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RESEARCH ARTICLE

IDEAL LIFESTYLE OF POST COVID PATIENTS

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Abstract

The article reviews basic prophylactic and curative approaches mentioned in Ayurveda classics. As the current scenario is worst across the nation due to severe covid outrage it becomes merely important to explore and tell society about the way of living through the science of life and not only a curative science, Ayurveda, several basic principles are mentioned in it which should be followed by everyone like Dincharya, Ritucharya, Aahar, vihar, Rasayana etc, these are the tools shielding protection from such infection and its post affect to a great extent. Ayurveda focuses mainly on understanding the pathogenesis through basic principles such as tri-sutra and treat it according. This can frame a basic treatment approach also against this devil covid-19 which can be useful in treating mild cases as well as Post covid cases easily and to a great extent.

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Introduction:-

The outbreak of novel corona virus SARS cov-2 (corona virus disease 2019) epi-entered in Hubei Province of Peoples republic of China, has spread to many other countries created a global health crisis posing an unprecedented public health emergency. On March 12, 2020 the WHO announced it as Pandemic. Severity of its symptoms is ranging from unnoticeable to life threatening. 1st case in India was reported in Kerela on Jan 07, 2020¹. After recovery from covid19 and getting negative RT-PCR test, the infection and long hospitalization period can lead to medium or long term outcomes, such as fatigue, depression, anxiety, immune imbalance, loss of smell and taste etc, there are no specific structures offering comprehensive treatment to these subjects as they also require therapeutic intervention in order to face the novelty of these health emergencies, there should be an ideal life style which a postcovid patients should follow to regain their strength. Lifestyle being good acts as a synergist for good health and a poor one for poor health. Everyday cases of corona virus are increasing. The classical method which can be used is following the Ayurvedic daily regimens.

Ayurveda emphasis the importance to maintain the health of a healthy person and curing the disease of a sick person². To maintain the health of person some physical activities are mentioned in Ayurveda called the term Dincharya. By following those daily regimen mentioned in Samhita, a person will able to live a healthy life. As per Ayurveda the man is said to be healthy (Swastha) whose body humors (Dosha), tissues (Dhatu), digestive system (Agni) and excretory products (Mala) are all in the state of equilibrium along with normal mental status and spiritual pleasantness and happiness³. In the crisis of corona virus or any other infectious outbreak, the self-protective

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measures to be applied are done by following Dinacharya. Being healthy and to maintain it can only be executed by following the facts mentioned in Ayurveda classics. Dinacharya, Ritucharya and also aahar i.e. what to take, when to take, how much to take even way of taking diets is also thoroughly mentioned. Present situation is demanding badly to explore these hidden facts and make it available for people so as to execute the healthy and immune society.

Materials And Methods:-

Various Ayurvedic classic texts like Charaka Samhita, Sushruta Samhita, Ashtang Samgraha, Ashtang Hridaya, Bhavaprakasha were used as source materials. Apart from this, websites, articles and modern books on preventive and social medicine were also searched for this review

Aims And Objectives:-

Study the Post Covid 19 effect on the Patients suffering from covid19.
Study the Effect of dincharya on Post covid symptoms.

Review Literature:-

Post covid patient should follow these daily sequences in their routine to overcome their symptoms:-

During the pandemic outbreak, the first and foremost objective for an individual is maintaining hygiene, this could reduce 70% risk of gaining the infection. There are some measures involved in Dinacharya about keeping and maintaining a healthy lifestyle. It will definitely help to overcome Post covid symptoms.

Bramhe Muhurta Uthista (waking up before sunrise)

The patient should get up early in the morning before the sunrise (early in the morning i.e. 90 minutes before sunrise).⁴. Exposure to bright light causes the release of serotonin which contributes to feelings of well-being and happiness and keeps the patient active and alert. This time is considered for attaining brahm gyan, supreme knowledge and eternal happiness. At this time environment is pure, calm and soothing and the mind is fresh after sleep.

Ushnajaalavana

Post covid patient should drink lukewarm water in the morning which helps to flush out any toxins to maintain microbes free body. This water cleans the GIT system, kidneys, and activates peristaltic movement, by eliminating body waste it gives an indication of patient's good digestive system.

Dantadhawan

Covid -19 infection could potentially contribute to negative effect on oral health, like various infections. Brushing teeth and clean mouth twice a day removes fine food particles between teeth and makes strong, healthy gums refreshing. It stimulates taste perception and increases the salivation. Saliva contains salivary amylase (ptyalin) which plays a role in breaking down food particles entrapped within dental crevices, thus protecting teeth from bacterial decay. Saliva acts as antimicrobial agent. Gently scrap over tongue it stimulates the internal organs, helps in digestion, and removes bad odor, tastelessness and dead bacteria.

Gandush/Kawal

Loss of appetite tends to be a sign of Covid -19. Gargling twice a day increases appetite, improves voice, removes wrinkles from cheeks, strengthens teeth, gums, and jaw and prevents dryness of mouth and throat. Sheetaambu gandusha acts as Kaphahara while Sukhoushnambu Gandusha relieves mala, Asyavairasya and Kapha Praseka.

Dhumpana

To prevent from Urdhvajatrugata Vata-Kaphaj rog one should inhale herbal smoke (Dhumpana) daily with Dhumpana Dravya. Disinfective action of the dhumpana dravyas like haridra, guggulu and vacha cleanses the Respiratory tract, oral cavity and pharynx.

