

5,000-year-old ancient scriptures describe something similar to coronavirus



Chaiti
Narula

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A coronavirus-like virus has been described in ancient ayurvedic scriptures about 5,000 years ago. Dr Smita Naram, founder and CMD of Ayushakti revealed that she was surprised to find a chapter called 'Krimi' i.e. infections, in the 'Charak Samhita' that describes an infection exactly like the novel coronavirus.

In the chapter 'Krimi', there is mention of a term called 'Sleshma Krimi, which is described as something that cannot be seen by the naked eye as they are 'Maha Sukshma' which means they are so minute that one needs a special instrument to see that, Smita Naram said.

"I was surprised to find this description in the Charak Samhita. It was rather unbelievable. In the Charak Samhita, there is a specific chapter on 'krimi' i.e. infections. In the chapter, there is a description of Sleshma Krimi. It is just fascinating how they have described how 'Sleshma Krimi'," Smita Naram said.

"It cannot be seen by the naked eye as they are 'Maha Sukshma'. This means they are so minute that one needs a special instrument to see it. This was said 5,000 years ago!" revealed Dr Smita Naram.

The Charak Samhita describes how they settle in your respiratory system," she said.

Moreover, Dr Smita Naram said that she was stunned to read how Krimi has been described in the text. It has been described as being round in shape, heavy with spikes on them, she said.

"The Charak Samhita's description is so close to that of the novel coronavirus. They explain how Sleshma Krimi, after settling in the respiratory system, creates cough, severe congestion, and breathlessness and sometimes leads to death," Dr Smita Naram explained.

The ancient scriptures also reveal three ways to prevent the infection and protect oneself from it.

Ancient scriptures say isolate yourself so that you don't catch this infection, don't feed them anything that strengthens them and makes them more active, Dr Naram said.

Dr Smita Naram, Founder of Ayushakti, reveals her immunity-boosting recipes:

Dr Smita Naram said that when the scriptures said don't feed the Krimi anything that strengthens them, it means that don't feed them 'Kapha' inducing foods. In today's day and age such foods are wheat, bread, and dairy products," Dr Naram advised.

Dr Smita Naram, Founder & CMD Ayushakti.

Thirdly, the scriptures advise certain immune-boosting herbs, especially in your respiratory area. Dr Smita Naram advised herbs that open up respiratory channels. She has even come up with a recipe that anyone can prepare at home.

Just follow these steps -

1. Pomegranate peel - a quarter of outer peel
2. 20 basil leaves
3. 1-inch size ginger
4. 1-inch size fresh turmeric or powder
5. 1 black pepper powder
6. Crush everything very well
7. Add 2 glasses of water and boil
8. Simmer
9. Boil until to make it 1/2 of a glass
10. Strain in a cup
11. Drink this warm 2-3 times a day.

"It has been proven in many scientific reports that ingredients like Pomegranate peel, Kalmegh, Tulsi, Shunti, Dalchini, etc. can enhance the immune power, kill all types of viral infections and prevent the viral attacks remarkably well," Dr Naram said.

She added that herbs like Yashtimadhu, kantakari, Tulsi, Shati, Dalchini etc. are proven for their effectiveness in improving respiratory functions, removing blocks and inflammations from the respiratory channels, thus, relieving allergies and infections.

"Although, it's a difficult task to make the efforts to improve the immune system, but it's a worthy attempt. Another way to bring back long-lasting health naturally is to detoxify your body at regular intervals," Dr Naram advised.

Dr Partap Chauhan, Director of Jiva Ayurveda, had some handy tips as well:

He said it upfront -- do not panic!. "Fear and negativity reduce immunity. Excessive mental stress also affects our digestion and thus causes formation of 'Ama' -- a toxic material that acts like a breeding field for microbes," Dr Chauhan explained.

He advised that to boost your immunity, have a tablespoonful of Chywanprash daily. Herbs like Ashwagandha, Shatavari, Amala, Glioy, Neem, Kutki, Tulsi are good immune boosters. Citrus fruits like orange, grapefruit, lemon are rich source of vitamin C and are

good to consume. Drinking warm water and keeping hydrated is very beneficial according to him, He said.

He said robust digestion is key.

