The rationale behind Ayurveda Codes of Conduct (Aachara Rasayana) in COVID-19 like new disorders

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ABSTRACT
In the Pandemic of COVID-19, the Whole world is severely affected in many areas, including the health sector. Ayurveda being a holistic science also explains similar condition thousand years back with their aetiology, sign and symptoms and effective management. Such communicable diseases are described under headings such as Janapadodhwansa, Aupasargicvyadhi etc. with their effective management such as Rejuvenation (Rasayana) therapy, Panchakarma procedures, following codes of right conducts (Sadvritaapalan, AacharRasayana). Till date, there is no established protocol for the management of COVID-19 like disorders, the only option left with us is a preventive aspect, and that is the first aim of Ayurveda. To make body and mind healthy and capable of fighting against any disease, is possible by following principles of Ayurveda. AacharaRasayana is advised for the same purpose, which is a code of conduct aimed in providing excellent mental, physical, social and spiritual health without having any medicine. Due to the change in lifestyle and not following the codes of conduct, we are becoming more prone to various diseases. Therefore, it must be implemented in the community to obtain the full span of life without disease. This article explains the Ayurvedic view of AacharaRasayana as a Preventive aspect in COVID-19 like diseases.

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INTRODUCTION
In this pandemic, the Whole world is severely affected by the consequences of COVID-19. Till date Coronavirus disease (COVID-19) outbreak occurred in 216 countries, and more than 390000 death reported till June 7, 2020, by WHO (World Health Organization, 2020). Modern medical care and health systems are doing their best for effective management of COVID-19. However, currently established measures are insufficient and suggested options such as hydroxychloroquine which are still under trial. The Ministry of AYUSH, Government of India, has issued a very useful advisory in this context. Self-care. We must remember the basic principle in Ayurveda, that "prevention is better than cure." The le and feasible measures based on Ayurveda principle are proving to be best from ancient time to combat such Pandemics (Rathi and Rathi, 2020a).

In Ayurveda, literature such as pandemics like condition or infectious diseases is described under Janapadodhwansa, Aupasargicvyadhi, Sankramikarogas, with their effective treatment. It is said that such pandemic is dangerous and may affect the
entire population of that area. The main reason, according to Ayurveda behind such epidemics is Adharma, Bhootasanga (Infectious aetiology) and Pradnyaparadha. (Manisha et al., 2015) which can be correlated to improper lifestyle, not following ethical codes of conduct, wrong personal and social behaviours indulge in unhealthy and unwholesome activities, Improper waste management, and activities are leading to pollution of water, air and land, and ultimately spoiling the nature.

Hence to avoid the causative factor, Rejuvenation (Rasayana) therapy, Panchkarma procedures, following codes of right conducts (SadvrittaPalan, Aacharrasayana), Usage of medicated smoke to purify atmosphere along with internal medicine is a treatment advised for the effective management of such outbreaks.

Rasayana therapy which is among eight branches of Ayurveda deals with measures for rejuvenation in the body even at a molecular level including the mind. There are various types of Rasayanalike Naimittikarasayana, Aajsrikarasayan, Kutjpraveshih, Aacharrasayana, etc. which are to be used in a specific condition as per the constitution, disease, age, Kala. And expect a desirable effect. Present advance techniques also prove that Rasayana therapy is effective in immunomodulation and restoration of immune haemostasis.

Out of these various types of Rasayana, Achara Rasayana (Behavioral conducts to be followed) is a unique non-pharmacological therapy which comprises of wholesome diet, ideal lifestyle, etiquettes to be followed by a person at a personal and social level with all the benefits described for the Rasayana. Due to its effects on improving immunity, Rasayana therapy may have direct relevance to the prevention and management of SARS-COV-2 infection. Ayurveda mainly focuses on an individual’s health and recommends preventive measures for a healthy lifestyle rather than the mere prescription of drugs. Several general measures which are described above by Ayurveda are useful to reduce incidences of upcoming diseases like COVID-19 and complement therapeutic management as add-on treatment. (Tilli et al., 2020). Acharay Charaka in Chikitsa Sthana first chapter described Achara Rasayana, which indicates its importance in those days to keep away diseases away from humanity. It is said that one who follows all codes of conduct very cheerfully need not require to take other Rasayanas or medicine and those who take other Rasayanas without following code of conduct (Aachara Rasayana) do not get the desirable results of Rejuvenation therapy (Singh and Rastogi, 2012).

An effort is made by the writer in this article to learn and gather scientific knowledge of Aachara Rasayana to get benefitted in COVID-19 like pandemic diseases.

RESULTS AND DISCUSSION

Aachra Rasayana is a particular type of rejuvenation therapy which does not require internal administration of rejuvenating drugs. ‘Achara’ means following good discipline or doing behavioural modification for a healthy life. Proper implementation of these principles results in the Dhatusamya(Equilibrium of Doshas), which is an ultimate aim of Ayurveda. (Rathi et al., 2017) By following these factors, the Satwa guna get increases which helps one to realize himself of attainment of spirituality.

