

## HEALTHY LIVING WITH AYURVEDA IN COVID 19 ERA

**Dr. Priyanka V. Thigale**

**M. D. Kayachikitsa (Medicine), M. A. Sanskrit**

*Reader/ Associate Professor, Kayachikitsa Department B. R. Harne Ayurved Medical College, Vangani, Dist- Thane Email id: - pri27tr@gmail.com*

**Paper Received On:** 21 DEC 2021

**Peer Reviewed On:** 31 DEC 2021

**Published On:** 1 JAN 2022

### Abstract

*As we all know that whole universe is suffering from Covid 19 and still in Pandemic situation from last almost 2years. Hence, it is significantly noted that the role of our ancient medicine -Ayurveda has emerged as a protection and reliving for humans.*

*Diabetes, Hypertension, Thyroid, Cardiac diseases and other chronic diseases were at the pick during lockdown. Many people were suffering from Respiratory disease like asthma, COPD, and mainly Covid induced respiratory problems, post covid effect was also painful in some. Obesity is the another problem during the time in this and in many females we found newly diagnosed PCOS, Menstrual problems etc .Stress, Depression, anxiety, was another side of the situation. Here is an attempt to enligh important aspects of treatment with Ayurveda for healthy living.*



*Scholarly Research Journal's is licensed Based on a work at [www.srjis.com](http://www.srjis.com)*

## Swasthasya Swasthya Rakshanam, Aaturasya Vyadhiparimoksha II

The base of Ayurveda that is –

Swasthasya Swasthya Rakshanam-

Prevention of the disease and Maintain health

Aaturasya Vyadhiparimoksha- To treat disease ayurveda is playing the main role to keep the folks healthy as they were before pandemic. With ayurvedic concepts like Tri-Dosh (vata, pitta, kapha), Agni (Metabolic fire), Sapta-dhatu ( Ras, rakta, mans,medha, etc) the common man has dominance of these factors in his day life. These factors are really important for Mind –Soul- Body to stay healthy.

Ayurveda has always helped the humans from ancient era to keep a man illness free with the help of Daily Yoga, Meditation, Regular and simple therapies Jal neti, Panchakarma Etc.

As per Ayurveda fresh and good quality food and fruits also helps you to maintain your physic in proper manner includes Daily Suryanamskar at least 12 in number and 15mins of basic Pranayam which Strengthen your lungs as well as Respiratory organs and helps in Built the immunity or the immune system.

According to Ayurveda the diet is one of the most important factors which have direct impact on three Doshas/humors. To keep these Doshas balanced, our diet should contain all Tastes (Rasas) in a balanced way. For healthy person it is advised in Ayurveda to not to fill stomach full, while taking food.

Ayurveda has a another helping hand with i.e. Panchakarma therapy Panchakarma is ayurvedic detoxification treatment. Panch literally means (Five) and Karma means (therapeutic processes) Panchakarma has three steps. known as Poorvakarma, Pradhankarma and Paschatkarma .

Poorvakarma : These therapies are done before Panchakarma & they consist of:-

Snehapana: Drinking of oil & ghee.

Abhyang: Total body massage with the help of oil

Swedana: Herbal steam bath

#### **Pradhankarma (Panchakarma):**

**1. Vamana (Emesis procedure) :-** Removal of increased doshas from body through oral route means Vaman. In this procedure vomiting is induced by giving medicines.

**2. Virechana (Purgative procedure) :-**Removal of increased doshas from body through anal route giving purgative medicine means Virechana.

**3. Basti (Medicated Enema) :-** Medicated enema therapy removes doshas through anal route by giving medicated oil/decoction. In this procedure metabolic toxins are eliminated from the body.

**4.Nasyam (Nasal administration) :-**Removal of increased doshas through nasal route means Nasyam. In this procedure medicated oil /milk / powder is used.

**5. Raktamokshan (Blood letting):-** Removal of impure blood with the help of Jalouka(leech) or by scalp vein is known as Raktamokshan.

## **Paschatkarma:**

### **Advisory diet is prescribed.**

In today's competitive world we have often heard people saying 'I have no time to die' because of their busy & hectic professional schedule. Panchakarma therapy described in the ayurveda text is according to the ideal environment, when texts were written 2000 years ago. Now a days there have been many changes in the environment & lifestyle of humans.

Today's modern lifestyle is very stressful which effects normal body functions. Stress may be defined as "Any situation which tends to disturb the equilibrium between a living organism & its environment." Such situation disturbs mental & physical activities. Stress disturbs metabolism which leads to elevate blood pressure, obesity, diabetes, hormonal imbalance, etc.

Panchakarma is the most useful tool to eliminate toxins from the body & helps to maintain equilibrium of metabolism.

In Covid 19 , Specially respiratory system get affected. As per Ayurveda, it is consider as Pranvaha Strotas. Hence ,in Post Covid status, after examining the strength of patient i.e. Rugna Bala, Dosha Bala, Panchkarma like vaman , Nasya are having significant effect.

Shodhan Chikitsa i.e. panchkarma mentioned in Ayurveda if applied properly it gives good results on chronic symptoms too. Along with that it improves quality of life , healthy and Disease free life.