Dietary and living regimen of covid-19 with special reference to Ayurveda Varsha and Sharad Ritucharya

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ABSTRACT

Wuhan originated Covid-19 disease is caused by SARC-COV 2 virus. It is a contagious disease it spread all over the world. World health organization declared a global pandemic disease. In Covid-19 immunity plays an important role. In old age people or having other co-morbid conditions the mortality rate is more. Ayurveda has a big role in improved immunity or to intact immunity. The principle of Ayurveda is to keep individual swastha (diseases free). To maintain individual disease-free Ritucharya is one of the important subjects of Ayurveda. Aimed of study is to find out Ritucharya literature from the Ayurveda and modern research specifically Varsha and Sharad ritu. Ritucharya contains dietary regimen, living modification, common medicine, and contraindicated things those changing according to environmental change. Upcoming season in India is Varsha and Sharad ritu. Environmental changes are huge in this season and it directly affected human beings. So this study reveals property of ritu, dietary regimen, living modification, common medicine and contraindicated things in upcoming varsha and sharad ritu.

INTRODUCTION

Covid-19 is caused by SARC-COV 2 virus. It is pandemic disease contaminated all over the globe. Immunity plays an important role in Covid-19 disease. Individuals having good immunity are recovering fast. (Thevarajan et al., 2020) Those having the co-morbid condition or having others diseases like metabolic, cancerous, autoimmune and inflammatory having high mortality rate. (Du et al., 2020) Ayurveda plays an important role in the immunity of individuals. The main principle of Ayurveda is to keep people disease-free or maintain the health of individuals. How Ayurveda gives health to individuals? Ayurveda not only give dietary regimen but also how to live (living regimen). These all are given under the heading of the dincharya and ritucharya. Dincharya means day today activity. Ritucharya means seasonal dietary variation and living principle. The year is divided into twelve months. By combine two months, one ritu is formed the names of ritu are vasant, grishama, varsha, sharad, shishir, hemanat. In India the six ritu are formed on the basis of seasonal variation. In human body changes happen due to changes in external environment, hence we have to changes diet and living regimen according to it. The upcoming ritu are varsha and sharad ritu that is next four months. This study reveals the ritu charya of upcoming varsha and shrad ritu dietary and living regimen. (Sarkar et al., 2020)
Table 1: Property of varsha and sharad ritu

<table>
<thead>
<tr>
<th>Ritu</th>
<th>Property</th>
<th>Digestive fire (appetite)</th>
<th>Dosha condition</th>
<th>Body physical strength</th>
<th>Environment properties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varsha</td>
<td>minimum</td>
<td>Vata-prakopa</td>
<td>minimum</td>
<td>Wind- Dry, Cold Sun rays-cloudy Soil-wet, mud, amla rasa (sour)</td>
<td></td>
</tr>
<tr>
<td>Sharad</td>
<td>moderate</td>
<td>Pitta-prakopa</td>
<td>moderate</td>
<td>Wind- unction Sun rays-hot and penetrating Soil-lavana rasa (salty)</td>
<td></td>
</tr>
</tbody>
</table>

Table 2: Food regimen, lifestyle modification, medicine and Contraindication of Varsha and Sharad ritu

<table>
<thead>
<tr>
<th>Ritu</th>
<th>Regimen</th>
<th>Food regimen</th>
<th>Lifestyle modification</th>
<th>Medicine</th>
<th>Contraindication</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varsha</td>
<td>1.Old (One years) wheat, rice, barley, 2.soup of pulses, 3.food processed with cumin, ginger, black pepper, coriander seed, oil, ghee, cinna-mon. 4. Mostly containing lava and amlarasa in food. 5. Take pure rain water or boiled lake water, river water.</td>
<td>1. Stay in warm and windless home free from all insects or harmful animals. 2.Abhanga (oil massage) Take a bath with udavartana (medicated powder)</td>
<td>1.Basti one of the panchakarma procedure, 2.Asava, arista, mardivika, wine mixed with water having good appetiser.</td>
<td>Water mixing with different grains flour, sleeping during day time, liquids food, sexual intercourse, dew, excessive walking, exercise and exposure to sun rays are avoided. The above things should be avoided or not to do in excess. Curds, sun rays, Vasa (fats of animal origin), strong alcoholic drinks, sleep during day times.</td>
<td></td>
</tr>
<tr>
<td>Sharad</td>
<td>1.rice, swastika rice (matures within sixty days), wheat, barley, green gram, sugar, honey, 2.grapes, patola, amalaki, amruta 3.meat of chiken, goat, ship animal having janghal origin (dessert animal)</td>
<td>1.Wear clean cloths 2.wear garland of flowers, 3.In night sleep on terrace below moon light or in colder environment</td>
<td>1.virechana and Raktamokshana it is foremost most treatment of pitta dosha. 2.Drink medicated ghee containing tikta and madhuraras. 3.Use udavartana of shit rasatmaka dravya like lotus, ushira, musta, durva, manjista.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
et al., 2011)

