

MENTAL EFFECTS DUE TO CORONA PANDEMIC AND ITS PREVENTION IN AYURVEDA

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ABSTRACT

The corona virus disease 2019 (COVID-19) pandemic and the governmental limitations smash our daily life in most parts of the world. The outbreak of COVID-19 as a major health care incident has apply a negative effect on daily life, threatened people's health both mentally and physically, and endangered social and economic development. Due to extremely infectious COVID-19, the health care workers have to cut off the direct contact with other people, and spend time alone after work, so that the availability of social support might be of significance to medical team. It is usual for singles to feel stressed and worried in times of pandemics, with fears of falling ill or dying, being socially excluded in quarantine, or losing their work . Poor sleep is a double-edged sword: Anxiety produce not only poor sleep but a lack of quality sleep can lead to anxiety, stress and depression, a sort of circular effect. The current threat of Covid-19 has reactivated feelings of helplessness. Being so hopeless and anxious that we begin to think of ending our life is, of course, a sign that instant professional help is required. The good news is that exercise and rehearsing good sleep hygiene can often help get us back on track. Mental health treatment during the corona virus pandemic is very major to secure continuity of care for those already receiving treatment and people who become newly symptomatic. This COVID virus, develop in low temperature so if we have its symptoms then drink boiled hot water for 1-2 days till you feeling good. Take 1 or 2 sip every after half hour of hot water to end Corona virus symptoms. The basic approach of *Ayurveda* in any infection is to support and permit the body's innate procedures to deal with the challenges posed by infecting organisms. The herb *Amrita* [*Tinospora cordifolia*] is observed one of the most significant immunomodulator in nature that may support body against viral flu. It is the major content of many formulations that are used in *Ayurveda* for fever, cold, cough and infections and it also assist modulate body's immune response in several immune mediated situations.

Keywords:-corona virus, quarantine, Mental health, *Ayurveda*, Immunomodulator.

Introduction

Corona Virus Disease 2019 (COVID-19) appeared in Wuhan has spread throughout China from December 2019, which has seriously threatened human health. On 30th January, WHO declared the novel corona virus pneumonia (NCP, later renamed as COVID-19) Epidemic. The corona virus

disease 2019 (COVID-19) pandemic and the governmental limitations smash our daily life in most parts of the world. The outbreak of COVID-19 as a major health care event has exerted a negative impact on daily life, threatened people's health both mentally and physically, and endangered social and economic development. In the face of such severe situations, the government and the health department have supplied various preventions and regulate policies, and actively taken different prevention and control measures to contain the epidemic. The fresh health care workers at around 30 years old are confronted with the much more occupational stress, which is also a big challenge to their resilience and mental health.

Corona Virus (COVID-19) has been spread in about 66 countries of World. Over 3000 people has been dead with this virus in China and more over 2,50,000 Corona cases in the entire world till date. In India, till 20 March over 200 cases establish of Corona virus with 4 death number so no need to get panic and beware of rumors. Take some normal preventives or home remedies and beware from this deadly virus infection.

Resilience is an individual's capacity to deal with importance adversity and quick recover. Preceding study showed that psychological resilience can protect individuals against mental illness and thrive from the adversity. Thus, it might help predict the workers' mental health by assessing their resilience.

Social support is individuals' perception or experience in terms of being involved in a social group where people commonly support each other family, friends or any other most relatives could supply material and spiritual support, which probe to be positively related with mental health. Due to highly infectious COVID-19, the health care workers have to cut off the direct contact with other people, and spend time alone after work. So that availability of social support might be of importance to medical team.

It is usual for individuals to feel stressed and worried in times of pandemics, with fears of falling ill or dying, being socially excluded in quarantine, or losing their work .

There are a quickly increasing number of publications on mental health in the pandemic and the governmental restrictions, respectively. Many of them are statements or comments and report alarming implications on emotional and social functioning or an increased vulnerability for mental health problems and suicidal behavior. According to a survey 25% suffering from anxiety in India, whereby work situation, income, gender, and relationship status were correlated with mental health.

Sign and symptoms

Such is the anxiety-ridden reality of living in the age of corona virus for many people around the world. "Chronic threat reaction is the rise of many of the same symptoms related with post-traumatic stress -- sleep troubles, floods of anxiety, irritability, difficulties concentrating.

Poor sleep

"When nightmares become a regular thing and our sleep quality is consistently bad, that is always the first sign that we may need to take action to improve our mental health. Poor sleep is a double-edged sword: Not only does anxiety produce poor sleep, a lack of quality sleep can lead to anxiety, stress and depression, a sort of circular impact. The good news is that exercise and practicing good sleep hygiene can often help get us back on track.

