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Role of 'AYUSH Kit' in fighting COVID-19 among Mysuru City Police

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ABSTRACT

Introduction: The Covid-19 crisis has shaken the healthcare system globally, Policemen being the frontline warriors have played a crucial role in fighting covid-19, they are also at higher risk of getting infected because of their inevitable movement even in this lockdown. Several state governments have given AYUSH preparations as prophylactic medication to their frontline workers and police staff. The AYUSH ministry advisory has also helped citizens boost their immunity using simple preparations. This probably is the reason why Covid-19 has not spread uncontrollably in India. **Materials and methods:** A retrospective cross-sectional survey, with a standard questionnaire to assess the role of Ayush immune boosting kit to fight Covid-19, among Mysore city police. **Results and Discussion:** Overall the study gave a significant result in terms of infection positivity rate and combating the stress of covid-19 duty among those who used Ayush immunity kit compared to the other community who are not used that. **Conclusion:** Ayurveda is a holistic science. More than a medical system it is a way of life.

Key words: Ayurveda, COVID-19, Immune boosters, Public Health.

INTRODUCTION

The covid-19 crisis has shaken the healthcare system globally. Irrespective of their disparities and differences all disciplines of medical system came together unanimously to combat covid-19, many

studies across the world have proved the role of Ayush and its herbal medicines as an add-on therapy in reduce the burden of covid-19, People globally witnessed the potentials of Ayurveda in increasing the immune response towards covid-19. Government took immediate measures in order to combat the viral load found among senior citizens. Free immune boosting AYUSH Kit distribution was one among such scheme by government of Karnataka, people of Mysuru were highly benefited from the kits in these times of Covid. Several state governments have given Ayush preparations as prophylactic medication to their frontline workers and police staff. The AYUSH ministry advisory has also helped citizens boost their immunity using simple preparations. This probably is the reason why Covid-19 has not spread uncontrollably in India. Policeman being the frontline warriors have played a crucial role in fighting covid-19, they are also at higher

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risk of getting infected because of their inevitable movement even in this lockdown.

MATERIALS AND METHODS

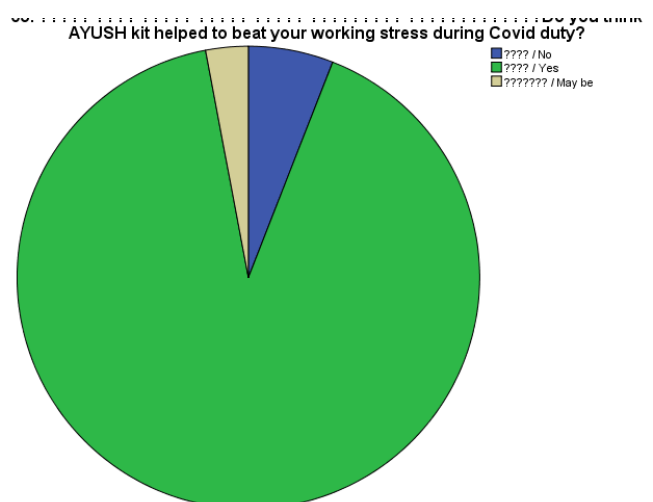
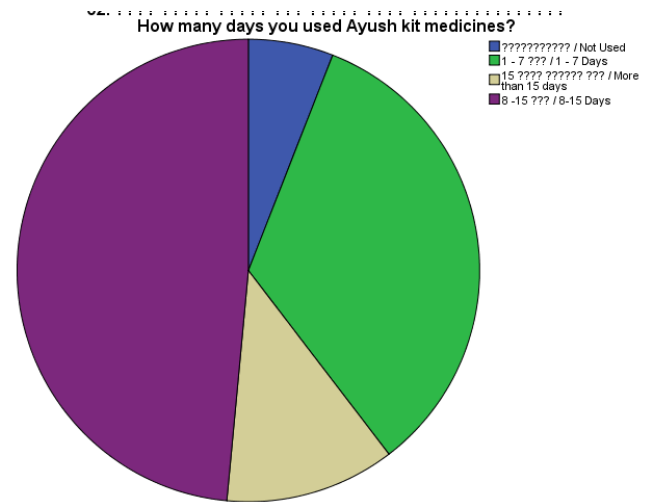
A retrospective cross-sectional survey, with a standard questionnaire containing 10 close ended questions and one open ended question were asked to assess the role of Ayush immune boosting kit to fight Covid-19, Kit contained *Chyawanprash Lehya*^[1], *Ashvagandha Churna*^[2] *Samshamani Vati*^[3] and *Arq-e-ajeeb*^[4] drops, which are time tested and proved to boost the immunity and also mentioned in advisory issued from Ministry of Ayush given to Mysore city police, the posology of the medicines was same as it is mentioned in the advisory^[5], Subjects were randomly selected from the data base of immunity kit distribution. Responses were collected through Google form to avoid repeated physical contact. A printed questionnaire was also given to those who are inaccessible to Google form, subjects were educated about the questions and their meanings through telephones and they were also free to call anytime in case of any doubt. obtained responses were analysed using SPSS 20 and Microsoft Excel 2013.

