

POPULARITY OF AYURVEDIC MEDICINE AFTER COVID-19

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ABSTRACT:

Treatments for the current global COVID-19 pandemic are still being studied. There are many drugs like Antivirals and immunomodulators have had varying degrees of success in clinical trials. Traditional herbal treatments are widely used to treat a variety of ailments. for disease prevention and treatment, particularly in countries with limited resources.

It is really worth noting that now in lower elevations, COVID-related mortality rates were lower. Countries in comparison to the western world other factors that contributed to the disparity nationality, temp, relative humidity, normal resistance, and nourishment are all factors to consider. Objective: The goal of this study was to find out popularity of traditional herbs were utilized in north India to protect against COVID.

Method: From October to November 2021, a questionnaire-based study was done in Dehradun district at different place North India.

The brief interview was conducted at the request of the participants. A pre-designed questionnaire was used to record responses (Annexure). The data was analyses using descriptive statistics.

The interview drew a total of 500 participants. Mask was utilized by the majority of **respondents 84%**. The use of traditional herbs and spices was affirmed **by 66% of** the respondents. COVID positive was found in **4 % (n = 10) of the respondents' family members.**

Key world: COVID-19, Traditional herb, statistics, questionnaire, immunity

INTRODUCTION

Last year, SARS-COV-2 wreaked havoc on the planet, transforming our existence and causing us to stay indoors. This prompted us to revisit our ancient science, Ayurveda, and its 5000-year past in order to boost our immunity and discover strategies to maintain a healthy and secure way of life ^[1-2].

Ayurveda has long played a vital role as a preventative strategy, focusing on daily and seasonal authority or patterns that might help us maintain our health ^[3].

Ayurveda's importance has risen dramatically in the recent year. Gilo, Green Chiretta, Vishva, Tulasi, and other common plants Ashwagandha is a powerful immune system builder that protects us from viral infections, provides relief from frequent coughing and allergies, and will confidently assist us in difficult situations ^[4-7].

It has been observed that persons who seek ayurvedic treatment do so with the expectation of improving their entire health. In the preceding year, we saw 4000 patients come to us for SAR-COV-2 treatment or post-SAR-COV-2 rehabilitation. This demonstrates that people have begun to trust ayurvedic medicine since it treats illness at its source ^[8-11].

METHOD AND MATERIALS

From October to November 2021, we conducted a cross-sectional survey of individuals in Dehradun (urban), a district in north India.

The survey was completely optional. The campus of Doon Hospital was chosen. In the rest of the areas, the interviews were conducted with members of the community. Patients' relatives, as well as hospital professionals such as doctors, nurses, and paramedical workers, flocked to the hospital grounds. Shopkeepers and Laboure's from the surrounding districts were among the participants.

Based on what was known about current practices regarding the use of ayurvedic medicine, a brief questionnaire was created.

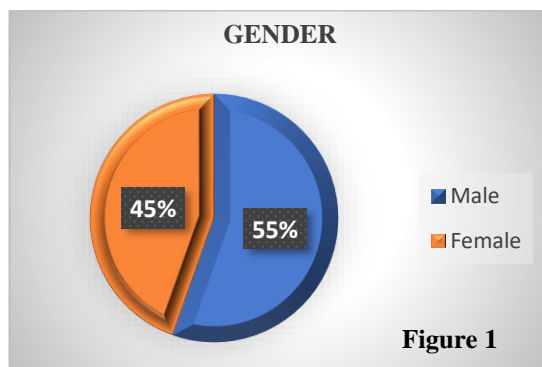
Google forms were used to create the questionnaire. The questionnaire link was primarily disseminated via social media and messaging apps. The questionnaire was distributed among the youth with the support of academic groups. The questionnaire covered participate age, sex, education level use of mask and herbal sanitizer.

SAMPLE

Of the 512 responses to the questionnaire, 12 was excluded due to equivalent the abide 500 respondents were grouped as maintained by age, sex, education level, occupation, precaution, frequency of intake/use.

