

# The Ayurvedic Approach to Tremendous Coronavirus

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## PANDEMIC DISEASES IN AYURVEDA

Outbreaks, epidemics, and pandemics of highly communicable diseases have afflicted mankind since the beginning of human history and were very well-known to the ancient Ayurvedic scholars. In the Charaka samhita (one of the principle textbooks of Ayurveda) both epidemics and pandemics are clearly described together with what preventive measures should be taken. Epidemics are defined as sudden, unexpected outbreaks of a disease within a fairly local area. Pandemics, in contrast, refer to a very widespread disease that affects an entire nation or the world. In Ayurveda epidemics are called *aupasargika roga* and pandemics are *janapadodhvasa roga*. Coronavirus is an example of the latter. *Janapadodhvasa* literally means annihilation of society. [1-3].

## AYURVEDIC TREATMENT

In recent weeks, serious concerns have been raised recently regarding the widespread misuse of the term Ayurvedic treatments particularly by self-proclaimed gurus both here in the US and (mainly) in India. Some claim that their particular secret herbal formulas can prevent the attachment of the COVID-19 virus to the respiratory tract cells. Some claim that vitamin C alone or in combination with other vitamins can boost your immune system. Others claim that drinking copious amounts of water will protect against infection. Still, others claim that positive thoughts and meditation can actually affect DNA, or that health somehow exists in reserves coded into your DNA-eagerly waiting to spring to life at the command of your beliefs, positive emotions, and behaviour. In general, it happens quite often a scientific buzzword finds its way into the media spotlight and soon its meaning distorted for the exploitation of the desperate patient. Quantum, for instance, captured the attention of many back in the 1980s. This catchy and scientifically intriguing word was layered onto a bit of basic Ayurveda and voila- phrases such as quantum healing were created. Do you remember? Thank you, Deepak. And despite a veil of scientific credibility as thin as air, it was nonetheless believed by many much to the chagrin of the true Ayurvedic physician community. Even words such as neuro or nano are often found lending a hand in conjuring up and promoting pseudoscientific nonsense. What follows is derived from two sources, the ancient Ayurvedic textbooks which outline the general treatment for communicable diseases and secondly a review of some possible strategies for Coronavirus management [4,5].

## USEFUL PREVENTIVE HERBAL MEDICINES

Your best line of defense is to choose a healthy lifestyle. Following general good-health guidelines is the single best step you can take toward naturally keeping your immune system strong and healthy. Every part of your body, including your immune system, functions better when protected from environmental assaults and bolstered by healthy-living strategies [6-8].

## CONCLUSION

There are many, many other plants, herbomineral combinations, teas, tableted medicines, etc. which could be useful as well. But for our purposes I will conclude here with this final remark. Ayurvedic treatments will definitely not help in curing corona virus infection. However, the Ayurvedic holistic approach to health which focuses on prevention is the key to managing this outbreak. Ayurveda emphasizes avoidance of causative factors and enhancing immunity through Panchakarma (extremely important), diet, herbs, sleep, lifestyle, and managing anxiety. Typhoid fever, bubonic plague, cholera, smallpox, leprosy, COVID-19. Despite the changing names of pandemic diseases in every generation, the wisdom of Ayurveda remains recognized throughout the ages, and this never changes.

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