

Covid-19: Scope of Ayurveda and Homoeopathy to Make Swastha Bharat

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ABSTRACT

AYUSH system is based on traditional health practices. The traditional Healthcare system of the country provides lifestyle advocacies to boost immunity which helps the prevention of various kind infectious diseases. Recently, the outbreak of corona virus has been noticed which mainly involve Respiratory system. *Ayurveda*, being the science of life, propagates the gifts of nature in maintaining healthy and happy living. *Ayurveda's* extensive knowledge base on preventive care, derives from the concepts of "*Dinacharya*" - daily regimes and "*Ritucharya*" - seasonal regimes to maintain healthy life. In Homoeopathy the choice of the medicine is fundamentally based on the principle that the medicine must have the capability of producing most similar symptom of the diseases to be cure in healthy persons. Today whole world faces corona virus problem. Corona virus comprises of a large family of viruses that are common in human beings as well animals (camels, cattle, cats, and bats). The novel Corona virus disease (COVID-19) has been spreading at a rapid rate across the world, which made World health organization (WHO) to declare it as a pandemic disease. A lot is still unknown about this virus. Signs and symptoms of corona virus disease 2019 (COVID-19) may appear two to 14 days after exposure. The virus spreads by respiratory droplets released when someone with the virus coughs, sneezes or talks. It can also spread if a person touches a surface with the virus on it and then touches his or her mouth, nose or eyes. Today the only or basic prevention from this disease is "stay home", "wash your hands often with soap and water for at least 20 seconds" and "cover your face with a cloth face covering in public spaces." Some of the important preventive measure is uses by government of india is *Aarogya Setu* app and *Lockdown* condition in country. As we all know there is no vaccine or medicine available against corona virus. So, prevention and good immunity is necessary for everyone because it is spread human to human. In Rajasthan, a combination of anti-malaria, anti-Swine flu and anti-HIV drugs resulted into recovery. For boosting immunity daily practice of *Yogasana*, *Pranayama* and meditation for at least 30 minutes and some diet plan are advised by Ministry of AYUSH (#*YOGAatHome* #*StayHome* #*StaySafe*). Some enthusiastic slogans, poems, songs, videos, images, drawings are circulating on internet to showing unity by people towards nation and against corona.

KEYWORDS: *AYUSH, Ayurveda, Homoeopathy, corona virus, Arogya Setu, Lockdown, Yogasana, Stay home, stay safe, wash hands, mask*

INTRODUCTION

Ayurveda, being the science of life, propagates the gifts of nature in maintaining healthy and happy living. *Ayurveda's* extensive knowledge base on preventive care, derives from the concepts of "*Dinacharya*" - daily regimes and "*Ritucharya*" - seasonal regimes to maintain healthy life. It is a plant-based science. The simplicity of awareness about oneself and the harmony each individual can achieve by uplifting and maintaining his or her immunity is emphasized across *Ayurveda's* classical scriptures.

Homoeopathy is a system of medicine founded on a definite law "*Similia Similibus Curantur*" which means 'like cures like'. The word Homoeopathy is a Greek derivation where

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"*homoeos*" means "*Similar*" and "*pathos*" means "*suffering*". So, this pathy is also called the therapeutic method of symptom-similarity. According to this system the choice of the medicine is fundamentally based on the principle that the medicine must have the capability of producing most similar symptom of the diseases to be cure in healthy persons.

AYUSH system is based on traditional health practices. The traditional Healthcare system of the country provides lifestyle advocacies to boost immunity which helps the prevention of various kind infectious diseases. Recently, the outbreak of corona virus has been noticed which mainly

involve Respiratory system. The Ministry of AYUSH is issuing the advisory as preventive measure and not claiming to be a treatment advice for the Corona virus infection. The Research Councils under Ministry of AYUSH are involved in various public health activities and provide lifestyle advocacies time to time for the general public.