Satyavadinam – Always be honest

If a person is not honest in any context to the day to day life, his/her mind will be distracted due to feeling of guilty. As the brain is connected to the body, it may reflect into various physiological derangements their by the disease may manifest. Typical examples can be taken of stress-induced insomnia. In Present context, if a patient is trying to hide the history of contact with other person suffering from CORONA, he may transmit the same disease to various other healthy individuals.

Akrodham– Don’t be short-tempered

Anger raises Pitta dosha in the body and vitiates Raktagosha, if it is a continuous process then it leads to vitiation of digestive fire and which is a cause of all the disease. Again it increases raja guna of mind, and then it may lead to various mental disorders (Rathi et al., 2020).

Madya panaNivrutti – Do not indulge in any addiction like alcohol

After observing qualities of Madya or alcoholic beverages, it can be stated that Madya vitiates mind as well body. Alcoholic beverages are said to be vitiating buddhi(Decision making), and also it aggravates Pitta and Raktagosha. Again Ayurveda considers alcohol beverages are precisely opposite inguna of that of Oja. Oja is regarded as the supreme power
in the body on which life is dependent. Indirectly it is pointing towards low immunity. In such addiction, a person loses his capacity to think correctly, and it leads to Pradhyaparadha (Improper decision) which again causes of various disease (Rathi and Rathi, 2020b).

MaithunaNivruttam – Avoid excessive indulgence in the sexual act

In Ayurveda, there are clear cut guidelines to perform sex with a partner by considering Kala, age, strength etc. Excessive indulgence leads to Dhatukshaavastha, which is ultimately the immunocompromised state of the body. Again while describing infectious diseases, one of the modes of transmission is contact with another person for any reason. So if a person is involved too much in sex, then he may have more chances of transmission of infectious diseases. Celibacy does not mean a complete absence of sex, but the idea is to act with one partner, not more partners and which is a proven cause of infectious disease (Kumawat et al., 2018).

Ahimsakam – Follow non-violence

Violence may be at a physical and mental level. Killing animals or having non-veg food items also vitiate Tama guna of mind where a person becomes blind in decision making.

Anayasam – Avoid excessive physical exertion

One should attempt the things according to his capacity. If it is not done in this manner, it is called as Atisahasa, which mainly vitiates Vatadosha and leads to a loss in strength. It is also applicable to mental exertion. Now day’s people are running towards money, and for that, they are accepting extra duties. These night shifts ultimately lead to an imbalance in the equilibrium of Doshas, which are pillars of the body. Another trend is about Gym. Excessive wet lifting and workout beyond body capacity are always harmful. In this situation at home, Suryanamaskara or yoga can be practised by knowing one’s ability.

Prashantam – Be calm and peaceful

The mind is the best healer of the body. One can sit and concentrate on his mind about what I have done today. If you are peaceful, you can think over mistakes done and later on attempt can be made to rectify it. Meditation and pranayama can be taken as a tool to promote Satwikaguna of mind, which helps us to go forward in the journey of life.

Priya vadinam – Speak pleasantly

Verbal abuse is to be avoided because it may harm a person emotionally. If we speak pleasantly, there is a feeling of love and sympathy to others and self. Doctors and health worker can offer healing touch and comfort just by speaking politely. Try to keep patient information confidential otherwise patient may have a negative impact in his mind and condition can worsen.

Shoucha param – Maintenance of personal hygiene

Ayurveda, while explaining daily regimen and ethical conducts, mainly focuses on personal hygiene. Physical, as well as mental cleanliness, is advised in classical texts of Ayurveda. They knew how personal hygiene reflects on their health or disease state. In the corona outbreak also maximum importance is given to personal hygiene in terms of handwashing, social distancing, wearing face mask etc.

Sama Jagrana – Swapnam – Have balanced sleep

Sleep is described under three pillars of life which maintain a healthy life. One should have a proper sleep as per his requirement. Excessive and insufficient sleep is always harmful to the body irrespective of age. Day sleep should be avoided except few exceptions. As per the principles of Ayurveda, one should wake up early in the morning and should go to bed early to maintain harmonium of tridosha. Recent research shows that immunity is having relation with proper sleep (Besedovsky et al., 2012).

Nityaksheer-ghritashinam – Regular intake of milk and ghee in diet

These are the supreme items from a diet which should be consumed by everyone daily. They are proven to be Satwika in nature, provides nourishment, wholesome, and can be called as balanced food items which contain nutrient required for maintenance of life. Ghee is indicated as supreme medicine for pacification of Pittadosha. Milk is a rich source of nutrients which helps the body growth and is never harmful to the body as it is taken since birth. Golden Milk- Half teaspoon Haldi (turmeric) powder in 150 ml hot milk -once or twice a day is a recommendation by the Ministry of AYUSH can be practised very well. Do not take over spicy, persevered, stored, sour, non-vegetarian foods or outside food (Ministry Of Ayush, 2020).

