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ROLE OF SWASTHAVRITTA TOWARDS THE MAINTENANCE OF PUBLIC HEALTH AND RELATED RECOMMENDATION FOR CURRENT PANDEMIC OUTBREAK

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ABSTRACT

Ayurveda the natural science of disease management provides several concepts for maintaining normal health status. The good health as per ayurveda mainly depends upon pattern of daily regimen. Food habits, sleeping time, environmental conditions and genetic factors also affects health of an individual. In this connection ayurveda suggests concept of *Swasthavritta* which not only helps to maintain optimum health but also prevent disease prevalence especially infectious disease. The global population currently fighting against pandemic outbreak and it is believed that basic principles of ayurveda related to the hygienic conduction may help to prevent infections up to some extent.

KEYWORDS

Ayurveda, Swasthavritta, Infections and Pandemic.

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INTRODUCTION

The science of healing originated from India more than 3,000 years ago named Ayurveda encompasses *knowledge of health management and disease prevention*. Ayurveda suggests specific lifestyle and some natural therapies to maintain balances of body and mind. Internal purification, herbal remedies, *Yoga* and meditation, etc. are some approaches of Ayurveda which helps to retain optimum health. The health of an individual greatly

influences by specific *Doshas* and *Prakriti* (internal constitution) also play vital role towards the physiological integrity of a person. Ayurveda principles not only help to balances vitiated *Doshas* but also provide therapeutic modalities as per the *Prakriti* of person. The various approaches of Ayurveda eliminate impurities, increases resistance, balances natural harmony and boost immunity thus helps to prevent prevalence of infectious diseases.

General Overview on COVID-19

The pathological condition Corona Virus Disease (COVID-19) arises due to the infection of Corona viruses which also known as Severe Acute Respiratory Syndrome Corona Virus-2 (SARS-CoV-2). World Health Organization considered COVID-19 as outbreak a pandemic. The major symptoms of disease are fever, cough and breathing difficulty. Tiredness, runny nose, aches, sore throat and headache also occurs sometimes. The severity of symptoms varies from mild to severe and depends upon health status of person. Elderly people, person with heart disease, lung disease and diabetes may be at higher risk of fatal illness.

The disease mainly spreads through close contact, spreads by droplets released by infected person during coughing and sneezing. The virus also spread through surface if person touches surface with virus and uses same hand for touching his/her mouth and nose then disease may occurs. Sometimes disease may associates with complications like Pneumonia and organ failure.

General Guideline for Prevention

The common preventive measures depicted in Figure No.1, the general guideline to prevent spread are as follows:

- One should avoid social gatherings and unnecessary travelling.
- Close contact with infected person must be avoided.
- Washing of hands with soap frequently.
- Uses of alcohol based sanitizer regularly.
- Covering of mouth and nose while coughing or sneezing.
- One should avoid touching of nose, mouth and eyes.

- Infected person must be isolated or quarantined from common peoples.
- One should maintain hygienic condition regularly.

Ayurveda Suggestions

Swasthvritta is one of the important aspects of ayurveda which described way of healthy living; the general considerations of *Swasthvritta* are as follows:

- *Pratarutthanam*
- *Ushapana / Achaman*
- *Dantadhavan*
- *Gandush*
- *Nasyakarm*
- Practicing *Yoga*, etc.

Pratarutthanam

Good Conduction of *Dincharya* starts with *Pratarutthanam* means to get up early in the morning before sunrise. It imparts refreshing and rejuvenating effects, boosts immunity and improves capacity of lungs thus help in respiratory distress.

Ushapana/Achaman

Ushapana/Achaman means cleaning or washing of hands and feet which also recommended by health organization to prevent COVID-19 infections. *Ushapana/Achaman* (washing of hands) helps to reduces risk of infections through the hands.

Dantadhavan

Dantadhavan means cleaning of teeth and tongue using *Arka*, *Nimba* and *Karanja*, *Dantadhavan* helps to removes accumulated filth, it may reduces susceptibility of infections, maintain hygienic conditions of mouth and throat. *Dantadhavan* cleans mouth and throat therefore enhances respiratory functioning thus help to prevent throat infections and other respiratory diseases.

Gandush

Gandush means gargling or cleaning of oral cavity and throat with lukewarm. This technique also recommended by health organizations which may help to reduce susceptibility towards the respiratory infections. *Gandush* helps to prevent diseases of oral cavity, sore throat and other throat infections, etc. It is suggested to take *Gandush* and *Kawal* using sesame or coconut oil followed by use of warm

water, this procedure can be done twice a day to relieve throat problems.

Nasyakarm

Nasyakarm means uses of nasal medication into each nostril in morning time. This techniques cleans nasal pathways, prevent infections, alleviates throat distress and clear nasal congestion thus can be used as preventing measure to reduces risk of current pandemic infectious diseases. *Pratimarsh nasya* advised daily which can be done using nasal application of sesame oil in nostrils to clears nasal and respiratory passage.

Yoga

Yoga helps to increases blood circulation, efficiency of lungs, resistance against diseases and imparts mental strength thus helps to combat against infectious disease. The health organization also recommended *Yoga* and exercise to boost immunity against current pandemic infectious disease.

The above mentioned approaches of *Swasthvritta* can help to fight against infections and may reduce susceptibility against pandemic outbreaks. The other approaches of *Swasthvritta* like *Snana* and *Dhyanam* also provides health benefits in such types of conditions. The *Snana* means bathing which help to maintain general hygiene and keeps away from infections. Similarly *Dhyanam* means meditation which imparts mental strength and provide psychological relaxation which is very important when pandemic infections deteriorate mental status of peoples.



Figure No.1: Major advisory guideline to prevent spread of pandemic infection

CONCLUSION

The pathological condition COVID-19 occurs due to the infection of Corona viruses which involves symptoms like fever, cough and breathing difficulty. Ayurveda suggested some approaches which can helps to reduces susceptibility towards such types of infections, however these recommendation only

based on advisory guideline and does not claimed any guarantee. In this regards concept of *Swasthavritta* can provides some beneficial effects to prevent spread of such infectious disease. The basic principles of *Swasthavritta* related to the maintenance of hygienic conduction can help to prevent infections up to some extent.

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CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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