Corona virus comprises of a large family of viruses that are common in human beings as well animals (camels, cattle, cats, and bats). There are seven different strains of corona virus. These are as following-

1. 229E(alphacoronavirus)
2. NL63(alphacoronavirus)
3. OC43(betacoronavirus)
4. HKU1(betacoronavirus)
5. MERS-CoV (the beta coronavirus that causes Middle East Respiratory Syndrome, or MERS)
6. SARS-CoV (the beta coronavirus that causes severe acute respiratory syndrome, or SARS)
7. SARS-CoV-2 (the novel coronavirus that causes coronavirus disease 2019, or COVID-19)

But the virus that causes COVID-19 is designated as severe acute respiratory syndrome corona virus 2 (SARS-CoV-2); previously, referred to as 2019-nCoV. Towards December 2019, this novel corona virus was identified as a cause of upper and lower respiratory tract infections in Wuhan, a city in the Hubei Province of China. It rapidly spread, resulting in an epidemic throughout China and then gradually spreading to other parts of the world in pandemic proportions. It has affected almost every continent in this world, except Antarctica. In February 2020, the World Health Organization designated the disease COVID-19, which stands for corona virus disease 2019.

Symptoms -Signs and symptoms of corona virus disease 2019 (COVID-19) may appear two to 14 days after exposure. This time after exposure and before having symptoms is called the incubation period. Common signs and symptoms can include:-

- 1.Fever
2. Cough
3. Shortness of breath or difficulty breathing

Other symptoms can include:

1. Tiredness
2. Aches
3. Chills
4. Sore throat
5. Loss of smell
6. Loss of taste
7. Headache
8. Diarrhea
9. Severe vomiting

The severity of COVID-19 symptoms can range from very mild to severe. Some people may have only a few symptoms, and some people may have no symptoms at all. People who are older or who have existing chronic medical conditions, such as heart disease, lung disease, diabetes, severe obesity, chronic kidney or liver disease, or who have compromised immune systems may be at higher risk of serious illness. This is similar to what is seen with other respiratory illnesses, such as influenza. Some people may experience worsened symptoms, such as worsened shortness of breath and pneumonia, about a week after symptoms start.

Causes- Infection with the new coronavirus (severe acute respiratory syndrome coronavirus 2, or SARS-CoV-2) causes coronavirus disease 2019 (COVID-19). The virus appears to spread easily among people, and more continues to be discovered over time about how it spreads. Data has shown

that it spreads from person to person among those in close contact (within about 6 feet, or 2 meters). The virus spreads by respiratory droplets released when someone with the virus coughs, sneezes or talks. These droplets can be inhaled or land in the mouth or nose of a person nearby. It can also spread if a person touches a surface with the virus on it and then touches his or her mouth, nose or eyes.

Risk factors -Risk factors for COVID-19 appear to include:-

- Recent travel from or residence in an area with ongoing community spread of COVID-19 as determined by CDC or WHO
- Close contact with someone who has COVID-19, such as being within 6 feet, or 2 meters, or being coughed on — which can occur when a family member or health care worker takes care of an infected person

Complications- Although most people with COVID-19 have mild to moderate symptoms, the disease can cause severe medical complications and lead to death in some people. Older adults or people with existing chronic medical conditions are at greater risk of becoming seriously ill with COVID-19.

Complications can include:

- Pneumonia in both lungs
- Organ failure in several organs
- Respiratory failure
- Heart problems, such as heart rhythm problems and a disease of the heart muscle that makes it hard for your heart to pump blood to the body (cardiomyopathy)
- Acute kidney injury
- Additional viral and bacterial infections

Prevention -Although there is no vaccine available to prevent COVID-19, you can take steps to reduce your risk of infection. WHO and CDC recommend following these precautions for avoiding COVID-19:-

- Avoid large events and mass gatherings.
- Avoid close contact (within about 6 feet, or 2 meters) with anyone who is sick or has symptoms.
- Stay home as much as possible and keep distance between yourself and others (within about 6 feet, or 2 meters) if COVID-19 is spreading in your community, especially if you have a higher risk of serious illness. Keep in mind some people may have COVID-19 and spread it to others, even if they don't have symptoms or don't know they have COVID-19.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Cover your face with a cloth face covering in public spaces, such as the grocery store, where it's difficult to avoid close contact with others, especially if you're in an area with ongoing community spread. Only use nonmedical cloth masks — surgical masks and N95 respirators should be reserved for health care providers.
- Cover your mouth and nose with your elbow or a tissue when you cough or sneeze. Throw away the used tissue.
- Avoid touching your eyes, nose and mouth.
- Avoid sharing dishes, glasses, bedding and other household items if you're sick.
- Clean and disinfect high-touch surfaces daily.

