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Role of Ayurvedic Vyadhikshamatva in prevention of Covid-19

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ABSTRACT

Recently whole world has affected by COVID-19. It is an infectious disease caused by corona virus 2 (SARS-COV-2), that is novel corona virus. The most common symptoms of COVID-19 are fever, dry cough, breathlessness, body ache, and loss of taste or smell, nausea or vomiting, which are similar to flu. These symptoms may vary according to individuals. COVID-19 is declared as pandemic. In Ayurveda pandemic is explained in *Charak Samhita Vimansthana Adhyaya 3* along with its prevention and cure. COVID-19 usually affects the people with low immunity. Enhancing the immunity of human body is the best way to prevent COVID-19 infection. Ayurveda explained immunity under the heading of *Vyadhikshamatva*. *Vyadhikshamatva* explained in Ayurveda is depends on *Sharira Bala, Oja* and *Prakrita Shleshma*. By increasing *Bala, Oja* and adopting way of living as directed by Ayurveda help in enhancing the immunity. In Ayurveda various types of regimens like *Dincharya, Ritucharya, Aaharvidhi, Rasayana Chikitsa, Vyayama, Pranayama, Yoga* are explained. These regimens are very much helpful to strengthen the immunity.

Key words: Bala, Oja, Vyadhikshamatva, Immunity, Rasayana.

INTRODUCTION

COVID-19 is a contagious disease caused by the virus, severe acute respiratory syndrome corona virus 2 (SARS-COV-2). The first case was identified in Wuhan, China in December 2019 and then it rapidly spread worldwide, resulting in the COVID-19 pandemic. The symptoms of COVID-19 include fever, cough, headache, fatigue, breathing difficulties, loss of smell, and loss of taste. Symptoms may appear in 1 to 14 days

after exposure to virus. Older people are at a higher risk of developing severe COVID symptoms. COVID-19 transmits when infectious particles are breathed in or come into contact with the eyes; nose or mouth. Several COVID-19 vaccines have been approved and distributed in various countries. Other prevention measures include physical or social distancing, quarantining, ventilation of indoor spaces, and use of face mask in public, covering coughs and sneezes, hand washing and keeping unwashed hands away from the face. Management of COVID-19 involves the treatment of symptoms through supportive care and isolation.^[1]

Ayurveda is an ancient science. The most important aim of Ayurveda is to maintain the health of healthy persons and cure the diseases of sick people.^[2] Here the word health does not mean only physical health but also spiritual and mental well being.^[3] *Vyadhikshamatva* is derived from two words - *Vyadhi* and *Kshamatva*. Here *Vyadhi* means disease and *Kshamatva* means inherent capacity of body against the disease. So, concept of *Ayurvedic Vyadhikshamatva* is equivalent to immunity.

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Vyadhikshamatva explained in Ayurveda is depends on Sharira Bala, Oja and Prakrita Shleshma. By increasing Bala, Oja and adopting way of living as directed by Ayurveda help in enhancing the immunity.

AIM

To understand the role of Ayurvedic Vyadhikshamatva in prevention of COVID - 19.

MATERIALS AND METHODS

The materials for the study were collected from various classical Ayurvedic Samhitas and its commentaries available in the library of Govt. Ayurved College, Raipur (C.G.). References from Charaka Samhita, Sushruta Samhita, Kashyapa Samhita are reviewed for this article.

LITERATURE REVIEW

Ayurveda is a health science that not only deals with the prevention of disease but also cure the disease by enhancing the strength of body.

The Ayurvedic concept of Vyadhikshamatva contains two factors.^[4]

- **Vyadhi Utpada Pratibandhakatvama** - It means inhibit the occurrence as well as recurrence of the disease.
- **Vyadhi Bala Virodhitvama** - It is ability to inhibit the strength or severity of the diseases.

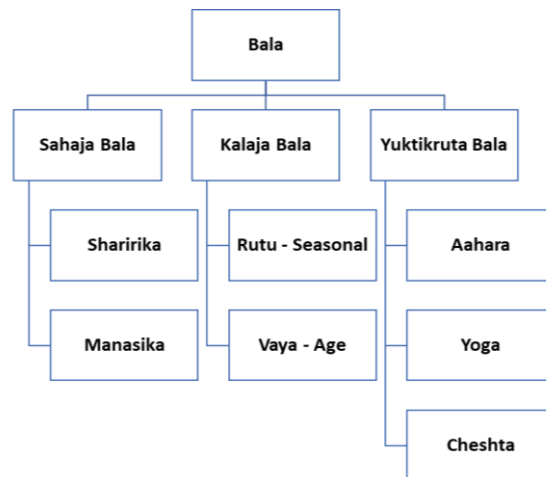
Lakshana of Shrestha Vyadhikshma Sharira^[5]

- Samamansa Praman (Well-proportioned in flesh)
- Sama Sanhanana (Well-Knit in figure)
- Drudhendriya (Firm of senses)
- Vikaranam na Balena Abhibhuyate (Not overpowered by the violence of disease)
- Kshutsaha (Able to endure hunger)
- Pipasasaha (Able to endure thirst)
- Aatapsaha (able to endure heat)
- Sheeta Vyayama Sansaha (Able to endure cold and the strain of exercise)

- **Sampakta** (Normal digestive and assimilative powers)

Vyadhikshamatva depends on Sharira Bala, Oja and Prakruta Shleshma.

