



EVIDENCE BASED HOLISTIC SOLUTIONS FROM YOGA & AYURVEDA TO COMBAT VIRAL INFECTIONS

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ABSTRACT

Antiviral activities of more than 200 herbs have been investigated in other nations in search of a solution for viral conditions. Research is being conducted on war footage adopting all available methods to test antiviral herbs to discover a solution to save lives and resources. Ayurveda management stands in the forefront in combating viral conditions for more than three decades. Many nations have tried an integrated approach and it is essential to check why it is imperative for us to adopt similar solutions with evidence. This article includes lifestyle modifications with aspects of Yoga, diet, seasonal and daily routine, administering the specific rasayana and many more characteristic methods which will make the management more effective, safe and rapid. Holistic management to be planned as per various stages of infection (quarantine, post quarantine also) and before releasing from lockdown period. All these suggested protocols are based on evidence reviewed from research papers and modulated by clinical experience.

KEYWORDS : Pranayama, Antiviral herbs, Physical distancing, Ayurveda.

I. INTRODUCTION

Pandemic, well recorded in Charak samhita "Janapadodwamsa"⁽¹⁾ means mass destruction of population (nations). Acharya Susrutha describes the spread of pandemics (*Sankramanthi narannaram*)⁽²⁾ and how the people suffer due to transmission. With approximately 60% of all infectious diseases being transmitted by zoonoses, and over 70% of these caused by pathogens of wild origin⁽³⁾ it is the need of the hour to find a permanent solution to these pandemics.

Pratishyaya can manifest due to both short and chronic incubation periods. The upper respiratory condition when neglected leads to kasa, swasa, many serious conditions like tuberculosis, wasting and many other disorders. It is well recorded as a condition which needs to be controlled if not leads to many ailments. The microbial infection referred to as Pratishyaya manifests due to khaphaja krumi. (Krumi means; that which attacks, invades, infects, spreads) and microbiologists named in Vedic period were Susrutha has described about *nidana parivarjan* move away /stop causative factors and it includes close contact, sharing of clothes, cosmetics, breathing air etc. 'Aupasargajanya vyadhi' due to transmission. Droplet infection due to all above reasons. Do not share masks or any *clothing / aprons / instruments / equipment / any hospital materials* which can carry viruses. Sneezing, a major symptom which is recognised as having short or chronic incubation, has been known to have ailments culminating in diseases of lungs, heart and digestive system also. Prevention of seasonal ailments which spreads to the whole community and more drastic symptoms in people with compromised immunity.

It is well known that this pandemic is not just common cold⁽⁴⁾ Ayurveda recognises that common cold infection when neglected manifests as infectious lower respiratory tract infection and involves the lungs, heart and can manifest as complications. Other Ayurveda classical treatises also describe minute organisms causing contagious conditions⁽⁵⁾⁽⁶⁾⁽⁷⁾

Ayurveda also notes that eating rotten, unhealthy meat (which is not suitable for human consumption) can cause the same type infections in the whole of respiratory system⁽⁸⁾

Viral conditions like herpes, hepatitis, influenza, chikungunya, mumps, measles, avian flu, chicken pox, HIV, SARS, rubella, dengue etc have not been managed by antibiotics but by antivirals which have recorded more hazards than benefits and people are advised no medicines or alternative medicines and change in lifestyle to get better, rid of symptoms.

When management is not proved totally effective the human tendency tries any home remedy or astrology or prayer or a combination of anything to get well. An integrated approach of TCM and Western management was being tried in many viral conditions and only TCM is non emergency conditions and success rate was high⁽⁹⁾

HOLISTIC MANAGEMENT:-PREVENTION, QUARANTINE TREATMENT OF POSITIVE CASES, POST LOCKDOWN TIME
Prevention to stop transmission, lockdown period-termed as "Nidana parivarjan". Prophylaxis is to keep people healthy during lockdown involves regular set of daily routine. Physical, mental and spiritual wellbeing needs to be considered by Yoga including omkar, pranayama, meditation, simple activities if possible gardening, cooking, painting etc keeping away from others. Continuing accustomed food habits to maintain health should include more seasonal species, adequate liquids, regular timings of food intake, avoid snacking and junk food, Daily routine suggested by the government needs to be followed.

Management of people in quarantine.

