

**REVIEW OF IMPORTANCE OF VAGBHATOKTA DINCHARYA WITH SPECIAL REFERENCE TO IMPROVE IMMUNITY TO PREVENT FROM JANAPADADHWAMSA (PANDEMIC COVID19)**

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**ABSTRACT**

The World change in to the word CORONA as this pandemic is making the life struggle and we all know the struggle is inevitable. Our ancient science of *Ayurveda* described it under the head of “*JANAPADADHWAMSA VIKARA*” and this pandemic caused by *jivanu* (microorganism) and spreads through person to person through *sankraman*. The immunity power of a person plays important role to prevent from various infections. *Ayurveda* explain the root cause of these pandemic is *ADHARMA* and *ALPA ATMAJ BALA* (lower immunity) So in order to become a safe from these kinds of Pandemics health of person can be maintain by the regular follow up of *DINCHARYAKRAM* (daily regimen) which enhances the *atmaj bala* (immunity). *Acharya VAGBHATA* beautifully explained *DINCHARYA* in order to maintain the good health and immunity power they include the *bhramhi muhurt*, *dantdhavan*, *gandush*, *anjana*, *vyayam*, *abhyang*, *snan*, *sadachar*, *hita mitrata*, etc, daily practice of these regimens helps us to build a strong immunity power which helps us to prevent from the pandemic of COVID19.

**KEYWORDS-** Dincharya, Gandush, Nasya, COVID19

**INTRODUCTION**

*Ayurveda* is a holistic science of life. The first and prime most aim of *Ayurveda* is ‘*Swathasya Swasthya Rakshnam*’ is to maintain the healthy state of person and to prevent him from any kind of illness. So to achieve this aim our *Acharyas* had advices like *dincharya*, *rutucharya*, *rasayan sevan vidhies* which can improve the health status and the immunity power of person. In this present situation where a devil of SARS CORONA \*(COVID19) virus spread all over the world and challenging the heathcare system of developed as well as

underdeveloped countries. The advices of our ancient *Ayurveda* science highlight their importance. The *dincharya*<sup>1</sup> told by the *Acharya Vagbhata* is one of the prime and foremost regimens to prevent the infection of current pandemic of COVID19.

The current pandemic of corona virus originated from the Wuhan city of china in 2019 and spread throughout the world. Symptoms of this found to be related to outbreaks of severe Acute Respiratory Syndrome (SARS) in 2002-2004, so the disease is called SARS COV 2 and it is

caused on the year 2019 it is called COVID 19. According to the WHO figures as on 8<sup>th</sup> September 2020 are 3,60,02,827 infected and died 10,49,810 all over world and in India 6835655 infected and 1,05,526 had lost their life<sup>2</sup>. This corona virus mainly transmits through near contacts of person to person. It shows the common symptoms like cough, cold, fever, tiredness, loss of taste and smell, headache, sore throat, nasal congestion, red eyes, diarrhoea, or a skin rash.<sup>3</sup>

In *Ayurveda* the *Charak samhita* detailed explain about the Pandemic situations and their effects on the humanity. The pandemic is beautifully explained under the head of *Janapaddwamsa* in *Charak Samhita*<sup>4</sup>. Where *Acharyas* given the etiological factors like *ADHARMA*, contaminated *jala*, *vayu*, *desh*, *kala* all lead to *pradnyaparadh* which will vitiate external environment and internal *doshas*. According to *Charakacharya* when people start to indulge in unwholesome activities due to ignorance, lack of understandings and loss of memories it vitiates the *doshas* at large perspective which lead to *adharm* and cause the disease.

#### **SIGNIFICANCE OF DINCHARYA IN CURRENT PANDEMIC**

It is said that 'Health is Wealth' and to maintain health our *Acharyas* said about *Dincharya*. *Din* means day and night, and *charya* means activities or regimen. It includes *bramhe muhurt*, *dantdhavan*, *snan*, *abhyanga*, *ushna jalpan* etc. If we follow all the points which said by *Acharya Vagbhata* in *Dincharya* then definably it can boost our health and prevent from the fresh pandemic corona.

#### **1. BRAHMI MUHURT<sup>5</sup>**

It means awaking early in the morning i.e.2 hours before sunrise. Nascent Oxygen which is liberated in the early morning will easily and readily mix up with haemoglobin to form oxy-haemoglobin which reach and nourish the remote tissues rapidly<sup>6</sup>. It also Boost the immune system, Increases energy level, Helps maintain the balance of blood pH, Relieves pain, soreness, and cramps, Enhances the absorption of minerals and vitamins.

#### **2. DANTDHAVAN AND JIVHA NIRLEKHAN<sup>7</sup>**

The oral cavity is common way for entry to virus in the human body. After awaking early in the morning, brush the teeth with medicated paste and clean the tongue with tongue cleaner. It helps to eradicate microorganism on them and cleans oral route. It also clean the covering over taste buds and improves the taste.

#### **3. GANDUSH/KAVAL(GARGALING)<sup>8</sup>**

Gargling with warm water added with turmeric powder (*Curcuma longa L*) and a pinch of salt or Turmeric (*Curcuma longa*)<sup>9</sup> Also Gargaling with the *Triphala kashay* or *Airimedadhi taila* is useful to stop the spread of any microorganism from oral route.

#### **4. ANJAN PRAYOG<sup>10</sup>**

As the eye secretions also be the route of entry of viruses, the daily practice of *souvir anjan* can restrict the entry of viruses. It also improves the eyesight of person.

