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## Role of ayurveda to improving boosting immunity against COVID-19 in the time of the pandemic

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### Abstract

'Ayurveda' is an important part of Sanskrit literature. The word 'Ayu' means 'life' and the word 'Veda' means 'knowledge'. The word 'Ayurveda' means knowledge of life or biology. That is, the knowledge through which the welfare of living beings is achieved is called Ayurveda or biology. Ayurveda treatment refers to the treatment given through herbs or plants. Now, As the number of Corona Virus affected patient is increasing day by day, although there are no vaccines for this pandemic until now, the best step is to take measures to elevate the immunity, so there will be fewer chances of getting infected by this disease. Considering the importance of keeping our immune system strong, it is imperative that we spend the time wisely. Ayurveda gives many concepts for Preservation of Human life. It blends our modern lifestyle and health-oriented habits with the ancient wisdom of using natural substances, medicines and herbs to help us lead a healthy, happy, stress-free and disease-free life. We all know that prevention is better than cure. While there is no medicine for COVID-19 as of now, it will be good to take preventive measures which boost our immunity in these times. So much better than the treatment of the disease to build immunity in the body, and this is most applicable in covid situations. Everyone wants to avoid getting infected with this virus now. Doctors say the body needs to boost its immunity to fight the corona virus. Yoga is one of the great parts of Sanskrit literature. It is one of the best elements to improving boosting immunity against Covid -19 in the time of the Pandemic. It helps us to build a strong physical, mental and spiritual health system. Yoga is the best system to take care of our mind, body and soul. Ayurveda is a plant-based science. The simplicity of awareness about oneself and the harmony each individual can achieve by uplifting and maintaining his or her immunity is emphasized across Ayurveda's classical scriptures. Ayurveda shows the way to live a healthy, happy life through various gifts of nature. It is possible to live a healthy life through daily routine and daily life. If we all consciously maintain harmony with everyone, then our immunity will increase.

**Keywords:** Preventive measures, emphasized, elevate, imperative, natural substances

### Introduction

Sanskrit being the most ancient language has some hidden messages for life. The positive attitude, environmental science, communal harmony, management, science and many other topics appear as integral part of Sanskrit. Management is one of the most important part of human life. Everyone manages one or the other thing on daily basis to enjoy successful life. Sanskrit literature also gives many concepts of management. Sanskrit is a treasure of all types of knowledge, whether it is mathematics, science, agriculture, astronomy, astrology, social science etc. Hence, it can be studied with different angles and from different perspectives.

'Ayurveda' is an important part of Sanskrit literature. The word 'Ayu' means 'life' and the word 'Veda' means 'knowledge'. The word 'Ayurveda' means knowledge of life or biology. That is, the knowledge through which the welfare of living beings is achieved is called Ayurveda or biology. Ayurveda treatment refers to the treatment given through herbs or plants. This treatment is 5,000 years old. Ayurveda is a part of the Veda - the part of the Atharva Veda in which medical science is described. In the early days, human diseases were treated with herbs. This treatment is now known as 'herbal medicine' or 'alternative treatment'. Ayurveda is one of the great part of Sanskrit literature. According to Professor Baliathan, the Samhita period between the first and eighth centuries AD can be considered as the golden age of Indian Ayurveda. During this time three important books were written:

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**Charak samhita (1st century AD)**

This is a version of a book on Ayurveda written by Rishi Agnivesh. The original book was written more than a few centuries ago and this edition was edited by Charak.

**Sushruta samhita (2nd or 3rd century AD)**

It is a surgery book edited by Nagarjuna. The original book is said to have been written by Sushruta around 600 BC.

**'Astanga samagra' and 'Astanga hriday' (8th-9th century AD)**

It was composed by Bhagwata.

