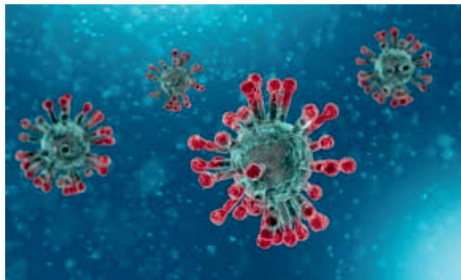




## CORONA VIRUS Prevention Through Ayurveda



Novel Corona Virus, the pandemic which is engulfing the whole world at present, has no vaccine to prevent it. Also, there is no specific treatment to cure this viral infection. The only thing we can do is to protect ourselves and stop further spreading of the virus by taking all preventive measures. Now, the question arises, does Ayurveda play any role in the prevention and management of this disease? The answer is yes! The reason behind this is, when we acquire any infection, it is primarily the vyadhikshamatwa (Immunity) which helps in preventing the disease. The

same holds good even in the case of corona virus infection. It is the immunity which plays a significant role in the prevention and curing of the disease. In Ayurveda, these conditions are classified as a type of Agantuka Jwara (Exogenous fever) or under Oupasargika Rogas (communicable/infectious diseases) and are treated accordingly. Here, prevention and treatment are given depending upon the early signs and symptoms.



### For the prevention of Corona Virus Infection specific measures to be followed are:

- Maintaining personal hygiene by not sharing things like –Vastra, Male, Anulepana (Clothes, garlands, different types of paste applications, etc. in the body).
- Also, using Dhoopanas (fumigation with antimicrobial drugs like Nimba(Neem), Haridra(Turmeric), Guggulu, Tulasi (used Tulasi garland), Sweta Sarshapa (White mustard, Jatamamsi, etc. in houses and other dwelling places).
- Consuming light warm and hygienic food.
- Drinking hot water and water boiled



with Padmaka, Usheera, etc.

- To improve the immunity intake of powders like Amalaki, Guduchi, Aswagandha, Kiratatikta, Yashtimadhu, Nagara, Pippali, etc. either separately or in combination with honey or hot water is recommended.
- It is also advised to consume some of Jwarahara preparations like Amritarishtam, Amritottara Kashayas, Samshamanavati, Gorochnadi Vati, Sudarshana Vati, etc.
- Frequent gargling using water boiled with Triphala, Haridra, Saindava, Tankana Bhasma either separately or in combination can be done.
- Acquiring infection from outside can be avoided by frequent Pada Prakshalana and Hasta Prakshalana (cleaning of hands and feet). The water used for cleaning can be boiled with Nimba(Neem).



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# ANNA PRASHANA SAMSKARA

## AN OVERVIEW

- Dr. Visal S Kumar, Assistant Professor,  
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From birth till death, a human being is confined with various types of Samskaras. It is these Samskaras that grant him dignity and decorum. They also nourish and purify him. There are sixteen samskaras as described by a majority of ancient texts and treatises. Out of them, many are exclusively for infants and children. Annaprashana is one such Samskara which is observed during the infancy period. It is a very significant ritual designed to prepare the digestive system for various types of foods, and also to develop proper feeding habits to ensure adequate nutrition and immunity. Significance of Annaprashana Samskara is that the child which was so far nourished only with the milk of the mother should now be given some quantity of solid food. The first-ever meal consumed by the child is called as Annaprashana. This Samskara marks the beginning of a new stage related to a child's growth and development, proper organ formation and function, a strong immune system, neurological and cognitive development.

All through the first year of life, many physiological changes occur in the human body. These changes allow infants to consume foods of varying compositions and textures. For proper growth and development, an infant must get an adequate amount of essential nutrients by consuming appropriate quantities of certain types of food.



### Time of observance of Annaprashana Samskara:

According to Acharya Susruta and Acharya Vagbhata, the Samskara has to be observed in the sixth month. Acharya Kasyapa advocates Phalaprashana Samskara by 6th month in which feeding of various fruits and fruit juices to the infant is being done. After the genesis of teeth or during the tenth month, Annaprashana is done on an auspicious day and Muhurta.

According to Ayurveda, at the age of six months a child should be given light or hitakara ahara (congenial/ wholesome food). Solid food should be introduced to the child gradually, and in the meanwhile, breast milk is slowly withdrawn.

### Importance of Annaprashana Samskara:

- Followed to make the child energetic, brave and intelligent.

- Appearance of proper taste buds and the formation of adequate polysaccharide digestive enzymes in the child take place at this stage.
- Helps the mother identify the appropriate time for weaning.
- Mother is also trained about the feeding method for her child.
- Can find out about the food allergens during the process of weaning of the baby. This prevents the child from facing any growth hampering issues.
- Baby grows rapidly during the first six months of life, and this results in depletion of nutrients. Feeding with breast milk alone is not sufficient to supply the required amount of nutrients for a child's growth and development.
- At six months, carbohydrate digestive enzymes are also produced in adequate quantity. Therefore at this stage, Annaprashana Samskara has to be done to fulfill the daily nutritional requirements of the child. At this point, the child should be gradually introduced to easily digestible foods made from different types of fruits and cereals.
- During the first 6 months, an infant should be fed with only breast milk. No other food is advised because babies do not have the Ptyalin enzyme, an enzyme required for digesting starch. Ptyalin acts on soluble starch and converts it into





maltose or dextrin. It also stimulates the secretion of insulin and glucagon of the pancreas. If Ptyalin is missing from the baby's saliva, two major problems occur after the baby is fed with starch-based foods:

- i. The indigestible starch 'ferments' and eventually causes numerous digestive disorders.
- ii. Results in mucous thickening which results in ear, nose or throat problems in the baby.

