

Public opinion on COVID-19 and Ayurveda remedies with reference to Tumkur District, Karnataka State, India.

Mr. Mitta Sekhara Gowd¹, Dr. D. Venkatrama Raju²,

¹Research scholar, Department of Commerce and Business Administration, Bharath Institute of higher Education and Research, Selaiyur, Chennai-600073. India. Associate Professor, Dept. of MBA, Kalpataru Institute of Technology, Tiptur, Karnataka, India.

²Research Supervisor & Head, Department of Commerce and Business Administration, Bharath Institute of higher Education and Research, ²Selaiyur, Chennai-600073. India

Abstract

Covid-19 i.e Corona Virus is well aware to the world every corner. It is pandemic, epidemic. People are panic. Educational Institutes like schools, colleges , roads, businesses, transport, companies almost all closed except necessary things like Medical shops, Vegetables. Changing lock down and sealdown rules by central and state Governments according to the situation in their areas, geographical restrictions, movement restrictions done based on the spread of COVID-19 in that area. Government is order to stay at home safely. This paper tries to assess the level of awareness on COVID-19, its spread, precautions taken by people, social distance and few inputs; by that it is possible to understand the ground realities of people for taking action and making policies and strategies for removal of COVID-19.

Keywords: COVID-19, Corona, epidemic, Tumkur, virus

1. Introduction:

CORONA VIRUS DISEASE (COVID-19), was first recognized in December 2019 in Wuhan, China. This disease has widened globally now and has become continuing 2019-2020 life menacing pandemic disease. The WHO (World Health Organization) confirmed the COVID-19 explosion 2019-2020 as a public health crisis of global concern (PHEIC) on 30 January 2020 and a epidemic on 11 March 2020. The WHO at present prepared strategy to fight against corona virus by introducing eight steps.

1. Country level harmonization, preparation and monitoring
2. Risk-communication and community-involvement
3. Surveillance, fast response teams and case investigations
4. Points of entrance
5. Nationwide laboratories
6. Infection anticipation and prevention
7. Case managing
8. Operational support and logistics

COVID-19 virus causes rigorous acute respiratory syndrome (SARS CoV--2), which presents with symptoms like cough, fever, muscle pains, shortness of breath, sore throat, sputum production, loss of smell, diarrhea, abdominal pain, and in severe conditions leading to viral pneumonia and multiple organs failure. This virus affects the lungs, gastrointestinal organs and small intestine. Presently a lot of research from America, Russia, India, China and other countries are happening, yet the vaccine has to come.

In Charaka Samhita in the chapter “Janapada Dvamsa Vyadhi” refer to world wide epidemics, Sri Charaka says that there is a great opportunity to be at home. As long as we keep our Agni i.e digestive fire strong, illness will not happen. It is preventive measure. This paper tries to know awareness of Covid-19 in the public and recommends preventive measures to be taken from Corona

The daily routine like early in the morning waking, brushing, tongue scrape, rinsing, hot or warm water drinking, Tea mixed with cinnamon, ginger, mint, tulasi boosts energy. Yoga and Pranayama like Anuloma, viloma, Bhastrika, Brahmari, Utjayi, Utgeet, Kapala Bhati and lastly Sheetal and Sheetkari could strengthen immune system including respiratory systems and pranavaha srotas. Rasa vaha srotas, lymphatic system cleaning, Ojas balance – immunity, strength, Tejas-digestion both subtle and gross and Prāna- Vital life force strengthen the energy. Sri Charaka advised to take Talisadi, Seetopaladi, Maha sudarshana Chhtalisadi, abhrak bhasma, and mahasudarshan churna for common cold.

Yogasanas like camel pose, cobra pose, cow pose, boat, bow, and bridge pose, locust, lotus, and lion pose will balance the health. Surya Namaskar 7 to 12 rounds, meditation like SO ‘Hum flowers inner joy, beauty and feel the presence. Rituals like Pooja, Arti like offering of light, burning a little camphor or ghee also good practices. Clapping sound is a kind of Marma of the heart, lungs, kidneys strengthens energy. Mantras like Om, Hari Om, Sri, Jai Ganesh creates positive vibrations, higher consciousness supports family, friends & neighbors .

2. Literature Review

Times of India(21st May 2020)^[1], Traditional medicine system, Ayurveda is amongst one of them and now, the top group of scientists from Indian Institute of Technology (IIT) Delhi, in collaboration with AIST, Japan, have found that one of the most potent and widely used Ayurvedic herbs, ashwagandha may hold strong potential in fighting COVID-19.