A pandemic is defined as 'an epidemic occurring worldwide or over a very wide area, crossing international boundaries and usually affecting a large number of people.' The classical definition includes nothing about population immunity, virology or disease severity. By this definition, pandemics can be said to occur annually in each of the temperate southern and northern hemispheres, given that seasonal epidemics cross international boundaries and affect a large number of people. There are many diseases are called pandemic, like Chikungunya, Cholera, Ebola virus disease, Corona virus disease, Hendra virus infection, Nipa virus infection, SARS, Influenza, Plague, Smallpox, Yellow fever, Zika virus disease etc. However, seasonal epidemics are not considered pandemics.

Now, As the number of Corona Virus affected patient is increasing day by day, and the lockdown seems inevitable, people are getting anxious and depressed. The pandemic has made it really difficult to de-stress our minds and feel free or happy. Covid-19 is an infectious disease caused by a new virus which causes a respiratory illness with symptoms such as a cough, fever, and in more severe cases, difficulty breathing. It spreads primarily through contact with an infected person when they cough or sneeze. This is the reason why social isolation in the form of a lockdown has been implemented in many countries across the globe. Although there are no vaccines for this pandemic until now, the best step is to take measures to elevate the immunity, so there will be fewer chances of getting infected by this disease. Considering the importance of keeping our immune system strong, it is imperative that we spend the time wisely. The report of WHO shows that one in five people in the world dies prematurely due to lack of nutritious food. About one crore & ten lakhs children under the age of five die every year in the world due to lack of balanced diet. So much better than the treatment of the disease to build immunity in the body, and this is most applicable in covid situations. Everyone wants to avoid getting infected with this virus now. Doctors say the body needs to boost its immunity to fight the corona virus.

Ayurveda gives many concepts for Preservation of Human life. It blends our modern lifestyle and health-oriented habits with the ancient wisdom of using natural substances, medicines and herbs to help us lead a healthy, happy, stress-free and disease-free life. Two of the eight branches of classical Ayurveda deal with surgery (Śalya-cikitsā and Śālākya-tantra), but contemporary Ayurveda tends to stress attaining vitality by building a healthy metabolic system and maintaining good digestion and excretion. Ayurveda also focuses on exercise, yoga, and meditation. One type of prescription is a Sattvic diet. The first medicine of Ayurveda is to drink hot water all day long to keep the throat clean. We should awareness about eating and drinking. For the overall improvement of human resources, the opportunities of health, nutrition, prevention and treatment need to be spread more widely among the people. In this context, it is worth

mentioning that there is a clear mention in Sanskrit literature of which food or drinks is acceptable and which is forbidden.

“तौ तु पीत्वा परं पानं मदरक्तान्तलोचनौ ।

दृष्ट्वै तां वरारोहं व्यथितौ सम्बभूवतुः ॥“ [1]

Or

“अपः शस्त्रं विषं मांसं सोमं गन्धाश्च सर्वशः ।

क्षीरं क्षौद्रं दधि घृतं तैलं मधु गुड कुशान् ॥“ [2]

The benefits of these three spices like turmeric, cumin, coriander is unique. So, Ayurveda recommends using these three spices in cooking. Ayurvedic scriptures have instructed to eat herbal tea. These will include basil, cinnamon, dried ginger, black pepper. In preventing disease, the role of turmeric milk in preventing infection is unique. Clove powder mixed with honey can be eaten twice a day. Besides, Ayurveda says to take steam at least once a day. Throwing mint leaves in water is more likely to work sooner.

The Government has given several tips to increase immunity. According to Ayurvedic scriptures, Ayurveda can be effective in preventing diseases. We all know that prevention is better than cure. While there is no medicine for COVID-19 as of now, it will be good to take preventive measures which boost our immunity in these times. Ministry of AYUSH recommends the following self-care guidelines for preventive health measures and boosting immunity with special reference to respiratory health.

Recommended Measures:

**General measures**

1. Drink warm water throughout the day.
2. Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes as advised by Ministry of AYUSH (#YOGAatHome #StayHome #StaySafe)
3. Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended in cooking.

**Ayurvedic immunity promoting measures**

1. Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyavanprash.
2. Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin) -once or twice a day. Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed.
3. Golden Milk-Half tea spoon Haldi (turmeric) powder in 150 ml hot milk -once or twice a day.

