

# Yoga, pranayama with herbal crude extracts can be increase the body immune system against corona virus: A Review

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**Abstract:** Corona is widespread in bats. These are spread in the world but can be found in many other species like humans, birds, cats, dogs and pigs. They can cause respiratory, enteric hepatic or neurologic disease Corona virus is a very harmful for human in recent time. More than 1 lakh people infected in while countries and 7000-9000 peoples died after spread corona virus. corona virus is spread from in the central Chinese city of Wuhan, primary cause infectious in birds and mammal but in recent day these infections in human. It causes a variety of disease in mammals and birds but in last few decades, has shown to be capable of infecting humans as well. Various symptoms shown in 2003 of severe acute respiratory syndrome. Recently, middle -ease respiratory syndrome (MERS)and unknown pneumonia, were identified dec.2019-jan.2020 in Wuhan municipal health commission. On 15<sup>th</sup> march to 14april closed the market and high alert while countries because these are affected 9000-10,000 peoples. Corona virus is an acquiring disease, these infections transmitted to one people to others peoples. Treatment of corona virus by yoga & pranayama and ayurvedic herbs. Yoga and Ayurveda hers improve the immunity and kill the corona virus. Herbal drugs having various properties like anti-viral, anti-bacterial and antimicrobial. Herbal extracts reduce the cold and cough. Herbal extracts treat the bronchitis and asthma. daily practice of kapal bhati & pranayama are control breathing.

**Keywords:** Corona virus, respiratory syndrome, kapal bhati, anulom vilom, black pepper, Tulsi, Mulethi and ashwagandha

## INTRODUCTION OF CORONA VIRUS

Corona is widespread in bats. these are spread in the world but can be found in many other species like humans, birds, cats, dogs and pigs. They can cause respiratory, enteric hepatic or neurologic disease [1]. Corona virus is very harmful for human in recent time. SARS-COV-2 is new virus, are responsible for COVID-19. These viruses are spread in while countries. 1000 cases a per day found in currently number of peoples and death above 10,000 in while countries. corona virus is a novel infection and spread rapidly [2]. Since December 2019, an outbreak of new human corona virus has spread in Wuhan countries and this virus is rapidly spread in various countries and caused 10,000 cases and deaths [3]. Corona virus is derived from the Latin word corona, meaning crown or Halo , corona virus (COVs) is primarily caused in birds and mammals animal but now coronavirus is rapidly spread in human . 10,000-12,000peoples dies [4]. Corona virus is highly transmitted and pathogenic viral infection, this infection is caused by severe acute respiratory syndrome (SARS- COVS-2) [5]. The severe acute respiratory syndrome (SARS- COVS-2), and influenza A, H1N12009 and middle east respiratory syndrome corona virus (MERS-COV) cause acute lung injury (ALI) and acute respiratory distress syndrome (ARDS) which leads to pulmonary failure and results in fatality [6]. Corona virus is highly transmitted and pathogenic viral infection caused by SARS-2. It belongs to the coronaviridae family in the nidovirales order [7].



Figure no. 1: structure of corona virus

### TYPES OF CORONA VIRUS-

Four types of coronavirus.

- i. Alpha corona virus ( $\alpha$ -COVs)
  - ii. Beta corona virus ( $\beta$ -COVS)
  - iii. Gama corona virus ( $\gamma$ -COVS)
  - iv. Delta corona virus ( $\delta$ -COVS)
- i. **Alpha corona virus:** these types of virus are classifying into various types like FCOV, FECOV (Felene enteric corona virus), FIPV (Feline infectious corona virus), TGEV (transmissible gastro -enteritis), PEDV (procine epidemic diarrhoea virus)
  - ii. **Beta corona virus:** these viruses spread through birds and mammalian ex. Mice and human with severe acute respiratory syndrome.
  - iii. **Gamma corona virus:** these are spread by birds
  - iv. **Delta corona virus:** these types are found in 2012, spread with 50percent mammalian. [8,9,10]

### Symptoms of COVID -19 are –

Various symptoms show in corona infection like:

- i. Pneumonia
- ii. Fever
- iii. Severe cold
- iv. Vomiting
- v. Difficult breathing
- vi. Stomach pain
- vii. Throat infection [11]

### TREATMENTS

Corona virus is treated Yoga & pranayama (kapal bhati, anulom vilom) with Ayurveda herbs (black pepper, Tulsi, Ashwagandha & glycyrrhizin). These are improving the immunity and consciousness. Pranayama having control over breathing and regulate the process of breathing. it improves the physical and mental health.[12] 5000 thousand of years ago yoga originated in India. yoga and pranayama are effective method for health and improve the immunity and prevent various disease. yoga is reducing the stress and anxiety, depression, improve ANS. now a days yoga is beneficial for cancer, diabetics, and asthma but recently helpful in COVID -19.[13] Yoga is a Sanskrit word which meaning yoking and joining, its means transforms of consciousness and attening liberation from Karma.[14]

