



SADVRITTA: A PREVENTIVE ASPECT FOR COVID - 19

Ayurveda

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ABSTRACT

The main aim of ayurveda is explained in charaksamhita as-

प्रयोजनं चास्य स्वस्थस्य स्वास्थ्यरक्षणमातुरस्य विकारप्रशमनं च॥ (C.SU.30/26)¹

To preserve and promote the health of healthy person, prevention from various disease and the cure of disease if they occur.

With the advent of new diseases each day like for example the covid -19, the communicable disease with no treatment vaccination available as for now, the only major tool to fight back the disease is through prevention. For the prevention of diseases one needs to have a healthy body and mind. For this purpose the ethical code or sadvritta mentioned in ayurveda has to be followed. "sad" means good and "vritta" means conduct or regimen. There are certain rules like ethical, social, mental, moral etc. to maintain a healthy state of mind and body. The maintenance of hygiene is explained in sadvritta, following which will break the chain of transmission of communicable infections.

KEYWORDS

sadvritta, communicable disease, infection, mode of transmission.

INTRODUCTION:-

With the spread of COVID-19, a disease caused by novel corona virus, being declared as pandemic by WHO, and there is no vaccine, drug or treatment for the disease. The only available answer is breaking the chain of transmission by following the strict hygiene and keeping oneself healthy. This goal could be achieved by following dincharya, ritucharya, and sadvritta, mentioned in ayurveda. The science of ayurveda has emphasized on right code of conduct or sadvritta which will lead to healthy body. This article aims to emphasize on prevention and control of communicable disease by following the age old science as the methods advocated for prevention of communicable disease in present times holds striking similarity with the principle mentioned in ayurveda, so if this science was followed the prevention of many disease could have already occurred.

The mention of these communicable diseases is found in ayurveda in susrut samhita aupsargikaroga (communicable disease) and their modes of transmission are mentioned, charaksamhita mentions janapadodhwanasa (epidemic). prevention of these diseases and cure is also mentioned in Ayurveda, for prevention of diseases following dincharya, riyucharya and sadvritta or the ethical codes have to be followed.

In This article effort has been made to find how following of sadvritta as mentioned in our classical text could lead to prevention of disease and help in breaking the chain of transmission of disease, reference available in ayurveda with close comparison with what is advocated by the modern science now.

Review of literature:-

Aupsargikroga (communicable disease) sushrut samhita kushtanidanadhyaya chapter 5, mentions aupsargikroga and their mode of transmission-

प्रसङ्गाद्गात्रसंस्पर्शान्निश्वासात्सहभोजनात्

सहशय्यासनाच्चापि वस्त्रमाल्यानुलेपनात्

कुष्ठं ज्वरश्च शोषश्च नेत्राभिष्यन्द एव च औपसर्गिकरोगाश्च सङ्क्रामन्ति नरान् नरम्॥ (su.ni 5/33-34)²

The communicable disease spread either through direct or indirect route.

The disease like for example kusta, jwara, shosha and netrabhishyanada spread via physical contact, expiration, sharing, garlands, and anointments.

Modes of transmission of the communicable disease as mentioned in modern text:-

1. direct transmission

2. indirect transmission

The direct transmission further includes –

- Direct
- Droplet infection
- Contact with soil
- Inoculation into skin or mucosa
- Transplacental (vertical)

The indirect transmission further includes –

- Vehicle -borne
- Vector-borne
- Air borne
- Fomite-borne
- Unclean hands and fingers

SADVRITTA:-

सतां वृत्तमनुष्ठानं देहवाङ्मनःप्रवृत्तिरूपं सद्वृत्तमनुष्ठेयम्॥ (Ch.su.8/17 chakrapani)

chakrapani in his tikka on charakasamhita has explained the sadvritta as doing the righteous and virtuous physical, verbal and mental conduct.

Role of sadvritta in prevention and control of communicable disease as told in Ayurveda classics, long way back which is now also advocated by modern science for prevention and breaking the chain of transmission of disease, is as follows-

मलायनेष्वभीक्षणं पादयोश्च वैमल्यमादध्यात्, त्रिःपक्षस्य केशश्मश्रुलोमनखान् संहारयेत्, नित्यमनुपहतवासाः सुमनाः सुगन्धिः स्यात्, साधुवेशः, प्रसिद्धकेशः, मूर्धश्रोत्रघ्राणपादतैलनित्यः, धूमपः, पूर्वाभिभाषी, सुमुखः, दुर्गेष्वभ्युपपत्ता, होता, यष्टा, दाता, चतुष्पथानां नमस्कृता, बलीनामुपहर्ता, ... (Ch.su.8/18)³

While telling the deeds that should be performed, it has been told to follow cleanliness routine by cleaning excretory orifice and feet frequently. Haircut, shave and nail cut thrice in fortnight. one should wear clean and good apparel. Comb well and apply oil to head, ear, nostril and feet. one should have self-control and be virtuous. Person should use umbrella, stick, turban, shoes and see six feet while walking. Person should have auspicious conduct. one should avoid places with dirty clothes, bones, thorns, impure article, garbage and ash.