**Simple ayurvedic procedures**

1. Nasal application -Apply sesame oil / coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening.
2. Oil pulling therapy-Take 1 table spoon sesame or coconut oil in mouth. Do not drink, Swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.

**During dry cough/sore throat**

1. Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be practiced once in a day.

2. Lavang (Clove) powder mixed with natural sugar / honey can be taken 2-3 times a day in case of cough or throat irritation.
3. These measures generally treat normal dry cough and sore throat. However, it is best to consult doctors if these symptoms persist.

Yoga is one of the great parts of Sanskrit literature. It is one of the best element to improving boosting immunity against Covid-19 in the time of the Pandemic. It helps us to build a strong physical, mental and spiritual health system. Yoga is the best system to take care of our mind, body and soul. Reviewing the history of our India, it is known that Mahamuni Patanjali was the first guide of Yoga darshan.

The first use of the root of the word "yoga" is in hymn 5.81.1 of the Rig Veda, a dedication to the rising Sun-God in the morning (Savitri), where it has been interpreted as "yoke" or "yogically control" [3].

The earliest evidence of Yogis and Yoga tradition is found in the Keśin hymn 10.136 of the Rigveda, states Karel Werner [4].

The Yogis of Vedic times left little evidence of their existence, practices and achievements. And such evidence as has survived in the Vedas is scanty and indirect. Nevertheless, the existence of accomplished Yogis in Vedic times cannot be doubted [5].

Yoga exercises are a means of finding the connection of nature with life. So, the reality of nature is found through the body by the movement of different gestures and breathing. It is possible to bring intimacy with the world by awakening every sense through yoga exercises. Yoga is very important to find confidence and sincerity.

The role of yoga in reducing mental and physical stress and achieving positive results is undeniable.

### Internal health benefits of yoga

The role of yoga is strong in providing health benefits internally. There is no substitute for yoga exercises to reduce any pain or suffering in the body starting from blood circulation.

#### 1. Blood circulation

With the help of yoga, oxygen and essential nutrients enter the body properly. So, blood circulation can be maintained properly. As a result, all the organs work properly.

#### 2. Lowered blood pressure

Regularly practice yoga, high blood pressure is reduced as a result of proper circulation of blood circulation and oxygen. The body is cold.

#### 3. Lowered respiratory rate

Practice of yoga regularly the lung function to gradually come to the right rhythm and relax and solving asthma or respiratory problem.

#### 4. Improvement in gastrointestinal health

Practise of yoga every day increases the digestion capacity which makes the gas problem easier to solve. Other stomach problems are also cured.

#### 5. Higher levels of pain tolerance

In addition to reducing various body aches, yoga helps to calm the brain. As a result, patience increases and peace of mind is maintained.

#### 6. Increased immunity

Immunity is linked to the practice of yoga. With the help of yoga, the cells of the body can be prevented from being damaged and the body gradually regains its immunity.

#### 7. Renewed energy

Through yoga the body is re-energized which brings back freshness.

#### 8. Increased metabolism

The more properly the digestive system works, the easier it will be to control weight. As a result of yoga, the digestive system develops.

#### 9. Solving sleep problem

Yoga cools the brain which calms the mood. For this you can stay stress free and the problem of insomnia at night is eliminated.

#### 10. Dropping the cholesterol

Yoga improves heart health and improves blood circulation. Due to all these, cholesterol can be controlled effortlessly and good cholesterol can be produced.

#### 11. Keeping the sodium in check

Lack of sodium causes various problems in the body such as low blood pressure, thyroid, etc. Sodium is controlled through yoga exercises and various physical problems can be avoided.

#### 12. Cutting down the triglycerides

When triglycerides are elevated in the body, the problem of diabetes occurs. So nowadays doctors recommend people with diabetes to do a special type of yoga that lowers triglycerides.

#### 13. Boosted red blood cells

The amount of red blood cells is correct, that is, the level of haemoglobin is correct. This results in relief from anaemia. Increases immunity. With the help of yoga, the blood circulation improves and red blood cells start growing.

