

Role of Ayurveda and Precautions to be taken in combating COVID-19 crisis

Vikram Verma*

Research Associate, Department of Veterinary and Biomedical Sciences University of Minnesota, Falcon Heights, USA

*Corresponding author: Verma V, Research Associate, Department of Veterinary and Biomedical Sciences

Editorial

The COVID-19 pandemic is the defining global health crisis of our time and the greatest challenge we have faced since World War II. According to World Health Organisation "COVID-19 is the infectious disease caused by the most recently discovered coronavirus. The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness."

Since its emergence in China late last year, the virus has spread to almost every part of the globe and India is no more an exception to it.

The advisory issued by AYUSH Ministry, Govt. of India clearly emphasized "Ayurveda's immunity boosting measures for self-care during COVID-19 crisis". Importantly, in the wake of the Covid 19 outbreak, entire mankind across the globe is suffering. Enhancing the body's natural defense system (immunity) plays an important role in maintaining optimum health. While there is no medicine for COVID-19 as of now, it will be good to take preventive measures which boost our immunity in these times. Ayurveda, being the science of life, propagates the gifts of nature in maintaining healthy and happy living. Ayurveda's extensive knowledge base on preventive care derives from the concepts of "Dinacharya" - daily regimes and "Ritucharya" - seasonal regimes to maintain healthy life. It is a plant-based science. The simplicity of awareness about oneself and the harmony each individual can achieve by uplifting and maintaining his or her immunity is emphasized across Ayurveda's classical scriptures.

Currently, there is no vaccination to cure coronavirus illness (COVID-19).

The best way to prevent illness is to avoid being exposed to this virus.

Some of the tips that should be followed by everyone to avoid this virus.

1. Clean your hands often
2. Avoid close contact
3. Cover your mouth and nose with a cloth face cover when around others
4. Cover coughs and sneezes
5. Clean and disinfect

Some on-going examinations have proposed that COVID-19 might be spread by individuals who are asymptomatic.

There are many articles published related to this COVID-19. Virology: Current Research is one of the main journal which is about to publish more articles related to this COVID-19.

Virology: Current Research is an open access peer reviewed journal initiated by Hilaris SRL aims to provide cutting-edge research findings in the field of virology. The journal offers broad coverage to the researchers those who are interested in virology and related fields. Virology: Current Research an avenue and provide a forum for the clinicians, virologists, and medical specialists, where innovative and intellectual discussions offer new age scientific developments in the field of Virology.

Kindly go through the recent articles in the below link: <https://www.hilarispublisher.com/virology-current-research/current-issue.html>

If you are ready with any new submissions related to Virology, kindly submit it as an attachment to vcrh@microbialjournals.com

How to cite this article: Verma V. "Role of Ayurveda and Precautions to be taken in combating COVID-19 crisis". *Viol Curr Res* 4 (2020) doi:10.37421/Viol Curr Res.2020.4.e103