

Recent Developments in Integrative Ayurveda

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DESCRIPTION

Ayurveda is a traditional Indian medicinal system with historical roots in the territory. Ayurvedic philosophy and practices are pseudoscientific. Ayurveda is widely practiced in both India and Nepal, where approximately 80% of the population claims to use it. Ayurvedic medicine and other areas of healthcare are mentioned in the ancient Vedic literature Atharva-veda, which was written around 5000 years ago. Ayurvedic treatments will play an important role in assisting individuals in achieving true health by avoiding and eliminating the core causes of chronic health concerns. The Sanskrit term "Ayurveda" is made up of two words: "Ayur" (life) and "Veda" (knowledge or science). Thus, "Ayurveda" in its whole refers to the "science of life." According to Ayurveda, the cosmos is made up of five elements: Vayu (Air), Jala (Water), Akash (Space or Ether), Prithvi (Earth) and Teja (Fire). These five elements (known as Pancha Mahabhoota in Ayurveda) are said to combine to generate the three fundamental humours of the human body in various combinations. Ayurveda is India's primary traditional healthcare system. Tibetan medicine, Mongolian medicine, Buddhist medicine, Dai medicine, and Uyghur medicine are the principal traditional medicines practiced in China. These are traditional medicinal systems that are still in use for illness prevention and treatment.

Whereas, Vaidya Manorama (VM) is a folkloric Kerala Ayurveda book that has time-tested low-budget formulas that may be made using readily accessible ingredients. Many novel formulations are reported, such as eating firefly (khadyota), producing ghee from fresh-water shrimp (tadaka-shuktika), Kadali phala (a sort of banana) bidalaka, and dropping palasha (*Butea monosperma*) juice into eyes for different clinical ailments, and it also highlights the unique ophthalmology formulations. A few herbo-

mineral compositions are also disclosed, for which more toxicity and safety information is needed.

Furthermore, the post-viral olfactory dysfunction caused by SARS-CoV-2 infection has been effectively treated for six months by a new integrative treatment combining Ayurveda and Traditional Chinese Acupuncture (TCA). It began as a rapid onset of anosmia in August 2020, with a two-week fever history. After three months, Parosmia began and steadily worsened. A month later, it starts with dysgeusia and nausea, causing severe stress and sleep difficulties. Ayurvedic therapy includes Shadbindu taila marsha nasya for seven days, followed by Shadbindu taila pratimarsha nasya (intra nasal oil instillation) for four months. For one month, take Naradiya laxmivilasa rasa orally.

The COVID-19 pandemic has provided a significant challenge to global health care systems because to insufficient health care facilities and established medical therapies to treat the infection's symptoms. Current health-care practices are largely concerned with either pathogens or environmental factors. However, attempts to improve host immunity are critical from a public health standpoint in order to minimize the spread of illness and reduce the strength of the opportunistic infection.

While a vaccination can generate particular immunity inside the host, non-specific approaches to enhance general host immunity are also required. This environment has created the door for ancient Indian remedies including such Ayurveda and Yoga to be used. The purpose of this review is to compile existing evidence regarding Ayurveda, Yoga, and COVID-19. Furthermore, it draws conclusions from recent research on Ayurveda and Yoga on immune, respiratory symptoms, and mental health to estimate its likely involvement in prophylactic and as an add-on therapeutic option for the present pandemic.

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