

Covid-19 and Role of Ayurveda and Yoga Naturopathy

Samriti Gumber*

Department of Biochemistry Govt. College for Girls, Ludhiana, Punjab, India

ABSTRACT

Ayurveda is a sister philosophy to Yoga. It is the science of life or longevity and it teaches about the power and the cycles of nature, as well as the elements. The Department of Indian Systems of Medicine and Homeopathy was created in 1995 and in the year 2003 renamed to Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy (AYUSH). This department focuses on the therapeutic approach, which deals with the life as the union of the body, senses, mind and soul. Yoga is used as the means to attain complete self-realization and as a tool to develop one's innate powers in a balanced form. Naturopathy recognizes the existence of curative forces within the body. The more we let Ayurveda and Yoga naturopathy become the basis for our living, the easier living gets.

INTRODUCTION

WHO declared COVID-19 (CO - Corona, VI-Virus, and D-DISEASE) as the sixth public health emergency of international concern? The Virion has a nucleocapsid composed of genomic RNA and phosphorylated nucleocapsid (N) protein, which is buried inside phospholipid bilayers and covered by the spike glycoprotein trimmer(S). These spikes are responsible for attachment to mucus membrane of respiratory tract. Here the story begins initial cases of COVID-19 presents as pneumonia. Young children remain asymptomatic. Others have mild upper respiratory tract symptoms. Mild GI symptoms.

These conditions further escalated the conditions of stress among residents of the pandemic and containment regions, either due to new situations of working from home or loss of jobs. Healthcare workers with a medical and para-clinical background are also at high risk of developing psychological stress, strain, depression and post traumatic stress disorder and requires rehabilitative therapy to deal with the crisis. The immune system plays a major role in our response against infectious disease. The immune system is the body's multi-level defence network against potentially harmful bacteria, viruses and xenobiotics. The role of anatomical factors in increasing susceptibility to viral respiratory tract infection is well documented. Further, Weak mental health conditions, including stress and depression, are associated with increased risk of acute respiratory infections. Vedic roots are shared by two separate branches Yoga and Ayurveda. Both the practice of Yoga and

Ayurveda go hand in hand as they both stem Vedic scripture they have the same underlying principles and belief that leads to holistic wellbeing of the individual .While yoga deals with harmonising of mind, body and soul while Ayurveda takes care of the person's both physical and mental wellbeing through the means of diet and lifestyle changes Naturopathy or naturopathic solution is a type of option drug utilizing a wide exhibit of "regular" medicines, including homeopathy, from the utilization of surgery and medications.

THERAPIES AND PRACTICES FOR PREVENTION OF COVID-19

AYURVEDA

- Ayurveda offers an excellent approach to many conditions and diseases for which modern medicine has no solution
- Ayurveda, a traditional system of medicine, originated in India more than 3000 years ago. Ayur (life) and Veda (science or knowledge) are the Sanskrit words they give rise to the term Ayurveda. The classic Ayurveda text Charaka Samhita, gives an idea about epidemic management and defines immunity as the ability to preventing and arresting the progression of disease for maintaining homeostasis. The strength of mind and body will be able to cope with various stressors, including infection because of Ayurveda. Immunity is been classified into innate and acquired immunity, the Ayurveda concept of immunity

*Correspondence to: Samriti Gumber, Department of Biochemistry Govt. College for Girls, Ludhiana, Punjab, India, Tel: 9217913330; E-mail: smritigumber@gmail.com

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(Bala or strength) is classified as natural (Sahaja), chronobiologic (Kalaja), and acquired (Yuktikrut).

- In Ayurveda many of the treatment options are available for enhancing immunity against the respiratory illnesses, these include certain immunomodulators (known as Rasayana), local and systemic interventions (). Local prophylaxis measures such as herbal decoctions, consumptions of hot water, gargling with medicated water, and steam inhalation described in Ayurveda for respiratory illnesses. These interventions can be quickly implemented on large scale with the advantages of intelligibility, affordability, and acceptability. This is clearly evident that such traditional measures can positively influence mental health and immune function through harmonizing psycho neuroimmune pathways.
- The prophylactic and therapeutic potential of traditional and complementary medicine systems such as Ayurveda and Yoga can be proven effective prophylaxis and adjuvant therapy of COVID-19.

NATUROPATHY

- Nature cure or Naturopathy medicine is a form of alternative medicine that deals with the healing of body by using the force of Nature. The 5 primordial agents of nature that earth, fire, water and the air along with ether are the fundamental believe. It does not believe in the specific cause of disease and its specific treatment but takes into account the totality of factors responsible for diseases such as one's unnatural habits in living, thinking, working, sleeping, sexual indulgence etc
- Treatment and Therapy corresponds to Naturopathy are

Earth Mud treatments, Reflexology (Walking & trekking)

- : Mud is an important element of nature. It contains important minerals which have positive effects on human health. Mud can absorb toxins from

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