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# A conceptual study of *Aahar* on Post Covid-19 complications

Priyanka Kumari<sup>1</sup>, Rohit Ranjan<sup>2</sup>

<sup>1</sup>Post Graduate Scholar, Dept. of Samhita Siddhanta, Govt. Ayurvedic College and Hospital, Patna, Bihar, India.

<sup>2</sup>Assistant Professor, Dept. of Samhita Siddhant, Govt. Ayodhya Shivkumari Ayurvedic College and Hospital, Begusarai, Patna Patna, Bihar, India.

## ABSTRACT

The entire world has experienced many pandemics and epidemics, but occasionally a new one called SARS-CoV-2, or severe acute respiratory syndrome coronavirus, has put the global health care system under strain. Long Covid, or "long-haul COVID-19," refers to Post COVID-19 problems in individuals who recover from a COVID-19 infection, resulting in various complications such as cardiac, pulmonary, systemic, neuropsychiatric, tinnitus, acute kidney damage, renal failure, and thrombotic issues. After recovering from a COVID-19 infection, everyone must maintain a healthy diet because the infection may eventually harm their critical health. *Ayurveda*, a traditional healthcare system, emphasizes the importance of food and lifestyle in maintaining health and preventing diseases. *Aahar* is regarded as the "superior medicine," or *Mahabhaisajya*. Improper dietary habits lead to a variety of lifestyle health problems that can be avoided with appropriate *Aahar* and eating practices. According to *Ayurveda*, an individual's *Prakriti*, or constitution, should be taken into consideration when defining an *Aahar*. The article aims to assess a lot *Aahar* methods and concepts that are scattered over various Samhitas that can help manage Post COVID-19 complications and promote a quick recovery without future disease complications.

**Key words:** *Aahar, Samhita, Post COVID-19, Health, Complications, Ayurveda.*

## INTRODUCTION

The fundamental basis of all medical research, *Ayurveda*, emphasises the significance of regular daily and seasonal activities for preserving wellbeing. People generally don't have time for their lifestyle or health in modern society, which results in imbalanced diets and luxurious lifestyles. *Dosha* equilibrium is maintained by following to *Ayurvedic* regulations, which can help prevent against illness. The COVID-19<sup>[1]</sup> pandemic has had a major effect on the healthcare sector, resulting

in a high death rate and severe acute respiratory syndrome (SARS-CoV-2). Long Covid, or "long-haul COVID-19," refers to Post COVID-19 problems in individuals who recover from a COVID-19 infection, resulting in various complications such as cardiac, pulmonary, systemic, neuropsychiatric, tinnitus, acute kidney damage, renal failure, and thrombotic issues. After recovering from a COVID-19 infection, everyone must maintain a healthy diet because the infection may eventually harm their critical health.

As new ailments emerge, such as COVID-19, the emphasis has shifted away from diet and lifestyle to holistic inclusion. Understanding the importance of *Aahar* allows the world to better grasp the challenges and benefits of benefits of *Ayurveda* in disease management and achieving good health. *Aahar* is regarded as the "superior medicine," or *Mahabhaisajya*.<sup>[2]</sup> *Aahar* nourishes the body, gives quick strength, maintains the body, and increases *Ayu*(lifespan), *Teja*, *Utsaah*(enthusiasm), memory, *Oja*, and *Agni*. Improper dietary habits lead to a variety of lifestyle health problems that can be avoided with

### Address for correspondence:

Dr. Priyanka Kumari

Post Graduate Scholar, Dept. of Samhita Siddhanta, Govt. Ayurvedic College and Hospital, Patna, Bihar, India.

E-mail: priya88kumari776@gmail.com

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appropriate *Aahar* and eating practices. According to *Ayurveda*, an individual's *Prakriti*, or constitution, should be taken into consideration when defining an *Aahar*.

## MATERIALS AND METHODS

The information regarding the above need base study is collected from various *Ayurvedic* literature (*Bruhatriyi, Laghutrayi*). Literature related to newly emerged COVID-19 pandemic and its up-to-date details were collected from recent research articles by searching via online scientific sites viz. PubMed, Google scholar, Medline plus using different keywords. *Aahar* and regimens applicable in COVID-19 diseases were also searched in different *Ayurvedic* compendia, documented treatments modalities on it with recent research publications and latest guidelines and regulations published by different government authorities.