- Stay home from work, school and public areas if you're sick, unless you're going to get medical care. Avoid taking public transportation if you're sick.

If you have a chronic medical condition and may have a higher risk of serious illness, check with your doctor about other ways to protect yourself.

Awareness by social media- Social media is very important part of a person's life in present era. Some enthusiastic slogans, poems, songs, videos, images, drawings are circulating on internet to showing unity by people towards nation and against corona. Like -A song prepared by Indian celebrities- " Muskurayega India". Some slogans- "Stay Home, Stay Safe".



- We are read about people self-quarantining, social distancing, or isolating themselves during the corona virus disease 2019 (COVID-19) pandemic. These terms describe approaches for limiting the spread of disease during epidemics and pandemics:
 - **Social distancing.** Keeping space between yourself and other people outside your household to prevent the spread of disease.
 - **Quarantine.** Separating people and limiting movement of people who have or may have been exposed to the disease to see if they become ill.
 - **Isolation.** Separating people who are ill from others to keep the disease from spreading.

Social distancing-

You're likely practicing social distancing if there's ongoing community spread of COVID-19 where you live. For example, you're likely keeping social distance by staying at least 6 feet (2 meters) away from others outside your home and avoiding large groups. Follow specific social distancing guidelines from the U.S. Centers for Disease Control and Prevention (CDC), World Health Organization (WHO) and your local health department.

Quarantine

Doctors or local health departments may ask or require people to go into quarantine who've recently had close contact with someone with COVID-19, who might have been exposed to COVID-19, or who've recently traveled from a place with ongoing community spread. Quarantine can mean staying at a specific facility or staying at home. People who don't develop symptoms of COVID-19 after the quarantine period ends are released.

If you're quarantining at home because you might have been exposed to COVID-19, the CDC recommends that you monitor yourself as follows:

- Watch for common signs and symptoms, such as fever, cough or shortness of breath.
- Keep distance (6 feet, or 2 meters) between yourself and others.
- If you develop symptoms, check your temperature.
- Isolate yourself at home if you feel ill.
- Call your doctor if symptoms worsen.
- In addition to these measures, if you've recently had close contact with someone with COVID-19, or recently traveled from or lived in an area with ongoing community spread of COVID-19, the CDC has these quarantine recommendations:
 - Check your temperature two times a day.
 - Stay home for 14 days.
 - Stay away from other people as much as possible, especially people at high risk of serious illness.

Isolation

Doctors or local health departments may take special isolation precautions for coronavirus disease 2019 (COVID-19), asking or requiring people who have or think they might have COVID-19 to go into isolation. Hospitals have isolation units for this purpose for very ill people. But doctors may advise many people with mild symptoms of COVID-19 to isolate at home.

During home isolation, you'll need to stay away from family members to keep them from getting the infection. Avoid

sharing dishes, glasses, bedding and other household items. Use a separate bedroom and bathroom if possible. If your symptoms get worse, contact your doctor for medical advice. Follow recommendations from your doctor and local health department about when you can end isolation. These measures can help limit the spread of COVID-19.

- Some of the important preventive measure is uses by government of india is **Aarogya Setu** app and Lockdown condition in country.

Aarogya Setu - The Ministry of Electronics and Information Technology launched a smart phone application called Aarogya Setu to help in "contact tracing and containing the spread" of COVID-19 pandemic in the nation. The World Bank lauded the early deployment of such technology to combat the pandemic. Global technology giants Apple and Google announced on 11 April, that they will taken up the building of software for smartphones which would help in contact tracing, just as the Aarogya Setu application does.

Lockdown-

On 22 March, the Government of India decided to completely lockdown 82 districts in 22 states and Union Territories of country where confirmed cases have been reported till 31 March. At 6 am on 23 March Delhi was put under lockdown till at least 31 March. Essential services and commodities were to continue. 80 cities including major cities such as Bengaluru, Chennai, Mumbai, Chandigar and Kolkata were also put under lockdown. Inter-state movements are allowed during the lockdown period. However some states have closed their borders.