Desha-Kala-pramanadnyam – One should know habitat, time, in context to maintaining health

One has to take care of his health if he has changed his living place or as per the season he has to modify his diet to remain fit. When we live in synchronization with atmosphere and the season, we experience more excellent health of body, mind and spirit. Ayurveda had given guidelines to follow in each season (Rutucharya) with the same intention. In rainy season as the water vitiates chances of infectious are more, and that is why everyone is advised to boiled...
water properly for drinking purpose. Concept mediated water can be implemented for getting better results.

**Yuktidnya** – Be a good Organizer

One should always try to use his knowledge for his betterment and to become successful in his life. If you plan your diet and regimen according to your constitution, age, place, then you will live healthy forever in any adverse situation in life.

**Anahamkari**– Not to be egoistic

One should not have an ego on success. Now a day’s human race is trying to become superior race which can be observed through a competitive world. But one should not neglect that there is one superior power which does the balance in the universe.

**Asamkiranam and Nitya Karuna vedi-namandDanavan**– Be helpful and be of sharing nature, be Charitable

The more one shares, the more he receives. If you have something good, it should be shared with family and friends, neighbours and workers, the poor and sick. In the lockdown period of pandemic everyone needed something. Either in the form of medicine, grocery, medical care or just thought to share. Everyone should share everything helpful to humanity for the upliftment of the human race in a needy situation.

**Upasitaram Vriddhanam** – Respect and take care of your elder one

The elderly population is always compared with children as they have less physical strength. As per the MHA guideline in this pandemic, care is advised for older people for the same purpose. One who is capable of serving should help them to boost their confidence, and proper health care should be provided to them. Their immunity is low, and they are suffering from one or more disease. As they are elder than us, their experience should be respected, and their maximum care has to be taken.

**Aastikam and Dheeram, Tapaswinam**– Good Believer and be patient

**Dharma Shastraparam, AddhyatmaParayanam** – Continuously engaged in studying religious books, should be aware of his accustoms and ready to follow ideal advancement, which is proved from different sciences and utilize them for the benefit of humanity. With the knowledge of literature, one will restrict himself from Pradnyaparadhab which is the root cause of epidemic according to Ayurveda (Gupta et al., 1982).

Also, it is told that if a person follows this code of conducts, he will also be benefitted with all the benefits of Rejuvenation therapy. These benefits are, it provides immunity against diseases resulting in Healthy life, Improvement in the complexion and lustre of the skin, Improved mental and intellectual competence, Delays ageing process by preserving Youthfulness, Optimization of the strength of body and sense organs, Command over speech, the person becomes more helpful and generous, Attaining Humbleness and politeness (Deshpande and Deshpande, 2018).

**Pradnyaparadha** is one of the most important factors counted under the general causative factors for disease manifestation in Ayurveda. This intellectual blasphemy (Pradnyaparadha) vitiate all the Doshas (Manasika & Saririka). Out of the various acts of Pradnyaparadha, some have a direct relation for the spread of such communicable diseases, like over-indulgence in the sexual act, not listening to guidelines instructed to follow for prevention of disease.

In a nutshell, AcharaRasayana teaches about righteous behaviours and code of conducts in a daily regimen which is necessary to develop a healthy society. Parents guide this behavioural modification in their children then their health can be maintained at an optimal level without taking any pharmacological agent. Achara Rasayana helps the individual in understanding society and to know the role of an individual in society. It also works on the various aspects of mind which is necessary to develop spirituality.

Following the rules related to diet, sleep, and celibacy creates rejuvenation in a person. Besides, following a Sattwikadiet and lifestyle, speaking the truth, non-violence, living in harmony with nature, following social ethics and conducts are all included under this category of AcharaRasayana which is a cost-effective therapy (Gupta and Dhaked, 2016).

**CONCLUSION**

Recommendations of WHO and MHA guidelines in controlling this pandemic of COVID-19 have close resemblance with the principles explained in the AcharaRasayana (Behavioral modification and codes of conduct) of Ayurveda. Non-pharmacological, cost-effective, practical, rejuvenation therapy which tells about ethical behaviours, healthy diet, lifestyle modification, behavioural changes will go to improve personal, social, spiritual, mental, physical health of the individual with no doubt. Those who fail to follow the exemplary conduct are prone to suffer from the acts of Pradnyaparadha (False decision making or intellectual blasphemy) helping the infectious diseases to spread more rapidly in the com-
munity and spoiling even own own health. These principles of Aachar Rasayana can reach to ordinary people and awareness can be done through mass education, electronic media so that the spread of this COVID-19 like disorders can be controlled to a greater extent.

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