## REVIEW AND DISCUSSION

### Potential tools for Aahar in Ayurveda

*Aahar* promotes basic dietary standards for health maintenance including appropriate foods, incompatible meal combinations, cooking methods, storage, dining environment, hygiene and etiquette. *Aahar* is the best of all medicines and is considered one among the three sub-pillars of *Ayurveda* (*Thrayo-Upasthamba*).<sup>[3]</sup> *Ayurveda* has laid down the concepts of dietetics such as-

- *Ashta Aahar Vidhi Visheshaayatan*<sup>[4]</sup> (eight factors of dietetics),
- *Aahar Vidhi Vidhan*<sup>[5]</sup> (dietary guidelines),
- *Dwadasha Ashana Pravicharana*<sup>[6]</sup>
- *Viruddha Aahar*<sup>[7]</sup> (incompatible diet),
- *Aahar Parinamkarabhava*<sup>[8]</sup>
- *Shadrasatmaka Aahar*<sup>[9]</sup>
- *Rituanusaara Aahar*<sup>[10]</sup> (seasonal dietetics)
- *Aahar Varga*<sup>[11]</sup>
- *Hitakara and Ahitakara Aahar*<sup>[12]</sup>

- *Nitya Sevaniya Dravya*<sup>[13]</sup> (regularly consumable food items)
- *Nitya Asevaniya Dravya* (regularly non-consumable food items)

According to *Ayurveda*, Post-COVID Complications are due to *Dhatukshaya* and *Vataprakopa* of body. By proper diet and healthy lifestyles, it can be better managing this *Dhatukshaya*. "*Nitya Sevaniya Dravyas*" are completely full of *Shadrasa*, it fulfils the balance diet criteria. So, it promotes the health of healthy individual and prevention the disease condition. During COVID-19, it appears that the new struggle for individuals is self-isolation in order to keep their health and combat the pandemic by building their immunity. *Agnideepak, Laghu Aahar* and nutritious foods should be consumed to enhance immunity. A well-planned diet can help an individual's physical and mental health.

### Specific Aahar for patient suffered by COVID -19

The disorder COVID-19 it can be correlated with *Vataj-Kaphaj Jwara*.<sup>[14]</sup> Therefore, *Vataj-Kaphaj Shamak Chikitsa* and *Agnideepan Chikitsa* can be given. *Agni Dipak, Laghu Ahara*, and nutritious (*Yusha, Laja, Manda, Peya, Vilepi*), which are essential for immune-modulator and digestive stimulant properties.

Recommended daily regimen for suffered person

1.	<i>Peya, Manda, Vilepi, Yusha</i>
2.	<i>Salidhanya</i>
3.	<i>Moonga, Masur</i>
4.	<i>Draksha, Dadima</i>
5.	<i>Dugdha</i>
6.	<i>Ushnodaka</i>
7.	<i>Shadang Paniya</i>
8.	<i>Laghu Ahar</i>
9.	<i>Mamsa Rasa</i>
10.	<i>Sarpipana</i>

Specific lifestyle for the Person susceptible for COVID-19

1.	Moonga
2.	Masur
3.	Ardraka
4.	Lasuna
5.	Neem
6.	Dhanyaka
7.	Chyavanprash
8.	Dugdha
9.	Amalaki

**Pathya Apathya Aahar for Post COVID complications symptoms-**

Wholesome foods enhance mental contentment, strength, and happiness while decreasing sickness. Acharya Harita emphasizes the importance of Pathya-Apathya,<sup>[15]</sup> which includes Dushya, Prakriti, Dosha, and Vyadhi. A Pathya Kalpna based diet helps pacify vitiated Doshas, fight infections, and clear Srotas.

Post COVID-19 Symptoms	Pathya Aahar	Apathya Aahar
Fatigue (Klama)	Kashaya Varga: Jivaniya Mahakashaya, Shramahara Mahakashaya, Manda, Peya, Vilepi and Yavaagu with various Shukadhanya and Simbidhanya, Musta, Mishi (Pachana of Ama), Milk, Amalaki.	Oily and fried food, junk cold food and beverages, consuming excess alcohol and over caffeine regularly etc.
Headache (Shirashoola)	Excessive use of Ghrita, Taila, Vasa, Majja, Jangala Mansa Rasa, Milk with Sugar, Patola, Amalaki, Coconut Water, Takra, Kanji, Ghevara, Sweet dishes.	beverages like coffee, cold drinks, junk foods, chocolates, pickles etc.

Shortness of breath (dyspnoea)	Consuming red varieties of rice, wheat, barley, chickens, old Ghrita, goat milk, liquor, lemons, date fruits, cardamom, Puskaramula, hot water, herbs, cow urine.	excessive consumption of dry, cold, heavy, incompatible food, irregular food intake, black gram, beans, sesame, and aquatic animal meat.
Cough	Salidhanya rice, Sasthi rice, wheat, Syamāka, Yava, kodarva, seeds of Atmagupta, Urada, Mudga and Kulattha, Flesh of goat, domestic animals, water animals, buffalo from marshy regions and animals living in deserts, Vastuka, Makotha, brinjal, radish, Kāsaundi, Jīvantī, Siriri, lemon, Kamalakanda, Aduṣā, cow urine, garlic, Harada, Trikatu, lukewarm water, honey, and paddy poppy, Liquor, old Ghrita, goat's milk and Ghrita,	Taking Vidahi and Ruksa types of meals, rice, fish, Kanda, potato, leaves of mustard, Tumbiphala, Consuming old rice and water, excessive eating heavy and cold rice and drinking water.
Reappearance of Fever	Use Rakta Shali, etc., along with Shashtik varieties of rice only after they have undergone purification. Shadang Paniya, Yavaagu, Odana, and Lajaa, Manda Pana. Milk boiled with Panchamoola, Turmeric, ginger Tulsi, Kalingaka, Patola, Kiratatikta, Guduchi etc,	unsuitable diets, incompatible food, heavy meals, and incompatible water, fruits, vegetables, and edible mushrooms.
Chest pain (Urahshula)	Vilepi, old red rice, meat soup, Mudga, Yūṣa, fruit of Abhaya, Patola, banana fruit, radish, Eranda oil, rain water, rock salt, grapes, buttermilk, old jaggery, caraway seeds, garlic, Harada, Kutaja, coriander, pepper, ginger, Sauvira, Śukta, honey,	To maintain mental health, avoid smoking, staying awake at night, consuming kapha-increasing foods, living in cold places, eating

