



International Journal of Applied Ayurved Research ISSN: 2347- 6362

AYURVEDA BASED NON DIETARY AND DIETARY MANAGEMENT FOR COVID19 PATIENT

¹Deshpande Sarang

²Jondhale Prakash

ABSTRACT

A proper diet is a secret behind good immunity and complete health. Every science coming forward with his concept to overcome the pandemic situation. Ayurveda plays a vital role in health system providing solution for mental and physical illness. Ayurveda contains lot of diet based instructions and diet recipes for enriching their health.

Coronaviruses typically cause symptoms that are similar to influenza (The Flu) and other viral illnesses. The most common symptoms of COVID-19 are fever greater than 100.4 degrees F, tiredness, body aches, dry cough, shortness of breath, headache, body ache, chills, Loss of taste or smell. To deal with this situation, if we follow the principle of Ayurveda as mentioned in the symptoms like Covid 19 infection, it would be beneficial to the infectious person.

Aim- To provide an option to maintain health with the help formulation mentioned in the literature of Ayurveda.

Objective- Ayurvedic context has numerous formulation made for different pathological conditions. In Covid pandemic situation also there are many dietary and non dietary regimen are noted which can be helpful. Hence, an attempt has been made to highlight on the Dietary and Non dietary management by Ayurveda to maintain nutritional health in Covid or post Covid condition

Key words Covid 19, Corona Pandemic, *Ayurveda, Yusha, Peya, Vilepi, Nasya, Pathya Kalpana.*

INTRODUCTION: Now whole world is under the influence of COVID 19 infection. COVID-19 is caused by specific Coronavirus (SARS-CoV2). Many countries are focusing on vaccination along with the proper isolation guidelines, and others are adopting the Alternative methods to be found to control the overspread of the virus.

Coronaviruses typically cause symptoms that are similar to influenza (The Flu) and other viral illnesses. The most common symptoms of COVID-19 are fever greater than 100.4 degrees F, tiredness, body aches, dry cough, shortness of breath, headache, body ache, chills, Loss of taste or smell.¹

Majority of patients has mild or moderate symptoms and don't require hospitalization. With these milder symptoms, you should stay home, rest and avoid contact with others so you don't spread the virus. Drink plenty of fluids and take Proper diet as needed.

Sometimes patients—usually those who are elderly or with underlying health issues—may develop moderate symptoms that could require some supportive care, such as healthy diet, fluids for dehydration.

Another red flag is shortness of breath, particularly if you're not engaging in any activity. Any shortness of breath combined

with these other symptoms should be checked out.

Generally, a mild to moderate case of COVID-19 will run its course in about two weeks, according to a World Health Organization (WHO) report.² In course of these days, If patient took proper care of diet and nutrition it will provide better results.

Importance of proper diet in Covid 19

We all might hear about the famous quote of Greek physician Hippocrates, “Let food be thy medicine, and let medicine be thy food”. This sentence explains that “When diet is wrong, medicine is of no use; when diet is correct, medicine is of no need.”³

Ayurveda is an ancient science that provides solution on any disease by multidisciplinary way by personalized herbal drug, exercise and yoga for maintaining body and mind harmony, and most important is individual diet regimen as per body strength and disease.

Every chapter of Ayurveda book Yogartankar ends on suggestion and contraindications for diet. Even after the detoxification of body gut strength diminished to support the gastrointestinal tract light diet, rich in nutrient recipes are recommended. In the chapter of Charaksamhita, i.e. *Jwarachikitsa, Kasachikitsa* a most of the complaints found in Covid infection are as similar as mentioned in text, and more emphases on correction of dehydration and weakness. Broadly, all formulations come under the concept of *Pathya Kalpana*.

Forthcoming paragraph explain the principles to enhance the efficacy of management of this outbreak also to make

body rich in nutrient ‘Diet regimen’ should be followed that fulfill the all deficiency.

After infection of Covid19 digestive fire would get weak due to excessive elimination of *doshas*. In such conditions, if patient consumes excessive food, it will badly impart on digestive system and its functional entity i.e. digestive fire. Weakened fire will not be capable of digesting food properly and hence indigestion may set in, which were commonly nowadays. Undigested food may consequentially cause many complications. Hence normal and regular food should not be given after Covid 19 treatments. To strengthen digestive fire and to make it capable enough of digesting all forms of food, diet is gradually graduated from liquid to solid foods until patient is allowed to consume regular foods compatible to him at end of regimen.

