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Conceptual study of *Aahara Vidhi Vishesha Ayatana* in pandemic disease COVID-19

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ABSTRACT

World community is facing an unimaginable pandemic of Novel Corona Virus disease (COVID-19) caused by Severe Acute Respiratory Syndrome Corona Virus 2 (SARS-COV-2). This disease is spreading globally with more than 195 countries. In India at 11th June 2020 total 276583 cases are conformed from which 135206 are recovered and 7745 deaths are recorded. The whole world is trying to come out from this, but still the pandemic is continuously spreading. The spreading rate of this pandemic challenges all systems of medicine globally to do research for firm therapeutic strategy. Utilization of traditional Chinese system of medicine in Wuhan for treating COVID-19 cases put a biggest example in front of world that traditional system of medicines can give bigger contribution in the treatment of pandemic also very successfully. In India Ayurveda is considered as science of life. Ayurveda equipped with varieties of treatment modalities to handle with any type of deadly diseases. It gives us way of living healthy life. Ayurveda describes the *Trividha Upastambhas* i.e. *Aahar, Nidra, Bramhacharya* from which *Aahar* is important because due to *Aahra* only growth of body and mind occurs. In this article the small effort is made to give the relation of *Ashtavidha Aahar Vidhi Visheshaayatana* for prevention of COVID-19.

Key words: Corona Virus, Aahara, Ashtavidha Aahar Vidhi Visheshaayatana.

INTRODUCTION

युगेयुगेधर्मपादः क्रमेणानेनहियते।

गुणपादश्चभुतानामेवलोकंप्रलीयते॥

संवत्सरशतेपुर्णयातिसंवत्सरक्षयम्।

देहिनामायुषः कालेयत्रयन्मानमिष्यते॥ (च.वि. ३/२५-२६)

Religious duties and qualities of living being got reduced in *Paadamsha* gradually by the passage of

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each *Yuga*. This is how the entire universe has to face dissolution. After the passage of 1/100th of the *Yuga*, the life span of living being got reduced by one year the actual span of life specific to that age.^[1]

The first pandemic was recorded on 1720 i.e. Great Plague of Marseille (1720-1723). It killed total 100000 peoples that is about 30% population of Marseille, France.

The second pandemic in 1820 was Asiatic Cholera (1817-1824). It was started from Calcutta and spread throughout Asia in almost every country. Thousands of people died due to this pandemic also.

The next 3rd pandemic came in the year 1920 by the name Spanish flu (1918-1920). It is one of most deadliest pandemic that humans ever meet. Many indigenous communities were pushed back in the brick of extinction. Deaths due to this 17-50 million were recorded.

And now the world the facing the most highly spreading pandemic called COVID-19. It is discovered most recently. An outbreak of pneumonia in

December, 2019 in Wuhan ,China, has now been determined to be caused by novel corona virus which is named as Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-COV-2). Now this is spreading vigorously. Already more than 195 countries have been distorted due to this Coronavirus. In todays date there are 7,342,555 cases in the world from which 3,254,451 (98%) are in mild condition and 54,013 (2%) are in critical condition. There are 3,619,967 patients are recovered and deaths are 4,14,124. In this all statistics our country stands on 6th rank in the world with having 2,76,583 cases from which 8944 (rate is 5.53%) are deaths and 135206 (rate is 94.50%) are recovered. In India, Maharashtra state is having more number of cases i.e. 90,787 confirmed case from which 42,638 are recovered and 3289 deaths are recorded.

As of almost 80% COVID-19 patients are having mild symptoms they can only treated on primary medical care. Remaining 20% cases, from which 5% are suffered from Corona and also having another diseases like Hypertension, Diabetes Mellitus, Cancer etc. needs intensive care, other 15% cases requires urgent medical attention at secondary health care centers.

Current estimated mortality rate for overall affected population is 0.25-3.0%. it increases in persons more than 80 years of age affected by COVID-19 and associated with other co-morbidities like hypertension, diabetes etc.

In coherence with the success of traditional Chinese medicine in managing communicable pandemic, here in India it is logical to explore Ayurveda system of medicine for controlling the situation of COVID-19 along with other systems of medicine.^[2]

For this it is important to understand the basic of COVID-19 in Ayurvedic view.

