

## Yoga –An Adjunct therapy to Elude COVID-19

Dr. Santosh Kumar <sup>1</sup>

Dr. Rakesh K Dhar Dubey<sup>2</sup>

Dr Priyanshu Sharma<sup>3</sup>

1. Associate Professor , GITAM Institute of Management , GITAM ( Deemed to be University),  
Visakhapatnam
2. Assistant Professor ,School of Management, IMS Unison University, Dehradun
3. Associate lecturer, Department Of Management, Birla Institute of technology –Mesra,  
Jaipur Campus, India.

### **Abstract**

The research discussion is an outcome of unstructured survey, still going, by electronic mediums on the data of COVID infected person collected from many quarantine and COVID treatment centers in Delhi, Dehradun and Bengaluru, as a pilot study to show a pathway to fight against COVID-19. The research discussion is an attempt to justify the hypothesis that regular practices of Yoga can reduce susceptibility to Acute Respiratory Infection (ARI) illness by increase the immunity in human body. The outcome concluded that the regular Yoga practices can reduce the chances of getting infected from corona and help in fast recovery in case of infection.

**Keywords:** Yoga; COVID-19; Acute Respiratory Infection (ARI)

### **Introduction**

The earth is struggling to survive with better health and a sustainable economy. The pandemic, COVID-19, has diseased over 21 million people worldwide and claimed more than 760,000 lives globally. Since the start of the SARS-CoV-2 epidemic, COVID-19 has acted as a distinctive infection with unusual tissue and systemic immune characters. The pandemic scare shuts the world down for all life activities. Yoga is an art and science of healthy life, which focuses on bringing harmony between mind and body by principle of subtle science. Yoga practices creates a perfect concord between body and mind, human and Mother Nature, individual cognizance and common cognizance; Ayush Ministry (2020). Yoga has been practiced in India since ancient times and is increasingly being accepted by the Western world as a medical practices; Cramer et.al. (2013); Manik et.al. (2017).

The research discussion is an attempt to justify the hypothesis that regular practices of Yoga can reduce susceptibility to Acute Respiratory Infection (ARI) illness. COVID-19 is categorized as a Severe Acute Respiratory Syndrome (SARS), symptoms start with fever, tiredness, dry cough and gradually turned to severe breathing problem. The central and state governments in consultation with The Indian Council of Medical Research (ICMR) are taking several measures and framing numerous wartime protocols to safeguard the society. By dint of having inadequate health care facilities and the second largest population in the world, the recovery from corona rate in India has surprised the globe.

The medical practitioners of country had taken many quick initiatives; use of malaria medicine (Hydroxychloroquine), Use of plasma therapy, use of Methylprednisolone drugs and sharing of ventilator facility etc. The role of natural condition and life style in low COVID mortality in the country had not been denied. Yoga asana is part of lifestyle for many of us, it is accepted in each community and cast of our society. Many of us are performing Yoga on regular basis as a well-disciplined exercise while some of us are performing at occasional basis without knowing the fact; Surya-Namaskar is a combination of multiple asana and varieties of poses to relax the stress and anxiety are powerful practices in COVID-19.

In the lack of a proper vaccine for corona, improving immunity is the only way to fight the virus. We decided to study the role of Yoga as immunity builder to fight against COVID infection based on the clinical trial approach, which needs huge time. Meanwhile, we are presenting the research discussion as outcome of a pilot study to show a pathway to fight against the deadly virus.

### **Problem Discussion**

World health organization announced "COVID-19" as the name of the new disease for severe acute respiratory syndrome. The virus was first reported in late 2019 in Wuhan, China and has since spread broadly in every corner of the globe. The virus has diseased over 2.5 million people in India and claimed nearly 50,000 lives.