Non dietary regimen

Therapeutic Ayurvedic Fasting / Langhana⁴

Covid symptoms are started with pyrexia, consequently patient complaining about tastelessness, dryness of mouth, weakness. Instead of taking heavy meal if patient follow light diet than routine diet i.e. Ayurveda fasting. *Langhan* is one of the six basic principles explained by Ayurveda called *Shataupakrama*. *Langhan* means the food which gives lightness to the body. If food will not be available for digestion, then the gastric acid (Agni) will metabolize the unsaturated food material (*Aamadoshha*) results to enhance digestion (*Agnidipan*) and *Aamapachan*.

Warm Room : Low temperature provide susceptible environment to grow bacteria and accumulate *Kaph dosha* in body.

Avoidance of direct cold exposure or maintaining room temperature more than 24c helps for mucolysis and removal of productive secretion from lungs. So, it is better to stay in fresh air room with proper ventilation.

Medicated Decoction/Warm Water to Drink

The water which is reduced to 1/8th part or ½ part or simply by boiled water is known as *Ushnodaka*. They are *laghu* (light), *Accha* (clear) and *sudha* (neat). They are able to reduce *Kapha* (Mucus), *Vayu* (vitiated *Vatadosha*) and *Meda* (Adipose tissue)⁵. They are *Deepana* (Appetizer) and *Vastishodhana* (cleansing urinary bladder). They can be administer in *Parsvasoola* (Backache), *Pinasa* (Rhinitis), *Adhmana* (Inflatulence), *Hikka* (Hiccup), *Trushna* (Thirst), *Svasa* (Dyspnea), *Sula* (Painful condition), etc: conditions.⁶

Deep breathing exercise: Respiratory exercises like *Pranayam*, *Anuloma*, *viloma* and *Bhramari* may help in mild cases to improve vital capacity of lungs. Also practicing on devices like spirometer will shows the status of lungs health. Few researches stated that *Bhramari* is helpful by enhancing the expression of Nitric Oxide and increased Carbon dioxide by extended exhalation and alkaline pH prevents coagulopathies and morbidity due to Covid-19.⁷

Regular Deep breathing exercises must be done to improve the oxygen consumption.⁸

Ayurvedic Gargling /Gandusha

Gandūsha is the process of “holding any medicated liquid in the mouth to its full capacity for a specific time without allowing any movement inside the mouth”

Gandūsha is done with the unctuous substances or fats (*sneha*) like oils (*tailādi*) or ghee (*grita*) etc., milk (*Kshīra/paya*), honey (*kshoudra*), honey-water (*madhūdaka*),

meat soup (*māmsarasa*), wine (*madhya*), urine of animals (*mūtra*), sour liquids (*āmla*), wash of grains fermented by keeping overnight (*dhānyāmla*), herbal decoctions (*kashāya*) or warm water (*ushnodaka*) etc. according to the *doshās*.⁹

Gandūsha can be practiced daily to maintain good oral health. Regular practice of *Taila* (oil)

Gandūsha elaborates the following benefits:

1. It strengthens the voice (*swarabalam*) by supporting and promoting the vocal chords. It lubricates, reduces toxic load and purifies the vocal chords. Voice becomes more effective and melodious.
2. It strengthens the jaws or mandible (*hanurbalam*) by lubricating and supporting.
3. It nourishes the mouth (*vadanopachaya*) and makes face healthy and beautiful by giving proper exercise to the muscles of cheeks, tongue, lips and soft palate. It also increases motor functions of these muscles.
4. It improves taste perception (*paramrasajnanamruchyam*) by honing the taste buds. It also preps the appetite, clearing any fogs covering the digestive fire of the stomach.
5. It prevents dryness of mouth and throat (*nachasyakanthashosha*) by balancing the pH of the oral cavity.¹⁰

Dietary regimen: weakness, body ache is consequences of corona infection, In this situation to boost the strength of the patient diet should given as per their body requirement and rich in nutrition by avoiding high fat diet. Patient unable to digest a solid food, so gradual intake of liquid to semiliquid and finally solid meal

should be done. In Ayurveda it is named as *Pathya Kalpana*. *Pathya Kalpana* is basic but most important concept in Ayurveda which seems to be practical and must be practiced clinically in today's era.

The preparations made by (*Samskara*) various methods of processing make the diet – more fruitful in terms of health. Importance of understanding “*Pathya Kalpana*” can be seen from the following points -

- These preparations are made up from minimum & easily available ingredients
- These are Simple methods of preparation.
- These are very Cost-effective methods.

Concept of *Pathya* changes at every moment and with every individual. What is *Pathya* to one person may not be *Pathya* to another person. Even it changes in the same person depending upon various components like –Age-psychological condition-condition of provoked *Dosha*- condition of *Dhatu*-condition of raw material-area of the patient-habits of the patient etc. So, considering and elaborating the diet plan need a lot of attention from the physician.

Practically *Pathya Kalpana* is advised as a diet plan ‘in healthy individuals’ to let them stay fit, ‘to the patients’ to keep their channels in a healthy stage and in ‘patients getting treated with *Panchakarma*’ to help their *Gastro-intestinal tract* coming back to normal.

