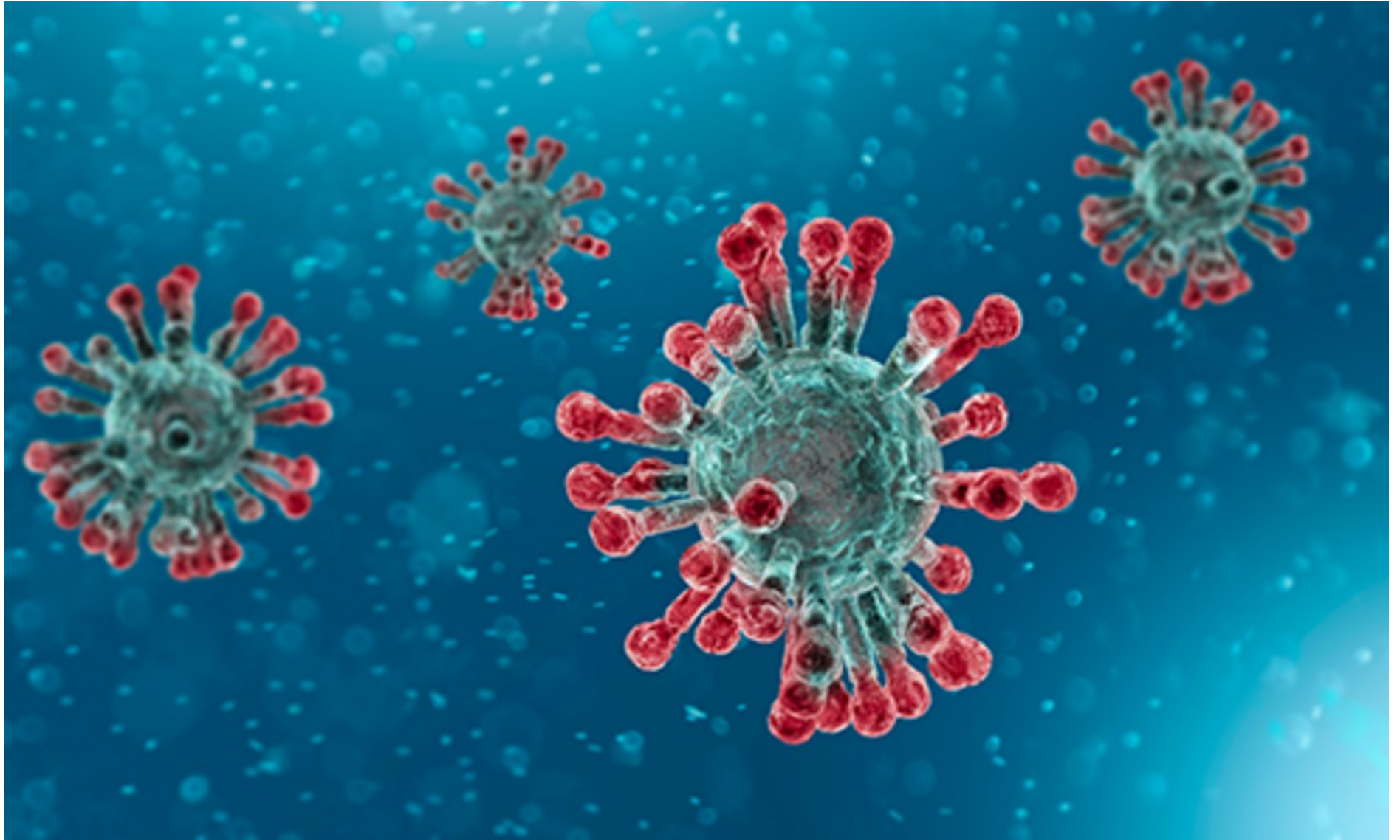




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**PREVENTIVE MEASURES BY AYURVEDA
HOW THEY HELP TO FIGHT CORONA
THE PIOUS AYURVEDA WAY**