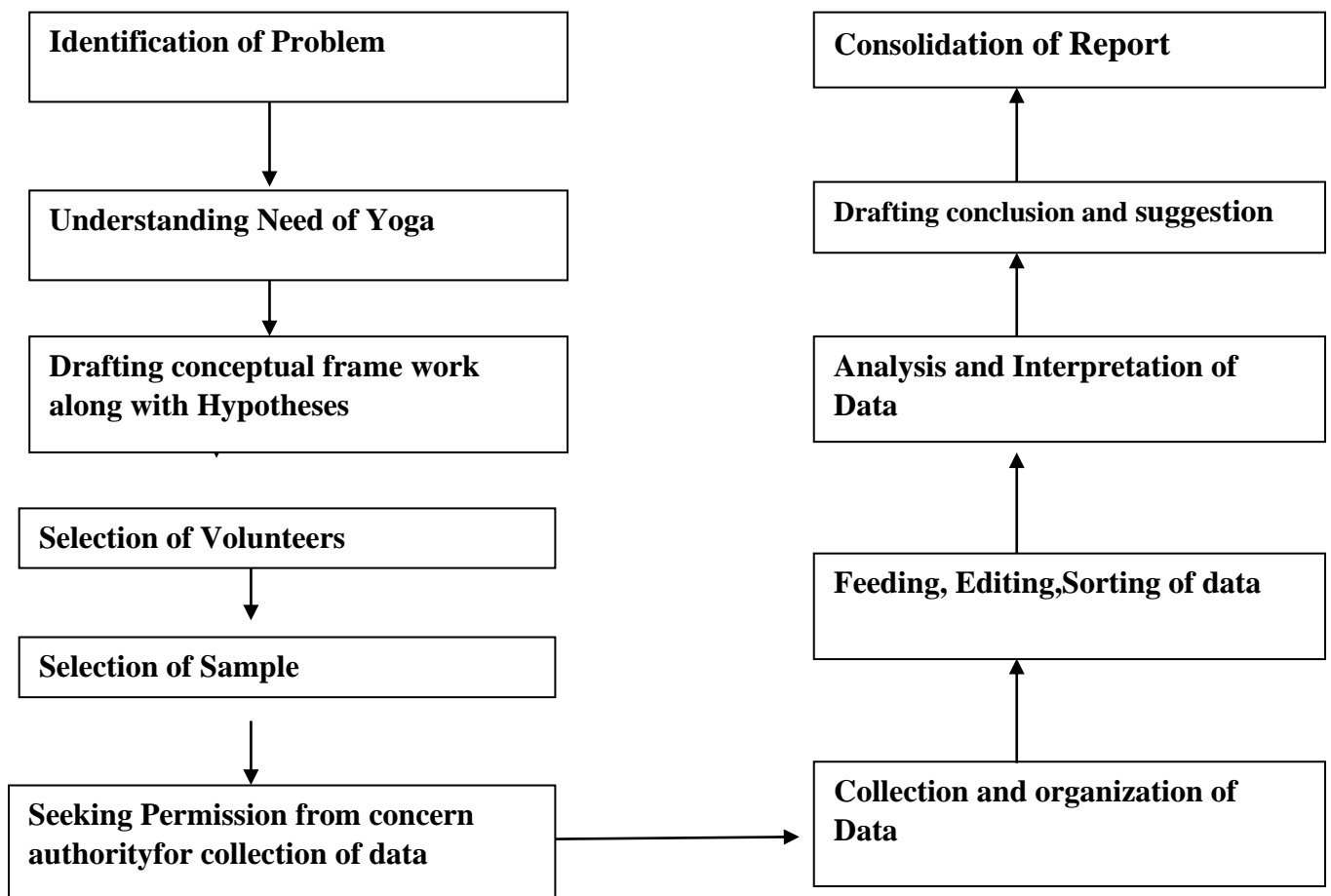
The incubation time of COVID-19 ranges between 2 to 14 days after first exposure. Generally infected person will observe no symptoms or mild sickness. The danger of gravesickness and death in COVID-19 infection surges with age and in persons with some health disorders. Severe level of infection is characterized by dyspnea, hypoxia, and high lung involvement on

imaging. This can be advanced to respiratory failure needing an external ventilation support system, multi-organ failure, shock and death.

