

# To Manage Stress with Ayurveda During Covid 19

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## ABSTRACT:

*As corona virus pandemic spread across the world. Due to this virus a panic is created in the people about spreading of diseases and deaths. Tension, fear, worry developed in the mind so peoples mental level is decreased, the main psychological impact to date is elevated rates of stress or anxiety. so we have to balance our tridosha and mind by adopting Ayurveda. for this exercise is considered vital to mental health and to balance tridosha in body by DINACHARYA, RITUCHARYA AND SADVRITTA. By adapting these charya we can reduce our stress level.*

## INTRODUCTION:

Coronavirus is an infectious disease caused by a newly discovered novel corona virus. Spread : it started in wuhan city of china in 2019.

After a december 2019 outbreaks in china, the world health organisation identified SARS-COV-2 as a new type of coronavirus.

More than 11 million people infected worldwide. In india more than 77 lakhs people infected. About 3 million deaths.in india more than 1lakh deaths.

Structure: RNA virus,dead and inactive,active only in host like humans. Entry point: Droplet –sneezing, coughing

Talk ,exhale,within 6 feet area.....red zone

Latest : aerosol,remains about 8 hour in the air.

Mainly after procedures like suctioning, intubation, dental, ENT. Less life span in air but can live more than 24 hours on the surfaces. Classification:

### Mild:

- covid 19 test positive with
- No symptoms
- Mild symptoms like fever,sore throat,sneezing
- Normal vitals
- No pneumonia

### Moderate:

- COVID test positive with

- Symptoms like cough,sob,fever
- Need of oxygen (less than 5l/min)
- Saturation less than 94%
- RR 24-30/min
- Pneumonia +
- Need of mechanical ventilation/NIV/Ventilator

#### Severe

- covid 19 test positive with
- No symptoms
- Mild symptoms like fever,sore throat,sneezing
- Normal vitals
- No pneumonia

In Ayurveda we can compare this pandemic with janapodohvamsa.as this described in charak as janapodohvansa vyadhi. When ritu, shetre, vayu and jaal get polluted these type of epidemic spread.

According to Ayurveda we can prevent spreading of this pandemic by adapting

Dinacharya

Ritucharya

Saddvritta

Rasayan therapy to increase the immunity.

The art of the daily routine in Ayurveda is referred to as dinacharya. Discover how the benefits of a daily routine can help you achieve optimal health. Dinacharya (दिनचर्या) refers to ayurvedic daily routine recommendations that educate how to live a healthier, happier and longer life and avoid all diseases.

#### Wake Up in Brahma Muhurta

ब्राह्म मुहूर्त उत्तिष्ठेत् स्वस्थो रक्षार्थमायुषः।।

Ayurveda recommends waking up early in the morning. According to ayurveda, you should wake up 96 minutes (around 1.5 hours) before sunrise. It is called Brahma Muhurta in ayurveda and yoga science. This is the perfect time for waking up for a healthy person.

Timings can be changed according to your body's requirement during disease. If you suffer from any Kapha Disease, then you must get up by 4 am in the morning. If you suffer from any Pitta Disease, then you should wake up before 5 am.

If you suffer from any Vata Disease, then you should wake up by 5:30 am in the morning.

Children, pregnant women, and aged people may require more rest, so they can get up just before sunrise. Expressing Gratitude

Yoga Ratnakar recommends you should express your gratitude toward God by reciting its name for 1-2 minutes immediately after waking up.

### **Evacuation**

## शरीरचिन्तां तिर्वर्त्य कृतशौचविधिस्ततः ॥१॥

After waking up, you will feel the urge for urination and bowel evacuation. Follow your urge and rush to the toilet for evacuating your bowel and urinary bladder. In most people, this is an autonomic reflex for a bowel movement and urination in the morning. This urge should commence on its own. Do not force to evacuate the bowel.

### **Wash Hands**

Wash your hands after immediately after waking up and after evacuation helps to reduce the likelihood of diseases.

### **5 Minutes Meditation**

After passing the urge for urination and bowel movement, you must meditate for 5 minutes. Our mind has three states:

1. Elevated State – Happiness.
2. Neutral State – Pure State of Mind.
3. Suppressed State – Sadness.

Meditation restores your neutral state. The neutral state is a pure state of your mind. It is beyond happiness and sadness.

### **Drinking Water**

Acamana: Sipping Water

Vagbhata in Ashtanga Sangraha recommends Acamana. Acamana is an ancient ritual of sipping water on a specific occasion. He recommends sipping a small amount of water:

### **Cleaning the Teeth**

Use plant twigs or herbal tooth powder. Do not use any toothpaste.

### **Gum Massage**

After cleaning teeth, you should also do massage of gums with the fine herbal powder made of Kuth (Saussurea Lappa), Triphala, Trikatu and Trijataka.

### **Cleaning Tongue**

According to ayurveda, you should clean your tongue using tongue scraper made of copper, silver or gold. You can also use tongue cleaner made of wood or plant twig.

### **Nasya (Nasal Therapy)**

Charak Samhita recommends putting a few drops of Anu Thailam in each nostril every day in the morning. This process is called Nasya or nasal therapy in ayurveda. Abhyanga (Body Massage)

According to ayurveda, morning massage helps to delay aging, reduces tiredness, prevents Vata disorders, improves eyesight, nourishes the body, increases lifespan and improves sleep quality.

### **Exercise**

Your body is not made for a sedentary lifestyle. Due to the current scenario, most people are suffering from lifestyle disorders. These diseases are a result of a sedentary lifestyle and unhealthy eating. You eat more than you require and do no physical activity that produces sweating. Therefore, daily exercise becomes more important for everyone.

Pranayama is very effective in control of corona

### **Bath**

After the massage, take rest for a few minutes (around 15-30 minutes). Then you can take a bath. In ayurveda, the bath is termed Snana. It improves appetite, vigor, lifespan and strength. It alleviates itching and removes dirt and sweat.

**Rituacharya** is the ancient Ayurvedic practice and is comprised of two words, "Ritu" which means season and "charya" which means Regimen or discipline. Ritucharya consists of lifestyle and ayurvedic diet routine to cope with the bodily and mental impacts caused by seasonal changes as recommended by Ayurveda . Ritucharya enables us to build our physical strength and mental capability to battle ailments that may happen due to seasonal changes. In addition to that, it balances all the three doshas in our body and keeps us fit and healthy throughout the year.

**Rasayan therapy** Ayurveda , the oldest health science has eight branches. Rasayana (rejuvenation) is one of them. Rasa has different meanings like "juice", "taste", "essence," "flavor", or "emotion", but is not limited to any of these in itself. In therapeutic process, Rasa is concerned with the conservation, transformation, and revitalization of energy. Rasa nourishes our body, boosts immunity and helps to keep the body and mind in best of health.

**Types of Rasayanas On the basis diet and life styles.**

Aushdha Rasayana –  
Drug based Rasayana.  
Ahara Rasayana –  
Dietary Rasayana.  
Achara Rasayana –  
Life style Rasayana.

**CONCLUSION:**

The coronavirus disease pandemic is hazard in several aspects and it induce stress level in almost all people. The prophylactic and therapeutic potential of traditional and complementary medicine systems such as Ayurveda and Yoga is not really being considered during this crisis and global hunt for effective preventive and treatment. With the help of ayurvedic dincharya, ritucharya we can reduce our stress level. So its important during this alarming condition we can reduce our stress level by adapting Ayurveda & rasayan therapy.

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