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Precautionary Measures Mentioned in Ayurved in Pandemic Conditions with special reference to COVID 19

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Abstract:

Ayurved is the most ancient and scientific literature in the world. It is based on two main fundamental principles. The first principle is to preserve the health of already healthy individuals and the second one is to restore the health of diseased people. In *Ayurved* there has been a mention of *Aupasargic Rog* (communicable diseases) in *Sushrut*, *Vagbhat*, *Madav Nidan Samhita* etc. Also there is a complete *Adhyay* mentioned in *Charak Samhita* about the *Janapadodhwansa* (Pandemics). Similarly *Agantuj Rog* (caused by external causes) also been mentioned in *Ayurved* by various *Acharya*. In current scenario, the whole world is suffering with the deadliest pandemic and communicable disease i.e. COVID-19 caused by SARS- COV 2 virus generally called as Corona Virus. The entire world is still finding the curative treatment for this disorder. Though various vaccination modules are being tried, still the government is certainly advising the people to be safe and follow the preventive measures to avoid this infection. This is what *Ayurved* has been advising since ages to first prevent oneself by getting ill. So prevention is the need of time to fight with this COVID-19 disease or in fact with any pandemic disease.

Key Words : *Aupasargic Rog*, *Janapadodhwansa*, *Agantuj Rog*, *Swasthya*, COVID-19

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INTRODUCTION:

There is a popular saying that prevention is better than cure which is now days followed by entire world above COVID-19. This prevention is the primary principle of *Ayurved* mentioned since ages that healthy person should protect his health¹ by following preventive measures. There are so many preventive measures advised including wearing masks, washing hands regularly for 20 seconds, using sanitizer to avoid infection, staying at home, monitoring own health, internally taking such medications which boosts immunity helping to fight with the disease and decreasing its effect if infected². In *Ayurved* there is a mentioned of *Dravyabhut* (medication assisted treatment MAT) and *Adravyabhut Chikitsa* (Non MAT). The preventive measures like wearing masks, washing hands for 20 sec, keeping safe distance comes under *Adravyabhut Chikitsa* where one can avoid the infection without consuming medicine. Meditation also comes under *Adravyabhut Chikitsa* which is helping people to boost immunity and avoiding many infections.

Literature Review:

In *Charak Samhita*, there is a complete chapter called *Janapadodhwansa* where *Punarvasu Atreya* is guiding and advising his apprentice *Agnivesh*. *Agnivesh* asked *Atreya* that how can everyone despite of various *Prakruti* (constitution of body), *Ahara* (diet), *Vaya* (age), *Dehabal* (physical strength), *Satva* (purity and wisdom constituting)

get affected by *Janapadodhwansa* at a time³?. *Punarvasu Atreya* replied to *Agnivesh*'s question that though every person has a different constitution, habitat, diets etc there are some common factors amongst them which leads to the Pandemic outbreaks at one instance. These common factors are *Vayu* (air), *Udak* (water), *Desh* (region), *Kala* (time)⁴. It means polluted air with micro-organisms like SARS COV 2 can affect the entire population at ones, polluted water may lead to common disorder to the population like in Cholera, *Desh Vikruti* (earth quakes) and *Vikrut Kala* (like in tsunami) can cause mass destruction even though everyone has different conditions mentioned above. Here the common factor air is being discussed dealing in terms on COVID.

There also been mentioned of *Aupasargic Rog* described in *Sushruta Nidan* 5 that one having sexual relationship or direct body contact with the other person by any other mean, staying close to diseased person and inhaling his exhaled breath, eating together in common utensil, exchanging the cloths with the diseased person, sleeping on the same bed, using others cosmetics can lead to the spread of infectious disease from one human being to other⁵. In this category special mention of four disorders is there *Jwar* (fever), *Kushta* (skin disorders like leprosy), *Shosh* (tuberculous infection) and *Netrabhishyand* (congenitivitis)⁶. Here *Jwar* i.e. fever of any origin is included. Well COVID infection also leads to the

fever⁷ categorizing it in *Aupasargic Rog*. Similar concept of *Aupasargic Rog* has also been mentioned in *Vagbhat Samhit*⁸

In *Vagbhat Samhita Sutrasthan 4 Agantuj Rog* are mentioned that any disorder caused by *Bhut* (micro-organisms like viruses, bacteria etc), *Vish* (toxicity), *Vayu* (polluted air), *Agni* (burns), *Kshata* (trauma), *Bhang* (fractures) even by psychological factors like *Rag* (anger), *Dwesh* (jealousy), *Bhay* (fear) are terms as *Agantuj Rog*. Since COVID-19 is caused by virus (*Bhut*) is can be termed as *Agantuj Rog*⁹.

Based on above references it can be said that COVID-19 is a *Janpadodhwansaj, Aupasargic, Agantuj Vyadi* as per *Ayurved*.

Discussion

Preventive Measures Mentioned in Ayurved :

In *Charak Samhita* the preventive measures mentioned in *Janapadodhwansaj Vikara* are *Satya* i.e speaking truth in terms of not spreading the rumors or accepting truth in terms of yes I can also suffer from the disease and I have to take the preventive measures to avoid it. *Bhut Daya* i.e helping each other in terms of spreading the information about the disease and its preventive measures through social media we have today like whatsapp, facebook etc, *Dana* in terms of providing the medicines to those who are incapable of buying it. *Sadavritta Palan* (i.e. following good conduct) where one should maintain hygienic condition around him/her.

Guptiratmana i.e. protecting oneself from getting infected from the virus. *Hitam Janapadanam* i.e staying at home and not going in crowded areas or contaminated zone. *Dharmik, Satwik Nitya Sahavas* here *Dharmik* can be correlated with those who are well aware of the disease in all views like doctors, *Satwik* means one who can give you the assurance, one should always be in contact with such people through telephone or social media. These are the preventive measures highlighted in *Charak Samhita* and there correlation with contemporary conditions.¹⁰

In *Sushrut Samhita Uttartantra 1, Sushruta* has clearly indicated the brief prevention or even the treatment of any disorder by saying that if one can avoid the causative factors of the disease then one can save himself by getting infected or even can get treated with minimal intervention¹¹. As here we mentioned above the causes of *Aupasargic Rog* one should avoid getting infected if he / she avoids the causes like not having any physical contact and maintaining safe distance, avoiding eating food in same plate & sharing the same bed, not exchanging the cloths and ornaments can save one from the infection.

In *Vagbhat Samhita* the preventive measures mentioned are *Tyag Pragyaaparadh* i.e. not having overconfidence that I cannot suffer from the COVID disorder, *Indriyaupashamanam* i.e. protecting nose and mouth with mask, *Desh Kala Atma Vigyanam*¹² i.e being aware of the

conditions in one's residential region and remain at the home which is implemented as imposing lockdown in COVID, knowing the ups and downs in the condition, cases of the disease and also knowing the condition of one's body that if he / she is having any signs and symptoms of the disease and if yes then getting tested and treated in isolated zone.

These are the preventive measures mentioned in the *Brihat Trayi (Charak, Sushrut, Vagbhat)* of *Ayurved* which are still followed by entire world with different names keeping the principles intact.

Conclusion:

COVID -19 is the pandemic disease affecting the globe with various signs and symptoms indicative of the corona virus. *Ayurved* provides different preventive measures mentioned in various classics. This will help everyone to know the deep and detailed knowledge *Ayurved* constitute. *Ayurved* scholars have to look forward to seek more knowledge hidden like a treasure in *Ayurved* text contemplating this knowledge in contemporary world.

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