The easiest way to decline infection rates of COVID-19 is to escape virus exposure,; by staying at home, using face mask at crowded places, staying at safe distance from others, sanitizing hands and practicing a good respiratory hygiene. Many studies suggested that humans being do not have immunity to COVID-19, allowing its fast spread among populations through contact with an infected person. Immunity is the only key factor to stop COVID-19 infection, until we don't have vaccine for this. The AYUSH ministry had suggested regular practices of Yoga and consumption of herbs as immunity boosting measures for people.

### **Material and Methods**

The segment clarifies the research procedure selected to tackle distinguished research problems. The research is an exploratory survey based on the sample selected by convenience stratified sampling method. The detailed research framework has been explained as flow chart in, fig-1 below.



### **Fig 1: Framework Flow Chart of Research**

A prospective unstructured survey was conducted, still going, by authors along with some volunteers with the patients infected to COVID-19, by electronic mediums on the data collected from many quarantine centers and COVID treatment centers in Delhi, Dehradun and Bengaluru. Most of these participants were diagnosed for COVID-19 and were found negative for the virus to evaluate the effects of yoga. All respondents between 26 and 70 years of age with moderate to severe symptoms of COVID-19 infection were included in the survey. Some literature suggested that people should develop immunity against COVID-19, to stop its fast spread in society.

The practices of yoga asana includes; simple Standing Group of Asana, poses like bridge, cobra, wheel and upward facing dog; stimulate the lungs and increase level of immunity in the practitioners. Thus, researchers aim to study the potential benefit of yoga with the selected number of COVID patients.

#### **Survey Outcome**

The current report of research discussion is presenting the result of our pilot study on 300 participants, who are survived in infection. The survey was conducted to find their experience about understanding and practices of Yoga asana, detail as presented in table 1 below.

The most number of participants are belonging to age group of 49-56, followed by the group of 57-70. We have the least infection in participants of age group 34-40, due to high immunity level. The participants were divided in three groups; Regular, Occasional and Never, on the basis of their experience on performance of yoga. The survey outcome had explained that only 28.33% of respondents were never performed Yoga asana in past. The total of 26.67% of participants were performing Yoga asana regularly, while 45% of respondents had occasional experience with Yoga.

From this limited survey outcome, Yoga can be treated as an adjunct therapy for COVID-19. We suggest everyone to perform Yoga asana to develop immunity as a weapon to fight against COVID-19.

Age group	Experience about Yoga	Number	Percentage
26-40	Regular	8	2.67%
	Occasional	15	5.00%
	Never	11	3.67%
<b>Category Total</b>		34	
41-48	Regular	16	5.33%
	Occasional	21	7.00%
	Never	11	3.67%
<b>Category Total</b>		48	
49-56	Regular	33	11.00%
	Occasional	56	18.67%
	Never	39	13.00%
<b>Category Total</b>		128	
57-70	Regular	23	7.67%
	Occasional	43	14.33%
	Never	24	8.00%
<b>Category Total</b>		90	
<b>Total</b>		300	100.00%

**Table 1: Detail of Participants and their experience about practices of Yoga**

### Conclusion and Scope for Future Research

The research discussion has presented the need of yoga as adjunct therapy to avoid infection from COVID-19. Based on our pilot survey and discussion, we conclude that the regular Yoga practices can reduce the chances of getting infected from corona. So, Yoga can be treated as an adjunct therapy for avoiding bad effect of COVID-19. We found a better recovery rate in the infected persons, who are practicing yoga regularly.

Human race has survived in many such epidemic in past, a new approach for disciplined life are being required to safeguard human society from this epidemic. Future research can be carried out to define a schedule of Yoga Asana to be performed in more detail in support of the result. In follow-up studies, it seems worthwhile to develop a guideline on yoga for society on aligning the health care mission and to achieve the safety of life in country.

*Note: The study is still going on multiple parameters, we will come with the detailed report and outcome of research.*

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