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RESEARCH ORIENTED INNOVATIVE YOGIC STRATEGIES FOR COMBATING COVID-19 PANDEMICS

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ABSTRACT

In the present scenario of COVID-19 pandemics and its consequences, all human activities have been traumatized and paralyzed to the highest scale both at the national and international levels. India on 6th June 2020, at 2,46,549 cases overtook Italy to become the 6th largest country in the world for the pandemics with the mortality rate of 2.8%. Scientists are making unrepresented efforts to find out its medicines and vaccine to provide relief to suffering humanity.

Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body, thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach for health and wellbeing. Yoga, if learnt and practiced with firm determination & dedicated efforts can act as a preventive and managing tool for combating this viral infection. Thus, this paper explores research oriented innovative strategies of traditionally mentioned Hathyogic practices and Swarayogic therapeutic norms & principles for further experimental research.

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INTRODUCTION

Since January 2020,” COVID-19 Pandemics and its consequences” has traumatized and disrupted all human activities to the highest scale both in India and global world. It has not only horrified the world population but has caused multifaceted problems and damages; viz growth & economy; health infrastructure; un-employment; physical, mental, social & spiritual life and health; transport & communication, business & industries etc. The corona virus disease has claimed 4 lacs lives globally in the 148 days since it surfaced in the Chinese city of Wuhan and went on ravage more than 150 countries across the world and playing havoc specially in Italy, France, Spain, UK, USA, etc. Latin America, particularly Brazil has emerged as the latest epicentre of COVID-19 pandemics as per W.H.O reports. Till Saturday dated 6th June, 2020; 4000012 fatalities has been recorded from 6,916,826 cases World over.

At 2,46,549 cases, India on 6th June, 2020 overtook Spain to become the 5th largest country in the world for COVID-19 infections. However, with death toll of 6873 from the disease and a fatality rate of 2.8% till 6th June 2020, it is significantly lower than the case fatality rate of other hard-hit nations such as USA (5.8%), UK (14.2%), Italy (14.4%). In India, top ten States with highest confirmed cases, viz. Maharashtra, Tamil Nadu, Delhi, Gujrat, Rajasthan, UP, MP, WB, Karnataka and Bihar together account for 84% of the total cases and 90% of fatalities on Saturday, the 6th June 2020. Fresh infections in the country cross 10 thousand for the first time and as many as 296 deaths were reported, the highest single day toll from the virus so far.

Globally as well as at national level, all out efforts are being made to combat with the problem of pandemics COVID-19. Preventive measures like Lockdown to restrict human movements, hand washing or hand sanitization, wearing facial mask, social distancing norms, disinfecting the surfaces, premises, cars, eatable/vegetables, downloading Arogya Setu/ Sanjevani/ Ayush apps etc, Closer of temples, malls, cinema hall, educational institutions; banning religious/social/political/official gatherings, promoting online teaching, video conferencing for virtual meetings/public address etc. Moreover, scientists of major countries like China, India, Japan, USA, UK, France, Israel, Australia etc. are making day night 24 hours unprecedented efforts to find out its medicinal or vaccination treatment for providing a solace to suffering humanity.

Doctors, Nurses, Paramedical staff and Sanitising staff in hospitals have been putting hard work to save lives from the clutches of COVID-19 pandemics. In spite of shortage of testing kits, PPE kits of health officials, Isolation and quarantine centre with patients beds etc, the governments of all developed and developing countries have been fighting back with firm determination to defeat this present virus pandemics.

