

Covid-19, Crisis and Immune Power Improvement through Yoga : A Perspective

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Abstract: A novel corona virus, currently designated as 2019-n CoV, was reported to be the cause of an outbreak of respiratory disease in Wuhan China in December, 2019. Billions of people are under corona virus lockdown, roughly half the world's population have been to isolate themselves in their homes to prevent the spread of corona virus; since quarantine measures are introduced. A strong immune system consists of cells, tissues, organs and proteins. Together these carry out bodily processes that can fight off viruses, bacteria, pathogens and foreign bodies that causes infection/diseases. The present paper deals with a decade experience of daily yoga practices, meditation and balanced diet to improve immune system to tackle the any viral infection in any and all directions possible

Key Words: Immune power – Yoga- exercises, meditation, plants ,balanced diet.

1. INTRODUCTION:

Today's alarming problem that we are going to face and everybody is sitting in home i.e 'CORONA' - the word came from Latin language-a crown (mukut) because this virus has pointed covering. Corona is a name of virus, the scientific name is 'Severe Acute Respiratory Syndrome' novel corona virus-2, novel means a new and the disease caused by the virus called covid-19. Corona virus can cause up to two millions of deaths in US, two scientists battled the virus, even by closing social movement, schools restaurants, public places (CBS news.com, www.covid.19 india.org, www.mohfw.gov.in). As per the John Hopkins university tracker the corona virus infected peoples are more than a lakh, even New York City is cool down, every 17 minutes there is a death. Here an attempt has been made how to improve immune power by doing some regular practice of yoga, by taking nutritious fruits, staple foods ,fasting-the master remedy, the walking breathing exercise, meditation etc which improves our immune system. There are five main areas in which one can do something to keep your body in good health: a balanced diet, exercise, avoidance of stress, watching the weight, and practicing our weight. The author studied & experienced the Pranayama practices as well as some healthy plants and fruits to build immune power.

2. METHODOLOGY ADAPTED:

The goal of life is self realization; all systems of Indian philosophy have one goal in view: the salvation of the soul through the achievement of perfection). Doing daily **Yoga** (the health mantra- begins best under expert guidance) practices, increasing and developing physical, mental and spiritual powers. The word Yoga means union between the individual (jivatma) and the supreme soul (parmatma).The science which teaches the method to reach it, is called Yoga-Shastra .The popular forms of yoga are: Bhakti yoga, Laya, Tantra or Kundalini yoga, Integral (Purna) yoga, Raja yoga, Karma yoga, Kriya yoga and Ashtanga yoga. In order to still and observe the mind, Patanjali presented a system called Ashtanga yoga or the eight-limbed yoga. These limbs represent all the aspects of the systems. Here an attempt have been made or more concentration given to the Pranayama- Prana (is the life that flows in the air) is the name given to pulsation which causes us to breathe in, ayama means to release. The effort to exhale is caused by a still higher consciousness which produces centripetal and a centrifugal pulsation in the nervous system which is connected to our lungs.It is called apana. Equalise prana and apana, says Lord Krishna. Instead of respiration conducted by lungs. The simple Pranayama of deep inhalation (puraka), retention (kumbhaka) and exhalation (Rechaka) of breath may be tried often. This gives the lungs oxygen and helps to throw out carbon dioxide it relieves the tension and brings calm to the mind. The usual body exercises develop the outer muscles and induce a healthy body (daily workout in gym), on the other hand the yoga postures tone up before everything the internal organs: the liver, spleen, pancreas, intestine, heart, thyroid, pituitary, endocrine glands-all the said glands play an important role in 'life' there secretion flows in to the blood bring about the growth of cells and tissues. The **kundalini** is the mystic energy (Shakti) in a dormant state in every human being. It is awakened as a result of harmonization of the pancreas. There are six centres (chakras) in the vital channel through which awakened kundalini must pass (1,2.) The **meditation** is as old as religious belief, and its main therapeutic value is in combating stress. It has formed part of discipline of priests, monks and people of many

faiths; it is one of the aspects of yoga. It's no need of drugs or external appliances, yet it is undoubtedly effective in its healing process. Any technique that can reduce stress is therefore worth looking into. Meditation is a gentle and harmless one, (3.)