STATISTICAL ANALYSIS

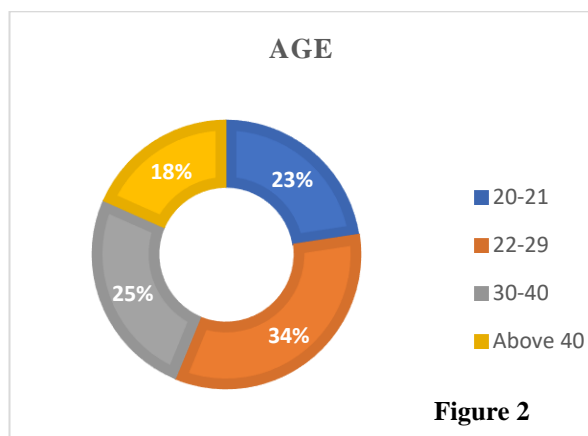
For statistical analysis, the feedback was transferred to an excel spreadsheet. they were dividing on the base of questionnaire which were asked through google forms.



In 500Participants there are

GENDER	COUNT	PERCENTAGE
Male	277	55%
Female	223	45%

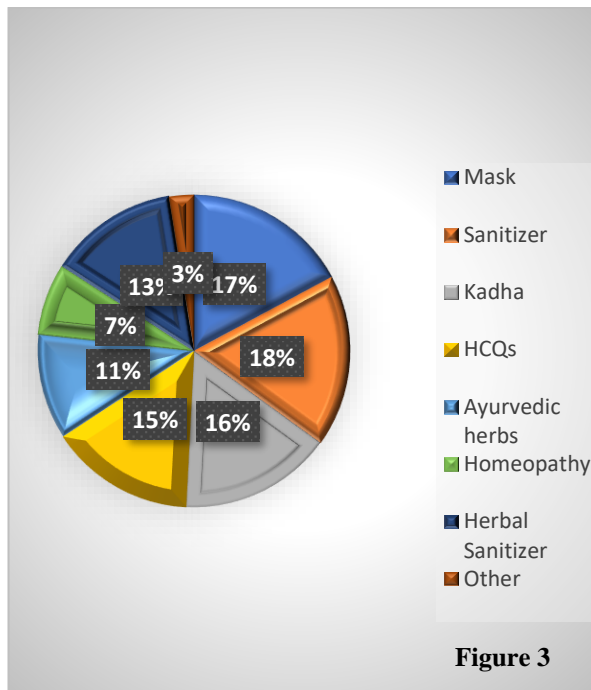
Table 1: - Differentiation on the basis of gender



In 500 Participants there are

AGE	COUNT	PERCENTAGE
20-21	113	23%
22-29	168	34%
30-40	127	25%
Above 40	92	18%

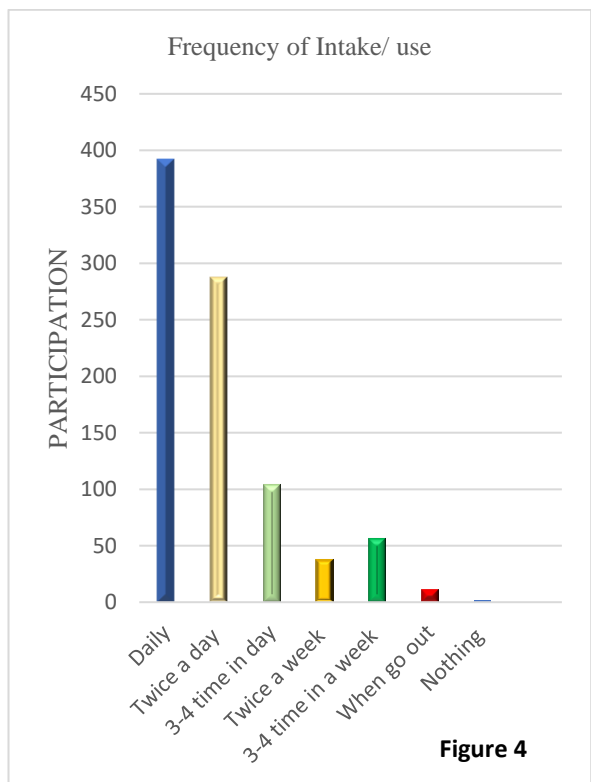
Table 2: - Differentiation on the basis of age