Dhupana

It is the fumigation carried out by using the fine powder of some universal Dhupana dravyas like Neem, Vacha, Tagar, Hingu, Pipali. It is very helpful to prevent the diseases by disinfecting a particular place.

Nasya

The nasal route is the best route for tackling Shiroroga, as said in ayurveda treatise nasa hi shirso dwaram. Applying oil or ghee in both the nostrils (Pratimarsha Nasya) in morning and evening helps to increase the immunity. It makes good memory and concentration power. But most importantly, it will increase positivity in one, which is the prime requirement of the patients dealing with post COVID symptoms.

Vyayama/ Yoga

Regular exercise nourishes the body, gives good complexion, proportionate the body parts, enhances agni, avoids laziness and obesity, provides lightness of the body parts, and also avoids early aging. Pranayama, include modulation of the pace of breathing thus increasing the oxygen saturation. Post Covid Patients can practice these simple Yogasan :- Tadasana, Pada-hastasana, Ardha Chakraasana, Trikonasana ,Ardha Ushtraasana Sasakasan, Vakrasana , Makarasana , Bhujangasana ,Shavasana etc

Meditation

Meditating every morning and evening at least 15 minutes emptying bowel brings balance and peace into your life, makes good memory and concentration power. But most importantly, it will increase positivity in one, which is the prime requirement of the patients dealing with COVID 19 and post covid.

Abhayanga

Massage with warm oil made up of specific herbs can be used as a routine before bath makes skin supple and restore the balance of Dosha and enhance well being and longevity. It also promotes strength and encourages quicker removal of metabolic toxins and relaxes the body.

Snan

Taking cold water to the head during bathing rejuvenate the sight of person. Taking warm water from shoulder increases the strength, oja and lowers the increased vaat and kapha doshas. It improves enthusiasm, appetite and removes sweat, itching, fatigue and other impurities from the body.

Vastra Dharana

Proper dressing gives libido, fame and longevity of life. Clothes should wash after once used as they are also one of the carriers of infection.

Ahar (Lunch & Dinner)

As per Acharya the one should take a diet two times a day which should be warm and Snigdha in Guna. Food must always be decided upon one's Prakriti because it affects one's metabolism. Energy-rich foods are the source of carbohydrates that provides energy to the body. Requirements of proteins also increase during infection for the proliferation of immune cells and the synthesis of chemical compounds. Protective foods rich in vitamins and minerals play a significant role in immunity.

Nidra (sleep)

is one of the main pillars of good health and a good life in Ayurveda that endows the body with strength, complexion and healthy growth that continues throughout life. Proper sleep at night leads to happiness, nourishment, strength and virility.

Discussion:-

Health is a condition in which all the physical and mental mechanism of an individual functions normally, It is not merely an absence of disease⁵. Ayurveda says one should perform such actions which are good for his body as the officer in charge of city and charioteer in charge of the chariot protect city and the chariot respectively. Covid patients are really depressed and negative about life. We should work on mental health by adapting ayurvedic principles. Principle of Dinacharya is related with nutrition and building human body and also related to mental stability. Acharya Charak lays down; One must always manage to maintain health , so that the vikara that have not arisen may not arise. Adaptation of some small healthy changes or habits will definitely improve physical as well as mental health. One who desires good health should follow all principles like early bed, early rise, Exercise, Yoga, prayer, meditation, pranayama, brushing, bathing, nasya, body massage, proper diet etc improve physical and mental health of covid patient. These are very small changes which definitely play very big role in maintaining health.

Benefits of Dincharya aims at preventing the diseases . Thus it becomes an important preventive healthcare strategy. Dincharya or daily regimens are indicated for following reasons –

Maintenance of hygiene – like bathing, tooth brushing, tongue scraping, Gandhusha (oil pulling) gargling, feet washing etc.

Suprasanna indriyatavam (promote the brightness and health of sense organs) – like Anjana , abhyanga , udavartan , siroabhyang, padaabhyanga.

Deha Balartha (to enhance and maintain physical strength) – like vyayam , Chankramana , massage, power massage etc.

Ayusho Labha (promotion of health and longevity)- like awakening during Brahma Muhurta, vyayam , Chankramana , abhayanga.

Soumanasyata (to keep the mind at peace and harmony) – Getting up at Brahm Muhurta, snan , abhyanga , siro-abhyang , padaabhyanga , sex, nidra.

Rakshnartham – like Rakshogna Vidhi, Vastra dharan , Chhatra Dharan , Paduka dharan, Danda Dharan., Kawacha Dharan.

Conclusion:-

The Ayurveda principles and practices can potentially become relevant for designing an integrated health care strategy. This creates the best regime to follow at the time of COVID 19 as well post covid. These lifestyle measures are for living a better and a healthy life. This could prevent us from many infective diseases. India is known for its traditional values. In the time of crisis where noble coronavirus is spreading very fast, and the only way to keep ourselves safe is fighting with the virus with strong immunity. This was the reason our ancestors followed these regimens. India has a great culture and a golden tradition given by our great acharya. Hence, maintaining our daily life and following Dincharya will give a great impact on the body and immunity and definitely prevent from this devil covid and post covid effects as well.

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