is extremely useful in enhancing the immunity of any human body. Massage is a deeply relaxing, rejuvenating experience. Abhyanga protects us from anxiety, stress, exertion, exhaustion and various other disorders. It nourishes the body and extends its life span. It helps to remove the stagnant energy and move the "Prana" or life force to stimulate the body's vital energy. Massage tones up the skin and rejuvenates and strengthens the tissues, so as

to achieve ideal health and longevity. Massage also protects primary vitality and increases the resistance of the body and also helps the body to increase its immunity power.

The Panchakarma, Nasya, kawal, Gandush and other treatments in Ayurvedic system of medicine also help improve the working of the throat and respiratory system. Rasayan Chikitsa (Chemical Diagnostics) is another system of treatment in Ayurveda. These systems helps improve our health by strengthen our sense organs and enhancing our resistance power. This also ensures that the infection or disorder does not recur again.

Besides the aforesaid Ayurvedic treatment systems, if we consider some other natural treatment systems, it helps in enhancing our health and resistance power. Yoga, Acupressure, Flower Remedy, Bio-combination, Nutrition, Exercise, Homeopathy and Naturopathy are some of such systems. If we consider Yogasanas, Jalneti (water therapy), Pranayam and Kapal Bhati (respiratory exercises), sinhamudra are also found to be beneficial. Similarly in naturopathy, Dincharya (Daily routine), Fruit Juices, Wheat grass therapy, are also found to be beneficial. In Acupressure, if we press vital points on our chest with appropriate pressure, we can stimulate our respiratory system. Deep breathing, long distance running, Chest Expansion exercises also helps in enhancing the vital capacity of our lungs. Nutritious Diet, Barakshar systems and flower therapy are significant to maintain our psychological balance. Use of some homeopathic medicines can enhance our resistance power, which is very significant in overcoming the COVID-19 viral infections.

