

## Role of “AYUSH Kit” in preventing COVID -19 among people of Mysore.

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### ABSTRACT

**Introduction :** The COVID-19 crisis has led to high levels of psychological and social distress among mankind, first time in 21st century a disastric global Health emergency was seen. It equally affected the people of all tires in society. People could soon realise the importance of their health and immunity. People could globally witness the potentials of Ayurveda in increasing the immune response towards covid-19. Government took immediate measures in order to combat the viral load found among people. Free immune boosting AYUSH Kit distribution was one among such scheme by government of Karnataka.

**Materials and Methods :** A retrospective telephone based cross-sectional survey was conducted for a sample of 1013 people among 15,000+ beneficiaries of a scheme. Samples were selected based on simple random sampling technique, from the database of GAMC Mysore OPD. A structured questionnaire containing 10 mandatory close questions with relevant options. Questions were asked about the impact of AYUSH kit on their dietary pattern, sleeping pattern, and other health benefits, along with the effect of medicines in preventing covid-19

Result revealed the significant impact of AYUSH Kit on all dimensions of health. A remarkable reduction in infection was seen among people who practiced immune boosting measures.

**Conclusion :** Ayurveda is a holistic science. More than a medical system it is a way of life.

**Keywords :** Ayurveda, COVID-19, Immune boosters, Public Health.

### I. INTRODUCTION

The COVID-19 crisis has led to high levels of psychological and social distress among mankind, first time in 21st century<sup>[1]</sup> a disastric

global Health emergency was seen. It equally affected the people of all tires in society. People could soon realise the importance of their health and immunity. The immune system being body's multi-level defence network plays a critical role in responding against infectious disease. People could globally witness the potentials of Ayurveda in increasing the immune response towards covid-19. Government took immediate measures in order to combat the viral load found among people. Free immune boosting AYUSH Kit distribution was one among such scheme by government of Karnataka, the Ayush kit contained Samshamani vati<sup>[1]</sup>, Drakshavaleha<sup>[2]</sup> and Ark-e-ajib<sup>[3]</sup>. Sanshamani vati is an ayurvedic tablet that contains Guduchi (*Tinospora cordifolia*) as the main ingredient with acts against Viral fever and is a very good immune booster<sup>[4]</sup>, Drakshavaleha is nutritious medicine which acts on gastrointestinal system and also a good immune booster<sup>[5]</sup>, Ark-e-ajib is a strong volatile oil based unani medicine, which is a very good nasal decongestant<sup>[6]</sup>.

### II. MATERIALS AND METHODS

This is an observational survey study aimed to analyse the impact of "AYUSH KIT" provided by Govt. Of Karnataka for boosting immunity and preventing people from Covid-19 infection. A telephone based cross-sectional survey was conducted for a sample of 1013 people among 15,000+ beneficiaries of a scheme by Govt. Of Karnataka, "AYUSH kit" contained set of 3 medicines selected by an expert committee in Department of AYUSH Karnataka. Kits were freely distributed, it was openly accessible to people of Mysuru aged above 18 years. a kit of 10 day dose was given to each of the beneficiary and they were surveyed on 30<sup>th</sup> day of the use of ayush kit. Ethical clearance was obtained from IEC,GAMC

MYSURU. Samples were selected based on simple random sampling technique, from the database of GAMC Mysore OPD. A structured questionnaire containing 10 mandatory questions with one open ended question was asked to each participants. Questions were asked about the impact of AYUSH kit on their dietary pattern, sleeping pattern, and other health benefits, along with the effect of medicines in preventing covid-19. Sampling errors arising due to limited and unequal coverage among people from different age groups, occupation or state of residence were marginally removed by considering only those variables for analysis which had a considerably large sample size. Descriptive statistical tools like measures of central tendencies, frequencies and proportions, percentage have been used to evaluate the responses. Data wrangling, cleaning and visualization was done using Microsoft Excel 2016 and SPSS Version 20.

### III. RESULTS

The telephonic survey could reach a total of 1013 including 482 female and 531 males, it revealed that around 43% of the samples improve their overall digestive pattern, and it remained good as before for 35% of the people, 15% of the sample couldn't find any change, and 8% of people couldn't improve their digestion in any way. No response is found saying the worsening of their digestion pattern after taking the medicines. This increase in digestive pattern is may be due to the Guduchi

present in Samshamani vati and drakshavaleha which are very good appetizers<sup>[7]</sup>.

A total of 362 (36%) samples improved their sleep after taking the medicines and also 392 (40%) samples could get good sleep as they were getting earlier and for 249(23%) samples there was no change in sleep pattern and only 9(0.8%) people persisted their sleeplessness even after taking medicine again there were no responses climbing the medicine disturbing their sleep.