Treatment- In Rajasthan, a combination of anti-malaria, anti-Swine flu and anti-HIV drugs resulted into recovery of three patients in March. In same month, Indian Institute of Chemical Technology, Council of Scientific and Industrial Research and Cipla corporation, launched a joint venture to develop anti-COVID-19 drugs. Another Indian firm Stempeutics plans to introduce a stem-based agent for treating COVID patients in critical situation.

Ministry of AYUSH recommends the following self-care guidelines for preventive health measures and boosting immunity with special reference to respiratory health. These are supported by *Ayurvedic* and Homoeopathic literature and scientific publications. For a healthy person, no medicine is needed. But certain preventive medical practices added on to the daily activities may give enhanced capacity to fight against infections. As all we know that there is no vaccine available against corona till today so it is very necessary to keep ourselves healthy. So, as per the *Ayurvedic* and Homoeopathic Practices the following Preventive Management Steps are suggested.

HOMOEOPATHIC PREVENTIVE MANAGEMENT-

The fundamental principles of Homoeopathy were discussed by Dr. Hahnemann. These are as following-

1. Law of similia. 2. Law of simplex. 3. Law of minimum. 4. Doctrine of drug proving. 5. Doctrine of drug - dynamization 6. Theory of chronic disease 7. Theory of vital force.

AYUSH Ministry has declared a homoeopathic drug "ARSENICUM ALBUM-30", a preventive measure against

infection or respiratory disease. It works as an immunity booster to prevent corona infection and its effect on healthy people. "ARSENICUM ALBUM-30" is a compound known to treat a range of symptoms such as asthma, cough, fever, lung affection, throat affection, whooping cough, anxiety and even depression. No studies were found that Arsenicum album has effect on corona virus. But it is immunomodulator and booster which decreases the chances of infection of corona in healthy people.

AYURVEDIC PREVENTIVE MANAGEMENT-

The main objectives of *Ayurveda* is -

- प्रयोजनं चास्य स्वस्थस्य स्वास्थ्यरक्षणमातुरस्य विकारप्रशमनं चा | (*Charak. Sutrasthan. 30/26*)
- इह खल्वायुर्वेदप्रयोजनं-
व्याध्युपसृष्टानां व्याधिपरिमोक्षः, स्वस्थस्य रक्षणं च |
(*Sushruta Sutrasthan 1/22*)

According to two main *Acharya* of *Ayurveda* there are two main objectives of *Ayurveda*- decreases the disorders of diseased person and maintenance of the health of healthy person. Follow these objectives some basic *Ayurveda Aahar, Vihar, Aushadha Parikalpana* for healthy person and diseased person is mentioned below-

- Drink *Shadang Paniya (Musta, Parpat, Usheer, Chandan, Udeechya & Nagar)* processed water (10 gm powder boiled in 1-liter water, until it reduces to half). Store it in a bottle and drink it when thirsty.
- Prophylactic Measures/Immunomodulatory drugs as per the *Ayurvedic* practices. Measures shall be taken to strengthen the immune system through a healthy diet and lifestyle practices.
 - *Agastya Harityaki* 5 gm, twice a day with warm water.
 - *Samshamani Vati* 500 mg twice a day.
 - *Trikatu (Pippali, Marich & Shunthi)* powder 5 gm and *Tulasi* 3-5 leaves (boiled in 1-litre water, until it reduces to ½ liter and keeps it in a bottle) keep taking it in sips as and when required.
- *Pratimarsa Nasya*: Instill two drops of *Anu taila/Sesame* oil in each nostril daily in the morning.
- Recently an *Ayurvedic* kit also prepared in Dr. Sarvapalli Radhakrishana Ayurved University, Jodhpur by 23 *Ayurvedic* medicines for corona worriers. The main contents of kit are mentioned below-

Contents- 1. *Bharangi*- *Clerodendrum Serratum* 2. *Haridra*- *Curcuma longa* 3. *Lavanga* - *Syzygium aromaticum* 4. *Shunthi*- *Zingiber officinale* 5. *Chirata* - *Swertia chirata* 6. *Guduchi*- *Tinospora cordifolia* in form of *Samshana Vati* 7. *Tejpata*- *Cinnamomum tamala* 8. *Tulasi*- *Ocimum sanctum* or *Ocimum tenuiflorum* 9. *Kantkari*- *Solanum virginianum* 10. *Yashtimadhu* or *Mulethi*- *Glycyrrhiza glabra* 11. *Vasa*- *Justicia adhatoda* 12. *Kali Mirch*- *Piper nigrum* 13. *Talispatra* - *Abies Webbiana*

These all are having immunomodulating properties.

