

Consumption of balance diet and Ayurveda supplements can reduce the lethal effects of Corona viruses

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ABSTRACT

COVID-19, is a severe acute respiratory syndrome caused by SARS coronavirus 2 (SARS-CoV-2). It was supposed to be spread by animals and then Chinese people at the Huanan seafood market and rapidly spread from Wuhan City of Hubei, Province of China, to the rest of the world. At present, in India it is growing at very fast rate. Due to the growing case notification rates at international locations, on the 30th January 2020, the WHO Emergency Committee declared a global health emergency. In order to contrast and contain the spread of the new COVID-19, at the 23 March 2020 up to June 2020, the Indian Government decided for more stringent containment measures: the ban on mass gatherings and events, as well as the ban on meeting up for no urgent reasons, were issued on the entire national territory. A healthy lifestyle and proper diet can reduce the risk of COVID-19 as well as the lethal effect of this disease. It was observed that healthy lifestyle and proper diet can reduce the risk of COVID-19 as well as the lethal effect of this disease. This study has suggested that Himachalis are concerned about the threat of this hazardous disease. Most of them considered Ayurvedic supplements as most important part in their diet.

Keywords: Covid-19, Immunity, Ayurveda, Corona Virus, Balanced Diet

INTRODUCTION

COVID-19 is one of the most infectious disease of the recently discovered and spread across the China in 2019 and has received global attention [1]. The World Health Organization (WHO) defined

coronavirus as a family of viruses that range from the common cold to the Middle East respiratory syndrome coronavirus and the severe acute respiratory syndrome coronavirus [2]. The SARS-CoV-2 infection, led to 2.8 million deaths worldwide by the end of March, 2021, and has affected the

whole world [3]. In most of the cases it was noticed that, COVID-19-infected individuals improve without the need of any allopathic medication. It becomes lethal in most of urban areas due to unhealthy lifestyle, improper diet. Previous research and social media platforms focused on the number of infections in the country. However, in the urban, rural, different topological diversity of India, and different lifestyle, it is imperative to look at the wide- spread of the disease in each aspect separately, wherein the situations are quite different. There are no specific treatments or vaccines for corona viruses till date. However, one can avoid infection by maintaining basic personal hygiene, social distancing from infected persons and proper diet to enhance the immunity [4]. Efficient talk and transparent conversation of evolving information related to COVID-19 is needed to ensure the public interest and safety. Unhygienic lifestyle and unbalanced may threaten our health. Maintaining a correct nutrition status is crucial, especially in a period when the immune system might need to fight back. In fact, subjects with severe obesity are one of the groups with the higher risk for COVID-19 complications [5]. In this paper, we aim to analyze data on the bases of a survey was conducted on COVID patients to check the effect of corona viruses based on diet of an individual. The sample of patients was taken from Himachal Pradesh. We hope that such types of dietary predictions would help the patients to deal with the lethal effect of corona virus.

METHODOLOGY

2.1 Selection of Sample

A survey was conducted on COVID recovered patients to check the effect of corona viruses based on dietary intake of an individual. The sample of patients was taken from Himachal Pradesh. A questionnaire was made in a tabulated form with the headings included Name, Age, place, Diet, Gap between a diet, time of recovery and any other disease as given in table 1.

2.2 Questionnaire Administration

The questionnaire was distributed by direct contact or by social media apps. Patients who have recovered from Covid- 19 were eligible to fill this questionnaire perform. Patients were studied and analyzed in face to face conversation.

1. RESULTS AND DISCUSSION

A healthy lifestyle and proper diet can reduce the risk of COVID- 19 as well as the lethal effect of this disease. It was observed that healthy diet, proper gap between each diet, Ayurvedic supplements like Gau Goontr, Tulsi, pudina, giloye, Ayush Kadha, Haldi helps in fast recovery and reduced effects of Corona viruses. In this survey, it was observed that balanced diet (protein+ carbohydrate+ vitamin+ minerals) and Ayurvedic supplements like Ayush kadha, coronil, homemade kadha, tulsi, giloye and proper gap between diets has helped patients to fast recovery even the patients are sufferings from other disease like hypertension, diabetes. Average fast recovery was in 7 days as given in table 1. This study has suggested that Himachalis are concerned about the threat of this hazardous disease. Most of them considered Ayurvedic supplements as most important part in their diet.

Table 1: Table showing questionnaire regarding diet/immunity booster and recovery rate of patients

