ABSTRACT
Globally corona virus 2 (SARS CoV 2) is a high a pandemic and highly contagious entire mankind is suffering. Tremendous research is currently going on and need of suitable approach for the best treatment. In Covid 19 outbreak, enhancing one own’s defence system (immunity) had played important role in maintaining best health. According to Ayurveda, without the vitiation of any of three Dosha, no disease can occur, so paramount balance of three Dosha is required to maintain for good immunity against such deadly disease. Ayurveda envisages the root of cause for any illnesses. Ayurveda is likely to provide evidence-based medicine for preventive health care and enhance the self-immunity As Ayurveda described several immunity booster procedures in Dincharya and Rutucharya. Many researchers perhaps the whole world is looking for an effective drug or safe and effective vaccine for covid-19 which should be cost effective, easily available. A better Prevention through Ayurveda approach can be achieved in this pandemic of covid-19 as immunity booster.

Keyword: Dincharya, Rutucharya, corona virus, Dosha,
disease can occur so it is advised to treat and make balance of three Dosha should be maintain for good hygiene. The most common symptoms at onset of COVID-19 illness are fever, cough, and fatigue, while other symptoms include sputum production, headache, haemoptysis, diarrhoea, dyspnœa, and lymphopenia.\(^1\) In the Covid 19 outbreak, entire mankind globally is suffering from this disorder. Enhancing one own’s defence system (immunity) plays a significant role in maintaining best health. It is well known that prevention is better than cure for any disease. According to Ayurveda, pandemic diseases are those disease which spread from one person to other through contacts or droplets through air. As far as there is no restorative medicine for COVID-19 as of now, various efforts are taken to enhance body immunity through various preventive measures.

**Ayurveda approach towards Immunity:**

*In Charak Samhita - Vimana Sthana - Chapter III* is dedicated to "Jan-Padodhwansa", it explains that these Pandemics are caused by imbalance of dosha’s. Environmental Degradation of Air (Vayu) Water (Jala) Country (Desha) and Time (Kala) can be a cause for various epidemic diseases at various places. In Ayurveda it is considered as 'Agantuj Vikar’ and its types are Adhidaivik, Daivabalpravrutta and Aupsargic vikar.\(^2\) The concept of treatment in Ayurveda is based on body humours i.e., on Tridoshas (Vata, Pitta and Kapha). In order to balance these three Dosha, it is necessary to enhance the Ojas (immunity level) by correcting the Agni (metabolism), which further enhancing the Dhatu Šarata (quality of body tissue at different level).\(^3\) Acharya Sushruta explained that without the vitiation of any of three Dosha, no disease can occur, so it is advised to treat and make balance of three Doshas required to maintain for good hygiene. The Rasayana drug is providing passive immunity (Yuktikritabala). As postulated, Vyadhikshamatwa (immunity), which depends on the Ojas, provokes the strength of disorders and prevent it.\(^4\)

**Swasthavrutta prevention for COVID-19:** \(^5\)\(^,\)\(^6\)

Ayurveda’s knowledge based on preventive care, derives from the Ayurveda also give specifies recommendation about maintaining hygiene through concepts called as “Dinacharya” daily regimes called as a “Ritucharya” are the seasonal regimes to maintain healthy life. There are several immunity booster herbal drugs described for building immunity, Ayurved envisages the root of cause for any illnesses.

**Prevention protocol given by AYUSH for covid-19:** \(^7\)\(^,\)\(^8\)

AYUSH task force has counselled the Covid-19 treatment as following.

**For Jwar,**

1. Guduchi Ghana Vati two bid
2. Guduchi, Pippalimoola, Sownth equal part Kashaya
3. Tab AYUSH- 64
4. Mrityunjay Rasa 25- 500 mg thrice a day with Madhu

**For Dry Cough,**

1. Vasavaleha, Drakshavaleha, Kaphakuthar rasa 250 mg tds
2. Sitopaladi churna 2gm+ Godanti Bhasma250 mg
3. Sitopaladi churna 2gm+Praval bhasma 250 mg+ Guduchi satva 250mg

**Immunity Promoting Medicine:** -

1. Herbal tea prepared from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day.
2. Chyavanprash 10gm in the morning and evening with milk.
4. Nasya therapy (Nasya) - Apply sesame oil and coconut oil or Ghee in both the nostrils (Pratimarsha Nasya) in morning and evening. Pouring 2- 2 drops of almond oil, Narikel oil or ghee in nasal sinuses is helpful, hyperactivation of the brain comes as a major reason for compromised immunity.

**General Measures:** Pranayaanam, Yogasana, Meditation and Breathing Exercises also can be practiced for maintaining physical strength as well as immunity. Similarly, keeping safe distance minimum of 6 feet from any person, regular hand washing practice and use of N-95 mask to prevent droplet infection in covid-19.
DISCUSSION
Covid-19 is disease of Vata Pitta are dominant but doshadushyasamurucchana takes place in Kapha sthana. Vitiated Vata Pitta depleted the Shleshma and Shleshma Sthana. Vitiated Vata Pitta by its Ruksha and Ushna Gun makes Shleshma Sthana (Nose, Mouth, Eyes, Urah etc.) Ruksha and Durbala. When pathology exceeds Vata-Pitta Doshas depleted Kapha Dosha and by virtue of its Ruksha and Ushna guna, Shleshma sthana (Nose, Mouth, Eyes, Urah etc.) becomes Ruksha (dried) and Durbala. It results into affection of these Sthana by Vata Pitta, which results into development of symptoms. Lower respiratory tract infection and later on when Dhatupakavastha takes place and then symptoms of Pneumonia appear. At this stage all three Doshas are involved in Samprapti leading to Samnipatavastha and later on respiratory failure and multi organ failure develops, when Marmasthanas get involved. It was noticed that mortality rate was more among older people, probably because of the poor immunity and any other illnesses leads to faster progress of COVID-19. Rasayana Dravyas (immune-modulators drugs) can be used as immunity booster, immune-modulation through which prevention of such disease burden could be overcome, as it is more imperative to enhance our immune system to fight against such pandemic of COVID-19 till the satisfactory treatment.10 Till date, there are various clinical trials are going on COVID-19 prevention if succeed in this then it is quite possibilities to public health scenario to gain acquired immunity. At present, treatment provided to the affected individuals are mainly symptom based, and the seriously ill individuals are provided with ventilator support.

CONCLUSION
Ayurveda has empirical background for the management of various diseases including such pandemic, and Ayurveda science has great potential for both for prevention as well as management of particular disease according to its aetipathogenesis. The various element in Ayurveda protocol for the management of covid-19 are helpful in generating trustworthy evidence and also to make policy changes to solve the issues related to public health challenges in India. Ayurveda is likely to provide evidence-based medicine for preventive health care to enhance the self-immunity.

REFERENCES

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