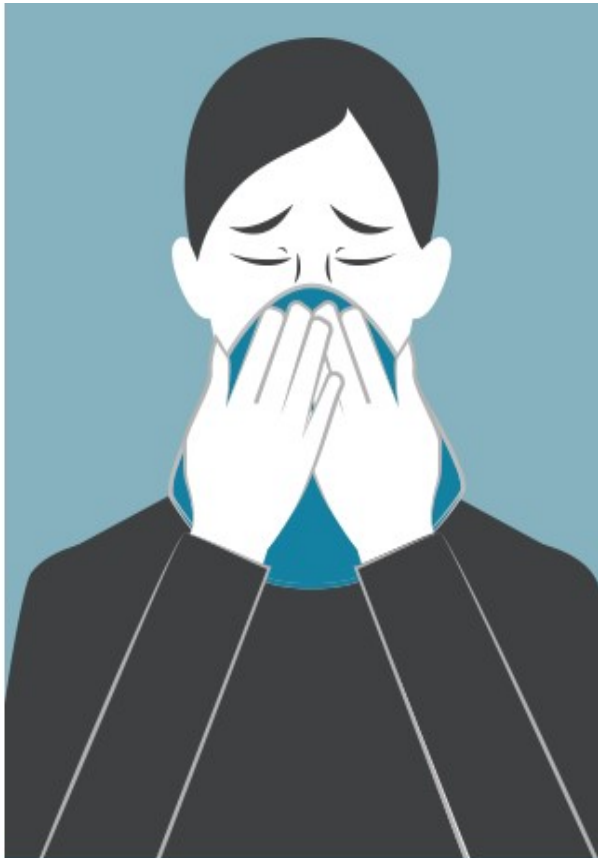


COVID- 19

CREATE IMMUNITY AGAINST CORONA



**Wash your
hands**



**Use a tissue
for coughs**



**Avoid touching
your face**

The **CORONA** is mainly affecting our lungs. The lungs are a pair of spongy, air-filled organs located on either side of the chest (thorax). The trachea (windpipe) conducts inhaled air into the lungs through its tubular branches, called bronchi. The bronchi then divide into smaller and smaller branches (bronchioles), finally becoming microscopic.

The bronchioles eventually end in clusters of microscopic air sacs called alveoli. In the alveoli, oxygen from the air is absorbed into the blood. Carbon dioxide, a waste product of metabolism, travels from the blood to the alveoli, where it can be exhaled. Between the alveoli is a thin layer of cells called the interstitial, which contains blood vessels and cells that help support the alveoli.

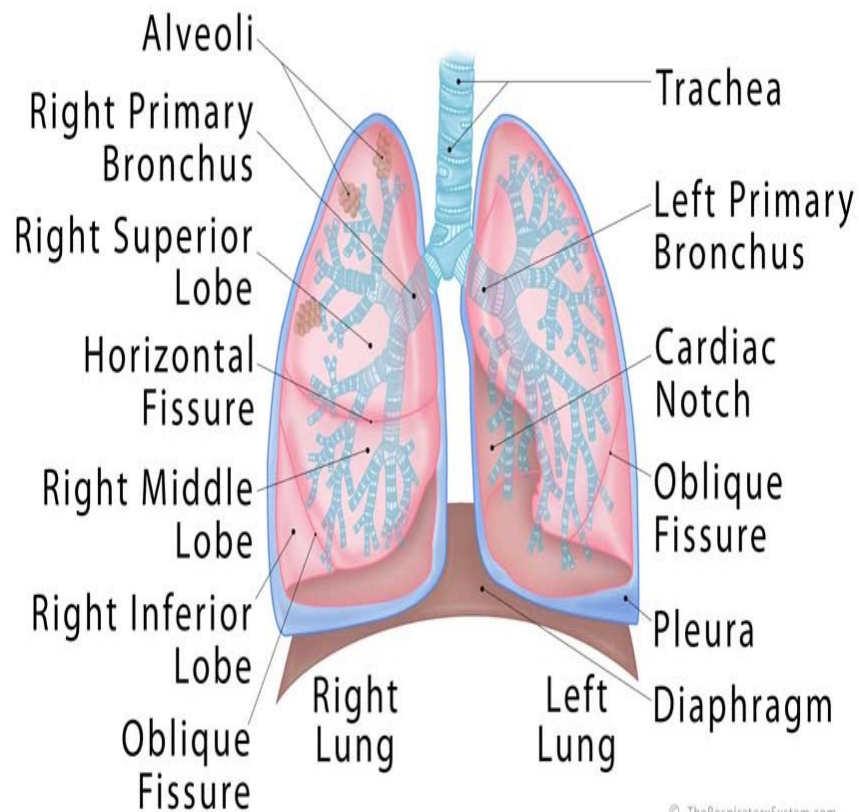
NORMALLY

Breathing > oxygen in > lungs > inflate > oxygen inside lungs > clean the blood > purified blood goes back to heart > lungs deflate and come back to normal position > Blood in heart > get supplied to whole body > Brain > regulates every part of the body giving sensations and work