#### 14. Reduces heart disease

Yoga improves the oxygenation of the body i.e. the supply of oxygen to the body so that the heartbeat rate remains correct. As a result, various diseases can be prevented.

#### 15. Asthma

Breathing is normal with yoga, so the lungs are able to work easily when breathing problems and asthma problems are eliminated. This cures various problems like asthma or bronchitis.

#### 16. Arthritis

Yoga is done by various postures and physical manipulations which reduces many bone problems and tightens the rate. This makes it very beneficial for people suffering from arthritis.

#### 17. Cancer

Various scientific experiments have shown that regular practice of yoga destroys cancer-causing cells in the body and builds good quality cells. This greatly reduces the risk of cancer.

#### 18. Migraine

Excessive stress, fatigue and anxiety are the causes of various nerve problems like migraine or sinus. Doing yoga every day calms the nerves and relieves migraine pain.



**19. Chronic bronchitis**

Practicing daily yoga reduces the risk of bronchitis or solving chronic problems.

**20. Constipation**

Regular yoga exercises put great pressure on the lower part of the body and the digestive system is correct. This can prevent constipation.

**21. Infertility and menopause**

For those who are unable to have children due to infertility, yoga often plays a very positive role. There are many yogas that can be done regularly to get rid of infertility. In addition, the physical or mental problems that occur as a result of menopause in women, they are easily cured.

**22. Sinusitis and other allergies**

Almost everyone nowadays has sinus or allergy problems due to air pollution or any other reason. In this case, if you do pranayama or yoga seriously, you can get a lot of comfort and liberation.

**23. Reduces back pain**

Yoga provides great benefits in reducing back pain. Padmasana is one of the great asanas for reducing back pain.

**External health benefits of yoga**

The benefits of yoga have been proven externally in various ways in the body.

**1. Quickly stops aging**

The body can be detoxified through yoga so that aging does not leave an impression on the body. Yoga also reduces stress which helps to keep the mind fresh.

**2. Provides strength**

When yoga is done, oxygen reaches all the parts of the body properly, so that the body has energy and performance.

**3. Controls weight**

Yoga improves the digestive system and results in weight loss.

**4. Integrated function of the body**

Yoga means assimilating all parts of the body with nature. As a result, the body maintains movement and cheerfulness.

**5. Increasing core strength**

If the body is strong from the inside, we always feel physically or mentality fitness. As a result, the body can retain its own weight and heal any pain or irritation on its own.

**6. Toning of the muscles**

As a result of doing yoga every day, the muscles of the body become strong and taut, which enhances the physical beauty.

**7. Increases body endurance**

When the body is strong from the inside, the endurance of the body increases. This is especially important for players. Yoga helps to increase the endurance of the body.

**8. Emotional health benefits of yoga**

Yogasana creates a wonderful connection between body and mind. As a result, the benefits of yoga for mental health are

incomparable. Like it reduces stress, Tension, depression and Increases self-control, attention, memory etc.

During this time, it is important to understand that mental health is very important for survival. To help with this growing level of anxiety and depression, we must lead a healthy lifestyle, stay connected to our loved ones, and practice yoga at home. Therefore, to live through lockdown & pandemic period, yoga is the best thing to adopt as a lifestyle habit. It helps us to build a strong physical, mental and spiritual health system. When combined with breathing and meditation, it acts as the best element to take care of our mind, body and soul.

Ayurveda, being the science of life, propagates the gifts of nature in maintaining healthy and happy living. Ayurveda's extensive knowledge base on preventive care, derives from the concepts of "Dinacharya" -daily regimes and "Ritucharya"-seasonal regimes to maintain healthy life. The simplicity of awareness about oneself and the harmony each individual can achieve by uplifting and maintaining his or her immunity is emphasized across Ayurveda's classical scriptures. Ayurveda shows the way to live a healthy, happy life through various gifts of nature. It is possible to live a healthy life through daily routine and daily life. Ayurveda is a plant-based science. If we all consciously maintain harmony with everyone, then our immunity will increase.

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