✦ Ananda *Post Covid Rejuvenation*

Long COVID refers to an extended experience of COVID-19 symptoms without recovery for several weeks or months after the start of their symptoms. Symptoms range from headaches, reduced ability to smell or taste, fatigue, to respiratory system issues, sleep disorders, pain, cognitive & neurological impairment. As per Ayurveda, the extended post infection phase is the result of lower immunity & imbalanced bio-energies lodged in the tissue & waste systems. Hence the treatment protocol is to build immunity, nourish & revitalize all systems.

The programme at Ananda starts with comprehensive assessment of specific symptoms & system dysfunction. Treatment process is through Ayurvedic therapies, diet, herbal medicines and supplements, yoga, pranayama & meditation.

The pathophysiology of infection of the Covid 19 virus from the Ayurvedic perspective can be explained by considering it as a Samsargaja/ Aupasargika (infectious) in nature. The degree of vitiation of Tridosha is variable owing to magnitude of infection or individual Sharira Bala (immunity) of the affected person. The standard protocol for management of the disease is performing Panchavidha Shodhanam (Panchakarma), administration of Rasayana (immunomodulatory supplements) and specific therapies. Also adopting Sadvritta (ethical code of conducts), wholesome food habits as well as lifestyle and administration of other supportive psychological therapeutic measures, will help in managing COVID-19.

The ancient traditional principles of management in the pandemic diseases can be precisely understood through the integrative method. Ayurveda physicians have described performing the Panchakarma in the preliminary stage, which may fight the viral entry into the body or may reduce viral load in the infected individual. Administration of Rasayana may delay the process of pathogenesis by increasing the immunity and eliminating the viral toxic effects on the body. The specific herb therapy may help in completely alleviating the residual viral load.