- Department of AYUSH Government of Kerala, India recommended some basic and important therapeutic and practical treatment measures, these are as following-

A. General measures-

1. Drink warm water throughout the day.

- Daily practice of *Yogasana*, *Pranayama* and meditation for at least 30 minutes as advised by Ministry of AYUSH (#*YOGAatHome* #*StayHome* #*StaySafe*)
- Spices like *Haldi* (Turmeric), *Jeera* (Cumin), *Dhaniya* (Coriander) and *Lahsun* (Garlic) are recommended in cooking.

B. Ayurvedic Immunity Promoting Measures -

- Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyavanprash.
- Drink herbal tea / decoction (Kadha) made from *Tulsi* (Basil), *Dalchini* (Cinnamon), *Kalimirch* (Black pepper), *Shunthi* (Dry Ginger) and *Munakka* (Raisin) - once or twice a day. Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed.
- Golden Milk- Half tea spoon *Haldi* (turmeric) powder in 150 ml hot milk - once or twice a day.

C. Simple Ayurvedic Procedures-

- Nasal application - Apply sesame oil / coconut oil or Ghee in both the nostrils (*Pratimarsh Nasya*) in morning and evening.
- Oil pulling therapy- Take 1 table spoon sesame or coconut oil in mouth. Do not drink, Swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.

D. During dry cough / sore throat-

- Steam inhalation with fresh *Pudina* (Mint) leaves or *Ajwain* (Caraway seeds) can be practiced once in a day.
- Lavang* (Clove) powder mixed with natural sugar / honey can be taken 2-3 times a day in case of cough or throat irritation.
- These measures generally treat normal dry cough and sore throat. However, it is best to consult doctors if these symptoms persist.

Diet -

1. Food: - Eat only when you are hungry. Eat healthy food and avoid junk food, used Dry fruits, homemade chips, boiled banana etc. on the place of junks. Rice gruel (Kanji) at least once a day is an ideal option. Avoid or restrict the use of non-vegetarian food. Try adding ¼ teaspoon of dry ginger powder while cooking the rice. This will aid digestion. Good gut is the foundation of good health. Include locally available vegetables and fruits in the daily menu as per the availability. Bananas, Mangoes, Jackfruit, Guavas and other seasonal fruits available in our villages have good nutritional value. Use them according to one's digestive capacity. Avoid pickles, hot spicy foods, and garam masala.

2. Beverages:- The water or milk for drinking may be converted into an excellent medicine by some simple techniques by adding dry ginger, coriander seeds, tulasi leaves, ajwain seeds and turmeric. It is more helpful to improve the respiratory health. Goat's milk has an edge over cow's milk in this regard. Avoid drink tea and coffee, as much as you can. There are causing sleeplessness, hyperacidity, heartburn and other similar issues caused by excessive use of tea and coffee. Avoid Curd. Avoid refrigerated water. It can invite throat infection. Please remember that sore throat of any sort may be suspected as an initial presentation of COVID. Don't jeopardize the health status of your respiratory tract. Don't use carbonated and alcoholic beverages of any sort.

Personal hygiene and Activities of daily living - Go to the bed early at night and get up early in the morning. Sound sleep is an excellent tonic for the body and mind. Don't opt to have a nap during daytime. Excessive sleeping is a good reason for weight gain. Don't use an air-conditioner. Keep the windows open and the rooms properly ventilated. If at all using an AC, never set temperature to below 25 degrees. When you use a fan, don't sit or lie down right below it, especially at night. These practices are to keep your respiratory tract healthy.

Keep the day actively engaged in works that you can do at home. Prepare a timetable for the lockdown period. Start reading good books. During these days, reading can be developed into a healthy habit, good for the mind as well. Spend time with your loved ones. Try activities like cooking, painting, stitching, gardening, games, etc. Do things on a timetable. Be regular with the morning routines like brushing the teeth, toilet, bathing, etc.

