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Role of Ayurveda based Diet & Lifestyle in Prevention & Management of Covid -19

Running title: Role of Ayurveda based diet and lifestyle in Covid-19

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ABSTRACT

The world has witnessed several epidemics and pandemics, but before sometimes the severe acute respiratory syndrome coronavirus-2 (SARS-CoV-2), a novel one, has challenged the health care system all over the world. As anticipated, new variants of coronavirus have been emerging and conventional medical system fails to suggest a definite treatment yet providing prophylactic management along with critical care as needed to save many lives. The effects are being made to find out the agents that act against the virus or immunizing people against it, which got decoyed by the appearance of more variants. The way out here is to enhance the host defense mechanism, which is kept aside since long. Ayurveda from its very beginning has given importance to the host and proposed many measures which can improve the host defense mechanism, to lead a healthy life ahead. This review is emphasized on such measures which can be adopted in combating Covid-19 pandemic, and it include *Dinacarya* (daily regimen) which is explained in terms of *ahara* and *vihara* modifications, along with application of *satvajaya chikitsa* in management of stress among covid

patients. Literature related to Covid-19 pandemic were collected from published works through a search on online research portals, ayurvedic compendium and latest guidelines and regulations that are published. Obtained results were analyzed based on its pertinence and effectiveness in current scenario. As the disease is undergoing different genetic transformations, measures which make the host system capable of combating the different variants will be an operational one and even among them measures like *Dinacarya* etc. found to be a good choice.

KEYWORDS

Covid-19, Ayurveda, Diet, Lifestyle, Prevention, Management

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