

THE YOGIC INSIGHT

Vol.: 1
Pp: 120-128

MANAGEMENT OF CORONAVIRUS THROUGH YOGIC PRACTICES: AN AWARENESS ASSESSMENT STUDY

DR. SAPNA NANDA*
SWATI**

ABSTRACT

Coronavirus is a pandemic and is very sensitively approaching the world. In the scenario of its widespread incidence and non-availability of any vaccine, yoga is one of the strategies to enhance the immunity to fight infection. The present study has been designed to assess the awareness of common man towards the role of yogic practices in the management of Corona Virus. Descriptive survey method was used in the present study. A self-designed questionnaire awareness assessment has been designed and used. For the present study, Google Survey form was developed and used for the collection of data. It was sent to 500 participants and the responses were received from 227 respondents. Results revealed that though most of the subjects had knowledge of the importance of yoga and its physiological effect on immunity. However, only one-third to two-third of the subjects were aware of the correct practices of Asanas and Pranayamas and a smaller number of subjects reported varied incorrect responses. This could probably be attributed to the knowledge of yoga not being put into practices. The findings of this study can be used to motivate the common man to make use of yoga as a weapon to combat Coronavirus.

KEYWORDS: *Coronavirus, Yoga and Immunity.*

*Principal, Government College of Yoga Education & Health, Chandigarh.**
*MBA Student, University Business School, Panjab University Chandigarh***

INTRODUCTION

Coronavirus is a serious concern and is very sensitively approaching the world. Coronaviruses are a group of related viruses that cause diseases in mammals and birds. In humans, coronaviruses cause respiratory tract infections that can range from mild to lethal. Mild illnesses include some cases of the common cold (which has other possible causes, predominantly rhinoviruses), while some more lethal varieties can cause SARS, MERS and COVID-19. Symptoms in other species may vary: in chickens, they cause an upper respiratory tract disease, while in cows and pigs they cause diarrhoea. There are yet to be vaccines or antiviral drugs to prevent or treat human coronavirus infections.

Coronavirus (COVID-19) is most problematic if one is over 70 years, a smoker and already had heart and lung problems of some kind. The higher death rate in men could be caused by higher smoking rates for men. Smoking increases the risks of respiratory complications. Patients who reported no pre-existing (“comorbid”) medical conditions had a case fatality rate of 0.9%. Having heart, lung, and diabetes increases the rate of death by 7 to 12 times.

The World Health Organization (WHO) declared the 2019–20 coronavirus outbreak a Public Health Emergency of International Concern (PHEIC) (Tavernise & Opiel, 2020; Kuo & Davidson, 2020). on 30 January 2020 and a pandemic on 11 March 2020 (Feng, 2020).

There is no known vaccine or specific antiviral treatment ([WHO, 2020](#)). Primary treatment is symptomatic and supportive therapy centres for Disease Control and Prevention (2020). Recommended preventive measures include hand washing, covering one's mouth when coughing, maintaining distance from other people, and monitoring and [self-isolation](#) for people who suspect they are infected ([WHO, 2020](#); [Government of New Zealand, 2020](#)).

Amid all the gloom spread across the world due to the outbreak of novel coronavirus (COVID-19), which has now infected lakhs of people and killed many thousand individuals around the world, everyone is focusing on preventive measures, at least until an effective cure is found. Nowadays, people are opting for

various precautionary measures for a healthier lifestyle and are taking Ayurveda and Yoga very seriously.

Though the role of yoga in enhancing the immunity is an established research yet there is lack of any research evidence in role of yoga in management of COVID 19 as on date. Hence, the present study has been designed and undertaken to assess the awareness of common man towards the role of yogic practices in the management of Corona Virus.

OBJECTIVE

The present study was designed to assess the awareness of common man towards the role of yogic practices in the management of Corona Virus.

HYPOTHESIS

There is no awareness among common man towards the role of yogic practices in the management of Corona Virus.

DESIGN OF THE STUDY

Descriptive survey method has been used in the present study.

SAMPLE

Random sampling method has been used to select the sample of 500 subjects for the present study.

TOOL USED

A self-designed questionnaire on awareness assessment has been developed and used for the present study.

METHODOLOGY

For the present study, Google Survey form was developed and used. It was sent to 500 participants and the responses were received from 227 respondents. The responses have been analysed and presented in the following results.

RESULTS & DISCUSSION

Out of 500 participants of the study, 227 responses were received, thus making the response rate to be 45.4%. Out of the responses received, the results have been reported in the following Figures 1 to 10.