#### **5. NASYA KARMA<sup>11</sup>**

The spread of corona virus is from mouth, nose. So in *nasya karma* there is oil like *Anutail* or *sadbindu tail* coating to nasal cavity fixes *jivanu* (virus) and does not allow its spread to lower respiratory tract.

#### **6. DHUMAPAN<sup>12</sup>**

Ayurvedic dhoompan of herbs like *guggulu*, *haridra*, *tulsi*, *lavang*, *chandan*, *khas* is useful to clean the respiratory tract and to improve the oxygen level of the body.

#### **7. ABHYANGA(MASSAGE WITH MEDICATED OIL)<sup>13</sup>**

The massage of whole body with medicated oil improve the health as reduces the fatigue, It helps to increase metabolism and circulation properly.

#### **8. VYAYAM(PROPER EXERCISE)<sup>14</sup>**

Proper exercise like *Suryanamaskara* leads body more active. It increases agni and appetite. It will keep immunity power and mental health intact.

#### **9. SNANA KARMA(BATHING)<sup>15</sup>**

Daily bath with warm water removes all the germs, sweat and dust from skin. It increases appetite and removes toxins from skin.

#### **10. RASAYAN AUSHADHI SEVAN<sup>16</sup>**

One should daily take the *rasayan aushadhis* to improve the immunity and to maintain the health. The *chyawanprash avaleha* - 10 - 12 gm / 1 Spoon, *drakshavaleha* - 10 - 12 gm / 1 Spoon, *indukantam grutham* - 10 - 12 gm twice daily before food, when hungry, *aravindasava* - 15 - 20 ml with equal quantity of warm water after food, *balachaturbhadra churna* - 1 - 2 gm with honey, *haridra khanda* - 3 - 5 gm intermittently with honey/ warm water.

#### **11. HITA AHAR SEVAN<sup>17</sup>**

Eat only when hungry, in the appropriate amount according to the digestive power (Neither too less nor more). Always take a fresh & warm diet. Eat easily digestible foods. Ratrihojan should be taken within 3 hours from sunset.

#### **12. MITRA AMITRA SEVAN<sup>18</sup>**

In the environment of pandemic like corona one should talk with the people who has positive attitude and should avoid the people with negativity. It helps to keep person happy and mentally strong in the in the period of pandemic.

#### **13. SAMYAK NIDRA<sup>19</sup>**

Adequate sleep is very important for health. The good night sleep regenerates the power of the mind and body to accept the new challenges, maintain health and emotional well-being. The sound sleep helps to reduce the stress and anxiety level of person.

#### **14. TRIVARGA VIRODH NISHEDH<sup>20</sup>**

*Upastambh of Ayurveda are dharma, artha & kama*. The root cause of pandemic is Aadharma. Always follow dharma to prevent from pandemic like corona.

#### **15. SHARIR SHUDDHI (CLEANLINESS)<sup>21</sup>**

Everyone person should take daily bath, and wear the clean clothes. The hairs and nails should be cut regularly. Corona virus can spread in way of *sparsh*, sneezing etc. So, *sharir shuddhi* is necessity for keep away from corona virus.

#### **16. BEHAVIOUR<sup>22</sup>**

One should not do over exercise of body and mind, and follows *sadavruttas*, While coughing, sneezing one should use handkerchief. One should avoid touching to nose, mouth etc. which increases the chances of disease like corona.

#### **17. USHANA JALPAN<sup>23</sup>**

*Ushanjal* is lighter than normal water. So it is easy to digest and helps for better metabolism. Warm water with or without *jeerak* and *sunthi*, individual or together is *dipana* (digestive stimulant), *pachana* (enhancing digestion) and *jwaraghna*

(alleviators of fever). It helps in cleansing the channels of circulation and promotes strength, appetite, sweating and auspiciousness<sup>24</sup>. When we drink hot water it kills the entire microorganisms which are present in upper respiratory track.

## **DISCUSSION**

The spread of virus is very quickly so it is very essential to keep distance from each other. Viral load is highest in the upper respiratory tract (nasopharynx and oropharynx) early in the course of infection, and then increases in the lower respiratory tract (sputum). Viral load rapidly decreases after symptom onset. Patients with severe disease have higher viral loads compared with those with mild disease<sup>25</sup>. According to WHO<sup>26</sup>, the sites of transmission of virus are nostrils, secretions from eyes, mouth etc. So by coughing, sneezing and touching hands to that sites cause corona. If we avoid these factors we will be safe from corona virus. Primary cause of any disease is weak immunity power. If one's have good immunity then he has a optimum strength to fight against any virus. Health is maintained by doing our daily activities as said by ancient *Acharyas*. *Acharyas* said *dincharya* for boosting immunity and makes life long and healthy. The today's life style like eating processed food, late night jobs, irregular time of eating food, no time for sleep, late morning waking etc affects very badly on health and immunity. This affects very badly on health". If anybody follows the daily regimen as mentioned by *Acharya Vagbhat* along with herbal medicines, then the regimen like *gandush*, *nasya*, *dhoompan*, *abhyang*, *vyayam*, will improve their immunity power to restrain the viral load in

the environment. And he can live healthy physical as well as mental life.

## **CONCLUSION**

As the First and prime most aim of *Ayurveda* is SWASTHASYA SWASTHYA RAKSHANAM the following of *Dincharya* plays the crucial role in maintaining the health status and the vidhies maintained in *dincharya adhyaya* are more useful and relevant to present era to prevent oneself from the effect of corona virus in this pandemic situation.

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