As the part of body getting infected with corona virus are lungs which is the place of AVLAMBHAK KAPHA in ayurveda and when lungs are infected the next organ which get affected is heart, which again is responsible for supplying the fresh blood to body and brain and when blood is not oxygenated and all the blood in the body become impure with toxins of the body.

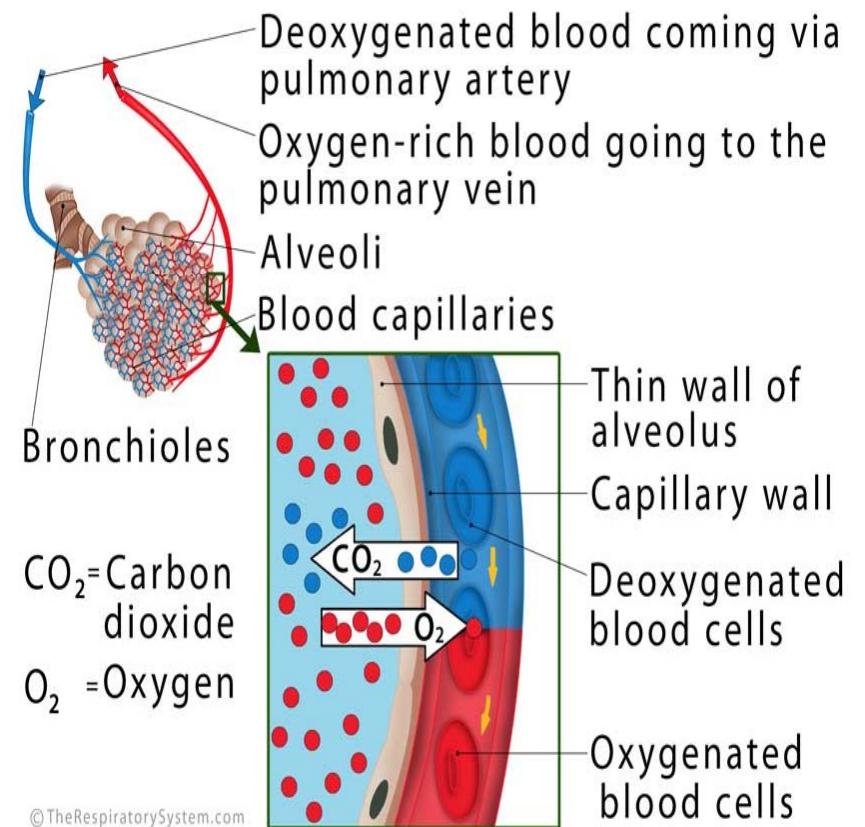
MAIN FUNCTION OF LUNGS IS TO OXYGENATE THE BLOOD