**YOGA & PRANAYAMA:** Kapal bhati, Anulom vilom

1. **Kapal bhati:** Kapal bhati is a most popular pranayama. Daily practice of kapal bhati reduce weight, hypertension and stomach disease. Kapal bhati is most effective in cough and cold, these are control breathing problem. daily routine of kapal bhati in early morning treat the genetic asthma and relief the cold and cough. Kapal bhati is improve the immunity power. Daily benefit of kapal bhati prevent the stress, depression, lungs disease, Asthma and increase the immunity power and stamina. Regular practice of kapal bhati helps in removing blockage in the heart and lungs. Other various benefits of kapal bhati like-
  - i. Increase the blood supply to various parts of body
  - ii. Activate the brain and improve brain power
  - iii. Reduce the stomach disease
  - iv. Prevent genetic asthma and lungs disease [15,16]



**Figure no 2: Practice image of kapal bhati**

2. **Anulom vilom:** It is a breathing exercise; this pranayama is most effective in cold and cough. and improve the blood circulation of body. Which will be provided relief to peoples from suffering Asthma and bronchitis. anulom vilom pranayama is improve power. it should be practice in the early morning in fresh air and clean place with empty stomach. these are increase the blood flow of the body [17]



**Figure no 3: Practice Image of anulom vilom**

#### AYURVERDIC HERBS: Tulsi, Ashwagandha, Mulethi and black pepper

1. **Mulethi (Liquorice):** it is a medicinal herb, Mulethi used in the various disease like virous infection, Asthma, cold and cough .it having various properties like antioxidants, anti-microbial, anti-inflammatory and hepatoprotective properties. Mulethi is the root of glycyrrhiza Globra, with sweet taste. it is used in the treatments of severe cough and cold. Mulethi is kill the virus, bacteria and Mulethi is effective in corona disease because having the anti-bacterial properties, anti-microbial properties. daily intake Mulethi is reduce. it is the cold, cough and respiratory problem, help in the improve the immune power. found in various properties in Mulethi and helpful in various type of disease.

**Antimicrobial properties:** kill the virus, bacteria and fungi due the presence of glycyrrhiza and block the growth of bacteria .it is controlling the malaria.

**Anti-inflammatory:** helpful in various chronic disease like rheumatic arthritis, skin disease and autoimmune disease and improve immunity power. Mulethi extracts is improve the WBC production because WBC is the against work of microbes. [18,19,20]



**Figure no 4: Structure of Mulethi**

2. **Black pepper (kali micrh):** it is very sharp, spicy. 80 percent Indian peoples are used black pepper in home remedies because it's very effective in various disease like cold cough and severe asthma. These are reducing the excess air of the stomach and improve the digestion & improve the immune power. black pepper powder with honey reduce the cough and cold and most powerful in bronchitis or asthma. black pepper is removing the toxic substances from body. it is a common home remedies in India for cold, cough and respiratory problem. black pepper used in the treatment of asthma or bronchitis disease. [21]





**Figure no 5: Image of black pepper**

3. **Tulsi:** It is traditional plant of India; it is used as a medicine. Tulsi is religious plant. Tulsi is most effective in severe cold, asthma, skin disease, diabetes and always prevent the heart disease. Tulsi having anti-oxidant and anti-carcinogenic properties, these properties stop the breast cancer. 10-15 leaves of Tulsi twice a day, reduce stress, tension and always protect the heart disease. Tulsi extracts with black pepper, ginger, and honey prevent the asthma and cold. [22]

4.



**Figure no. 6: Image of Tulsi**

5. **Ashwagandha:** It is a medicinal herb. used in the hypertension. Common name withania somnifera. these are reducing the stress and improve the immune system of the body. it is winter cherry. it helps fight depression, boost fertility and testosterone and boost brain function.

**Precaution of ashwagandha:**

- i. Before taking these herbal powers, consult your doctor.
- ii. Avoid the beer, wine and mixed drink like alcohol.[23]



**Figure no 7: Image of ashwagandha**

**Conclusion:** These ayurvedic herbs are basically used for medicated purpose which have different kind of therapeutic action against different kind of disease but after the study of all these mentioned ayurvedic or crude drugs (Tulsi, Ashwagandha, Mulethi and black pepper) we found that, if it will be taken along with yoga and pranayama, will help to increase the body immune system which can reduce the possibility of corona infection. These ayurvedic herbs shown the positive prospective against the corona virus. All of these ayurvedic herbs have been shown antibacterial and antiviral property so we are supposing to say that these herbs will be

work against the corona virus also. Yoga and Pranayama with herbal extract will improve the immune power. Immune power is a medicine of corona virus because high immunity power will help to fight or kills against the virus and bacteria.

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