Manda Kalpana¹¹: This *Kalpana* is prepared by using rice and water in 1:14 proportion. The rice is cooked in said proportion of water and then only water content of the prepared

formulation is collected as *Manda* (watery portion of ricegruel).

Biological properties: *Laghu* (light in digestion), *Sheeta* (cold)

Biological actions: *Deepana* (increase in appetite), *Pachana* (increase in digestive capacity), *Grahi* (reduces water content in faeces), *Vatanulomaka* (maintains normal functioning of vata humour), *Kaphaghna* (pacify kapha humour).

Indications: *Jwara* (Fever), *Atisara* (Diarrhea), *Trishna* (Excess Thirst) Indicated

conditions: After *Vamana/Virechana*, after exertion, after fasting .

Peya Kalpana¹²

This *Kalpana* is prepared by using rice and water in 1:14 proportion. The rice is cooked in said proportion of water and then maximum watery content of the prepared formulation is collected with few grains of cooked rice is known as *Peya* (ricegruel) .

Biological properties: *Laghu*

Biological actions: *Deepana*, *Pachana*, *Vatanulomaka*, *Dhatupushtikara* (nourishes basic body elements)

Vilepi¹³ (**Thick Rice Gruel**):

This is thick rice gruel prepared by cooking rice with 4 times of water.

Biological properties: *Madhu* (sweet), *Laghu* (light in digestion).

Biological action: *Deepana*, *Rochaka* (Enhances taste), *Grahi*, *Vrushya* (enhance the strength).

***Yavagu* (Rice Gruel)**: *Yavagu* is a type of gruel prepared with 6 times water to nearly thick or semisolid consistency. There are different opinions regarding basic ingredients of *Yavagu*.

Indicated conditions: Before *Siravedha, Garbhini, Unmaada, Mandagni, Trushna*.

In Ayurveda literature 3 types of *Yavagu* are described – *Kalka Siddha Yavagu* (Gruel Prepared With Paste Of Medicines) *Kwatha Siddha Yavagu* (Gruel Prepared In Decoction of Medicines) *Mamsarasiddha Yavagu* (Gruel Prepared In Meat Soup)¹⁴

Yusha¹⁵: *Jal* (water), *Kwatha* (decoction), *Swarasa* (herbal Juice), *Hima* (Cold Infusion) and *Takra* (buttermilk) etc. *Drava Dravya* (liquid drugs) are mixed with *Simbi Dhanya* (*Dicoteledons*) except rice and cooked well. Obtained liquid portion is called *Yusha Kalpana*. For the preparation of *Yush Mridu*

Virya (Low potency) *Dravya Kalka* (Paste) is taken 1 *Pal* and *Shunthi* (Zingiber officinale), *Pippali* (Piper longum) etc. *Tikshna Virya I* (strong Potency drug) *Dravya* are supposed to be taken in 1 *Karsha* (10 grams) and mixed with 1 *Prastha* (768 grams) of water and boiled upto contents are reduced to ½ of the quantity or according to the need after that contents are filtered with cloth and obtained liquid is called *Yusha*. According to *Acharya Sharangdhara*, *Yusha* (Type of decoction) also can be prepared with one part of *Dravya* and fourteen parts of water, same proportion used in *Peya* (Type of decoction), but *Yusha* is prepared in thick consistency.

Table no.1 Nutritional facts per 10gm premix (Approximately)¹⁶

Sr.no.	Nutrition	Quantity
1.	Calories	36.8kcal
2.	Carbohydrates	6.4g
3.	Protein	2.8g
4.	Fats	0
5.	Dietary fibres	0.45g

Hydration :Maintenance of hydration is essential for overall health. How much water we need depends on our age, sex, weight, height, level of physical activity and environmental conditions (i.e. hot weather will likely require you to drink more water). Taking into account that around 20-30% of the water we need comes from our food, the European Food Safety Authority has set average recommendations for how much water we should drink per day depending on our age¹⁷. Mild dehydration (fluid loss of 1–3%) can impair energy levels, impair mood, and lead to major reductions in memory and brain performance.

If you have access to safe tap water, this is the healthiest and cheapest drink. For a refreshing boost, you can add slices of lemon, cucumber, mint or berries. Other drinks such as unsweetened coffee and tea or iced tea, or unsweetened, infused or flavored (sparkling) water are also good choices for hydration.