Taking into consideration the grave situations, Yoga plays a vital role as preventive as well as managing tools to fight with COVID-19 pandemics effectively with innovative strategies. It can provide a multi-dimensional approach, viz. physical, social and spiritual domains can be easily tackled and managed effectively in respect of traditional claims mentioned in Yogic texts. Presently, the need of the hour is to apply and verify the traditional laws scientifically with experimental findings to save the lives of human kind. Some of the research oriented innovative strategies for preventive and managing aspects of COVID-19 are as under:

1. Practicing of Anuloma-Viloma/Nadi Shodan Pranayama: The practice of Anuloma-VilomaPranayama (Hath pradipika-2/9-10) or Nadi Shodan Pranayama (GherandSamhita- 5/38-40) is an excellent practice to boost immunity as per traditional claims in Hath Yogic as well as Swara Yogic texts. The Hath-pradipika (2/7-10) and Gherand Samhita in (5/38-40) have been claiming the purification of obstructed energy channels in the human body so as to cause the flow of pranic energy in consonance with Universal prana; i.e start of flow of breath as per ideal standard breathing rhythm in accordance with mentioned date and time of bright and dark fortnights. Moreover, this practice will be enabling the human being the autonomic operation of particular desired nostril breathing with respect to physical, mental and environmental offending factors. In this way, this pranayama practice will act as a preventive tool for healthy persons and managing tool for COVID-19 infected persons. Swarsastra-26 has stated as under:

रेचक पूरक कुम्भक के योग करे जो कोय	
काल बचावे संत सो, मोती दस सिद्ध होय ॥128॥	(पवन स्वरोदय)
दिन को तो चंदा चले, चले रत को सूर,	
यह निश्चय कर जानिये, प्राणगमन बहु दूर ॥97॥	(ज्ञान स्वरोदय)
चंद्र तिथि में चंद्र स्वर, सूर चंद्र बहे सूर॥	
काया में पुष्टि करें, सुख आवत भरपूर ॥2॥	(स्वर शास्त्र)

सूरज दिन चंदा बहे, चंदा दिन रवि होय,
ता दिन विघ्न लागे कछु, हानि ताप दुख होय ॥३६॥

(पवन स्वरोदय)

2. Practice of JAL/SUTRA NETI: The Practice of JAL/SUTRA NETI will act as a effective tool for a healthy person as well as for infected person of COVID-19 to wash out the infection droplets, if inhaled accidentally. The infected droplets of virus in nasal tract will be loosened easily by the rubbing action of Sutra Neti and thereafter washed away by practice of Jal Neti. The nasal tract must be dried afterwards by sneezing action as well as by practicing VATKARAM KAPALBHATI (Hathpradipika 2/30 & 36; Gherand Samhita-1/55).
3. Practice of Vaman/Vastra Dhauti: Taking into consideration the traditional claim in Hath Pradipika and Gherand Samhita (1/38-39), Vaman Dhauti or Vastra Dhauti will boost the immunity of a healthy person, if practiced twice a week in the present scenario of COVID-19 pandemics. It will throw away vitiated mucous of pharyngeal region to make the breathing normal and efficient in contrary to infected person. Moreover, Hathpradipika (2/25) is having traditional claim of overcoming 20 types of Kapha diseases like Cough, Asthma, Splenic disorders, Skin diseases etc.
4. Practice of KAPALBHATI: According to Hathpradipika, Kapalbhathi is well known practice to overcome diseases caused by excess and vitiated Kaphadosha (HP-2/36). In the similar approach of COVID-19 Infection, it is a magnificent tool after the practice of Neti to get the nasal passage dried up easily and expel out the viral droplets from the respiratory tract. The blacksmith's bellow action speedily causes the evaporation of water droplets of mucous content effectively. A healthy person can clean and purify the bronchi, trachea and spongy lungs by its practice. Initially infected person/ asymptomatic person should perform this practice alone as it may infect the healthy doubtful nearby person.
5. Principle of SWAR YOGIC THERAPY: According to this principle, any disease like COVID-19 will cause the disturbance in standard biological biorythm of breathing i.e; most probably the excess flow of breath from right nostril with agnitattva i.e. breath heaving 12 angulas/ 10-12 cm approximately on prescribed dates of Lunar swara of bright and dark fortnights. The practice of Pranayanma having rechka of 16 or 20 angulas breath by an infected person will have fight back mechanism by counteracting agni tattva. Moreover, the

alternate breathing will also help to restore the standard ideal breathing as per date and time of bright and dark fortnights.

