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TO STUDY THE IMPORTANCE OF SWASTHAWRITTA TOWARDS THE HUMAN HEALTH IN OUTBREAK OF COVID 19 PANDEMIC- A REVIEW ARTICLE

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ABSTRACT

Preliminary evidence suggests that symptoms of anxiety and depression (16–28%) and self-reported stress (8%) are common psychological reactions to the COVID-19 pandemic, and may be associated with disturbed sleep. A number of individual and structural variables moderate this risk. In planning services for such populations, both the needs of the concerned people and the necessary preventive guidelines must be taken into account. In the present article, we are discussing regarding the role of swasthavritta in human health in outbreak of covid 19.

Keywords: Swasthawritta , COVID 19, pandemic

INTRODUCTION

General Overview on COVID-19 The pathological condition Corona Virus Disease (COVID-19) arises due to the infection of Corona viruses which also known as Severe Acute Respiratory Syndrome Corona Virus-2 (SARS-CoV2). World Health Organization considered COVID19 as outbreak a pandemic. The major symptoms of disease are fever, cough and breathing difficulty. Tiredness, runny nose, aches, sore throat and headache also occurs sometimes. The severity of symptoms varies from mild to severe and depends upon health status of person. Elderly people, person with heart disease, lung disease and diabetes may be at higher risk of fatal illness. The disease mainly spreads through close contact, spreads by droplets released by infected person during coughing and sneezing. The virus also spread through surface if person touches surface with virus and uses same hand for touching his/her mouth and nose then disease may occurs. Sometimes disease may associates with complications like Pneumonia and organ failure. General Guideline for Prevention The common preventive measures depicted in Figure No.1, the general guideline to prevent spread are as follows:

- One should avoid social gatherings and unnecessary travelling.
- Close contact with infected person must be avoided.
- Washing of hands with soap frequently.
- Uses of alcohol based sanitizer regularly.
- Covering of mouth and nose while coughing or sneezing.
- One should avoid touching of nose, mouth and eyes.

- Infected person must be isolated or quarantined from common peoples.
- One should maintain hygienic condition regularly.

Ayurveda Suggestions Swasthivritta is one of the important aspects of ayurveda which described way of healthy living; the general considerations of Swasthivritta are as follows:

- Pratarutthanam
- Ushapana / Achaman
- Dantadhavan
- Gandush
- Nasyakarm
- Practicing Yoga, etc.

Pratarutthanam Good Conduction of Dincharya starts with Pratarutthanam means to get up early in the morning before sunrise. It imparts refreshing and rejuvenating effects, boosts immunity and improves capacity of lungs thus help in respiratory distress. Ushapana/Achaman Ushapana/Achaman means cleaning or washing of hands and feet which also recommended by health organization to prevent COVID-19 infections. Ushapana/Achaman (washing of hands) helps to reduces risk of infections through the hands. Dantadhavan Dantadhavan means cleaning of teeth and tongue using Arka, Nimba and Karanja, Dantadhavan helps to removes accumulated filth, it may reduces susceptibility of infections, maintain hygienic conditions of mouth and throat. Dantadhavan cleans mouth and throat therefore enhances respiratory functioning thus help to prevent throat infections and other respiratory diseases. Gandush Gandush means gargling or cleaning of oral cavity and throat with lukewarm. This technique also recommended by health organizations which may help to reduce susceptibility towards the respiratory infections.

Gandush helps to prevent diseases of oral cavity, sore throat and other throat infections, etc. It is suggested to take Gandush and Kawal using sesame or coconut oil followed by use of warm water, this procedure can be done twice a day to relieve throat problems. Nasyakarm Nasyakarm means uses of nasal medication into each nostril in morning time. This techniques cleans nasal pathways, prevent infections, alleviates throat distress and clear nasal congestion thus can be used as preventing measure to reduces risk of current pandemic infectious diseases. Pratimarsh nasya advised daily which can be done using nasal application of sesame oil in nostrils to clears nasal and respiratory passage. Yoga Yoga helps to increases blood circulation, efficiency of lungs, resistance against diseases and imparts mental strength thus helps to combat against infectious disease. The health organization also recommended Yoga and exercise to boost immunity against current pandemic infectious disease. The above mentioned approaches of Swasthviritta can help to fight against infections and may reduce susceptibility against pandemic outbreaks. The other approaches of Swasthviritta like Snana and Dhyanam also provides health benefits in such types of conditions. The Snana means bathing which help to maintain general hygiene and keeps away from infections. Similarly Dhyanam means meditation which imparts mental strength and provide psychological relaxation which is very important when pandemic infections deteriorate mental status of peoples.