On asking about their working efficiency 40% of the people could improve their working efficiency and there were 420 people forming around 42% who could continue to work well and 169 people working efficiency e was not changed for 123 people the working efficiency was dropped even after taking the medicine. This might due to psychological factors associated with covid crises

The over all mood of 40% of the sample turned from sad to relief after taking the medicines, and another 39% of the people could remain happy with medicines about 20% of the people would find no change and 1% of the sample remained unhappy even after taking medicines, no responses saying that they moved on from happiness to sad after taking the medicine.

78% of the people said the fear of getting infected was reduced after taking the medicine and about 18% of the people who remind fearless about the infection after taking the medicine there was no change found towards their fear for 4% of the people even after taking the medicine.

Table : 1 Showing the impact of AYUSH Kit on Health.

	Bad before and improved after using AYUSH Kit.	Good before and remained good after using AYUSH Kit.	Couldn't feel any change	Bad before and remained bad after using AYUSH Kit.	Good before and worsened after using AYUSH Kit.
Digestion	44%	42%	14%	9%	0%
Sleep	35%	40%	25%	9%	1%
Working efficiency	40%	42%	17%	2%	1%

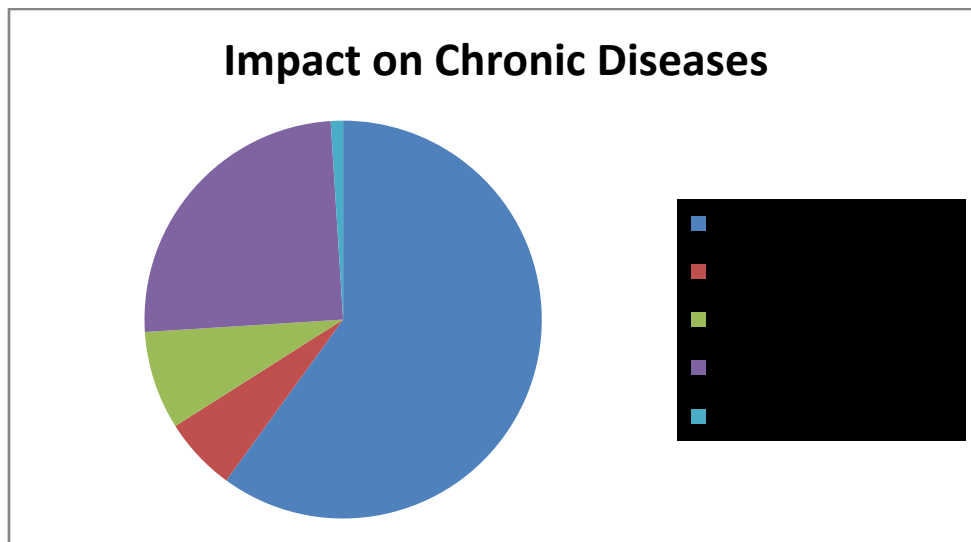
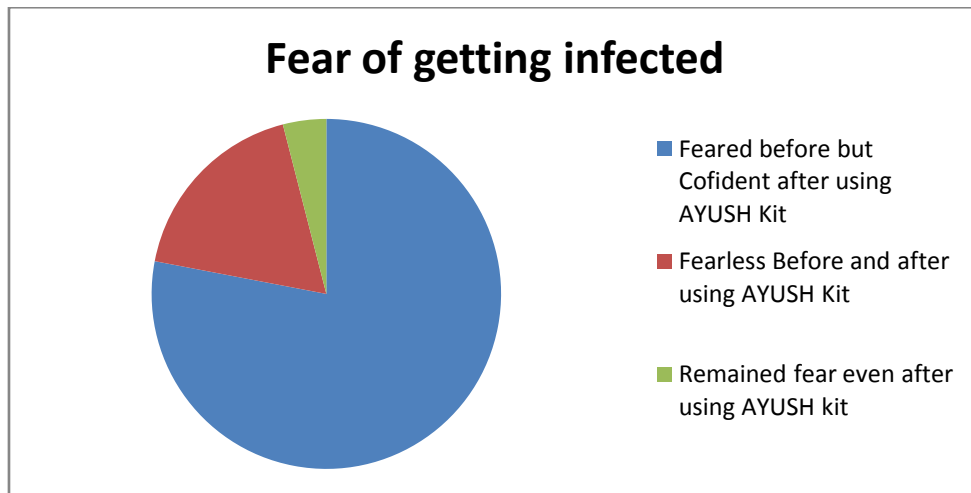
On asking about the co morbid chronic diseases, 61% of the people we are not suffering with any of the chronic diseases 6% of the people said they got betterment of their diseases and for 8% of the people the chronic diseases persisted to be under control, 25% of the people who had chronic diseases but couldn't feel any changes with