Discussion: Ayurvedic physician serving society by learning from the Ayurveda principles, and treating patient successfully. In *charka samhita*, it is mention not necessary to mention every disease name, but need to understand the *dosha* condition for treatment. Each point in Dietary and non dietary management was practically carried

out by physician in his day to day Ayurveda practice in fever and other viral infectious like condition. In *Gandush*, The drug which is taken by the mouth is passed through the liver and then absorbed into the bloodstream (systemic circulation). But in other forms of drug administration, the drug by-passes the liver and directly entering the bloodstream and results in rapid onset of drug effect. *Gandūsha* is other form of drug administration into the oral cavity in which the active ingredients and chemical constituents of the drugs are absorbed through the buccal mucosa and reach the blood stream. It is having both in local and systemic action but generally more in local effect.¹⁸ As mentioned in classical text like Charaka Samhita it is found to be effective in many conditions. In addition to that, clinical trial should be done specially for Covid19 positive patients. Further study needed to support this hypothesis of recovery by *pathya kalpana* from infectious condition.

CONCLUSION: In a nut shell, everyone tries their best to get rid of this trouble. Many countries even started vaccinating, other are focus on inventing new antiviral drug. With parallel to these efforts if we took care of patient by alternative methods, it may beneficial for not only mild to moderate but post Covid infected patients also. Consequently, non Dietary and Dietary regimen mentioned above will not only enhances the nutritional status of patient but also keep them hydrated which will surely improve the situation.

REFERENCES:

1 . <https://elitelv.com/doctors-corner/asymptomatic-or-mild-covid-19/15May21>

2 .<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/coronavirus-disease-covid-19/15may21>

3 <https://greekcitytimes.com/2021/04/18/let-food-be-thy-medicine-hippocrates/15may21>

4. Brahmananda Tripathy, editor. Charaka Samhita (Charaka Candrika Hindi Byaksha). 4th ed. Varanasi: Chaukhamba Surabharati Prakasana; 1995. Sutrasthan Chapter 22/34-35. Sutrasthan 22/34-35

5 . Vagbhat Ashtangasangraha sarojhindi commentary reprint edi. Varanasi Chaukhamba surbharti prakashan, 2001 sutrasthana ,p97

6 .Vagbhat sutrasthana Ashtangasangraha sarojhindi commentary reprint edi. Varanasi Chaukhamba surbharti prakashan, 2001, p97

7 .<https://pubmed.ncbi.nlm.nih.gov/32719737/15may21>

8 .<https://www.healthline.com/health/breathing-exercises-for-covid15May21>

9 .Vridha Vagbhatt: Ashtanga Hrudaya with Commentaries of Sarvangasundara of Arunadatta & Ayurveda Rasayana of Hemadri edited by Pt. Hari Sadashiva Shastri Paradakara, Chaukhamba Sanskrit Samsthana, Varanashi, Re-print(2012); p.25,

10 . Agnivesh, Charaka Samhita, revised by Charaka and Dhridabala with the Ayurveda Dipika commentary of Chakrapanidatta, edited by Vaidya Yadavaji Trikamji Acharya, 5th edition, Chaukhamba Sanskrit Sansthana, Varanashi (2001), p.42

11 .Acharya Sushrut. Samhita. Ambika Dutt Shastri Editor. Reprint 2010. Sutrasthana 46/344-45

12 .Bhishagwachaspati Pandit Durgadatta Shastri, editor. Sharangdhar Samhita, Tatwadipika Hindi Tika, Shri Bishweshwar Press Kashi, 1949 madhyama khanda 3/167-169

13 Bhashagwachaspati Pandit Durgadatta Shastri, editor. Sharangdhar Samhita, Tatwadipika Hindi Tika, Shri Bishweshwar Press Kashi, 1949 madhyama khanda 2/154

14 Acharya Sharangdhara. Sharangdhar Samhita. 4th Edition, Chaukhamba Orientalia, 2005, Madhyama Khanda 2/164-165.

15 Agnivesha Charaka Samhita, Vidhyotinihindi commentary Edited by Kashinath Shastri & Gorakhnath Chaturvedi, Chaukhamba Bharti Academy, Varanasi, Sutrasthana 27/7, 2016, 526.

16 <http://www.sbayurved.com/ProductDetails/BrahmaYush/15may21>

17 <https://www.healthline.com/nutrition/7-health-benefits-of-water#2.-Significantly-affects-energy-levels-and-brain-function15May21>

18 Tripathi K.D; Essentials of Medical Pharmacology; Routines of Drug Administration, 4th edition Re-print; Jaypee Brothers Medical Publishers Pvt. Ltd. p.4-9

Corresponding Author: Dr. Sarang Deshpande, Principal, VAMC, Jabalpur

Source of support: Nil Conflict of interest: None Declared

Cite this Article as : [Deshpande Sarang et al : Ayurveda Based Non Dietary and Dietary Management for Covid19 Patient] / www.ijaar.in : IJAAR VOLUME V ISSUE I MARCH-APRIL 2021 Page No: 57-63