In 500 Participants there are

PREFERRED PRACTICE	COUNT	PERCENTAGE
Mask	422	84%
Sanitizer	438	88%
Kadha	389	78%
HCQs	368	74%
Ayurvedic herbs	268	54%
Homeopathy	182	36%
Herbal Sanitizer	328	66%
Other	63	13%

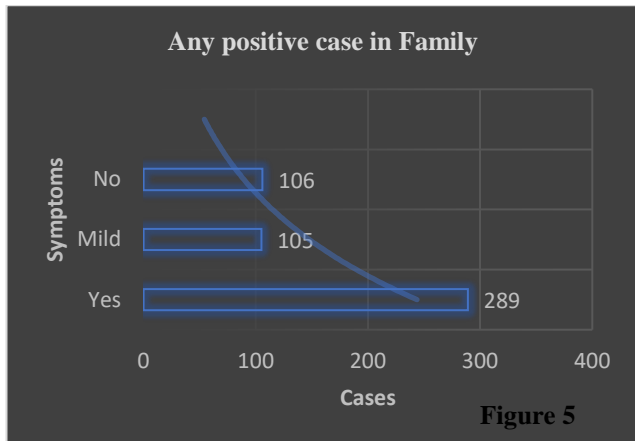
Table 3: - Differentiation on the basis of uses



In 500 Participants there are

PREFERRED PRACTICE	COUNT	PERCENTAGE
Daily	392	78%
Twice a day	288	57%
3-4 times a week	104	20%
Twice a week	38	8%
3-4 times a week	57	11%
When go out	11	2%
Nothing	2	0%