	liquor, <i>Kastūri</i> , white sandalwood and <i>Tāmbula</i>	oily, heavy, and cold foods, eating dry or astringent foods.
Sore throat	Licorice root, <i>Dalchini</i> , thyme, clove, cumin, dry ginger, honey, mint,	Avoid <i>Kapha</i> food, cold food, heavy food, toxic food, sweet food.

### Probable mode of different action of Aahar used in Post COVID-19 complications

**Shadanga Paniya**<sup>[16]</sup> is a polyherbal formula made from six herbs, including *Musta*, *Parpat*, *Usheer*, *Chandan*, *Udeechya*, and *Nagar*. It is used in early stages of fever, reduces excessive thirst, and increases appetite. It also has antipyretic, antibacterial, and antimicrobial effects.

To improve energy requirements and further boost immunity, we can consume herbal teas like *Kadha* (an indigenous drink prepared from a mix of spices and herbs), ginger tea, green tea and other herbal spices.

**Peya**<sup>[17]</sup>, **Yavaagu**<sup>[18]</sup>, and **golden milk** are essential for Post COVID-19 management. *Peya* supports vitality and is rich in carbohydrates, protein, fat, and micronutrients. Golden milk, with its ingredients like ginger, cinnamon, and turmeric, has anti-inflammatory properties and can help fight infections.

**Mamsa Rasa**, a heavy protein, promotes *Bala*, *Varna*, *Vaya*, *Buddhi*, and *Ayushya*. Consuming a high-protein diet with 75-100 grams of protein daily, including eggs, lentils, legumes, milk products, soy, seeds, and nuts, is recommended. Non-vegetarians can incorporate animal products like lean meat, poultry, fish, and eggs. These products can help increase body immunity and prevent cell damage during the pandemic.

**Spices and Herbs** in Cooking promote a healthy lifestyle, aiding in physical and cognitive rehabilitation. Common spices and herbs like curcumin, cinnamon, ginger, clove, black pepper, garlic, *neem*, *giloy*, and *basil* have antiviral activities during COVID-19.

*Curcumin* inhibits virus replication, controlling transcription and signalling cascades.

Garlic, known for its pungent scent and high sulphur content, is a natural antibacterial aiding in cholesterol control, blood pressure management, and cold and minor infections.

**Cinnamon:** Stimulates white blood cells to fight infections and viruses, high in antioxidants and anti-inflammatory properties. Regulates blood sugar.

**Ginger:** Antibiotic and anti-inflammatory, boosts immunity and protects against viruses like COVID-19. It contains gingerol, an antioxidant that destroys infections.

**Turmeric's Antibacterial Properties -** Aids in physical weakness eradication, enhances energy requirements and immunity, consumes herbal teas like *Kadha*, ginger, green tea.

Cloves strengthen immune system, promote digestion, treat dental illnesses, increase bone strength, and protect organs. Eugenol, a major bioactive component, has antibacterial properties.

Black pepper contains bioactive chemicals like piperdardiine and piperani, increasing antiviral activity against COVID-19.

*Neem* leaves promote immunity with zinc, quercetin, vitamins A, B1, B2, B6, C, E.

*Moringa* prevents various health problems, especially during COVID-19.

*Tulsi*, also known as holy basil, stimulates immune system function and has antibacterial, antiviral, and antifungal properties.

### CONCLUSION

*Ayurveda*, a traditional medicinal system, has been proven effective in managing epidemics and strengthening immunity, especially during the COVID-19 pandemic. It emphasizes the importance of a healthy lifestyle and food in preventing and slowing illness progression. The different types of *Aahar* that are critical for controlling Post COVID-19 problems and promoting quick recovery. *Ayurveda* offers various therapeutic methods to improve immunity to respiratory infections, such as herbal decoctions,



drinking hot water, gargling with medicated water, and inhaling steam. Considering the above discussion, it is reflected that the integrative approach of *Ayurveda* for a healthy diet or healthy dietary regimen, proper seasonal dietary regimen and adoption of code of conduct may efficiently overcome the current pandemic situation by maintaining good immunity of the person as well as by minimizing the morbidity and mortality rate. There is ample scope for further research for the above mention regimen in the future.

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