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ROLE OF AYURVEDA IN STUDY OF IMMUNITY BOOSTERS AGAINST COVID 19 IN GARBHINI PARICHARYA

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ABSTRACT

Despite the perception of modern medicine as more efficacious, traditional medicine continues to be practiced. More than 70% of the developing world's population still depends primarily on the complementary and alternative systems of medicine (CAM). In the present manuscript we are discussing regarding the immunity boosters against COVID 19 in GARBHINI PARICHARYA.

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INTRODUCTION

India is known for its traditional medicinal systems—Ayurveda, Siddha, and Unani. Medical systems are found mentioned even in the ancient Vedas and other scriptures. The Ayurvedic concept appeared and developed between 2500 and 500 BC in India. The literal meaning of Ayurveda is “science of life,” because ancient Indian system of health care focused on views of man and his illness. It has been pointed out that the positive health means metabolically well-balanced human beings. Ayurveda is also called the “science of longevity” because it offers a complete system to live a long healthy life. It offers programs to rejuvenate the body through diet and nutrition. It offers treatment methods to cure many common diseases such as food allergies, which have few modern treatments. However, one should be aware that Ayurvedic nutrition is not a “magic bullet” system but requires the full participation of the patient to succeed. It is an interactive system that is user-friendly and educational. It teaches the patient to become responsible and self-empowered. Ayurveda is not a nutritional system for those seeking an escape or excuse to further abuse their body or mind. It is a system for empowerment, a system of freedom, and long life.

Food is the major source for serving the nutritional needs, but with growing modernization some traditional methods are being given up. Hence, the modern food habits are affecting the balanced nutrition. There is an ever widening gap in

nutrient intake due to which normal life is no longer normal. However, affluence of working population with changing lifestyles and reducing affordability of sick care, in terms of time and money involved, are some of the forces that are presently driving people towards thinking about their wellness.

Pandemic COVID 19 is currently endemic worldwide. Such contagious genocidal epidemics have been attacking mankind for centuries. These viruses are entering humans by changing their form every time. Therefore, it is important to consider not only the viruses but also the immunity of the individual. People with low immunity are susceptible to the entrance of all kinds of viruses and cause the disease by lodging itself within the body. Covid-19 is no exception to this rule.

According to Ayurveda Principle, the body tries to auto-repair / recover the patient's body also makes all efforts to fight the disease. People with a good immune system do not suffer from such diseases. But there are some natural states where such instinct is naturally low.

All women have the right to a safe and positive childbirth experience, whether they have confirmed Covid19 infection or not.

Till date, there is no data available which suggests an increased risk of miscarriage or early pregnancy loss in relation to COVID-19.

For COVID-19 positive pregnant woman, currently, there is no recommendation for termination of pregnancy.

Despite worldwide efforts to contain it, the pandemic is continuing to spread for want of a clinically-proven prophylaxis and therapeutic strategy; consequently, it is necessary that scientific community must draw on pluralistic knowledge systems available globally. Drawing on the original Ayurveda classics, contemporary scientific studies, and our experiential knowledge on similar clinical settings, here we propose a pragmatic plan for interventions. We provide a graded response depending on the stage of infection and proximity with disease among individuals in a population. Notwithstanding the fact that no system of medicine has any evidence-based treatment for COVID-19 as yet, clinical interventions are being done world-wide. Similar strategy is required to be implemented by Ayurveda system of medicine. Ayurveda interventions become even more relevant by the fact that there is an elaborate description of causation and management of epidemic.

This group will include persons who currently do not have any related symptom nor have any associated risk factor and co-morbidities. These apparently healthy people may be the most

suitable for building of immunity so that infection-related pathogenesis can be countered to keep them healthy. Preventive interventions here can include both pharmacological as well as non-pharmacological strategies. Among the non-pharmacological interventions healthy lifestyles, adequate physical activity, sufficient sleep, care of retainable and non-retainable urges, sadvritta, and avoidance and isolation from infected persons are vital. Fumigation of homes, shelters and living-place by Ayurvedic

herbs such as garlic (*Allium sativum*) peel, turmeric (*Curcuma longa*) powder, Carom or Ajwain (*Trachyspermum ammi*) seeds and Loban (resin of *Styrax benzoin* and *Boswellia* species) may also be a useful strategy for disinfection. In addition, community based Swarna Prashana and mass prophylaxis through rasayana having the predominant effects upon respiratory tract can be useful. Rasayana may include Brahma Rasayana, Chyavanprasha or Amrit Bhallataka. The rationale for choice of rasayana drugs can be traced back to Samhita classics of Ayurveda as well as in contemporary research. Rasayana act as antioxidant, anti-stress, anti-inflammatory, anti-microbial, vaccine adjuvant, and confer immunity against diseases. Further, according to Ayurveda classics, rasayana therapy, along with physical and social distancing from infected persons, constitute a core strategy to overcome epidemic and infectious diseases. Building immunity requires time. There may be some asymptomatic carriers who could transmit the virus to other apparently healthy people. Hence, physical and social distancing for all would be essential to avoid any transmission