Lungs



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Gas Exchange in the Lungs



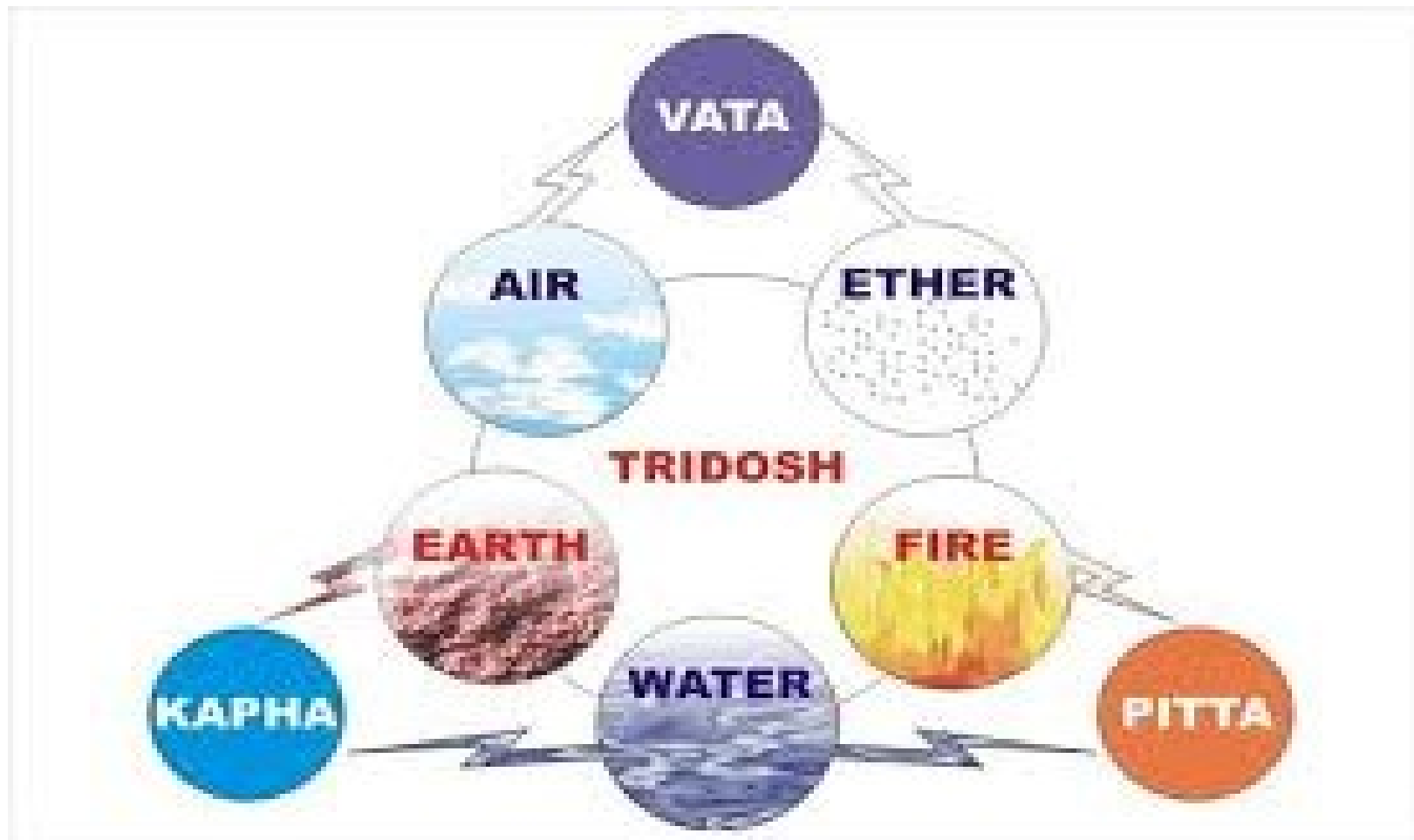
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Brain do not get the full supply of the blood and oxygen it needs, all the nervous systems gets deoxygenated leading to collapse of the entire body
(Every system is under the control of the brain).

SO, Breathing > infection in lungs > consolidation of lung tissues > they cannot expand and shrink > no oxygenation and cleaning of blood > heart affected> poor blood supply and oxygen supply of brain > nervous system > every other system fails called as multiple organ failure

MODE OF ACTION OF THE PREVENTIONS ON THE BODY

Ayurveda works on tridosha theory that is vata , pitta , kapha. According to the nature of the virus and the symptoms it is possessing, I am penning down some preventive measures which are useful to fight the virus.