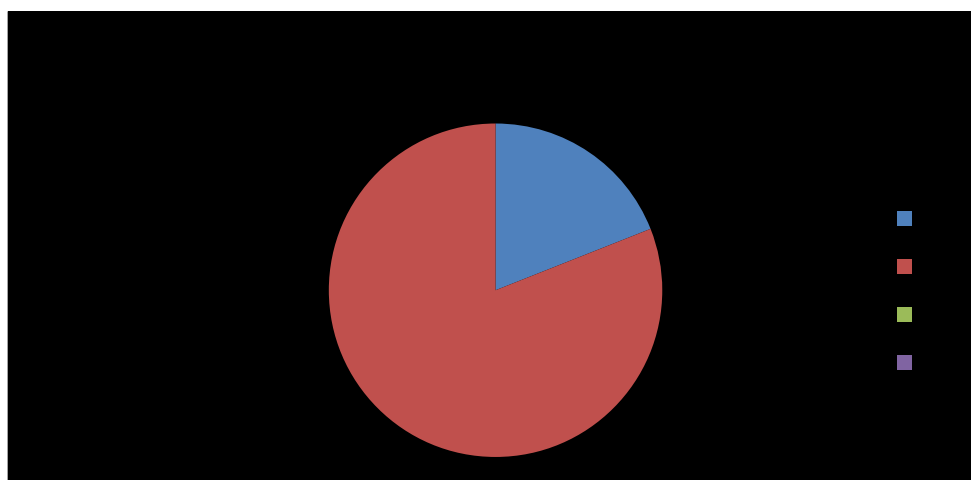
the given medicine. There were no responses climbing the worsening of the chronic diseases after taking Ayush kit.

There were 18% of the total sample who had symptoms like fever and dry cough. On asking about the impact of medicine on their symptoms, 44% (81 people) of the sample could reduce their

symptoms only with Ayurveda medicines, and for 22% (41 people) of the sample only few of the symptoms could reduce there was no change in their symptoms for 16% (29 people) of the sample and for 18% (33 people) of the sample the symptoms worse and even after taking the medicines.

There were 38 (3.75%) samples tested positive and underwent treatment. Only one person was reported to be no more. Significantly 80% of people with mild to moderate symptoms could recover with AYUSH Kit without testing positive for Covid-19 infection.





#### IV. DISCUSSION

Ayurveda took the challenge of covid crises into an opportunity to serve the mankind, it emerged out as an integral part of health care system, the efforts by government with its scheme to mainstream Ayurveda are fruitful, the statistical data of this study sounds significant. The AYUSH Kits were distributed in the month of November 2020 and the total number of cases infected in Mysore during that month was 3047<sup>[8]</sup>, whereas

soon in the next month I.e in December 2020, total infected cases were 1740<sup>[8]</sup>, there was a greater reduction of almost 40% within a month, their lies a team effort by Mysore district administration and also the greater awareness among people towards increasing their immunity, helped a lot to achieve it.

Its also very important to note that, out of all infected cases of that month only 1.27% were from those who used AYUSH kit.

Table : 2 Role of AYUSH Kit in Preventing Covid-19.

	Yes	No
Symptoms present	18% (184)	82% (829)
Tested Positive	4% (38)	96% (975)

It evidently helped in bringing a psychological balance among people, around 77% people who were feared about infection could become confident and brave enough after taking Ayush medicines. That in turn evidently increased there working efficiency, indicating their relieved stress and there was a positive improvement in their overall mood throughout the day. There was a remarkable improvement in Digestion and Sleeping pattern which are considered as the sub-pillars of life in Ayurveda<sup>[9]</sup>.

gifted a lot new lifestyle disorders to mankind any new diseases can emerge in future but this time tested treasure of knowledge holds good till eternity<sup>[10]</sup>. it's high time to realise and restohamuliyaadhyayare ourselves towards our indigenous cultural heritage. There is a key solution in unique concepts of Ayurveda like, Dinacharya (daily regimen) Rutucharya (seasonal regimen) Sadvrutta (code of conduct) and Achara rasayana which are to be practiced by everyone who wish to remain healthy.

#### V. CONCLUSION :

Ayurveda is a holistic science. More than a medical system it is a way of life. The uncontrolled urbanization and modernization has

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