Helplessness or crippling anxiety

If the current threat of Covid-19 has reawakened feelings of helplessness, such as in the face of violence at home, or from a loss of identity and purpose after being fired or furloughed from a job that can also be a key sign of risk.

An overwhelming feeling of helplessness is what often leads to trauma symptoms. Those of us who've been let go from a job can feel as if we've lost our identity, due to the absence of the roles and relationships that give our lives meaning, and therefore we feel helpless.

Helplessness can turn to a dark and crippling anxiety, "Crippling anxiety is where you feel continually flooded with feelings of panic.

Thoughts of suicide

Being so hopeless and anxious that we begin to think of ending our life is, of course, a sign that immediate professional help is needed.

What to do to help yourself

Reach out and connect, just not physically. The first thing to do is stay socially connected with friends and loved ones even though you're physically apart. Technology is a great way for many of us to do that, but some in the family, such as grandparents, may be as adept at using facebook, facetime and Zoom.

"Reaching out and connecting with people, commonly those who are especially isolated, and giving them space to talk about their happening and anxiety during this unprecedented time of anxiety and then sharing our own experience is how we will get through this.

Breathe deeply

The thing we teach most is deep breathing. It's free, it doesn't cost anything and it truly works. Here's how to do it appropriately , Breathe through the nose, hold it and then exhale very slowly out through your mouth like you're breathing through a straw and when you breathe slowly out, you reform your whole picture of life and you decrease your nervousness.

Five ways to improve your mental health in 2020

[1] Take control of your mental state: Fight back against anxiety turning darker, experts suggested, by taking control of how you think.

[2] Establish a schedule: Our days and nights are blending together, and many people find themselves working more hours, or if they can't work, fretting about finances. One way to fight back to is set up a schedule that isolates work or job search from family and play time commonly exercise, which is critical for boosting our mental mood. Meditation or mindfulness is also best options to schedule into our day

[3] Be careful with media, especially social media: Be sure to limit the amount of time you spend watching the news, especially if you feel it makes you anxious that can also apply to social media.

[4] Crack a smile: It's long been said that "laughter is the best medicine," and that applies to the anxiety of our times so watch funny movies, listen to comedy routines, ask everyone you talk to on the phone to tell you a joke.

[5] Stay optimistic: There are so many unknowns when it comes to this new disease that is terrorizing the world. Will it ease over the warmer summer months? Get better or bad as the world begins to open back up? Even worse, will it go back with a vengeance in the fall and winter? Don't let those unknowns shake you or take away your optimism.

TREATMENT

Mental health treatment during the corona virus pandemic is extremely important to ensure continuity of care for those already receiving treatment and people who become newly symptomatic

Social distancing during the corona virus has led many patients and providers to rapidly consider and adopt alternatives to in-person consultations, including telepsychiatry, telepsychology and mental health apps.

Telepsychiatry

The popularity of telepsychiatry sessions using videoconferencing is increasing and has many possible benefits when compared to in-person visits. Many psychiatrists are adopting telepsychiatry, if they had not already, to serve their patients during the present restrictive time.

Proof has shown that telepsychiatry and face-to-face treatment have comparable outcomes. The main advantage presently is to be able to see a health care provider while under social distancing and quarantine guidelines. This is mostly important for those who are at high risk for corona virus.

Telepsychiatry can outstandingly increase access to care by offering the following benefits:

- Enable access for those with mobility limitations
- Decreased childcare costs due to no travel requirements
- Increase availability in underserved and rural areas
- Reduce scheduling delays due to greater appointment availability and flexibility
- Upgrade continuity of care

Medication

Ensuring no interruption to medication regimens is very significant, especially given potential disruptions in the global pharmaceuticals supply chain as a result of the corona virus pandemic.



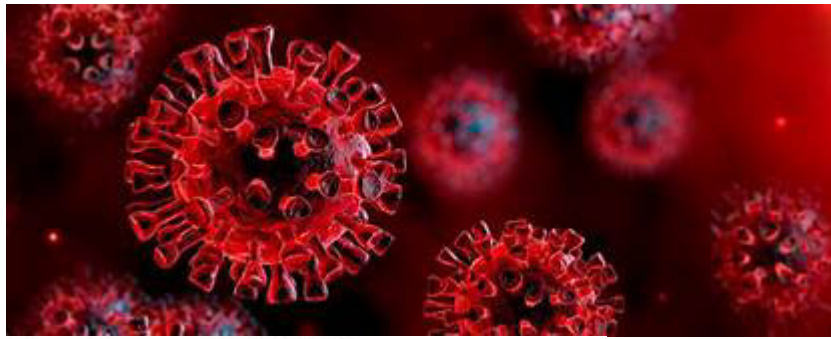
Mental Health Apps

There are many mental health apps available, and the Corona virus has led to a spike in usage. It is always significant to seek and receive mental health treatment when needed, especially during a stressful condition like the corona virus crisis. The best possible care is what can help us get through this outbreak safely.