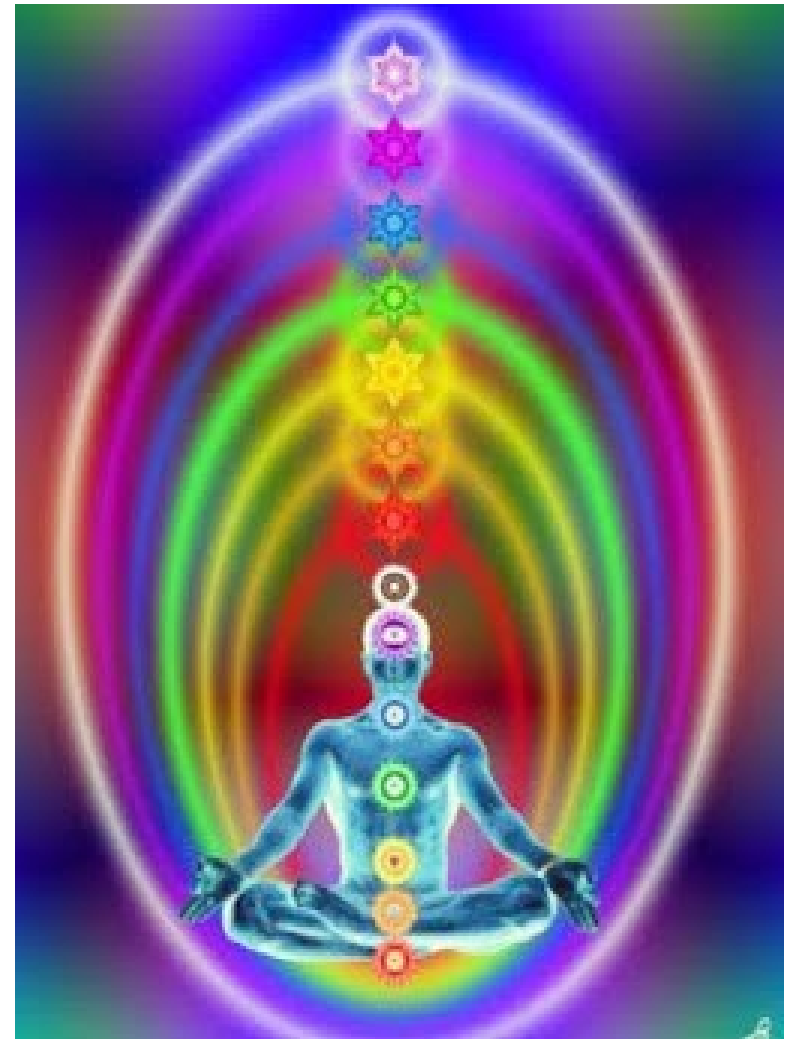


ANULOM –VILOM AND MEDITATION HELPS TO INCREASE LUNG OXYGEN CARRYING CAPACITY AND ENLIGHTEN YOUR AURA

1. First of all increase the lung's oxygen carrying capacity and elasticity of the whole nervous system. Over the time our body has become stiff so we have to make it flexible. We have to adapt a holistic routine that includes proper diet. Do Pranayaam, ANULOM VILOM to increase the elasticity of the lungs and full body. Hold the breath as long as you can, to increase the oxygen carrying capacity of lungs and brain.



2. Do meditate daily to give proper rest to your brain and revive its cells, it has to retain the elasticity of nerves and muscles of brain, which are at risk due to interference of mobile radiation into the functioning of neurons. Our brains are at huge risk, that is why the immunity has got compromised. Restrict the use of mobile phones. Don't expose your children to more of mobile radiations, it hinders with the growth of children.



3. Eat with full concentration without watching TV or MOBILE , chew at least 20 to 30 times, it produces enough of saliva which helps in better assimilation of food so that body don't become acidic and all the mucosal membranes in the body remain intact.
4. Eat at proper intervals. Eat leaving one third of your stomach empty so that food gets assimilated properly.
Do not drink much water with meals, it slows down the metabolism

THE TRENDS SHOW BODY NEEDS MORE OF MOISTURE SO:

- Gargle with warm water twice or thrice a day.
- Drink water as much as you can, prefer warm water.
- Drink two glasses of warm water with just a pinch (mind it) of pink salt in it, it retains the moistness of body and cleans the system.
- Drink one glass of water before going to bed and one glass when you get up, that too without brushing your teeth, the saliva of morning is good for our body.

STAY HEALTHY AND HAPPY AND LIVE IN GRATITUDE

INCREASE YOUR IMMUNITY WITH HERBS AT HOME



1. HALWA

Take 30 ml of liquid halwa (desert) made from suji (semolina) daily as a preventive measure, it retains the moisture of body especially lungs.

Make it with desi ghee and water, put 2 black pepper seeds, 3 almonds, 5 raisins (kishmish) in this 30 ml, this 30 ml is dose for one person daily.