Twitter(14th May 2020)^[2], Shripad Y Naik, the Union minister of AYUSH (ayurveda, yoga, unani, siddha and homeopathy), tweeted saying that the ministry is working with the Council of Scientific & Industrial Research (CSIR) to validate four Ayush formulations to treat COVID-19 and

these will be tried as “add-on therapy and standard care” for patients infected with the virus. “I am sure and quite hopeful that, our traditional medicinal system will show the way to overcome this pandemic,” Naik said in another tweet.

AYUSH secretary Vaidya Rajesh Kotecha^[2] told news agency ANI that the AYUSH and CSIR collaboration has a larger perspective. Yashtimadhu (Mulethi), Guduchi + Pippali (Giloy) and AYUSH-64, which was invented for the treatment of malaria and its repurposing is going on," he said and added that result will come within three months.

Arvind Chopra, (June 19, 2020)^[3], Renaissance in Ayurveda expressed that After decades of neglect, the ancient Indian healing and cure system is poised to take its place in the healthcare mainstream. The need to transform Ayurveda was recognised about 150 years ago. Progress was made but probably not enough to sustain its development. There were several challenges, but none of them were more overwhelming than what was created by the dominance of the modern medicinal system.

3. Objectives

- 1) To find the awareness of COVID-19
- 2) To find the usage of Ayurveda for prevention and curing of COVID-19
- 3) To suggest suitable strategies for the Government and public for creating the awareness and prevention of COVID-19

4. Research Methodology

Used Random cluster sampling of 100 people located at Tumkur District Karnataka.

5. Limitations

Limited to Tumkur District only.

6. Data Analysis

S.#	Description	1- SA	2- A	3- NAND	4- D	5- SD	Total
1	Virus Prevention methods are good in Ayurveda for controlling COVID-19.	38	13	19	27	3	100
2	People know preventive methods for COVID-19 in Ayurveda.	0	46	14	27	13	100
3	People follow Preventive methods of Ayurveda and ancient methods for controlling COVID-19	4	52	5	24	15	100
4	Ancient methods like Homa, Yagna prevents COVID-19 and such viruses are good	15	40	15	25	5	100
5	Masks using by people is satisfactory for controlling COVID-19	0	65	5	15	15	100
6	People maintain Social distance for controlling COVID-19	0	65	5	15	15	100
7	Government should utilize Ayurveda for treating COVID-19	30	50	0	10	10	100
8	Government is putting good efforts for controlling COVID-19	20	50	0	30	0	100
9	Media is playing good role for creating awareness of COVID-19	5	60	0	20	15	100
10	Lock down and Seal down strategies are good for controlling COVID-19	35	65	0	0	0	100
11	Masks distribution at nominal rates to the public will be ideal for controlling COVID-19	5	60	5	15	15	100
12	Sanitizer preparation methods should reach to the people for controlling COVID-19	10	55	10	20	5	100
13	Do you know that house remedies are good for controlling for COVID-19	30	65	0	0	5	100
14	Ashwagandha, Guduchi Peepli, Yastimadhu (Mulethi), Tulasi, Giloy, Chyawan Prash, Cinnamon, Few oils in nose, Hotwater, etc would be ideal for treating COVID-19	25	60	15	0	0	100
15	COVID-19 made miserable to our life	25	55	15	5	0	100
16	COVID-19 made us economically weak	25	50	20	5	0	100
17	COVID-19 reduced environment pollution	30	70	0	0	0	100
18	Digitalisation has been improved due to COVID-19	30	60	10	0	0	100

19	Crime rates drastically reduced during Lockdown period.	30	50	10	10	0	100
20	Divorce rates increased during Lockdown period.	0	45	20	15	20	100
21	Pregnancy rate is improved during Lockdown period.	30	50	10	5	5	100
22	Human relations increased during Lockdown period.	30	70	0	0	0	100
23	Due to Shut down of industries Agriculture has been improved in this COVID-19 period	15	50	20	5	10	100
24	Food habits changed, Homely food increased due to Corona	20	70	0	10	0	100
25	Local traditional games have been restored (Chowka bara, pagade, chess, carom, cards, chinni dandi) due to Corona	40	50	0	10	0	100
26	Skilled labours lost their employment due to Corona	25	65	10	0	0	100
27	Life of Animals , Forestry & Animal Husbandry has been improved due to Corona	15	60	20	5	0	100
28	Tourism is reduced due to Corona	20	60	20	0	0	100
29	Swadeshi Products goods demand is increased due to Corona	15	50	20	10	5	100
30	Unncessary expenses like Wedding, functions have been reduced because of Corona	30	70	0	0	0	100
31	Immunity power has been improved by not going to Hospitals in threat of Corona	20	70	10	0	0	100
32	Being at home is the remedy for COVID-19	20	60	5	5	10	100