Nasyam: put one drop of coconut oil or sesame oil in each nostril and inhale. This may be done in the morning before head bath. Don't bathe immediately after a meal. Exercise moderately but regularly. An adult with moderate built shall exercise two times a day. It can be *Yoga*, Skipping, Treadmill or something of that sort. *Yoga* has an edge over the others because it can be incorporated with *Pranayama* and meditation, which will be excellent support for the mind as well. Keep good posture while sitting, lying down or standing. Faulty postures may end up in spinal disorders by the time we come out of the lockdown period. Keep yourself happy and composed. Stress is the biggest enemy of our immune system.

Hygiene of the premises-

Keep your home and surroundings clean. This is essential for prevention of all sorts of diseases. Manage the domestic waste properly. Don't allow mosquitoes, rats or other rodents to breed around. Smoke (*Dhoopanam*) all the rooms of your house with herbs. Turmeric, Garlic, mustard, Neem leaves, and Salt. *Aparajitha Churnam* is another option. Add a bit of ghee while doing the *Dhoopanam*.

Health care measurements for medical professionals and other field staff working with corona patients -

All the measurements which mention above are followed by each and every person in present time when corona disease is spreading worldwide. Other than this some important and basic parameters should be follow by medical professionals and other field staff working with corona patients. Like- Try to sleep for 6 hours a minimum. Practice deep breathing/*Yoga/Pranayama* every day. Find time to relax and exercise regularly. Specific exercise modules for this purpose are incorporated in this program. Keep yourself hydrated. Drink plenty of water. Some extra options are given below: a. Limewater can be fortified with any of the above drugs like ginger, tulasi leaves etc. sugar candy would be more helpful instead of sugar. Black dry grapes- 20 grapes is kept in water overnight, squeezed and juice can be taken with honey. Dry ginger, coriander, jeera, tulsi leaves can be slightly roasted, powdered and boil sarkkara to make a syrup. This can be diluted with water and consumed. Do not suppress your natural urges to urinate, pass motion etc. Do steam inhalation twice (at least once) a day.

Pharmacological intervention- This needs medical advice from the facility provided for this purpose.

1. Strictly continue all medicines prescribed by the physician during the COVID attack and the regular medicines prescribed for other comorbidities like diabetes.
 2. 15 ML *Elakanadi Kashayam* with 45 ML boiled cool water and ½ teaspoon *Jeerakappodi* as memento two times a day. For non-diabetic patients, add 1 teaspoon honey also. Other options are :-
 - A. *Dasamoolakatuthrayam kashayam*
 - B. *Indukantham kashayam*
 - C. *Vyaghryadi kashayam*
 3. *Rasayana Chikitsa* can be opted for to avoid potential sequel of the infection. Special consideration shall be given to major organs like lungs, liver kidneys etc. A list of medicines in this regard is given below:-
 - a. *Kooshmanda rasayanam*
 - b. *Agasthya rasayanam*
 - c. *Amrutha prasam*
 - d. *Chyavana prasam*
 - e. *Pippali rasayanam*
 - f. *Indukantham ghrutham*
 - g. *Bruhat chagaladi ghrutham*
- Other than this some basic *Kalpana* is mentioned below which can help to prevent disease and increase immunity and work as immunomodulators and immunoboosters.

Kasahaya Kalpana-

1. *Indukantham*
2. *Nayopayam*
3. *Pathya Shadamgam*
4. *Elakanadi*
5. *Vyaghryadi*
6. *Drakshadi*
7. *Dasamoola Katuthrayam*
8. *Shadagam/Amruta Shadanagam (as panakam)*

- Churna/Gudika Kalpana-**
1. *Sudarsanam Chooranam/Gudika/Tablet*
 2. *Vilwadi Gudika/Tablet*
 3. *Aswagandha Chooranam*
 4. *Triphala Chooranam*
 5. *Guduchi Chooranam*
 6. *Yashti Chooranam*
 7. *Pippali Chooranam*

- Ghrita Kalpana -**
1. *Indukantham*
 2. *Bruhat Chagaladi*

- Avaleha Kalpana-**
1. *Kooshmanda Rasayanam*
 2. *Agasthya Rasayanam*
 3. *Pippali Rasayanam*
 4. *Amrutha Prasam*
 5. *Chyavana Prasam*

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