Nidana Panchaka of COVID-19

Nidana^[3-8]

Prakriti	Aaharaja Nidana	Viharaja Nidana
Vataja	Excessive intake of	Vegasandharan ,

	Rooksha, Laghu, Sheetaahara, Vishamashana.	Abhighata, Udvega
Pittaja	Excessive intake of Ushna, Amla, Lavana Katu Vidahi Aahara.	Krodha, Tikshanaaatapasevana,
Kaphaja	Excessive intake of Snighdha, Guru, Abhishyandi, Madhura Aahara.	Diwaswapana, Avyayama

Poorvaroopa^[9,10]

Poorvaroopa are prior indications of forthcoming diseases. They occur prior to complete manifestation of disease. The signs and symptoms which develop before the manifestation of the cardinal features are considered as Poorvaroopa.

Samanya Poorvaroopa - Aalsya, Nayansrava, Jrumbha, Klama, Jwalana, Atapa, Bhaktadwesa, Avipaka, Aasyavairasya, Balavarnahani, Sheelavaikruta, Shookpurna Gala, Kanthaavarodha etc.

Roopa^[11-13]

Knowledge of Roopa will help to plan treatment procedure.

Samanya Roopa - Santapa, Trishna, Aruchi, Hrudvyatha, Angamarda, Swarabheda, Shirashoola, Shooshkakantha, Shooshka Ura Pradesha, Shooshka Kasa, Swasa, Daha, Peenasa etc.

Probable Samprapti

The Nidana Sevana vitiates Agni which causes Amautpatti in body. Due to Aama, the first Dhatu i.e. Rasa production is in Vikrutaavastha. Along with that Doshaprakopa is occurred. Due to Vikrut Rasa formation, Utarotara Dhatu Kshaya takes place leading to Ojakshaya. Prakopita Doshas gets lodged in Srotasas where they find Srotovaigunya mainly in Pranava, Rasavaha and Swedavaha Srotas. Srotodushti is of Sanga, Vimargagamana type. Vimargagamana of Udana Vata in Pranavaha Srotasa leads to Shwasa, Kasa etc. Also Sanga of Swedavaha Srotas causes Santapa further leads to Jwara.

Upashaya

Upashaya means relieving factors from disease. It helps in treatment purpose by implementing proper *Aahara*, *Vihara* in daily life. Following the proper *Dinacharya*, *Ritucharya*, *Sadvritta* according to own *Prakriti* is important.

Ashtavidha Aahara Vidhi Visheshaayatana plays important role in increasing life span in healthy way along with immunity.

Ashtavidha Aahara Vidhi Vishesh Aayatana^[14]**Prakriti**

As every person has its *Sharirika* and *Manasika Prakriti* in the same way every substance has its own *Prakriti*. It is inherent nature of substance, e.g. *Mudga* is *Laghu*, *Masha* is *Guru*.

Lack of knowledge about one's own *Sharirika* and *Manasika Prakriti*. Persons eat anything that they want it causes *Dosha* vitiation in body. In COVID-19 condition due to *Agnimandya*, it is preferred to eat *Laghu* and *Deepaniya Aahara*. Eg. *Akrutamudgayusha*, *Manda* etc.

Karana

Doing *Samskara* on *Dravya* is *Karana*. Due to *Samskara* the property of *Dravya* gets changed. The properties can be altered by *Jala*, *Agni*, *Sannikarsha*, *Shoucha*, *Manthana*, *Dehsa*, *Bhavana* etc.

Samyoga

Samyoga is aggregation or combination of two or more *Dravyas*. It does not mean combination of *Madhu* and *Ghrita*, *Dughdha* and *Matsya* etc. *Viruddha Aahara*. Compatible things are helpful for *Aarogya*.

Rashi

It consists of 2 parts. *Sarvagraha* and *Parigraha*. *Sarvagraha* is whole amount. And *Parigraha* is single unit (if substance is made up of multiple units). Together it shows the effect of any food article taken in proper quantity or improper quantity. If food is consumed in less amount it will not fulfill body needs and if food is consumed in excess amount it will cause

Agnimandya. Always food is taken in accordance with *Jatharagni*.^[15] Similarly if one consumes only one food item or any on *Rasa* in excess quantity. It will also cause *Dosha* vitiation.

