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Post COVID-19 rehabilitation and immunity through yoga and ayurveda

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The COVID-19 pandemic has created a worldwide health crisis. Many People who have survived this disease suffer their physical and mental health. Rehabilitation of these Patients is an immense need. A holistic and multi-disciplinary rehabilitation is needed to boost the immunity and to restore the health status of these patients. The governments of India, China and many other countries are actively promoting traditional treatments for post Covid-19 rehabilitation. WHO also supports for Rehabilitation Self-Management after COVID-19- Related Illness.

Ayurveda and Yoga can certainly play a pivotal role in the rehabilitation to boost the immunity. Regular Yoga practice revives the exhausted body, soothes the troubled mind, and brings back confidence and positivity in life. It is well accepted that COVID rehabilitation must focus on breathing exercises. Yogic techniques such as the Asanas (body positions) and Pranayama (controlled breathing) facilitate body stretching and help to boost the immunity and strengthen the lungs. Regular meditation relaxes the troubled mind in a highly effective manner, by bringing back confidence and positivity.

According to Ayurveda concepts, there will be Agnimandya (improper digestion) and DhatuKshaya (depletion of body tissues) in post COVID 19 infection. Diet has a very important role in the management of Post COVID-19 and it should be for all six tastes and may include ginger, turmeric, pepper, cinnamon and mint in their diet, to boost the digestion. Various herbs and herbo mineral drugs, including Rasayana drugs play a vital role to improve the body tissues and boost the immunity in post COVID-19.

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