7. Findings

- 1) 51% respondents agree that Virus Prevention methods are good in Ayurveda for controlling COVID-19.
- 2) 46% respondents agree that People know preventive methods for COVID-19 in Ayurveda.
- 3) 56% respondents agree that People follow Preventive methods of Ayurveda and ancient methods for controlling COVID-19
- 4) 55% respondents agree that Ancient methods like Homa, Yagna prevents COVID-19 and such viruses are good

- 5) 65% respondents agree that Masks using by people is satisfactory for controlling COVID-19
- 6) 65% respondents agree that People maintain Social distance for controlling COVID-19
- 7) 80% respondents agree that Government should utilize Ayurveda for treating COVID-19
- 8) 70% respondents agree that Government is putting good efforts for controlling COVID-19
- 9) 65% respondents agree that Media is playing good role for creating awareness of COVID-19
- 10) 100% respondents agree that Lock down and Seal down strategies are good for controlling COVID-19
- 11) 65% respondents agree that Masks distribution at nominal rates to the public will be ideal for controlling COVID-19
- 12) 65% respondents agree that Sanitizer preparation methods should reach to the people for controlling COVID-19
- 13) 95% respondents agree that house remedies are good for controlling for COVID-19
- 14) 85% respondents agree that Ashwagandha, Guduchi Peepli, Yastimadhu (Mulethi), Tulasi, Giloy, Chyawan Prash, Cinnamon, Few oils in nose, Hotwater, etc would be ideal for treating COVID-19
- 15) 80% respondents agree that COVID-19 made miserable to their life
- 16) 75% respondents agree that COVID-19 made them economically weak
- 17) 100% respondents agree that COVID-19 reduced environment pollution
- 18) 90% respondents agree that Digitalisation has been improved due to COVID-19
- 19) 80% respondents agree that Crime rates drastically reduced during Lockdown period.
- 20) 45% respondents agree that Divorce rates increased during Lockdown period.
- 21) 80% respondents agree that Pregnancy rate is improved during Lockdown period.
- 22) 100% respondents agree that Human relations increased during Lockdown period.

- 23) 65% respondents agree that Shut down of industries Agriculture has been improved in this COVID-19 period
- 24) 90% respondents agree that Food habits changed, Homely food increased due to Corona
- 25) 90% respondents agree that Local traditional games have been restored (Chowka bara, pagade, chess, carom, cards, chinni dandi) due to Corona
- 26) 90% respondents agree that Skilled labours lost their employment due to Corona
- 27) 75% respondents agree that Life of Animals , Forestry & Animal Husbandry has been improved due to Corona
- 28) 80% respondents agree that Tourism is reduced due to Corona
- 29) 65% respondents agree that Swadeshi Products goods demand is increased due to Corona
- 30) 100% respondents agree that Unncessary expenses like Wedding, functions have been reduced because of Corona
- 31) 90% respondents agree that Immunity power has been improved by not going to Hospitals in threat of Corona
- 32) 80% respondents agree that Being at home is the remedy for COVID-19.

8. Suggestions

- 1) There is a need to improve Virus Prevention methods are good in Ayurveda for controlling COVID-19.
- 2) Still preventive methods for COVID-19 in Ayurveda to be reached.
- 3) Ancient methods like Homa, Yagna in mass prevents COVID-19 and such viruses.
- 4) Masks should be must until removal or finding vaccine for COVID-19
- 5) Still People need to get awareness to maintain Social distance for controlling COVID-19
- 6) Government should utilize Ayurveda for treating COVID-19

- 7) Government should continue Lock down and Seal down strategies for controlling COVID-19
- 8) Masks distribution at nominal rates would be ideal.
- 9) Sanitizer preparation methods by themselves would be good.
- 10) Educating house remedies are good for controlling for COVID-19
- 11) Economy of the country should be taken care parallel while controlling COVID-19
- 12) Digitalization infrastructure should reach to rural.
- 13) Industries should be encouraged by tax exemptions and business loans at lower interests.
- 14) Jobs should plan for skilled labours.
- 15) Tourism style need to be changed.

9. Conclusion

COVID-19 can be controlled by using Ayurveda medicines, practicing ancient methods, wearing masks, maintaining social distance, applying lock down and seal down strategies, usage of sanitizer. The Government should work on suitable strategies and supply Ayurveda Medicines house to house and control this pandemic COVID-19.

10. References

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