MATERIALS AND METHODS

Data collections are two types, first Ayurveda literature from reference book that is Charaka samhita, Sushruta samhita, Vaghbhhat samhita and research. Second Covid-19 information is collected from google scholars, internet, site of world health organization and opinion of experts utilizes it as a review.

Observation and results

Ayurveda explained day today regime under the heading Dinacharya. In which covers all activity of twenty-four hours that can keep physical as well as mental health. Dinacharya first activity is day wake up on bramha muhurtya (before sunrise about 90 min). Then stepwise order of dinacharya are malotsarga (voiding the excrements), Dantadhawana (cleaning the teeth), gods and elder are worshiped, anjana (collyrium), Nasya (nasal medication), gandhush (mouth wash), tambulla (pan chewing), abhyanga (oil bath), vyayama (exercises), udavartana (massage by medicated churna) snana (bath), bhojana (taking food), sadavrutta (followed the profession and self regimen of ethics). Person following this regimen, day by day his or her mental, physical, and spiritual health are of good quality. (Patil and Bagalkoti, 2018)

Along with Ayurveda explaining the ritucharya that is seasonal regimen. In India now environment changes from summer to rainy season time interval between any two ritu (season) called ritusandhi. In ritu sandhi seasonal variations are huge. Varsha ritu is containing approximately July, August and mid of September months. In that season environment undergoes changes are showery, the temperature is reduced, water is accumulated on the surface of the earth, new growths of plants and small animals, insect originated. Birth and growth of new microorganisms take placed. Seasonal variations are also affected by the human body. Hence Ayurveda are given dietary as well as habitual regimen different from the previous season. (Baragi et al., 2019)

Varsha ritu

Varsha ritu is containing July, August, and mid-September (Shrawan and Bhadrapada) of the yearly calendar. Sun position is in changing from northern to the southern solstice. It is the first season of visarga kala. It is coming after grishama ritu. In Grishama ritu hot rays of the sun makes the air becomes hot and dry it helps for sanchaya (accumulation of dosha in own site) of Vatadosha. In Varsha ritu only different is that rain makes the environment cold. This changes will make air becomes dry and cold, it ultimately reflects on human body prakopa of vata dosha (Prakopa means dosha increasing in amount both qualities as well as quantitative so much so that they move from their own site). In varsha ritu strength of men is being reduced, digestive capacity also becomes less. Due to all changes individuals should follow dietary as well as habitual regimens. (Baragi et al., 2019)

A Food regimen containing old (One year) wheat, rice, barley, soup of pulses processed with cumin, gingers, black pepper, and coriander seed. The days are rainy and windy the food mentioned by Ayurveda having quality, which reduced vata dosha, moisture in body, and side by side increase a digestive fire of a body. The property of food is dry, light, easy to digest, processed with oil or ghee, warm food, amila and lavana rasa dominant [Amla rasa food includes citrus food, tamarind, kokum (garcinia indica), butter milk and proceed with five types of lavana (salts)]. Food or drink along with honey, process with cumin, gingers, black pepper, and coriander seed. (Sarkar et al., 2011)

Vihar (lifestyle modification) - living place should be free from snakes, scorpion, mosquitoes, rat’s insect and animal those are harming. Free from fumes which are coming from the earth in initial day of the season, coldness of rainy environment, cold air. The living placed contains fire which makes a placed warmed. Bath with udavartana (dried medicated churna), take inhalation of smoke, smells of the medicinal plant contain example agaru, triphala, vacha, cow dunk, turmeric. Wear beautiful garland and dress, visit the natural beauty destination. (Harshad Madawane M, 2019)

