

## A wholesome diet and care for post COVID *Prameha Rogi* (diabetic patient)

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### Abstract :

World community is facing an unprecedented pandemic of novel corona virus diseases (COVID -19) caused by several acute respiratory syndrome corona virus 2 (SARA-COV-2) infection attacking mainly on the immune system of the body. It is a potentially fatal disease that is of public health and economy concern globally.<sup>1</sup> In *Ayurveda*, *Acharaya Charaka* explained the concept of an pandemic condition in *janapadodhwansa adhayay* and combating of these disease is to be done by panchakarma (five procedure of purification), *rasayana chikitsa* (immune modulators therapy) and *sadvritta* (good conduct).<sup>2</sup> *Ayurveda* strongly emphasize on preventive and promotive aspect of health rather than curative. Centuries ago, *Ayurveda* laid the concepts of *dinacharya* (daily regimen for healthy living), *ritucharaya* (seasonal regimen of healthy living), *sadvritta* (moral conduct)

and *achar rasayana* (social conducts).<sup>3</sup> The outbreak of COVID -19 all over the world has posed several new challenges to *prameha rogi* (diabetic patient). Care and has also provided an opportunity for new lessons to be learnt in what seems to be transforming the way we treat and care *prameha rogi* (diabetic patient).

**Keywords:** COVID- 19, diet and care, *prameha rogi*,

### Introduction :

COVID -19 is a respiratory pandemic caused by severe acute respiratory syndrome corona virus-2 (SARS-COV-2). COVID-19 is a rapidly changing and evolving situation. World health organisation(WHO) is constantly monitoring it and updating the information available regarding its, spread mortality and morbidity.<sup>4</sup> From the ayurvedic point of view, COVID -19 is a *janapadodhwams vikara* (epidemic disease). The concepts of an epidemic is

described in *charaka Samhita*, *vimana sthana* chapter -3 . even though there is dissimilarity in the physical constitution of human beings. Still there are such factors leads to the simultaneous manifestation of disease having the same set of symptoms leading to the destruction of countries. Factors which are common for all the inhabitants of a country are air, water, location and seasons. *Janpadodhwansa* is a situation where the environment air, water, land and seasons is vitiated, causing a simultaneous manifestation of a disease among large populations (epidemic) destroying human habitations.<sup>5</sup> with the outbreak of the COVID -19 epidemic the entire mankind around the world is suffering strengthening the body natural defence system (immunity) plays a significant role in maintaining optimal health. Some of the issues and challenges that have emerged include the reported high incidence of COVID -19 infections among patient with *prameha* (diabetes mellitus).<sup>6</sup>

### **Risk factors for COVID -19 disease in people with *prameha* (diabetes) :**

In the majority of people, the symptoms of COVID -19 are relatively mild and do not require specialist treatment in a hospital. Mild symptoms may include a fever, a cough, a sore throat, tiredness, and shortness of breath. however, people with diabetes may have a higher risk of developing severe complications such as difficulty breathing or pneumonia.<sup>7</sup> Diabetes does not raise the risk of getting corona virus disease, but people with diabetes who get infected are at a higher risk of severe disease, complications and death, 70% patients with diabetes in India have poor glycaemic control and

many have diabetes related complications.<sup>8</sup>

### **Ayurveda diet and care for post COVID -19 *prameha rogi* (diabetic patient) :**

Ayurvedic *pathya ahara* (wholesome diet) and *pathya vihara* (wholesome lifestyle) can play a major role in disease. Ayurveda suggest increase intake of fiber rich green vegetables and cereals. *Yava* (barley) is high in fiber content and highly recommended in diabetic diet in different form. *Yavaudana* is prepared by boiling, dried and crushed barley grains and removing the excess water, when the crushed barley grain are boiled and the excess water is retained in the preparation it is called *vatya*, *syamaka* and such other type of rice, taken together are called *trina dhanya*, *apupas* or pan cakes.<sup>9</sup> *Manthas* (flour of different type of corn mixed with water), *kasayas* (decoction), barley powder, linctus prepared of barley and other light- eatable. The patient suffering from *prameha* should drink *sarodaka* (water boiled with the heart wood of *khadira* etc), *kusodaka* (water boiled with *kusa*), *madhudaka* (honey mixed with water), *triphala rasa* (juice or decoction of *triphala*).<sup>10</sup>

Spices are food adjuncts that have been used as flavouring and colouring agent and as preservatives. They are recognized to possess medicinal properties too. And their therapeutic role is highly appreciated in Ayurveda. They exert several beneficial physiological effects including some anti-diabetic and COVID -19 effects. A number of condiment and spices advocated in Ayurveda including papper, asafetida,

fenugreek seeds, cumin seed, curry leaves, ocimum, rock salt, turmeric, cinnamon, mustard, garlic, onion, ginger are reported to possess potential antidiabetic substance and have been ascribed hypoglycemic activities both experimentally and clinically.<sup>11</sup>

Use of *Rasayana dravyas*:

Rasayana dravyas such as ashwagandha (*Withania somnifera* Dunal.), guduchi (*Tinospora cordifolia*) (wild), *amalaka* (*Phyllanthus emblica* linn.), *shatavari* (*Asparagus racemosus* wild.), *chireta* (*Andrographis paniculate* Nees.), tulsi (*Ocimum sanctum* linn.), *punarnava* (*Boerhaavia diffusa* linn.), *pippali* (*Piper longum* linn.), for providing preventive, supportive and rehabilitative care in the treatment of COVID -19 patient by modulating the immune system.<sup>12</sup>

Yoga and meditation:

Yoga is yet another ancient wisdom from India, which is an extremely deep science that helps one lead a harmonious life. Stress raised blood glucose level, suppressed the immune system and increased blood pressure, *asanas* and *yoga nidra* are some powerful tools that reduced stress and anxiety. The yoga sessions always concluded with pranayama and mindfulness meditation, which are known to reduce anxiety and improve lung function.<sup>13</sup> Meditation is found to reduce inflammation markers and influence markers of virus specific immune response. Yoga including meditation could be a simple and useful home-based practice for the prevention and post recovery management of COVID-19.<sup>14</sup>

**CONCLUSION :**

It can be concluded through these review that the wholesome diet and care advised in Ayurveda for *prameha* can help the patients of post COVID -19 *prameha* to recover from the disease.

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**Conflict of Interest:**

Non

**DOI**

<https://doi.org/10.52482/ayurline.v5i02.505>

**Source of funding:**

Nil

*Cite this article:*

*Heena K.M. Khan, Brijesh R. Mishra (2021),*

*"A wholesome diet and care for post covid Prameha Rogi (diabetic patient)."*

Ayurline: International Journal of Research In Indian Medicine 2021; 5(2):01-04

