

Ayurvedic Immune Boosting Therapy against COVID-19

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Abstract

Background: Coronavirus disease 2019 (COVID-19) is an infectious disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) and result to pneumonia. The first case was identified in Wuhan city of Hubei Province, China at the end of 2019. On 11 March 2020, the World Health Organization has declared COVID-19 outbreak as global pandemic. Already more than 55 million people affected in 213 countries, areas, or territories globally and died approximately 3.4 million more. Moreover, currently there is no specific treatment protocol justified for long term remedy and prevention against COVID-19. So, this review study attempted to define the practice of Ayurvedic immune boosting therapy may fight against COVID-19 for long term prevention.

Methods: Qualitative methods including various Ayurvedic classic texts and scientific journals have been used for this study as source materials.

Result: The burden of COVID-19 is affecting many countries worldwide, so a special attention is devoted to immune boosting therapy through the knowledge of Ayurveda.

Conclusion: This conceptual study emphasizes the importance of some Ayurvedic procedures like avoiding of causative factors, nasal instillation, rejuvenation therapy, behavioural therapy, yoga, and meditation as daily regimen and seasonal regimen are very supportive to boost up immunity and these measurers may help to prevent COVID-19.

Keywords: Coronavirus; Rejuvenation therapy; Behavioural therapy; Daily regimen; Seasonal regimen

Introduction

The infectious disease is the leading cause of mortality in developed and developing nations of world in this century [1]. Coronavirus disease 2019 (COVID-19) is an infectious disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) that lead to pneumonia [2]. At the end of 2019, the disease was first identified in Wuhan city of Hubei Province, China [3]. The World Health Organization (WHO) has declared COVID-19 outbreak a global pandemic on 11 March 2020 [4]. On dated 14 December 2020, the WHO report of COVID-19 reported that more than 71,051,805 confirmed cases in 213 countries, areas or territories and died 1,608,648 more to date globally [5]. Every affected countries trying to handle the situation with their own medical facilities but overall situation is not controlled even though in some developed countries also due to limitation of diagnostics tools and others medical service facilities for COVID-19. The is no medicine has been justified for long term cure or prevention. So, here we can follow the theory "Prevention is the Best Medicine". Actually Ayurvedic systems of medicine aimed on "Protect health of the healthy and alleviate disorders in the diseased" [6]. The Ayurvedic classical text Charaka Samahita, describes the air, water, soil and area; time are responsible for infectious and communicable diseases [7]. It is also describing the occur and non-occur of disease depends on immunity. If immunity does not deplete, no disease will occur even though after massive microbial load in human body [8]. So, it's clear the person who is immune suppressed have more chance to be affects by COVID-19.

Methodology

In these situations, some Ayurvedic procedures like avoiding of causative factors, nasal instillation, rejuvenation therapy, behavioral therapy, yoga and meditation; daily regimen, seasonal regimen are very supportive to boost up immunity [9]. The following directions may assistance to prevent COVID-19.

1. Avoidance of causing factors.
2. Avoiding of more sweet products, dairy products, fried and oily foods, fast foods, excess salt.
3. Not to take much more alcohol and any kind of cold and soft drinks.
4. Refrain from smoking.
5. Avoiding of excessive exercise and overindulgence in sexual activities.
6. Not to get stressed.

Because the above factors are responsible to decrease the body immunity. So it's better to avoid and that may assist to less chance of affect by COVID-19.

Nasal instillation

Daily putting two-three drops of sesame oil or any other medicated in each nostril, that lubricate the nasal passage and strengthen the inner mucus membrane to hold off the foreign bodies and protect the organism to enter in lungs.

Rejuvenation therapy

Some common medicinal plants such as *Tinospora cordifolia* [10], *Curcuma longa* [11], *Embilica officinale* [12], *Withania somnifera* [13],

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Glycyrrhiza glabra [14], *Nigella sativa* [15] have the immunomodulatory effects. These plants can be taken as powder or decoction form with suitable additives.

Behavioral therapy

The mental and psychosocial well-being is very essential during the outbreak of COVID 19. So behavioral therapy is a way that makes the person keep healthy in mentally, socially and spiritually [16]. As a result internal environment of the body can be well maintained and the disease process may be stopped.

Yoga and Meditation

India originated yoga is a spiritual therapy that integrate body and mind [17]. Yoga has a significant effect in autonomic nervous systems and endocrine function thus it balances hormonal function, decrease inflammatory response and enhance cell-mediated and mucosal immunity [18]. Meditation reduces pro-inflammatory processes of cell, increase enzyme activity and cell-mediated defense mechanism, consequently, prevents the cell ageing, thus increase the immunity [19].

Daily regimen

Daily routine is necessary for maintaining a healthy body, mind and spirit. The following measures should follow in daily life.

Wake up: Wake up early in the morning before sunrise.

Evacuation: Drinking a glass of warm water to eliminate faeces and urine.

Personal hygiene: Wash face and eyes with clean water.

Prayer: Perform your prayer.

Oral hygiene: Brush the teeth with astringent, pungent or bitter taste of toothpaste. Scrape the tongue with metallic scraper. Gargle with lukewarm water and salt.

Nasal instillation: Put 3-5 drops of medicated oil or ghee into each nostril in the morning.

Body massage: Apply sesame or coconut oil in whole body.

Exercise: Maintain regular exercise at least 40 minutes in morning.

Bathing: Taking bath with lukewarm water.

Meditation and Pranayama: Regularly practice meditation and pranayama.

Diet: Every day take fresh vegetables, fruits and protein rich diet.

Engage in work: Actively participate in your profession.

Sleep: After taking minimum amount of food, go to bed for sleep.

The above practice of daily regimen supports to promotes positive health of the individuals by maintaining physiological functions and preserving the immunity and keeps the person healthy [20].

Seasonal regimen: Seasonal change impacts on human health and the immune systems also vary with the seasons [21]. According to Ayurveda, everyone should maintain their lifestyle and dietary regimen in accordance with seasonal changes because season wise dietary regimen benefits for increase the cellular function of body as well as immune function.

In conclusion, it can be said that the regular practice of avoiding

of causative factors, nasal instillation, rejuvenation therapy, behavioral therapy, yoga and meditation; daily regimen and seasonal regimen can keep the person disease free by enhancing the immune function and that may defend the incidence of COVID-19.

Results

The burden of COVID-19 is affecting many countries worldwide, so a special attention is devoted to immune boosting therapy through the knowledge of Ayurveda.

Conclusion

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Conflict of Interest

No conflicts of interest with the contents of this article.

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