

**Role of Swasthavritta in The Opasargic Roga (Infectious Disease): A
Review Article****Varsha¹, Anupam Pathak²**¹PG Scholar, ²Sriganganagar College of Ayurvedic Science & Hospital, Tantia University, Sriganganagar, Rajasthan**Abstract**

Ayurveda the natural science of disease management provides several concepts for maintaining normal health status. The good health as per ayurveda mainly depends upon pattern of daily regimen. Food habits, sleeping time, environmental conditions and genetic factors also affects health of an individual. In this connection ayurveda suggests concept of Swasthavritta which not only helps to maintain optimum health but also prevent disease prevalence especially infectious disease. The global population currently fighting against pandemic outbreak, and it is believed that basic principles of ayurveda related to the hygienic conduction may help to prevent infections up to some extent.

Key Word- Ayurveda, Swasthavritta, Infections and Pandemic.**Corresponding Author:-** Varsha, PGT, Sriganganagar College of Ayurvedic Science & Hospital, Tantia University, Sriganganagar, Rajasthan**Received – 25/08/2021****Revised- 23/9/2021****Accepted – 30/09/2021****INTRODUCTION**

The science of healing originated from India more than 3,000 years ago named Ayurveda encompasses knowledge of health management and disease prevention. Ayurveda suggests specific lifestyle and some natural therapies to maintain balances of body and mind. Internal purification, herbal remedies, Yoga and meditation, etc. are some approaches of Ayurveda which helps

to retain optimum health. The health of an individual greatly influences by specific Doshas and Prakriti (internal constitution) also play vital role towards the physiological integrity of a person.

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Ayurveda principles not only help to balance vitiated Doshas but also provide therapeutic modalities as per the Prakriti of person. The various approaches of Ayurveda eliminate impurities, increase resistance, balance natural harmony and boost immunity thus helps to prevent prevalence of infectious diseases.

General Overview on COVID-19

The pathological condition Corona Virus Disease (COVID-19) arises due to the infection of Corona viruses which also known as Severe Acute Respiratory Syndrome Corona Virus-2 (SARS-CoV-2). World Health Organization considered COVID-19 as outbreak a pandemic. The major symptoms of disease are fever, cough and breathing difficulty. Tiredness, runny nose, aches, sore throat and headache also occurs sometimes. The severity of symptoms varies from mild to severe and depends upon health status of person. Elderly people, person with heart disease, lung disease and diabetes may be at higher risk of fatal illness.

The disease mainly spreads through close contact, spreads by droplets released by infected person during coughing and sneezing. The virus also spread through surface if person touches surface with virus and uses same hand

for touching his/her mouth and nose then disease may occur. Sometimes disease may associate with complications like Pneumonia and organ failure.

General Guideline for Prevention

The common preventive measures the general guideline to prevent spread are as follows:

- One should avoid social gatherings and unnecessary travelling.
- Close contact with infected person must be avoided.
- Washing of hands with soap frequently.
- Uses of alcohol-based sanitizer regularly.
- Covering of mouth and nose while coughing or sneezing.
- One should avoid touching of nose, mouth and eyes.

Ayurveda Suggestions Swasthavritta is one of the important aspects of Ayurveda which described way of healthy living; the general considerations of Swasthavritta are as follows:

- Pratarutthanam
- Ushapana / Achaman
- Dantadhavan
- Gandush
- Nasyakarm
- Practicing Yoga, etc.

Pratarutthanam

Good Conduction of Dincharya starts with Pratarutthanam means to get up early in the morning before sunrise. It imparts refreshing and rejuvenating effects, boosts immunity and improves capacity of lungs thus help in respiratory distress.

Ushapana/Achaman

Ushapana/Achaman means cleaning or washing of hands and feet which also recommended by health organization to prevent COVID-19 infections.

Ushapana/Achaman (washing of hands) helps to reduces risk of infections through the hands.

Dantadhavan

Dantadhavan means cleaning of teeth and tongue using Arka, Nimbaand Karanja, Dantadhavan helps to removes accumulated filth, it may reduces susceptibility of infections, maintain hygienic conditions of mouth and throat. Dantadhavan cleans mouth and throat therefore enhances respiratory functioning thus help to prevent throat infections and other respiratory diseases.

Gandush

Gandush means gargling or cleaning of oral cavity and throat with lukewarm. This technique also recommended by health organizations which may help to reduce susceptibility towards the

respiratory infections. Gandush helps to prevent diseases of oral cavity, sore throat and other throat infections, etc. It is suggested to take Gandush and Kawal using sesame or coconut oil followed by use of warm water, this procedure can be done twice a day to relieve throat problems.

Nasyakarm

Nasyakarm means uses of nasal medication into each nostril in morning time. This techniques cleans nasal pathways, prevent infections, alleviates throat distress and clear nasal congestion thus can be used as preventing measure to reduces risk of current pandemic infectious diseases. Pratimarsh nasya advised daily which can be done using nasal application of sesame oil in nostrils to clears nasal and respiratory passage.

Yoga

Yoga helps to increases blood circulation, efficiency of lungs, resistance against diseases and imparts mental strength thus helps to combat against infectious disease. The health organization also recommended Yoga and exercise to boost immunity against current pandemic infectious disease.

The above mentioned approaches of Swasthavritta can help to fight against infections and may reducesusceptibility

against pandemic outbreaks. The other approaches of Swasthavritta like Snana and Dhyanam also provides health benefits in such types of conditions. The Snana means bathing which help to maintain general hygiene and keeps away from infections. Similarly Dhyanam means meditation which imparts mental strength and provide psychological relaxation which is very important when pandemic infections deteriorate mental status of peoples.

CONCLUSION

The pathological condition COVID-19 occurs due to the infection of Corona viruses which involves symptoms like fever, cough and breathing difficulty. Ayurveda suggested some approaches which can helps to reduces susceptibility towards such types of infections, however these recommendation only based on advisory guideline and does

not claimed any guarantee. In this regards concept of Swasthavritta can provides some beneficial effects to prevent spread of such infectious disease. The basic principles of Swasthavritta related to the maintenance of hygienic conduction can help to prevent infections up to some extent.

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