Home Remedies to Treat Corona Virus Symptoms

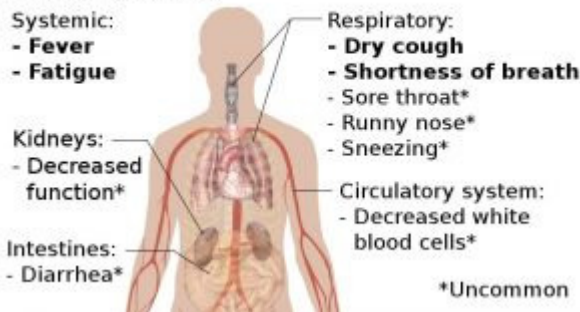
Corona Symptoms

If you have fever, fatigue, cough, sore throat, cold and difficulties in breathing then please go for a medical checkup.



Symptoms of COVID-19

(coronavirus disease 2019)



With a simple trick, you can also recognize this virus symptom. Take a deep breath and stop that breath for about 10-15 seconds. If during this time you face cough, chest pain or lungs congestion then you would really need a health advice. This virus affects respiratory system mainly.

Corona Precautions

UNICEF research said that this virus size is about 400-500 microns and with some normal precautions helps us to beware from this virus infection. Due to its big size, it can be simply stopped entering in our body using face mask. Always wear a mask when you are outside home or in a crowded place. If you are not capable to get a mask then simply use a clean piece of cloth or handkerchief to cover your mouth.



Due to excess demand, there is lack of face masks in market. Use a neat and clean piece of cloth to wrap your mouth and Wash your hands for 30 seconds when we enter into home from outside. This virus is not spread by air and it is an infectious disease that circulates out with infected people physical contact. If infected people touch any metal things then it lives for 12 hours so avoid holding doors, handles, chairs etc on public place. Also say hello or namaste despite of any physical contact or handshaking. So please avoid close contacts of virus victims.

Daily wash your cloths and dry it in sunrays for minimum 2 hours. The virus lives on cloths for about 9 hours and after wash it will be destroyed. The virus lives and spread in a cool temperature till 26-27 degree Celsius. So everyday go in sunlight for some time.



If you are a employee or traveler and not able to wash hands regularly then use hand sanitizers. Avoid junk foods like Burgers, Pizza etc for some time until this virus controlled completely.

Corona Remedies: This virus, grow in low temperature so if you have its symptoms then drink boiled warm water for 1-2 days till you feeling good.

1. **Giloy or Guduchi (Tinospora Cordifolia)** – it is a well known natural herb that used in management of fever, malaria, cough, dengue and other health diseases. Due to its antibacterial and antiviral nature, we can use it without any prescription or advice. Prepare the decoction (*Kwath*) of Giloy and take it twice a day. It will not only cure viral infections but also built our immunity. So if you feel any symptom or not, just take it to improve immunity.



Tulsi (Basil)- it has also antiviral and anti-bacterial properties. So daily take 2-3 leaves of Basil or if leaves are not available then use its seeds. You can prepare Basil tea with add some ginger.



Turmeric powder (Haridra)- It is also used to treat symptoms of viral infections. Boil Giloy, Kali *Mircha*, Basil and few pinch s turmeric powder and drink it twice a day. It is useful to treat viral infections and to increase immunity.



5 Vitamin C rich foods- it also improve immunity and it enhances the number of white blood cells. So use citrus fruits like Amla, Mosami, Orange, Lemon, Guava and grapes daily to avoid virus or bacterial diseases.



Ayurveda treatment for Corona virus or Covid19

Recent time has been tough for all of us as we navigate unsettling times amid the novel Corona virus pandemic.

Many of us are practicing social distancing by staying inside, avoiding crowded spaces, cancelling long laid plans and working from home with an indefinite timeline of when we'll be returning to normal life.

There are few *Ayurvedic* tips and strategies that have proven time and again to support our body's immune system efficiently in times of serious challenge.

What is the *Ayurvedic* treatment approach for Covid-19

The basic approach of *Ayurveda* in any infection is to support and allow the body's immune system to deal with the challenges posed by infecting organisms. When people fit and in good shape, they will beat any virus.