The nutraceutical industry is rapidly growing (7%–12% per year). With extensive anecdotal data on exciting health results, nutraceuticals promise significant contributions to disease prevention. The global nutraceuticals market is estimated at 117 billion US dollar of which India's share is a meager 0.9%. United States and Japan are key markets for nutraceutical consumption. Indian nutraceuticals market is about 1 billion USD which is increasing

day by day. Globally, this market is expected to reach 177 billion USD in 2013. The dietary supplements category is expected to be the fastest growing product category globally

Dietary supplements and herbal remedies are popular complementary or alternative products for people. These are the supplements that are intended to supplement the diet and contain one or more dietary ingredients (including vitamins, minerals, herbs or other botanicals, amino acids, and other substances) or their constituents. These are intended to be taken by mouth as a pill, capsule, tablet, or liquid and are labeled on the front panel as being a dietary supplement. Such products may range from isolated nutrients, dietary supplements, and diets to genetically engineered "designer" foods, herbal products, and processed foods such as cereals, soups, and beverages. These botanicals are sold in many forms as fresh or dried products, liquid or solid extracts, tablets, capsules, powders, tea bags, and so forth. For example, fresh ginger root is often used in various food stores; dried ginger root is sold packaged in tea bags, capsules, or tablets, and liquid preparations made from ginger root are also sold in the market. A particular group of chemicals or a single chemical may be isolated from a botanical and sold as a dietary supplement, usually in tablet or capsule form. An example is phytoestrogens from soy products.

The dietetic regimen prescribed for the women having normal developments of fetus, women remains healthy and delivers the child possessing good health. By use of this fetal membranes, vaginal canal, abdomen, sacral region, flanks become soft, vayu moves in to its right path: urine, feces and placenta are excreted or expelled easily by their respective passages. Women gains strength, easily delivers at proper time. Ayurveda is ultimate science of life focusing every minute aspect of various stages of human life. Garbhini paricharya is one of its concepts explaining the importance of establishment of health of a woman before delivery; directing physicians and garbhini to adapt certain changes in the daily activities, diet, mental and social behaviour. After a detailed review of various classical texts, it can be concluded that Ayurveda has executed the anti natal care (Garbhini Paricharya) in a meticulous fashion with a scientific background, focusing on every aspect required to cherish and replenish the health of woman and avoid complications during delivery.

Paricharya –a month wise pregnancy care is discussed in detail to maintain the health of the pregnant woman. Aims & Objective to discuss in brief about Garbhini paricharya (a month wise regimen) explained in classical texts in scientific way. Materials & Methods: When it comes to the anti-natal care, Ayurveda suggests women to be treated with at most care to deliver a good and healthy progeny. This purpose can be achieved by congenial diets, good conducts and mode of life. Anti natal care is divided in to three trimesters. In the first

trimester care to be taken for the stability of embryo, in the second trimester about the development of embryo and in the third trimester women should be prepared for the delivery. Food preparations advised are aimed at supporting digestion, nutritious to both mother and baby and to bring equilibrium of doshas. Since welfare and contraindication of mother and fetus are identical, hence the pregnant women

Should use desired congenial diet and proper mode of life, avoiding factors likely to harm the fetus. [3] Ayurveda explains month wise dietary regimen for the welfare of pregnant women. The ultimate aim of this regimen is, Nourishment of her own body, Nourishment of the fetus and Nourishment of breast milk. Present study protocol of Garbhini Paricharya is divided into two major components as Follows 1. Ashwasana (Psychological Reassurance) 2. Aahara & Vihara (Month wise diet & regimen in pregnancy) Ayurveda explains month wise dietary regimen for the welfare of pregnant women. The ultimate aim of this regimen is, Nourishment of her own body, Nourishment of the fetus and Nourishment of breast milk. Present study protocol of Garbhini Paricharya is divided into two major components as Follows 1. Ashwasana (Psychological Reassurance) 2. Aahara & Vihara (Month wise diet & regimen in pregnancy)

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