6. Practice of SWAR YOGIC norms: According to Ayurveda (Ayush Apps OR SanjivaniApps), there is a recommendation of hot extract prepared from black paper, tulsi leaves, Cinnamon, Dry Ginger etc. as preventive measures. According to Swaryogic norms, these items of hot potency in liquid state are being prescribed during the operating phase of lunar swara; i.e they are boosting the operation of lunar swara to develop immunity against COVID-19 infection. Thus, it is the operation of lunar swara which will boost immunity of a healthy as well as infected person. As per prevalence research studies, it has been found that females are less affected as compared to males; whereas according to swar yoga females normally have predominant operation of lunar swara in comparison to males as per genetic considerations. This fact also support that it is the operation of lunar swara which will boost immunity against the infection. Thus, the artificial operation of lunar swara will assist to recover COVID-19 infected persons as well as boost the immunity of healthy persons. According to swara yoga, the Lunar swara is para sympathy predominant and is a sign of creativity; i.e. favourable medium of anabolic activities like generation of antibodies against COVID-19 infections.
7. Practice of Swara therapy: According to standard norm of Swara therapy, one should check the operation of Swara during the infected state of disease and try to restrict its operation by artificial means; viz. by T-Shaped yog-dand or by lying on the operative lateral side of the body by raising head and neck portion with supportive hand and folded arm. Moreover, the operative side arm above elbow should be tied up to obstruct the flow of blood. This will cause flow of breath from other nostril in 15- 45 minutes. An infected person having increased body temperature should try to block the operation of a functioning nostril and have the operation of opposite one for a duration of 2-3 hours. It will try to control the infection by decreasing temperature. Such a practice of nadi-rodhan should be observed 2-3 times a day to get earliest possible recovery and boost immunity.
8. Practice of HAST-MUDRAS THERAPY: According to this therapy; thumb, first finger, middle finger, ring finger and index finger represent 5 mahabhutas, viz. ether, air, fire, earth and water elements. These fingers, if are bent, then these

elements are reduced in quantity inside the body; but if touched then particular elements are being increased/aggravated. Thus, in case of increased body temperature, the middle and first fingers are bent and thumb is put in touching position with ring and index fingers for about 45-60 minutes for better results. In this way, Quarantine/Isolation persons should practice these hast-mudras in idle time to control temperature/infection and thereby boosting immunity.

9. Practice of Prana dharna/ Ajapa Jap/ Yog Nidra/ Mediation: All these practices of 30-60 minutes duration will provide a solace to practicing people and overcome the anxiety disorders, depression, frustration, fear of infection/death/mental tension etc. and will provide an opportunity to introspect oneself from worldly affairs. It will makeshift the autonomic nervous activity towards parasympathopredominant in lieu of mental calmness resulted from one pointedness of the mind. It is,thus, the parasympathetic state of a person which boost immunity by synthesis of immune body and thereby making recoveries easily.
10. Yogic Dietary Norms: In order to avoid production of excess and vitiated phlegm as result of faulty diet, the following norms must be followed: -
 1. One should drink hot water two times a day at hot tea temperature so as to kill germs in pharyngeal region as well as in gastric juice of lower pH during operating phase of left nostril. One should also practice gargling action with hot saline & turmeric added solutions two times a day to prevent and kill germs.
 2. Avoid intake of water just after meal, but have it after half an hour of the meal to prevent indigestion.
 3. One should avoid sweetened food articles just after meal to restrict phlegm production. As per standard yogic and ayurvedic sequence, one should have sweet articles firstly, sour & saline articles in the middle and bitter & astringent one at the end of the meal.
 4. One should take food during operation of solar swara for proper digestion of food; or lie down on the left lateral side of the body for 15-30 minutes after meal.
 5. One should take hot potency and liquid articles mainly in operative state of Lunar swara; and of cold potency in operative state of solar swara to avoid physiological stress.

6. One should avoid excess intake of phlegm producing of cauliflower, ladyfinger, rajma, urd dal, arbi, fried articles, refined floor articles; viz. smosa, pizza, burger, pasta etc.
7. One should take easily digestible fruit, vegetables and other eatables causing balanced state of tridoshas and dhatus.

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XX