Covid 19 is not a normal virus. This pathogen primarily attack on the lungs, than it has turned out to be a more formidable foe –affecting nearly every major organ system in the body. And there is no proven cure yet. The only way to go is to improve our immunity and fitness and stay away from the virus.

***Ayurvedic* tips to Enhance Immunity**

These *Ayurvedic* suggestions are not a substitute for conventional treatment, but are recommendations to maintain a healthy immune system.

General Measures for enhancing immunity and fitness of mind and body-

- Drink warm water throughout the day.
- Practice Yoga for at least 30 minutes daily
- Do *Pranayama* [deep breathing exercise] daily
- Meditate daily
- Ayurvedic drink for immunity
- Include Turmeric, Cumin, Coriander and Garlic in dishes.
- Drink herbal tea made with Holy Basil, Cinnamon, Black pepper, Dry Ginger and Raisin – once or twice a day.
- Add jaggery (natural sugar) and / or fresh lemon juice as per your taste, if needed.
- Those who are used to consuming milk daily can mix half tea spoon turmeric powder in 150 ml hot milk and take once or twice a day.

Ayurvedic herbal medicine for Immunity and Strength

- *Chyawanprash* 10gm in the morning. [Diabetics can take sugar free *Chyawanprash*]



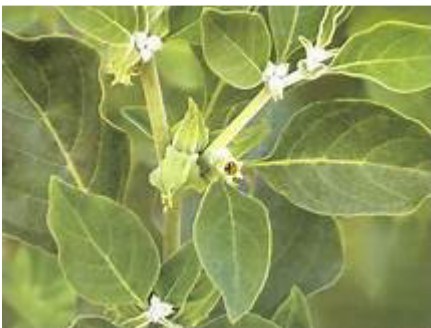
- Nasal application – Instill 2 drops of sesame oil / coconut oil / Ghee in both the nostrils in morning.



- Simple *Ayurvedic* treatment that improve oral and nasal health and immunity
- Oil pulling therapy – Take 1 table spoon sesame or coconut oil in mouth.
- Do not drink, Swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.
- Steam inhalation with fresh Mint leaves or Caraway seeds can be practiced once in a day.
- Clove powder mixed with natural sugar / honey can be taken 2-3 times a day in case of cough or throat irritation.

***Ayurvedic* herbs that may support body in fight against viruses.**

- ***Tinospora cordifolia*** -The herb *Tinospora cordifolia* [*Amrita*] is considered one of the most powerful immunomodulator in nature that may support body against viral diseases. It is the important ingredient of many formulations that are used in *Ayurveda* for fever, cold, cough and infections and it also helps modulate body's immune response in several immune mediated conditions
- ***Withania Somnifera*** -Taking *Withania Somnifera* [*Aswagandha*] may strengthen the nerves and boost immunity at this pandemic time.



- **Triphala** -Triphala powder is helpful in maintaining bowel and colon health and also benefits the immune system. It helps to prevent constipation.



- **Amlaki**- Take *Amla* [Indian gooseberry] 30 ml juice mixed with 1 tsp honey, pinch of turmeric, pinch of black pepper and 1tsp lemon juice daily.

Discussion

In order to escape from cross infection, the social distancing between people had to be increased. When other people had fever or cough, some of them became more sensitive and tended to show some obsessive-compulsive symptoms such as washing hand repeatedly. The daily increasing numbers of confirmed cases and deaths also increase the level of anxiety and terror among the people.

Medical staff knew how to protect themselves better and had the confidence to overcome the disease compared with fresh staff, which was of benefit to increase their resilience and mental health. Therefore, effective online mental health service and early screening and interventions were necessary to address mental health needs in health care workers.

Resilience is considered as a protective factor to mental health. The fresh staff with high strength showed greater courage and would not quit in this medical battle. Definitely, good social support might also have buffered the average severity of symptom among people in high risk work. So that, it is most important to have a high level of training and professional experience in health care workers engaging in public health emergence, especially for the fresh staff.

UNICEF research said that corona virus size is about 400-500 microns and with some normal precautions helps us to beware from this virus infection. For this always wear a mask when you are outside home or in a crowded place. If you are not able to get a mask then simply use a clean piece of cloth or handkerchief to cover your mouth.

Conclusion

Health care workers without public health emergency experience showed worse performance in mental health, resilience and social support, and tended to get psychological abnormality on interpersonal sensitivity and phobic anxiety. A high level of training and professional experience, resilience and social support were necessary for health care workers who are first taking part in public health emergence. Public should always support the health warriors and follow the rule of government. Take proper precautions for corona virus.

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