Also, at six months, breast milk alone is not enough to fulfill the daily requirements of a growing child. Hence, it is the appropriate time to introduce supplementary feeding in the form of Annaprashana. Also, breast milk is deficient of iron, Vitamin A, D, K and Calcium. So, by offering other types of foods rich in essential nutrients and vitamins, we can recoup the deficiency.

A similar principle is followed in modern paediatrics too. After six months of age, 'Weaning' – the process of gradually introducing an infant to an adult diet and withdrawing the supply of mother's milk is followed. Weaning should be started with soft and easily digestible foods. It is essential to avoid foods which are high in allergy (cow's milk, egg, fish, nuts, etc.).

**IMNCI (Integrated Management of Newborn and Childhood Illness) recommendation for breastfeeding and complementary feeding for a child of 6-12 months age is given as:**

- Breastfeed as often as the baby wants.
- Small amounts of crushed Roti/bread/ biscuit/ mashed rice mixed in sweetened undiluted milk or thick Dal with ghee/ oil or Khichadi with added ghee/ oil.
- Add mashed cooked vegetables (like a potato) or Kheer or any cereal porridge cooked in milk.
- Feed banana/biscuits/papaya/ mango as snacks in between the servings.



Child growth is one of the critical public health indicators to monitor the nutritional status and health of the children. In the present era, dietary deficiencies, growth retardations, frequent attack of infections are more in children due to inadequate intake of nutritious food. Samskaras were formed concerning the growth and development of the child and Annaprashana is one such Samskara. It has its own importance even now, in developing a healthy child population.

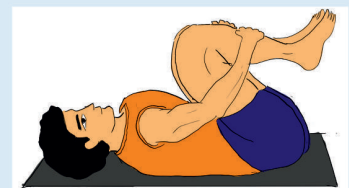
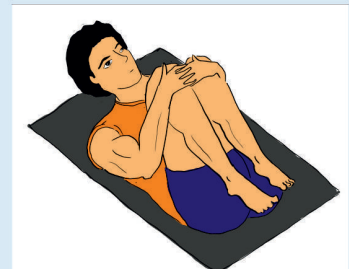
## PAVANAMUKTASANA

**Pavana - Wind**

**Mukta - Release**

**Asana - Posture**

**Pavanamuktasana is a wind or gas releasing Asana.**



### Benefits include:

Strengthening of the back and abdominal muscles. Toning the leg and arm muscles. It also improves digestion and helps in the release of gas. It helps in reducing the abdominal fat. It is beneficial to patients with obesity, diabetes, hyperacidity and constipation.



## SHIGRU (Moringa)

**Latin name:** Moringa oleifera

**Family:** Moringaceae

**English name:** Drum stick

**Kannada name:** Nugge kayi



### Rich in

- Calcium
- Iron
- Vitamin A
- Potassium
- Vitamin C

India is the largest producer of Moringa. The plant is grown in home gardens and as living fences. It is widely grown for its leaves which are sold in local markets. The leaves of Moringa are usually consumed as a healthy food. Almost all parts of Moringa are edible with regional uses varying widely.

In India, the culinary uses of Moringa leaves are in practice effectively as they are versatile and can be incorporated in the diet in many ways. Preparing juices, soups, salads and also, using them as a stir-fry vegetable are the most common ways in which they are consumed.

The leaves are the most nutritious part of the plant being a significant source of vitamin B, vitamin C, pro-vitamin A as beta carotene, vitamin K, manganese, phosphorous, potassium, calcium, foliate etc. Because of its precious nutritional value, it is considered better than carrots, orange and even milk.

### Top benefits of Moringa leaves:

It helps to control blood glucose levels, cures constipation, is a rich source of anti-oxidants, maintains blood cholesterol level, used as an anti-inflammatory remedy. In addition to this, the leaves act as roughage and

promote proper bowel movement.

### Here are a few home remedies using Moringa leaves.

- Rubbing drumstick leaves on the temples helps to get rid of a headache.
- Applying a paste of leaves on wounds or insect bite helps in the process of healing as the leaves possess antibiotic and anti-inflammatory properties.
- The poultice of drumstick leaves is useful to halt bleeding from small cuts.
- Tea made from dried leaves is effective in treating gastric ulcer.
- Also, the juice of leaves is beneficial in treating bronchitis, eye or ear infection.
- Leaves are highly helpful in treating eye-ailments.

Moringa leaves are said to have seven times more vitamin C than oranges and 15 times more potassium than bananas. Also, the leaf extract may be used as a food preservative.

Hence Moringa provides a powerful punch of nutrition. Its anti-oxidant property, combined with cellular health-protective feature makes it new super food. Make Moringa a regular part of the diet to reap plentiful health benefits.



## VASANTA RITU CHARYA [SPRING]

The birds around me hopped  
and played,  
Their thoughts I cannot  
measure:-  
But the least motion which  
they made  
It seemed a thrill of pleasure.

- William Wordsworth



It falls under Chaitra and Vaishakha masa [march 15-may 15]. Vasanta means spring, this Ritu is known as green season. As the spring season sets in, the earth looks lovely and charming. The trees blossom with new leaves, and the sight of beautiful flower blooming brings a smile to all our faces.

During this season climate gets warmer, and the heat reduces the digestive power and Kapha dosha increases. During this time, people are prone to get Kapha disorders like Bronchial Asthma, Rhinitis, Cold, Cough, etc.

Some lifestyle modifications to be made to keep these diseases under control are- Regular Exercise, Powder Massage, Collirium, Medicated gargle. Also. Consuming foods which have Pungent, Bitter and Astringent taste helps to increase digestion. Consumption of Honey, Barly, Jowar, Old rice, Wheat is beneficial. Add little more garlic, ginger, asafoetida in your diet.