"Eat a piece of fresh ginger or drink ginger tea. Mint tea, cinnamon tea and fennel tea are also good. Take one-litre water and add to it one teaspoonful of each - fennel, cumin, coriander powder and freshly grated ginger. Boil everything together for a few minutes, filter and fill in a hot container. Keep sipping this water throughout the day," Dr Chauhan advised.

He further advocated 'Nasya' which he says can be done by putting 2-3 drops of sesame oil or Anu oil in each nostril.

"Sniff it in to strengthen the inner mucus membrane. Gargling with lukewarm saline water 2-3 times a day is also beneficial," he said.

Dr Chauhan explained clear bowels is a must.

"Take two tablets of Triphala or one teaspoonful of Triphala powder with lukewarm water at bedtime to keep your bowels clean," says Dr Chauhan.

Lastly, he stressed how exercise is a must.

"Practice stretching, walking, Yoga, Pranayama and meditation for 30 minutes daily is recommended" he adds.

Rajiv Vasudevan, founder and CEO of AyurVAID chain of hospitals said, "Know thyself, know thy environment. Harness the body's innate ability to ward off infections. Beyond generalities, Ayurveda enables specific dos and don'ts, personalised to a person with particular health status, at a particular place-time, to correct imbalances in one's body and restore immunity in general and to Covid-19 in particular".

He said that by identifying the extent of underlying system inflammation and metabolism, the presence of history/active URTI/LRTI, co-morbidities, immune-compromise status, a unique composite risk score can be developed.

"What we have done is gone beyond '*daadi ke nuskhe*' [Grandmother's tips]. We have developed a precise Ayurveda Covid-19 risk-mitigation strategy with personalised prescription of diet, lifestyle, medicine and DIY [Do it Yourself] therapies."

Overall, well-being at a stage like this is a must for people around the world.

Advise from Rajeev Vasudevan, Founder of AyurVAID is as follows:

1. It is advised to have easily digestible food during this season as the digestive capacity could be affected.
2. Stick to freshly prepared, light, vegetarian food. In case you wish to have non-

vegetarian food, please ensure that it is well cooked, not too oily or with excess spices.

3. Dinner should be your lightest meal.

4. Avoid curds, oily and deep-fried items, refined flour, leftover meals, processed and packaged food items, oats and millets, cheese, cold and aerated drinks as far as possible. Avoid Bengal Gram/Beans and difficult to digest Vata/gas-causing food items. Avoid use of milk at night. In case you are used to having milk, it is good to have diluted milk with dry ginger powder and turmeric

5. Include: Warm water, broken wheat, green and yellow moong/green gram, ghee, rice, honey

6. Include Vegetables: Ivy gourd/Coccinia, Garlic, Amaranthus, Brinjal. Minimize the use of gas causing items like cabbage and cauliflower.

7. Include Fruits: Amla, Pomegranate, dry raisins, cardamom

8. Include bitter and pungent and astringent taste while choosing your food items as these items are light and easy.

9. Maintain adequate Hydration with around 6 to 8 glasses of water daily.

Lifestyle tips

1. Avoid day sleep to prevent 'Kapha' accumulation/to reduce further impairment of your metabolism

2. Having sips of hot water will aid your digestion and minimise the signs of bloating, belching and flatulence.

3. Avoid cold water bath

4. Ensure very good hygiene at home and ensure the place receives good air and sunlight. Try to minimize and avoid damp and humid atmosphere at home.

And finally, we spoke to Dr Manisha Mishra at Charak Pharma, who has developed a range of ways to enhance the natural defence mechanism of the body.

Here are handy tips by Dr Mishra and her team at Charak Pharma:

1. To enhance immunity, adapt a healthy diet, have the right amount of sleep and exercise

2. Practice personal hygiene and stick to a daily regime

3. For oral hygiene and throat care, gargle daily with warm water or herbs like Tulsi, Yashtimadhu, Mint, and Behda

4. Incorporate immune-enhancing herbs or Ayurveda Rasayana in your daily regime like amla, Guduchi, Haldi, Tulsi, Yashtimadhu, etc.

5. Avoid unwholesome food like mixing milk and sour fruits or having curd at night.

6. Eat seasonal fruits and vegetables

7. Drink detox water made of Jeera (Cumin seeds), Fennel seed (Saunf) and Dhaniya seed to enhance digestion and eliminate toxins.

8. Practice Yoga and Pranayam to destress and reduce anxiety

10. Stay positive and happy as it helps enhance immunity.