



COVID-19, Nature and Ayurveda

Dilip Kumar G*

Department of Agada Tantra and Vidhi Ayurveda, Government Ayurvedic College, India

***Corresponding author:** Dilip Kumar Goswami, Department of Agada Tantra and Vidhi Ayurveda, Government Ayurvedic College, India, Tel: 9864351115; Email: drdilipgoswami37@gmail.com

Editorial

Volume 4 Issue 4

Received Date: October 17, 2020

Published Date: November 02, 2020

DOI: 10.23880/jonam-16000277

Editorial

COVID -19, the pandemic causing chaos and fear in the entire globe since February/March, 2020 is till now remaining a burning problem for the society as well as for the scientific forum. Since starting of the infection the Govts are providing patronage for scientific study and research and the scientists are untirely working to find out effective remedy and preventive measure for the problem. But, as information available, till date no solution is coming to the knowledge of the researchers. It is difficult to say when the effective solution will come and each and every individual of the society will feel free to move, talk and work.

During the period it is experienced that, though it was seemed to be resolved to some extent and the human society was considered to get rid of the COVID crisis gradually, but, as information received, a new wave of COVID-19 infection is also started to affect some countries which is a matter of astonishment and terror. Considering the experience with the disease with special reference to it's effect, fatality and treatment with modern medicines specially, at this moment, it is seemed that, an alternative should be searched with scientific mind.

It is a well-accepted concept that, "mother nature is the best healer". Nature never wants destruction of the creation. Hence with it's potency it always supports the creation. Nature has gifted a good number of products with preventive and curative properties. Study of the Ayurvedic classics reveals such gifts of the nature. It is revealed in the Ayurvedic classics very nicely that, all substances available in the nature have their properties to support the human beings to get benefit. But there is need of selective use. Use of improperly selected natural substance may even cause death. Hence caution is most important.

Basing upon the Ayurvedic knowledge COVID-19 infection can be considered as AGANTUJA (BHUTABHISHANGAJA)

ROGA (disease due to the invasion of external agents), JANAPADA DHWANGSA (a group of signs and symptoms that affect a major portion of the population), BISHAJA ROGA (disease due to poison). Ayurveda, being the science of life based upon the nature, discuss vividly how the human society can get the benefit from the nature.

1. In case of agantuja roga and janapad dhwangsa the Ayurvedic scholars advice mainly 2 treatment procedures DAIVAVYAPASHRAYA (where chanting of prescribed verses, offering of some food materials to the gods, prayer etc. are used).
2. YUKTIVYAPASHRAYA (application of medicine after proper justification). But, though not mentioned specially, role of SATWAVAJAYA CHIKITSA (self control procedures by following the rules of good conducts, remaining engaged in works beneficial for self as well as for the society) also cannot be denied. The different studies and observations during the last 6/7 months also reveal that, for prevention and cure of COVID-19 infection maintenance of both physical and mental health is important. Peeping back to the before Christ period, basing upon the Ayurvedic classics, a summary of the behavior and diet are mentioned here.

For Maintenance of Mental Health

- Regular practice of codes of good conduct, like
- Trust to a spiritual energy (God)
- Regular prayer
- Speaking truth
- Thinking only the beneficial facts
- Not to think anything that can cause harm/loss of the others
- Always speaking with sweet, soft voice
- Complete abstinence from harsh, hurting words
- Thinking about the benefit of the others etc.

For Maintenance of Physical Health

- Diet-Satwik ahara (the foods that provides mental and physical coolness)-rice prepared from old rice (preserved at least for one year)(purana Sali anna), well cooked rice (supakwa anna), milk(godugdha), ghee (goghrita), garlic (lashoona), holi basil(tulasi), ginger (ardraka) etc.
- Behavior-regular exercise (nitya vyayam), oil massage over the body (sarvanga snehana), regular bath (nitya snana), clean and attractive dress (swaccha bastradharana) etc.

Rejuvenation (Rasayana)

It is a unique concept of Ayurveda that is basically aimed to increase the immunity of the body by providing maximum nutrition. It includes use of some diet, regimen and behavior. Even it is said that, schematic use of some drugs can help an individual to develop immunity. The Ayurvedic principle related with the use of Rasayana for prevention and cure of diseases caused by infection is “making the field (the body)

so strong where any external harmful agent cannot take shelter”. The external agents (parasites, bacteria, virus etc.), after entry into the body, if gets favorable environment (low resistance), takes shelter and starts multiplication and, in due course manifests disease. Hence to win them the body should be kept prepared in such a way that such organisms, even after entry, will not be able to make it's shelter.

Regarding the spread of the dangerous, fatal virus “COVID-19”, the Ayurvedic principle “all the bisha (harmful agents) spread due to “PRAMADA” (false/wrong perception) and “MOHA” (false attraction-lust) of the individual” is applicable. An individual commits wrong either due to false/wrong perception or false attraction-lust. Not wearing mask, wearing mask wrongly etc. are some examples experienced commonly during the COVID period. Hence a correct decision in respect of activity (both mental and physical) should be used as the prime duty of each and every individual with the aim to win the destructive enemy of the society. Let us try to exercise good conducts in relation to physical and mental health even learning from our ancestors.

Ayurvedic Classics May be Proved to be the Torch Bearer in the Battle Field and May Give Beneficial Guidelines to Fight with COVID -19.