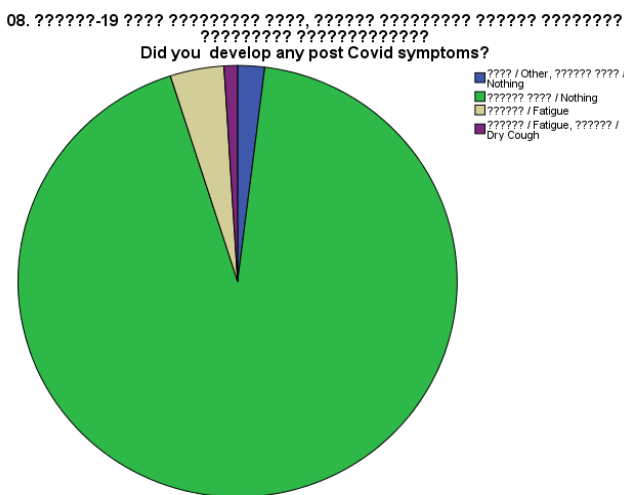
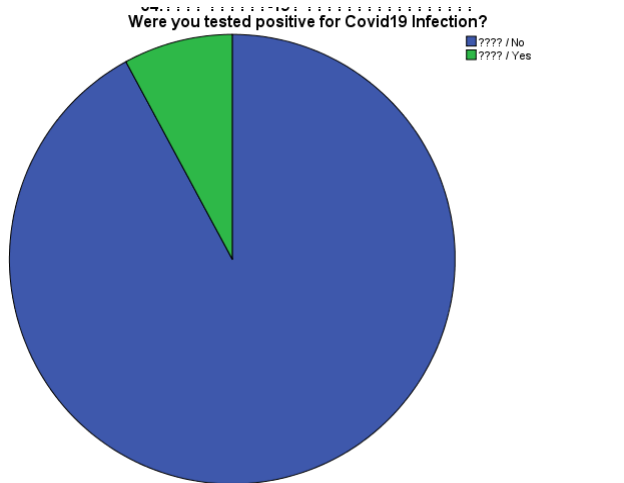
RESULTS

Immunity boosting medicines to fight covid-19. distributed to the frontline warriors among city police of Mysore revealed a significant result. Around 500 policemen were distributed with Ayush Immune boosting Kit, The survey revealed that around 50% of policeman used immune boosting medicines for 8 to 15 days, 35% of the people used it for more than 15 days and 15% of them used for less than 8 days, on asking about the role of AYUSH kit in beating their routine working stress, 92% of the subjects found it helpful to beat the stress during covid duties and 3% of them were doubtful about its action and whereas 5% of them didn't find it beneficial to beat their stress. It also revealed that 85% of the policemen used Ayush immunity kit didn't test positive for covid-19 infection 8% of them tested positive for the same and 7% of them are not sure about their infection. 77% of the subjects were primary contacts of some infected cases where as 15% of subjects were never exposed to any

infected cases and 8% of them were doubtful about their exposure. Among infected cases 70% of subjects believe they got infected from their colleagues or during their duty time where as 30% of them believe they got infection from their family or personal hours.

Among them there were 12% who had risk of comorbid diseases. Among all the infected subjects 70% recovered within 5 days and 12% recovered between 5 to 10 days and 18% it took more than 10 days to recover. None of them reached upto ICU beds and no deaths were reported. Only 8% of the infected subjects have developed post covid symptoms like fatigue and persistent dry cough and remaining subjects are fine without any post covid symptoms, 92% of the subjects rated Ayush kit as the best immunity boosting medicine.





DISCUSSION

Overall, the study gave a significant result in terms of infection positivity rate and combating the stress of covid-19 duty among those who used Ayush immunity kit compared to the other community who are not used that. More than 1.5 lakh policemen were reported to be infected with covid-19 so far in India^[6], Karnataka stands third in India in terms of the total number of infected cases^[7], and second in terms of total number of deaths due to covid-19^[8], Mysore is the second largest district with the burden of covid 19 in Karnataka^[9], this study opened a new Ray of hope to fight covid-19, a similar kind of study was conducted among Delhi police titled “Ayuraksha kit – Corona ke Jung Delhi police ke sang”^[10] a programme jointly with All India Institute of Ayurveda and Ministry of Ayush distributed more than 80000 kits to Delhi police which helped them fighting effectively as covid warriors.

Many police didn't get infected in spite of repeated movement and their exposure to infected cases, a very few who got infected were having mild symptoms or they were asymptomatic and all of them could recover quickly compared to the others who didn't used Ayush immunity kit.

CONCLUSION

Ayurveda is a holistic science. More than a medical system it is a way of life. The uncontrolled urbanization and modernization have gifted a lot new lifestyle disorders to mankind any new diseases can emerge in future but this time-tested treasure of knowledge holds good till eternity.^[11] it's high time to realise and restore ourselves towards our indigenous cultural heritage. There is a key solution in unique concepts of Ayurveda like, *Dinacharya* (daily regimen) *Rutucharya* (seasonal regimen) *Sadvrutta* (code of conduct) and *Achara Rasayana* which are to be practiced by everyone who wish to remain healthy.

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