Bala^[6]



Sahaja Bala

Bala which is present in body since birth is called Sahaja Bala.

It depends on the healthiness of Shukra (sperms) and Artava (ovum).

Kalaja Bala

Bala which is based on the seasons and persons age is called Kalaja Bala.

According to the Kala (Ritu)

SN	Uttarayana ^[7]	Dakshinayana ^[8]	Bala
1.	Shishira	Hemanta	Uttama Bala
2.	Vasanta	Sharada	Madhyama Bala
3.	Grishma	Varsha	Heena Bala

According to the Vaya^[9] (age)

SN	Vaya (Awastha)	Bala
1.	Balyavastha	Madhyama Bala
2.	Yuwavastha	Uttama Bala
3.	Vruddhavastha	Heena Bala

Yuktikrita Bala

Yuktikrita Bala means the strength obtained by the proper healthy diet (*Ghrita, Dugdha, Mansa* etc.), physical activities (*Vyayama, Pranayama, Yoga* etc.) and taking *Rasayana* (*Chyavanprasha, Guduchi, Amalaki Rasayana* etc.)

Oja

The *Sara* (essence) of *Saptadhatus* is called *Oja*.^[10]

Types of Oja^[11]

SN	Oja Types	Para Oja	Apara Oja
1.	Location	<i>Hridaya</i>	<i>Sarva Sharira</i>
2.	Quantity	8 drops	$\frac{1}{2}$ <i>Anjali</i>

Oja Guna^[12]

1. *Guru*
2. *Sheeta*
3. *Mridu*
4. *Shlakshna*
5. *Bahal*
6. *Sthira*
7. *Prasanna*
8. *Pichchila*
9. *Snigdha*
10. *Madhura*

Oja Karma^[13]

SN	Oja Karma	
1.	<i>Sthira Upchita Mansata</i>	To give strength, stability and maintain muscles growth.
2.	<i>Sarvacheshtashu Apratighata</i>	Ability to perform all activities without any hindrance.
3.	<i>Swarvarna Prasada</i>	Maintain clarity of voice and brightness of complexion.

4.	<i>Bahyanamabhyantaranaam Cha Atma Karyapratipattir Bhavati</i>	Helps to maintain the proper function of internal and external sense organs and also mind.
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Oja Vikriti^[14]

SN	Ojovistransa	Ojovyapada	Ojakshaya
1.	<i>Sandhi Vishlesha</i> (Looseness of joint)	<i>Stabdhatratra</i> (Rigidity in body)	<i>Murchchha</i> (Fainting)
2.	<i>Gatrasada</i> (Gidiness)	<i>Gurugatrata</i> (Heaviness in body)	<i>Mansakshaya</i> (Muscle wasting)
3.	<i>Doshachyavana</i> (Dislocation of <i>Doshas</i>)	<i>Vata Shopha</i> (Swelling due to <i>Vata Dasha</i>)	<i>Moha</i> (Confusion)
4.	<i>Kriya Sannirodha</i> (Impairment in activities)	<i>Varna Bheda</i> (loss of complexion)	<i>Pralapa</i> (Delirium)
5.	-	<i>Glani</i> (Depression)	<i>Marana</i> (Death)
6.	-	<i>Tandra</i> (Drowsiness)	-
7.	-	<i>Nidra</i> (Excessive sleep)	-

Ojakshaya^[15]

- *Bibheti* (fear complex develops)
- *Durbaloabhikshna* (General weakness)
- *Vyathitendriya* (Discomfort in sense organ)
- *Dushchhaya* (Loss of complexion)
- *Durmana* (Unstable mind)
- *Ruksha* (Roughness)
- *Kshaya* (Emaciation)

Shleshma

Prakrita Shleshma is known as *Bala*.^[16] It gives strength to the body.

The properties of *Shleshma* are *Snigdha, Sheeta, Guru, Manda, Shlakshna, Mrutsana and Sthira*.^[17]

Ayurvedic regimens for enhancing the Vyadhikshamatva (Immunity)

Dinacharya (Daily Regimen)

Dinacharya includes awaking at *Bramha Muhurt*, *Mukhaprakshalana* (Cleaning the face with water), *Anjana* (Collyrium), *Abhyanga* (Oil massage), *Snana* (Bathing), *Anulepana*, wearing of neat and clean cloth, footwear, coverings for protection (like mask, cap), *Padaprakshalana* (washing of feet), *Danta Dhawana* (brushing with *Neema*, *Karanja*), *Jivha Nirlekhana* (tongue cleaning), *Gandusha* (gargling with *Tila Taila*), *Kawala* (mouthwashes by medicated paste), *Dhumpana* (smoking by medicated paste prepared), *Nasya* (nasal drops such as *Tila Taila*, *Anutaila*), *Vyayama* (exercise and yoga).^[18]

