



Epidemic In Ayurveda & Their Management By Rutucharya

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Abstract:-

Epidemic & pandemic not happen without the reasons. Because, the harmful health problems might have had occur in several time not only over India but also across the globe. Few examples like; TB, Malaria, HIV (AIDS), & other viral infection like influenza etc. The people are now very well understanding the word pandemic due to the ongoing disease; COVID-19 pandemic. This deadly disease travels across the world since December 2019; with huge loss not only limited to the lives but also have had made more harmful impact over the economical as well as social life.

The people came to know, there is something like this (COVID-19) health problems occurs due to the faulty adaptation of the food habits as well as the behavioral habits, simply as like China had it.

Ayurveda:-

“Heetaaheetam sukham dukkham ayusthasya heetaaheetam I
 Maanam cha taccha tatroktham ayurvedah sa yuchate II” Ch. Su. 1/41

The science is designated as Ayurveda, where advantages, & disadvantages as well as happy & unhappy state of life along with what is good & bad for life, its measurement & life itself are described.

The pandemic could be managed by the adaptation of the Rutucharya, (it means by adaptation of the seasonal regimen) which said in Ayurveda, for all people, as the preventive aspect of management for all the disease. As it improve the strength in the body tissue, improve the body immune power & removes the impurities from the body (which may cause for the several disease) by certain seasonal purification methods.

Key words:- Ayurveda, Epidemic, Rutucharya, Seasonal food & behavioral regimen etc.

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