(Best remedy we use for toning up lungs, I use it for curing Asthma and chronic cough, believe me, I m using it since 25 years, for prevention nothing can be as good as this seera, palatable and yummy for kids and grown up as well)

(* make only with water, not milk)

2. MAKE A MIXTURE OF

- Ajwain [Trachyspermum ammi] : 100 gms
- Jeera (roasted) [Cuminum cyminum] : 50 gms
- Saunf (roasted) [Foeniculum vulgare] : 50 gms
- Dhania (roasted) [Coriandrum sativum] : 25 gms

- Best mixture which detox your body at daily basis.
- It helps your body to stay alkaline & boost up immunity.

Make this supplement yourself at home.

Grind it to make a coarse mixture, eat 1 tsp by Chewing it well with 1 glass of warm, water, before going to bed. Give it to children as well if they cannot chew it, give, them the decoction made at home. I am giving the formula below.

(you can have whatever you have at home, don't rush to market to bring any thing)

3. MAKE MIXTURE FOR CHILDREN AT HOME

- Badam [*Prunus dulcis*] : 100 gms
- Khaskhas [*Chrysopogon zizanioides*] : 25 gms
- Saunf (roasted) [*Foeniculum vulgare*] : 50 gms
- Choti Elaichi [*Elettaria cardamomum*] : 10 gms
- Pumpkin seeds [*Cucurbita pepo*] : 50 gms
- Akhrot [*Juglans regia*] : 25 gms
- Sun flower seeds [*Helianthus annuus*] : 25 gm
- Flax seeds [*Linum usitatissimum*] : 25 gms
- Sugar (quantity sufficient) : q. s.

(You can add whatever you have at home, that is why I have written so many ingredients, you can take whatever you have and in whatever ratio you want to have)

Make a powder and give 1 tsp. daily with milk or warm water.

4. FOR 250 ML READY DECOCTION FROM:

- Ajwain [*Trachyspermum ammi*] : 5 gm
- Dhania [*Coriandrum sativum*] : 1 gm
- Saunf [*Foeniculum vulgare*] : 2 gm
- Dalchini [*Cinnamomum zeylanicum*] : 1gm
- Podina [*Mentha arvensis*] : 1 gm
- Tulsi [*Ocimum tenuiflorum*] : 1 gm
- Fresh or dry ginger [*Zingiber officinale*] : 1gm

Can add jaggery or drink as it is.....

Method of preparation :

Take 500 ml of water, soak everything at night and boil in the morning, reduce it to 250 ml. It is for 5 members family, give 50 ml to each member, it can be diluted or taken as such, if children don't drink it, we can give children in divided Doses. Make decoctions daily fresh and give on alternative day .
(THIS DECOCTION IS ALKALINE IN NATURE, SO KEEPS OUR BODY FLEXIBLE).

THE TURMERIC LATTE AND ALMONDS AND RAISINS



TURMERIC (HALDI) [*Curcuma longa*]

- Take ½ tsp of haldi or can have capsules also, 500 mg twice a days is daily dose.
- Can have honey daily in milk or water.
- Amla in any form is good to retain immunity
- Take 10 drops of almond oil / coconut oil / castor oil in warm water early morning, it lubricates all the internal organs and clean intestines so that food don't ferment there and produce foul smell or toxicity in body, which further stiffens the body.

STEAM INHALATION AND NASYA

Pacify the Brain and relax it with meditation and steam inhalation. So if we come to calm down the brain and want to pacify the vata dosha we can put 2-2 drops of Almond oil in both the nostrils in winter and Goghrita in summers, as it lubricates the sinuses pacifying vata at ENT and CN systems.

How applying oil affects :

Use camphor oil daily for inhalation. It keeps our bronchioles healthy and open. If you can not put 2 2 drops in both the nostrils , just Apply coconut/seasame / almond/pious oil in both the nostrils and ears and on forehead.


Forehead(the third eye chakra is associated to the pineal gland in charge of regulating biorhythms, including sleep and wake time)

Applying on belly Button helps to pacify the vat dominat area that is Intestines the main centre for vata prakope in Ayurveda (VATA DOSHA ARE PAKWASHYAA SAMUTH).

In layman language when a stem is dry, it shrinks then we can break easily, same happens to our nerves, neurons, blood vessels and muscular organs. Dryness causes the hyperactivity, leading to breaking of mylein sheath, loosing the flexibility of nerves to neuropathies .

Dryness causes shrinking of brain parts as brain is also a muscular part of body and is base for Hormonal secretions , which get disturbed leading to irritation, aggression and other problems.





My main aim is to create awareness
so that we can save more and more people.
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