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Abstract No: MO-09

A comprehensive study of COVID-19 pandemic on Ayurveda aspect

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SARS-CoV-2 or the COVID-19 spread around the world and was declared an epidemic. At present specific drugs or vaccines are not available and patients are treated on the basis of symptoms management. Traditional health care can contribute to the prevention of infection in healthy individuals as well as for the treatment of infected patients. COVID-19 pandemic can correlate with the *Janapadodhvamsa* which is eradication of population due to *Aupasargika Roga* (contagious diseases) as per Ayurveda text *Charaka Samhitha* and *Susrutha Samhitha*. The study was conducted by referring to authentic Ayurveda treatises viz. *Charaka* and *Susrutha Samhitha*, online research articles on ResearchGate, PubMed®, Google Scholar, Web of Science with the WHO and local Sri Lankan databases on COVID-19. This study aims to draw out a correlation between COVID-19 and the concepts of Ayurveda and aware of the community with knowledge on the global systems available. Revealed results showed that *Vata* (air), *Jala* (water), *Desha* (land) and *Kala* (season) chronologically become contaminated due to *Adharma* (sinful or unwholesome acts) and *Pragnaparadha* (doing errors intentionally). These factors affected the entire community resulting in widespread diseases like *Kushta* (contact dermatitis), *Jvara* (fever), *Shosha* (TB) etc. They spread via *Prasangath* (coitus), *Gathra Samsparshath* (contact), *Nihshvasath* (expiration) etc. Management of the above diseases is mentioned as *Nidana Parivarjana* (avoiding causes), *Kutipravesika Rasayana* (quarantine) etc. The aetiopathogenesis, modes of transmission, clinical features and management of the disease and its complications are likely related to that of the diseases such as *Jvara* and *Pranavaha Sroto Roga* (respiratory tract disorders). Finally, can conclude COVID-19 can be comparatively conceded with the Ayurveda concepts of the *Janapadodhvamsa* due to *Aupasargika Roga*.

Keywords: Ayurveda, COVID-19, *Janapadodhvamsa*, *Aupasargika Roga*