Need counselling for them to understand the importance of quarantine. A short film which shows what to follow ;45 minutes of two sessions of prescribed yoga inclusive of pranayama, omkar, mantra, yoga asana, agnihotra whatever possible. Effect of Bhramari pranayama and OM chanting on pulmonary function in healthy individuals;⁽¹⁰⁾⁽¹¹⁾⁽¹²⁾⁽¹³⁾ Many research conducted on these show the utility of maintaining immunity against all diseases especially enhances the capacity of the respiratory tract. Effect of short-term pranayama and meditation on cardiovascular functions in healthy individuals. The set of all aspects of yoga which has ample evidence to prove the benefits needs to be adopted not only during quarantine but also after lock down is withdrawn⁽¹⁴⁾⁽¹⁵⁾⁽¹⁶⁾⁽¹⁷⁾⁽¹⁸⁾⁽¹⁹⁾⁽²⁰⁾⁽²¹⁾

Consuming Chyawanprash manufactured as per classical texts boost immunity⁽¹⁵⁾ Consuming liquorice as per Ayurveda is beneficial⁽²²⁾⁽²³⁾

Many herbs prescribed for healthy and several other conditions have been recommended for not only enhancing immunity but also to act against viruses. Glycyrrhiza glabra or Licorice known as Yastimadhu has been proven beneficial against many DNA viruses such as Varicella zoster virus, Kaposi sarcoma-associated herpesvirus, Herpes Simplex Virus-1, Epstein Barr virus, Human Cytomegalovirus, etc and RNA viruses such as Influenza A virus (IAV), H5N1 virus, H1N1 virus, Hepatitis C virus, Newcastle disease virus, Rotavirus, SARS-associated coronavirus, Human Immunodeficiency Virus Ayurveda has Yastimadhu Licorice in as many as 1250 formulations and more than 160 research papers showcasing its antiviral activity⁽²⁴⁾⁽²⁵⁾⁽²⁶⁾ *Antiviral herbs & Formulations for positive viral cases with evidence of safety study.*

Evidence to adopt Balachaturbhadrara rasa for management (safety in infants have been proved as since decades it has been advised. Ingredients 1, Cyperus Rotundus .2. Piper Longum 3. Aconitum Heterophyllum 4. Pistacia Integerrima

This formulation has been under scientific understanding time tested since 11 century AD to the present day. Each herb and the formulation has been clinically evaluated as safe, cost effective and the formulation of choice as it has been evaluated in kids also. The ingredients⁽²⁷⁾⁽²⁸⁾⁽²⁹⁾⁽³⁰⁾⁽³¹⁾ have been proved to be antiviral and known to enhance immunity.

Initial stage with fever – amrutha satwa repeatedly with ginger juice, tulsi juice and honey to mitigate fever and immunity enhanced.

Fever associated with upper respiratory tract infection can be controlled by balachaturbadra rasa in powder form mixed with honey and tulsi juice in repeated doses. This formulation has been time tested since 11 century AD to present day and has been advised safely to children⁽³²⁾⁽³³⁾⁽³⁴⁾⁽³⁵⁾⁽³⁶⁾

The research papers on Balachaturbadra rasa, its safety profile are all published⁽³⁷⁾⁽³⁸⁾⁽³⁹⁾⁽⁴⁰⁾

When cough and breathlessness increases, the same can be given with Pushkaramoolasava.⁽⁴¹⁾⁽⁴²⁾⁽⁴³⁾ This can be substantiated by adding along with Tulsi – taken repeatedly mixed with honey⁽⁴⁴⁾⁽⁴⁵⁾⁽⁴⁶⁾

Fumigation was always a part of Ayurveda management. Few evidence based are noted here⁽⁴⁷⁾⁽⁴⁸⁾⁽⁴⁹⁾ **When lockdown is gradually withdrawn**

People still need to keep immunity in tact and keep social distance. The management to enhance immunity like – daily routine, seasonal routine, rasayana to maintain immunity needs to be continued. Its safe to continue – turmeric, amrutha, tulsi, neem, yashtimadhu, etc are advocated along with all aspects of Yoga.

What are other traditional systems of medicine doing in this situation?

WHAT ARE OTHER TRADITIONAL SYSTEMS DOING

Most of the nations have adopted herbal medicine and what has been in the traditional systems and is time tested. Here are few research papers from various nations.

China has adopted TCM and got very promising results and it has saved lives and now plans to export all TCM products to the suffering mankind. Traditional Chinese Medicine has

done research on Glycyrrhizic from Licorice roots.
(50)(51)(52)(53)(54)(55)(56)(57)(58)(59)(60)

Evaluation of direct antiviral activity of the Deva-5 herb formulation and extracts of five Asian plants against influenza A virus H3N8. *Sri Lankan management of Viral conditions from various other nations*⁽⁵⁹⁾⁽⁶⁰⁾

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