Habit of eating fruits (have an important role in the dietaries) & their nutritive value, as rich in vitamins can help to immune system fighting off-illness as it contains vitamin C (mostly citrus like orange), grapes, strawberries, broccoli. Daily intake of vitamin C is essential because our body doesn't produce and store it. Due to lack of awareness some people doesn't need to take a vit C unless their doctor advise (4.) The old saying 'an apple a day' can keep your doctor away, may have truth behind it after all. Balanced diet also includes consumption of jwaarie (Jowar) and Nachni/ragi, contains excellent fibre content, which are given in the form of bhakri/ambil. The **nutritional requirement** of human body needs: proteins, carbohydrates, fats, minerals, vitamins, roughage (indigestible fibres), and other elements (balanced diet.) Exercise is the second way in which we can help ourselves to achieve and maintain mental fitness. There are sports suitable for all ages. **Walking** is an excellent exercise, and has extra bonus in that it gets them out of the house into the open air. Four miles a day is adequate to keep fit (varies from person to person.) Being overweight makes someone susceptible to coronary disorders and renal troubles, to cirrhosis of the liver, to gallstones, and to diabetes mellitus. The excess weight (exogenous obesity) arises with too little exercise to burn off the excess, there are the **diet plans** to help one can by, F-clinic, the scarsdale, the body clock, all are very effective to keep maintain fit. A typical ashtang yoga class begins with a Sanskrit prayer/mantra (Gayatri, Mahamritinjaya mantra/ prarthana mantra) the power of uttering the mental **OM** assures the act of respiration, while breathing in mentally pronounces Om (a sign of peace) or a long continuous "O ...M" while breathing out, mentally pronounce the same. (**Table no.1**) Here there are few yoga practices are given (before thinking of, consult a trained person in respective field) which definitely improves the immune power & some important fruits, staple foods with their botanical names (7) &, family importance and nutritive value are given (**Table no.2**).

Table.1.The Yoga Exercise –Pranayama.

Sr No	Type of Pranayama	Practice	Duration	Benefits
1	Bhastrika	A primarily in forced rapid deep breathing, air is forced both in and out, emphasis is placed up on expulsion/explosion of air. A series of such explosions.	Five to ten explosion to get desired effect	Increases blood circulation, clearing nasal passages
2	Kapal-bhati	Kapal means skull and bhati means lightness, in this breathing is faster, use only abdominal breathing. Breath is short, rapid & strong, use the lungs as a pump, as they expel the air that all the rubbish is cleared from the air passages, from the lungs up through the nostrils	Five to ten minutes	A expiratory exercise, leading to diminished Carbon dioxide level, stimulates every tissue of the body, curing asthma, constipation removes impurities of blood & tones up circulatory, respiratory system
3	Ujjai	In which a smooth. Mild sound is purposely produced during expiration vis throat as glottis is partially closed or drawing air in through both nostrils with glottis held partially closed.	Three to five minutes	Increases appetite beneficial in cold, cough, indigestion, constipation, dysentery.
4	Anuloma-Viloma	Anuloma means breathing in & Viloma means breathing out, it involves inhaling through both nostrils together and exhaling each breath alternately between the left and right nostrils	Five to ten minutes	It help to relieve stress, depression anxiety, asthma, bronchitis. Alternate breathing brings about physical & mental harmony
5	Bhramari	In bhramari one breathes both in and out through both nostril and produces snoring, buzzing/humming sound in both directions. It Customarily described as involving rapid inhalation producing a high humming sound like that of a male bee and slow exhalation producing a low humming sound like that of female bee.	Two to five minutes	It improves the voice, removes heart blockages, cure depression, anxiety & stress, enhance brain memory, removes, develops intelligence

6	Sitali & Sitakari	In this air is drawn through the mouth and exhaled through the nose. In sitali the tongue is folded in to a tube and protruded through the lips, air is drawn through it till the lungs are full, the tongue is then withdrawn, the mouth closed and breath retained in the lungs in kumbhaka, then the breath is let out slowly through the nose. In sitakari the breath is drawn through the slightly-parted lips in a hissing sound	Repeat the procedure 10 to 15 times	These two Pranayama cool the system, gives exhilarating feeling, air moistened in the mouth in turn cool the head, removing hot feelings, emotions and passions.
7	Udgeeth Pranayama/ Omkar jap	Taking a deep breath and exhale ,inhale lightly and while exhaling chant Om or one has to chant Om...Om	Inhaling & exhaling ratio should be 1:2,Repeat the process by 5-10 times	Beneficial in many diseases, mental illness- stress, anxiety, heart diseases, migraine
8	Shava-sana	Shava means a dead body-this pose resembles a corpse-with all limbs quitted, even the breath abated, all parts are relaxed and there is a look of calm and beatitude on the features.	Two to five minutes.	All nerves, muscles, heart, will have relaxed and refreshed, will bring new energy & relief, worries tensions and problems will be eased by its practice

Table.2. Fruits & staple foods that improve immune power.