Desha

It denotes geographic region from which *Dravya* belongs. There are 3 types of *Desha* – *Anupa*, *Jangaala*, *Sadharana*. Each one has its specific environment and specific food items according to that environment. People in that specific area are adjusted to that environment so they didn't suffer from any diseases which are mainly seen according to that environment. If any other person comes to that *Desha* then it will not be possible to adjust for him and he suffers from different diseases.

In case of Maharashtra, there are lots of cases seen in Mumbai and Pune, having history of travelling from another region towards Mumbai.

Kala

It means time. It is of 2 types *Nityaga* and *Aavstika*. *Nityaga* means *Ritukala* or *Dina* and *Ratrikala*. *Aavstika Kala* means *Balyavastha*, *Yuvavastha* and *Vriddhavastha*. Here *Balyavastha* is *Kaphapradhana*. *Yuvavastha* is *Pitta Pradhana* and *Vriddhavastha* is *Vatapradhana*. *Kala* plays very important role for maintaining *Vyadhikshamatwa* as well as if it is vitiated it will produce diseases also.

First patient of COVID-19 is seen in last year December 2019. In that time *Kalamithyayoga* is seen in many parts of world i.e. rain was still continued during November and December also. Spreading of COVID-19 mainly occurred in *Ritusandhikala*. And this disease is turning fatal to *Baala* and *Vridhdha* due to low immunity.

Upayogasamstha

It denotes rules of dieting basically it is indicated in when to eat and when not to eat. One should eat only after the digestion of previous food.

Upayokta

It is one who consumes food. One should think about own constitution then eat so body remains disease free.

DISCUSSION

Prakriti - Due to use of combined dietary foods like *Mamsa* having different *Rasa*, *Virya*, *Vipaka*, *Swabhava* in different age group which disrupts the *Prakriti* of person who is consuming, leads to *Srotodushti* in the form of *Vimargagamana* or *Sanga* leads to COVID-19 type of disease.

Karana - While preparation of food stuffs, it is must to maintain the *Shouch*. And also *Samyoga* of *Agni*, *Jala*, *Desha* plays very important role. In case of COVID-19, the *Viruddha Anna Samyoga*, *Anna* placed in *Viruddhapatra*, *Atiagni Samskara* during cooking, etc. will leads to *Srotodusti* and further leads to formation of diseases. Which in chronic state causes reduced *Vyadhikshamatwa*. Due to reduced *Vyadhikshamatwa* further causes production of many diseases very quickly.

Desha - Here *Desha* can be considered as habitat of food production, cultivation of food. For COVID-19 organism *Anupadesha* environment is very helpful. It enters into body and lodges into *Kha-Vaigunya* of *Srotasas* for disease production. Due to this reason Mumbai, Pune region are more affected.

Rashi - Eating of food items which are liked by us in large quantity will vitiate *Doshas*. If person consumes large quantity of *Viryaviruddha Aahara* having excess of *Lavana*, *Kshara*, *Pippali* qualities leads to *Agnimandya*, followed by *Dhatu* vitiation and production of disease like COVID-19.

Samyoga - It means combination. But *Samyoga* of any 2 substance should be done by considering its *Rasa*, *Virya*, *Vipaka*, *Guna* etc. otherwise it will lead to *Dosha* vitiation leads to production of diseases.

Kala - The person having compromised *Dosha*, *Dhatu* and if the *Prakriti* is also unsuitable to that *Desha*, then *Kala* will play the major role for production of disease. The first COVID-19 patient is seen in our country during *Mithyayoga* of *Kala*.

Upayogasamstha - In today's era everyone is behind the money, leading to improper way of consumption of food at improper time will mainly leads to

Jatharagnimandya. Due to this many *Vyadhis* are produced.

Upabhokta - *Upabhokta* (person) is very important part of this *Ashtavidha Aahara Vidhi Visheshaayatana*. The person who doesn't follow the proper regimen and ultimately fall into diseased condition. To prevent the diseases like COVID-19 *Upabhokta* must have to follow all rules of diet.

CONCLUSION

According to *Aacharya Kashyapa*, "*Aahara is Mahabheshaja*" i.e. Food itself act as medicine for disease and it can prevent disease also. So eating food is culture. And codes and conduct of food eating told by our *Aacharyas* is key of success to win over disease.

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