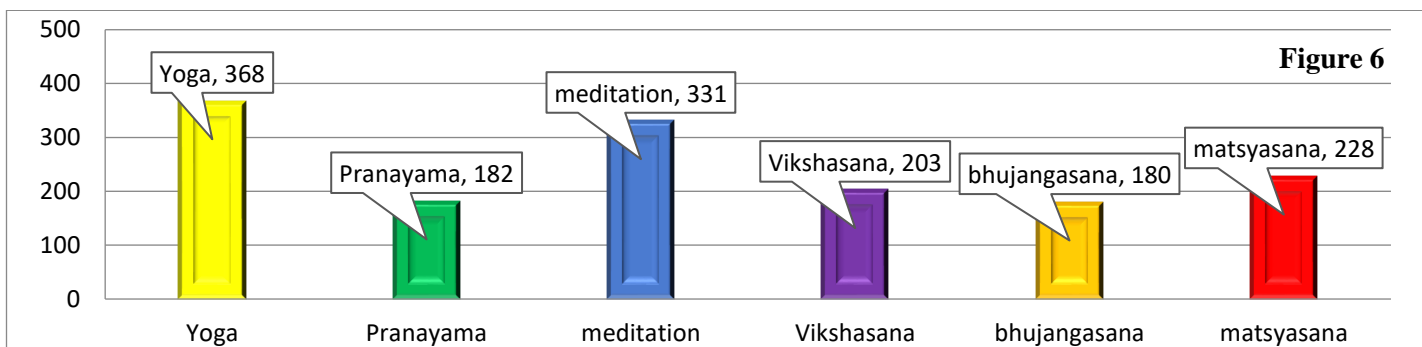
Table 4: - Frequency of intake / uses



In 500 Participants there are

PREFERRED PRACTICE	COUNT	PERCENTAGE
Yes	289	58%
Mild	105	21%
No	106	21%

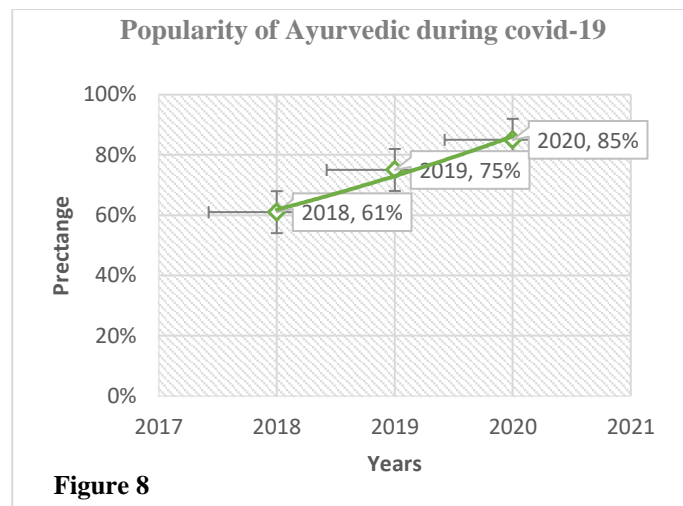
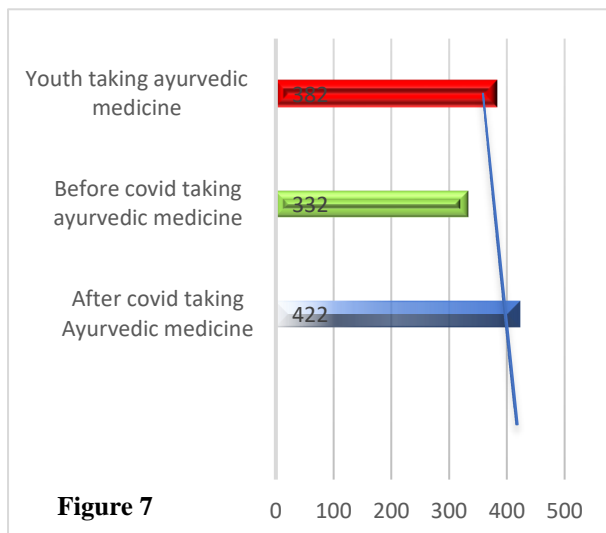
Table 5: - Positive cases of Covid-19



In 500 Participants there are

PREFERRED PRACTICE	COUNT	PERCENTAGE
Yoga	368	74%
Pranayama	182	36%
Meditation	331	66%
Vikshasana	203	41%
Bhujangasana	180	36%
Matsyasana	228	45%

Table 6: - Differentiate on the basis of exercise



RESULTS

Around 500 people were approached, they were agreed to participate in the interview. On the following observation of participate which we conducted in the hospital, we found that near about 80% to 84 % participate.

Some of the precaution including mask, sanitizer, social distancing, and ayurvedic herbs was used respondents. People are realising the benefits of Ayurveda and its role in boosting immunity.

DISCUSSION

The SAR-COV-19 outburst, entire humanity across the worldwide is endure. Accomplish the body immunity which plays a main role in nourish in these times.

Ayurveda being the science of life, spread the gifts of nature in nourish healthy and joyful living. Ayurveda substantial skill set on preventative medicine, derived from the concepts of Dinacharya – daily tyrannies – and Ritucharya – cyclical regimes – to keep a healthy life [12-13].

To acknowledge the role, we have to classify our writing search into three province which are frequently in SAR-COV-19 contamination [14].

A. Mental health

B. Immune system

C. Respiratory system

In 500 Participants there are

PREFERRED PRACTICE	COUNT	PERCENTAGE
After covid taking ayurvedic medicine	422	84%
Before covid taking medicine	322	66%
Youth taking ayurvedic medicine	382	76%

Table 7: - Total use of Ayurvedic medicines

Are main key to increase the risk of tracheobronchitis. Several measures of health are given, Pranayama is a breathing technique used to improve lung function. Mindfulness is used to decrease inflammatory conditions and influence malware response markers. Other asanas which also increase the immune response are, Vikshasana, bhujangasana and matsyasana etc.

Yoga plays remarkable role in the psycho-social care and recovery of SAR-COV-19 patients in isolation and quarantine ^[15-18].

There is a paucity of information on home cures. Given the popularity and acceptance of the subject among patients, it is critical to address the large gap in medical knowledge on the subject. In this area, more scientific investigation is needed. needs to be carried out ^[18-20].

This survey provides an overview of the use of ayurvedic medicine. It is critical to provide accurate information to healthcare executives about the benefits and risks of these medications in order to provide appropriate patient counselling.

CONCLUSION

On the basis of this survey there is evidence that due to COVID-19 there is an increase in the use of Ayurvedic medicine in North India district namely Dehradun.

most of the Ayurvedic medicine is use in the form of immune buster.

It has been seen that there is also increase in the no. Of youth for taking ayurvedic medicine after COVID-19.

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