Medicine-take Asava, arista, mardhivka, and wine made by fresh fruits take according to constituents and digestive power. Intake should be made with mixing water. Important treatment of vata dosha is the basti (medicated oil or kashaya enema) which evacuated vata dosha. (Baghel et al., 2018)

Contraindicated-The things should not do to go near the river, water mixing with different grains flour and drinking, sleeping during the day time, liquids food, sexual intercourse, dew, excessive walking, exercise and exposure to sun rays is avoided. The above things should be avoided or not to do in excess. (Amin et al., 2014)

Sharad ritu

The next ritu is sharad ritu containing mid September to November (ashwin mass, jestha, kartik mass) months of yearly calendar. The sky is clear of clouds and the earth contains little mud, wet soil. Also full of kasa, grass, saptaha, water lily, different kinds of
lotus, and paddy samplings are everywhere. Sun rays in the afternoon are warm and cooled by moonlight at night due to all of this which is pleasant and removed all poisonous effects of water. With absence of clouds the sun rays are spreading wide and red hot and penetrating. Due to all of environmental changes ultimately affects human body. In human being Pitta dosha is in dominating condition also called as pitta prakop. On the basis of that Ayurveda told different food and lifestyle regimen than the previous season. (Niraj, 2011)

Food regimen- The property of foods is shita viry- atmaka, laghu (easily digested), matravat (taking food neither full of the quantity nor less quantity with astringent), sweet and bitter taste. Rice, swastika rice (matures within sixty days), wheat, barley, green gram, sugar, honey, patola, amalaki, grapes, the meat of animal in the region having less water like dessert (janghal region) are easy to digest for those having a good appetite. (Sarkar et al., 2011)

Vihar (lifestyle modification)- Day time should wear a clean and light dress and visit in sailing in lakes which are full of swans, rows of hummingbirds, and blossomed lotus flowers. Make garlands of flowers wound around the neck, making a paste of coolant substances like ushira, lotus, and apply all over the body. The night should be placed on the terrace under the moon coolant rays. (Harshad Madawane M, 2019)

Medicine- Drink medicated ghee, taking virechana (purgative) and bloodletting repeatedly. (Baghel et al., 2018)

Contraindication- curds, sun rays, kshara, vasa (a fat of animal origin), oils, the air coming in an eastern direction, strong alcoholic drinks, sleep during the day, exposure to mist should be avoided. (Amin et al., 2014)

RESULTS AND DISCUSSION

Covid-19 upcoming season is important in India, upcoming four months are varsha and saharad ritu July, August, September, October and mid of November. (Kumar, 2020) Due to climate change monsoon came little earlier to mid of June. In every ritu environmental changes are taking place. Every external change affects the human body. Hence Ayurveda explained the ritucharya the dietary and lifestyle modification. These modifications are necessary for balancing agni, dosha, dhatu, mala. These are entities that decided a healthy state of individuals, so ritucharya modifications are important for maintains health. If an individual is disease-free it means they having good immunity.

Immunity plays an important role in covid-19 viral disease. For immunity dietary and lifestyle modification are important that depends on ritucharya. In Ayurveda along with ritucharya dietary principle mentioned these are common in all seasons they are aharvidhi visheshayatan and aharparimankarbhabha. (Deshpande and Bawane, 2018) There are different Properties related to Varsha and Sharad ritu (Amin et al., 2014) [Table 1] and as per their properties there are a variations regarding Food regimen (Sarkar et al., 2011), lifestyle (Harshad Madawane M, 2019), medicine (Baghel et al., 2018) also have specific Contraindications. (Amin et al., 2014) [Table 2]

CONCLUSIONS

The health of the physical body as well as a mental state depends on the equilibrium of dosha, dhatu, mala, and agni. Those individuals having equilibrium in dosha, dhatu, mala and agni are free from disease. That means they have good immunity. For maintaining the immunity individual should follow Ritucharya along with dinacharya. When the season is changing from one to another environment changes take place. Their effects ultimately affect body internal environment. To maintain an internal environment called homeostasis individuals should be followed modified dietary regimen and living modification knows as Ritucharya.

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Conflict of interest

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