Practice regarding ethics to not be followed are-

न शब्दवन्तं मारुतं मुञ्चेत्, नानावृत्तमुखो जृम्भां क्षवथुं हास्यं वा प्रवर्तयेत्, न नासिकां कुष्णीयात्, न दन्तान् विघट्टयेत्, न नखान् वादयेत्,

नारथीन्यभिहन्त्यात्, न भूमिं विलिखेत्, न छिन्द्यात्तृणं, न लोष्टं मृदनीयात्, न विगुणमङ्गैश्चेष्टेत्...-(Ch.su.8/19)⁶

The code of ethics as to one which should not be done are told as-
Person should not release flatus with sound, should never do yawning, sneezing, laughing with uncovered mouth, should not deform nose, should not grind teeth, should not strike bone, should not scrape the earth, should not perform any abnormal action of body parts. one should not approach snake or animals and those having prominent teeth and horns, one should avoid easterly wind, sunlight, snowfall, storm, and should never put the same clothes after bath.

Practice regarding taking diet has been told as-
नान्नातो नोपहतवासा ... नाप्रक्षालितपाणिपादवदनो नाशुद्धमुखो नोदङ्मुखो... न पात्रीष्वमेध्यासु नादेशे नाकाले नाकीर्णो...न कुत्सयन्न कुत्सितं...-(Ch.su.8/20)⁷

One should not eat without taking bath, with damaged clothes, without washing hands, feet, and face. Food should not be taken with unclean face, in unclean plates, at improper place, untimely, in crowded surrounding and dirty meals.

Practice regarding natural urges are-
नान्जुः क्षुयान्नाद्यान्न शयीत्, न वेगितोऽन्यकार्यः स्यात्, न वाय्वग्निसलिलसोमार्कद्विजगुरुप्रतिमुखं निष्ठीविका(वात)वर्चोमूत्राण्युत्सृजेत्.....-(Ch.su.8/21)⁸

Person should not sneeze, sleep, or eat in curved position, should not excrete sputum, flatus, feces, urine, at sacred place and in public place, should not urinate on road or crowded places, should not let out nasal excreta in public and while doing auspicious activities.

Rules regarding general principles-
न नियमं भिन्द्यात्... न बालवृद्धलुब्धमूर्खक्लिष्टक्लीबैः सह सख्यं कुर्यात्...न दुःखशीलाचारोपचारः.....-(Ch.su.8/25-26)⁹

One should not have a habit of breaking rules, should not be friendly with the afflicted person, and should have such good behavior and customs which do not cause discomfort to others.

Practice regarding self-control-
नापरीक्षितमभिनिवेशेत्.....-(Ch.su.8/27)¹⁰
One should not take anything without examining it.

Even after telling this much code of conduct it has been mentioned in Ayurvedic classical text that if something is not stated here but explained in other context as learned behavior is also acceptable.

Above a few example of following sadvritta were cited from the text, along with the reference as given in ayurveda classical text.

For the prevention of COVID19 same things are advised as they were told years back in Ayurveda.

Prevention guideline for COVID 19 includes-
Key messages to spread for prevention of COVID-19 as given by Ministry of Health & Family Welfare, government of India.
1. How to avoid getting COVID-19 or spreading it?

a) Practice Social Distancing:
Avoid gatherings such as melas, hatts, gatherings in religious places, social functions etc. Maintain a safe distance of at least one Metre between you and other people when in public places, especially if they are having symptoms such as cough, fever etc. to avoid direct droplet contact.

Stay at home as much as possible.
Avoid physical contact like handshakes, hand holding or hugs.
Avoid touching surfaces such as table tops, chairs, door handles etc.

b) Practice good hygiene
Wash your hands frequently using soap and water:

After coming home from outside or meeting other people especially if they are ill.

After having touched your face, coughing or sneezing.
Before preparing food, eating or feeding children.
Before and after using toilet, cleaning etc.
While coughing or sneezing cover your nose and mouth with handkerchief.

Wash the handkerchief at least daily
It is preferable to cough/sneeze into your bent elbow rather than your palms.

After going through the references and codes of conduct given in Ayurveda in the form of sadvritta, we finally can correlate a striking similarity between preventive measures as told by a age old science and the prevention given in modern times for a disease for which nothing much is known hence called as the novel corona virus COVID 19.

DISCUSSION –
Discussing the above facts means that the prevention of the disease COVID-19 could only occur by breaking the chain of infection. The chain of infection could be broken and the disease could be restricted from spreading from one person to another at several points which include: by controlling reservoir or source of infection, by interrupting the chain of transmission portal of exit and portal of entry and at the susceptible host.

for example for controlling reservoir or source it is told that, person should not excrete sputum, flatus, feces, urine, at sacred place and in public place, should not urinate on road or crowded places, should not let out nasal excreta in public and while doing auspicious activities. one should practice social distancing by staying Person see six feet while walking, should keep far away from other persons to prevent inhalation of expired air from them. Person should have auspicious conduct. one should avoid places with dirty clothes, bones, thorns, impure article, garbage and ash.

For interrupting the chain of transmission it told:-
The regime is told regarding yawn sneeze not to be done without covering the mouth, should not scrap earth pluckgrass, should not eat in unclean utensil nor eat dirty meals or at dirty place. Should not eat without hand wash, conduct regarding women has been given as not to have sex with diseased or impure women, should practice distancing from other person.

For host it is given as the person following the all right conduct under sadvritta in charyaritucharya will have immunity enough to combat the disease if at all they occur or he will be strong enough to prevent the disease from occurring.

CONCLUSION
The rules regulations conduct given under sadvritta if followed will help in improving physical mental strength to help in prevention of disease like covid 19 also. These conducts that were told years back in the ancient science of ayurveds gives world a new dimension to approach the science with wider believe that whatever told is times tested and true to core, if the implementation of science had occur as a form of day today practice than the spread of new disease like novel corona virus could have been prevented and disease would have been nipped in bud.

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