Sr. No	Name of the Plants	Botanical Name(s)	Family	Importance and Nutritive value (Per 100 g).
1	Amla (awala)	<i>Emblica officinalis</i>	Euphorbia -ceae	The fruit is sour and astringent & known a richest source of vitamin C. It is indigenous medicine, it is acidic, cooling, diuretic, laxative & is one of the ingredient in triphala churna, used in the treatment of headache, constipation, dyspepsia ,enlarged liver & ascites.
2	Grapes	<i>Vitis vinifera</i>	Vitaceae	Botanically grape is berry and is popular table fruit. It contains calcium, phosphorus, Iron, carbohydrates, vit C. Natural fermentation of crushed grapes left to stand in a vessel can turn into liquor.
3	Guava/ Amrud	<i>Psidium guajava.</i>	Myrtaceae	One of the most delicious and luscious fruit, known to the world. Containing vit C, 5 -10 time's more than citrus fruits. It contains carotene, calcium, phosphorous, fibre, iron, potassium. It contains high pectin while juice candy has a high calorie value.
4	Jamun	<i>Syzygium cumini</i>	Myrtaceae	It is believe to be of special use in the treatment of diabetes, decreases blood sugar. Fruit is acidic. Unripe fruit is used to prepare vinegar. It contains folic acid, carotene, fibres, magnesium, sodium, calcium, phosphorous, energy & iron.
5	Papaya/ Papita	<i>Carica papaya</i>	Caricaceae	A wholesome fruit as a source of vit A & C, large quantity of carotene. Fruit can be canned and preserved. Jams, jellies marmalades, squash can be made. It contains iron, calcium & energy.
6	Sitaphal	<i>Annona squamosa</i>	Annonaceae	An alcohol extracted from sitaphal known as anocorin (insecticidal). It contains vit C, Carotene, fibre, energy, calcium, iron .Most of the fruit used for canning.
7	Pomegranate	<i>Punica granatum</i>	Lythraceae	Pomegranate is a fruit of great antiquity, a good source of B-complex, vitamin like thiamine, riboflavin, minerals like iron. A juice is preserved either by pasteurization or by adding sodium benzoate.
8	Apple.	<i>Malus sylvestris</i>	Rosaceae	An exotic fruit practically contain no vitamin A & C. It contain energy, calcium, iron, phosphorous, sodium, potassium, fibre. It is high pectin content. also made into juice and fermented to make cider and brandy.

				Murabba can also be made.
9	Nachani/ Ragi	<i>Eleusine corocana</i>	Poaceae	A common coarse grain used as food, highly nutritious, contains more fibre that's why it is for perfect weight loss, rich in calcium, iron, used in the form of bhakri/ambil.
10	Jowar/So rghum	<i>Sorghum vulgare.</i>	Poaceae	Grains used as staple food contains more amount of fibres, prevents constipation, It is gluten free, control blood sugar, improves immunity power and heart health. It contains magnesium iron, proteins, it lowers down the bad cholesterol (LDL). It is used in the form of bhakri/ambil.

3. CONCLUSION & DISCUSSION:

The total number of global cases has over 1.7 million (positive cases) including more than 108,000 fatalities & at least 401,000 recoveries.. U.S. become the world's epicenter. Today's scenario of Covid 19 & mortality ratio is seems to be age factor above 45 to 60 years & those suffering from hyper tension, cancer and weak in immune power.(In India 7409 were the active cases,764 were cured/discharged, 273 were death (www.mohfw.gov.in). Yoga is the sovereign remedy for all miseries. It means a union, one of the six classic systems of Hindu philosophy, distinguished from others by the marvels of bodily control and the magical powers ascribed t its advanced devotees. It is basically a method by which we increase the body's supply of energy and remove any interference to the transmission of energy through the body, such practices are based on thousands of years of use. Yoga is a system which has many facets to mould the physical, psychological, emotional and spiritual aspects of person; common yoga protocol (6).The body is closely related to the mind. He, who practices breathing exercises in order to keep the body and mind strong are healthy, will also be successful in meditation and contemplation one can turn out efficient spiritual work. The regulation of breath (Pranayama), meditation (Dhyana) leads to the vision of the higher self. Yoga and meditation also considered a form of devotional switch towards the Lord. The various postures (the candle, frog, balance, full-half rotatory, locust cow face, diamond, eagle, the noble sitting) are beneficial for hyper tension, flows pure oxygen in the body and proper secretion of various juices. Suryanamaskar must be powerful according to the age, physical condition & strength. Meditation is central to the spiritual endeavor in much school of Hinduism. The Bhagavad-Gita ranks meditation above intellectual knowledge and the Garud-Purana states: meditation is the highest virtue, it is greatest purity. Meditation is beneficial to the body and mind. Every person must evolve the right type of diet to promote relaxation in his body and mind. Diet is important but does not hold all the secretes to health and vitality. Fasting-the master remedy is the most significant phase (5) .The story of man begins with the forbidden fruit in the bible and fruits have important role in the dietaries of any people (4). Daily practice of variety of Pranayama brings physical, emotional& mental equilibrium and relief. Many factors affecting our day to day and long-range capacities for achieving success, goals, and business may be influenced by yogic endeavor. One can hardly calculate results, but still can easily sense the significance of improved health for success. In the end, it is all a worthwhile the bliss brought by the yoga is to be experienced.

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