one pointed out that the wide scope and spread of COVID-19 could lead to a true mental health crisis, especially in countries with high case loads (Dong and Bouey, 2020) which would require both large-scale psychosocial crisis interventions, and the incorporation of mental health care in disaster management plans in the future. In a related report (Duan and Zhu, 2020) it was pointed out that while Western countries have incorporated psychological interventions into their protocols for disease outbreaks, this has not yet happened in countries such as China, leading to the emergence and persistence of stress-related disorders in affected persons. This paper also offered suggestions for the development of intervention strategies, which will be summarized in section 3.5 below. In contrast, Bao et al. (2020) highlighted the services that were already being provided in China, and also provided a list of strategies for the general public to minimize outbreak-related stress: (1) assessment of the accuracy of information, (2) enhancing social support, (3) reducing the stigma associated with the disease, (4) maintaining as normal a life as feasible while adhering to safety measures, (5) use of available psychosocial services, particularly online services, when needed. Such methods, in their opinion, would empower society to handle the COVID-19 outbreak in an adaptive manner. Similar strategies were reiterated in a paper from Singapore (Ho et al., 2020) which also discussed the role of improved screening for mental

disorders, improving links between community and hospital services, and providing accurate information to the general public in order to minimize maladaptive responses such as “panic” and paranoia regarding the disease and its transmission. Finally, a brief review paper (Lima et al., 2020) highlighted the role of anxiety as the dominant emotional response to an outbreak, and the need for adequate training of healthcare personnel and the optimal use of technological advances to deliver mental health care.

Of particular interest to practicing psychiatrists are the two reports from China (Yao et al., 2020, Zhu et al., 2020) regarding COVID-19 and patients with pre-existing psychiatric illness. To date, a single outbreak of COVID-19, affecting around 50 patients and 30 staff, has been reported in a psychiatric hospital, and this was contained by strict quarantine. Reasons for this may have included overcrowding, lack of general medical facilities in psychiatric hospitals, lack of knowledge among mental health professionals, and difficulty in obtaining the cooperation of patients for preventive measures, especially those suffering from psychotic disorders (Zhu et al., 2020). Conversely, patients with pre-existing mental disorders may be at higher risk of relapse or new episodes of their disorder due to the stress associated with the COVID-19 outbreak (Yao et al., 2020a). During this period, it is crucial that psychiatrists familiarize themselves with screening and triage procedures, and work closely with physicians and public

health specialists to minimize the risks that their patients face (Zhu et al., 2020).

With regards to the other populations listed above, specific issues raised include the high rates of pre-existing depressive symptoms in the elderly and their lack of access to mental health services (Yang et al., 2020); the fears of involuntary admission or imprisonment among the homeless which may act as a barrier to mental health care (Tsai and Wilson, 2020); the need for outreach and social support among migrant worker populations to reduce the risk of common mental disorders (Liem et al., 2020); the relationship between COVID-19 – related stress and anxiety and adverse maternal and neonatal outcomes (Rashidi Fakari and Simbar, 2020); and the potential discrimination and stigmatization faced by Chinese students overseas during the pandemic, leading to anxiety and stress-related disorders (Zhai and Du, 2020). In all these cases, close collaboration between psychiatrists and specialties from other branch of medicine, as well as with local authorities and health workers in the community, is essential.

Though there are few large-scale observational studies available in this field to date, it is clear that the COVID-19 pandemic has led to a vigorous and multifaceted response from psychiatrists and allied professionals, and that mental health is clearly being taken into consideration at multiple levels – in the general population, among healthcare workers, and in vulnerable populations. Though the quality of evidence in the available literature is relatively low, it still contains numerous valuable observations

and suggestions for all professionals working in this field, whether they are associated with psychiatric or general hospitals or working in the community. As the number of patients affected by this pandemic continues to increase, the psychiatric profession – particularly in Asian countries – faces both a challenge and an opportunity; the challenge of addressing the numerous barriers and limitations identified in the above literature, but also the opportunity to implement those suggestions or recommendations which are feasible at a local or regional level. The long-term mental health impact of COVID-19 may take weeks or months to become fully apparent, and managing this impact requires concerted effort not just from psychiatrists but from the health care system at large (Maunder, 2009). There is a need for further research, even in the form of preliminary or pilot studies, to assess the scope of this pandemic in other countries, particularly in those where mental health infrastructure is less developed and the impact is likely to be more severe (Duan and Zhu, 2020). Researchers should also attempt to assess the impact of COVID-19 on other vulnerable populations, such as children and adolescents, those in remote or rural areas who face barriers in accessing health care, and those belonging to lower socio-economic strata. Further, there is a need to develop mental health interventions which are time-limited, culturally sensitive, and can be taught to healthcare workers and volunteers. Once developed, such interventions should be tested, so that information regarding

effective therapeutic strategies can be widely disseminated among those working in this field.

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