Rutucharya (Seasonal Regimen)

One's diet of various types leads to promotion of strength and complexion only if he knows the wholesomeness according to different *Ritu* (seasons) dependent on behaviour and diet.^[19]

Rasayana Chikitsa (Rejuvenation Therapy)

Rasayana Chikitsa is used to enhance the immunity and strength of the body. It is used in preventing and curing diseases as well as the prevention of senility.^[20] *Amalaki* (*Emblca officinalis*), *Guduchi* (*Tinospora cordifolia*), *Ashwagandha* (*Withania somnifera*), *Haridra* (*Curcuma longa*), *Yashtimadhu* (*Glycyrrhiza glabra*), are some of the *Rasayana Dravyas* (drugs) mentioned in *Ayurveda* which help to improve the *Vyadhikshamatva* (Immunity). *Shodhan Chikitsa* should be done before taking *Rasayana Chikitsa*, it may give more benefits to the patient.

Types of Rasayana^[21]

SN	Types of Rasayana	Uses (Karma)
1.	<i>Naimittika Rasayana</i>	It is used for cure the particular disease. Eg.- <i>Shilajatu</i> , <i>Bhallataka Rasayana</i>
2.	<i>Ajastrika Rasayana</i>	It is used to built and maintaining good health. Eg.- consumption of <i>Ghrta</i> , Milk etc.

3.	<i>Kamya Rasayana</i>	It is used for achieving a specific desire. Eg.- <i>Shankhapushpi</i>
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Acharya Rasayana^[22]

For good health and improving quality of life, it is very important to have a calm, composed and concentrated mind. And to have a calm mind disciplined training is more useful. *Ayurveda* explains this with a concept called *Acharya Rasayana*. It is *Ayurvedic* concept of mind rejuvenation.

Practicing methods

- *Satya Vadi* - Be truthful
- *Akrodha* - Free from anger
- *Nivruttam Madya Maithun* - Avoid alcohol and following Brahmacharya
- *Ahinsa* - Avoid violence
- *Anayasam* - Avoid exhaustion, excessive thinking, stress and worries
- *Prashant* - Calm
- *Priyavadinam* - Talking with pleasing words
- *Japa* - Following religious rites
- *Shouch Param* - Maintain hygiene
- *Dheeram* - Stable in thoughts and courageous
- *Shastachara* - Good conduct
- *Deva Go Brahmana Acharya Guru Vriddharchane Ratham* - Respect god, cow, brahmana, teachers, and old people etc.

Swarna Prashana

Acharya Kashyapa explained the *Swarna Prashana* which should be given to the newborns as an immunity and memory booster. It increases intellect, digestive and metabolic power, strength, gives long life, increases complexion and eliminates the evil effects of *Grahabadha*.^[23]

Yoga (Meditation)

Yoga is a system of exercises for physical and mental nourishment. It is a slow, thoughtful system of stretching and balancing. There is a pose which affects

every muscle in the body and the poses activate and stimulate circulation, digestion, excretion, the nervous system and the endocrine system. A good Yoga session ends with a period of deep relaxation. This calms the mind, slows the pulse and brings the body to a state which is receptive to healing. Yoga can be a very practical system for improving life. It actually changes people, physically and mentally.^[24]

Daily used Rasayana

- Kshira
- Ghrita
- Chyavanprasha Avaleha

DISCUSSION

In *Ayurveda* it is explained that *Vyadhikshamatva* is mostly depends on the *Sharira Bal*, which is strength of body to fight against diseases and to prevent the future development of disease. *Sahaja Bala* comes from the parents, *Kalaja Bala* developed according to the *Vaya & Ritu* and *Yuktikrita Bala* acquired from *Aahara, Vihara and Rasayana Sevana*. Due to its similarity types of *Bala* can be correlated with the types of immunity eg. *Sahaja Bala* with Innate immunity, *Kalaja & Yuktikrita Bala* with acquired immunity.

Developing the *Bala, Oja*, balance of *Kapha Dosha, Dhatu* etc. are helpful to increase *Vyadhikshamatwa* against COVID - 19

CONCLUSION

COVID-19 usually affects the people with low immunity. Enhancing the immunity of human body is the best way to prevent COVID-19 infection. *Vyadhikshamatva* explained in *Ayurveda* is depends on *Sharira Bala, Oja* and *Prakrita Shleshma*. By increasing *Bala, Oja* and adopting way of living as directed by *Ayurveda* helps in enhancing the immunity. In *Ayurveda* various types of regimens like *Dincharya, Ritucharya, Aarvidhi, Rasayana Chikitsa, Vyayama, Pranayama, Yoga* are explained. These regimens are very much helpful to strengthen the immunity.

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