| S. no | Name | Gender | Age | Place | Diet | Gap in Diet intake | Ayurveda Supplement | Other Disease | Time taken to recovery |
|-------|------------------|--------|-----|-------------|-------------------------|----------------------|---|------------------------|------------------------|
| 1 | Amarti Devi | Female | 44 | HP (hmr) | Balanced diet (veg) | 5 hour in each meal | ----- | ---- | 21 days |
| 2 | Vinod | Male | 48 | HP (hmr) | Balanced diet (non veg) | 5 hour in each meal | ----- | Diabetes, Hypertension | 28 days |
| 3 | Pawana Devi | Female | 55 | HP (shimla) | Balanced Diet (veg) | 2 hour In each meal | Coronil Ayush kadha Black pepper tulasi | Diabetes | 7 days |
| 4 | Bhuvnes h Sharma | male | 58 | HP (Shimla) | Balanced diet (veg) | 2 hour in each meal | Coronil Ayush kadha Black pepper tulasi | Hypertension | 7 days |
| 5 | Adarsh | Male | 54 | HP (Shimla) | Balanced diet | 4 hour in each meal | ----- | Hypertension | 28 days |
| 6 | Madahvi | Female | 50 | HP (Shimla) | Balanced diet | 4 hour in each meal | ----- | ----- | 21 days |
| 7 | Shakti chand | Male | 55 | HP (hmr) | Balanced diet (non veg) | 5 hour in each meal | ----- | ----- | 17 days |
| 8 | Pawana kumari | Female | 50 | HP (hmr) | Balanced diet (veg) | 5 hour in each meal | Kadha tulasi | ----- | 7 days |
| 9 | DP sharma | Male | 54 | HP (Shimla) | Balanced diet (veg) | 5 hour in each meal | Coronil Ayush kadha Black pepper tulasi | ----- | 14 days |
| 10 | Jagdev sharma | Male | 52 | HP (Shimla) | Balanced diet(non-veg) | 2 hour in each meal | Ayush kadha Citrus fruit | ----- | 7 days |
| 11 | Paramjit | Female | 56 | kangra | Balanced diet | 6 hours in each meal | kadha | hypertension | 15 days |
| 12 | Nidhi | Female | 30 | kangra | Balanced diet(veg) | 6 hours in each meal | Ayush kadha Giloye Citrus fruit | ----- | 7 days |
| 13 | Mamta | Female | 54 | kangra | Balanced diet(veg) | 6 hours in each meal | Ayush kadha Giloye Citrus fruit | ----- | 7 days |

| | | | | | | | | | |
|----|----------------|--------|----|--------|-------------------------|----------------------|--|-------|---------|
| 14 | Arminde r | Male | 40 | kangra | Balanced diet | 6 hours in each meal | Ayush kadha Giloye Citrus fruit | ----- | 10 days |
| 15 | Kulwant | Male | 60 | kangra | Balanced diet(veg) | 6 hours in each meal | Ayush kadha Giloye Citrus fruit | ----- | 7 days |
| 16 | Mamta sidhu | Female | 37 | kangra | Balanced diet(veg) | 6 hours in each meal | Ayush kadha Giloye Citrus fruit | ----- | 7 days |
| 17 | manujwal | Male | 7 | kangra | Balanced diet(veg) | 6 hours in each meal | Ayush kadha Giloye Citrus fruit | ----- | 7 days |
| 18 | Amit | Male | 36 | Hmr | Balanced diet (veg) | 6 hour in each meal | Ayush kadha Giloye satv Lemon with hot water Haldi Milk | ----- | 7 days |
| 19 | Ramneek | Male | 40 | Kangra | Balanced diet (veg) | 6 hour in each meal | | ----- | 10 days |
| 20 | Manjeet | Male | 39 | kangra | Balanced diet (veg) | 6 hour in each meal | | ----- | 10 days |
| 21 | Gorakh | Male | 50 | kangra | Balanced diet (veg) | 6 hour in each meal | | ----- | 10 days |
| 22 | Rajinder Singh | Male | 56 | kangra | Balanced diet (veg) | 6 hour in each meal | | ----- | 10 days |
| 23 | Satnaam kaur | Female | 57 | kangra | Balanced diet (veg) | 6 hour in each meal | | ----- | 10 days |
| 24 | Bhanu Pratap | Male | 27 | Baddi | Balance diet (non veg) | 7 hour in each meal | | ----- | 21 days |
| 25 | Rahul | Male | 26 | Baddi | Balanced diet (non veg) | 7 hour in each meal | | ----- | 15 days |

This survey was also conducted on the basis of patients who have recovered fast while consuming veg and non veg diet of patients and time taken by them to recover from this disease. Figure 1. The survey report has suggested that 80% of

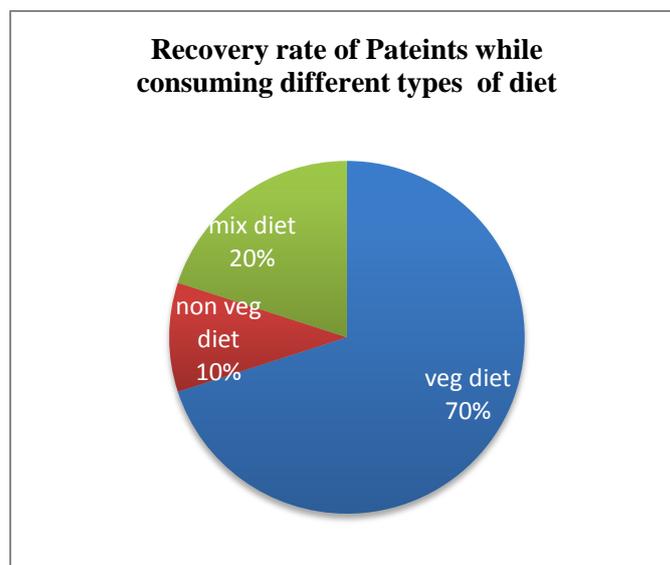


Fig 1: This figure is illustrating the comparison between patient's recovery rate while consuming different diet (veg, non-veg, mix)

CONCLUSIONS

Beyond this Questionnaire people are also experiencing psychological issues and Ayurveda supplements are also helpful in reducing this risk. During this COVID-19 era in India, almost one-third of Indian Citizen had a significant psychological impact. This shows a need for more systematic and end long assessment of psychological needs of the population, which can help the government in formulating informal involvement for affected individuals.

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