Figure. 1 reveals the awareness of subjects regarding various factors that help to combat corona virus. As seen in the figure, 94% of subjects attributed correctly to all four factors helping to combat the disease whereas 4.2% and 1.8 % of subjects reported only to the role of Nutrition and Yoga & Exercise to combat it respectively.

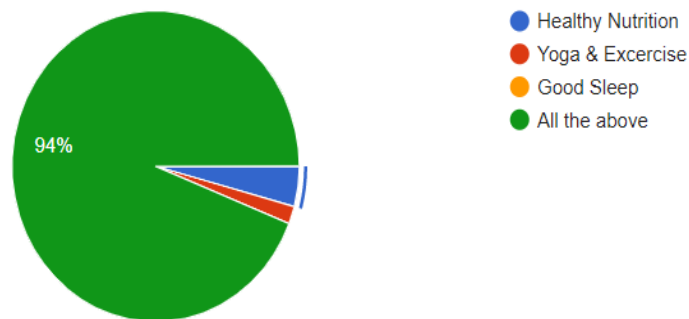


FIGURE 1

Figure 2 depicts the knowledge of subjects regarding components of blood that destroy pathogens. It was observed that 67.6 % of subjects had correct knowledge of pathogen destroying component of blood i.e. White Blood Corpuscles whereas only 3.8% and 7.5% reported Red Blood Corpuscles and Platlets respectively while remaining 21.1% reported all the above as pathogen destroying components of blood.

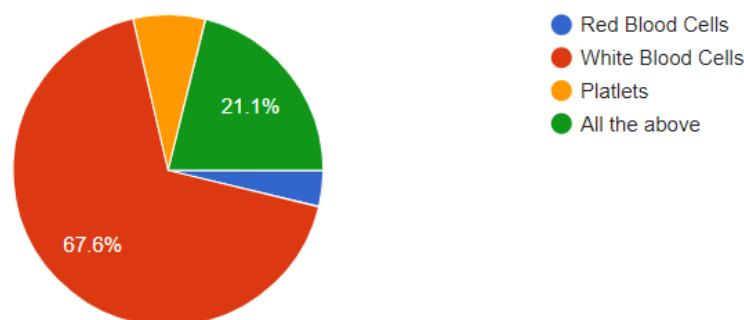


FIGURE 2

As seen in the Figure 3, the awareness of subjects regarding Nasya, an Ayurvedic therapeutic treatment which helps increasing the immunity by application of medicated oil was assessed. It was found that only 31.5% subjects reported correctly whereas 62.4% reported the application of medicated oil in the nose and 2.8% and 3.3% reported it to the throat and sinus respectively.

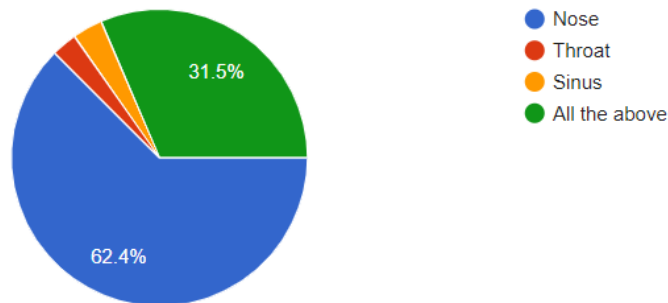


FIGURE 3

As observed in Figure 4, the awareness of subjects regarding various constituents of Pranayamas revealed that 80.1% of subjects reported Deep breathing, Anulom-vilom and Ujjai as its constituents. However, 14.4% of subjects reported these components to be of Yoga and remaining 4.6% and 0.9% reported these to be of Asana and shatkriya respectively.

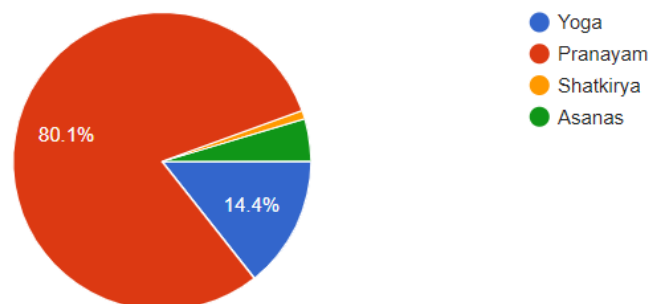


FIGURE 4

Figure 5 depicts the knowledge of subjects regarding types of breathing that helps to improve the lung capacity. It was observed that only 39.6 % of subjects had correct knowledge all types of breathing to enhance lung capacity whereas

only 30.7% and 25.9% reported Abdominal and Thoracic breathing respectively to improve the lung capacity and remaining 3.8 % reported Clavical breathing to enhance the lung capacity.

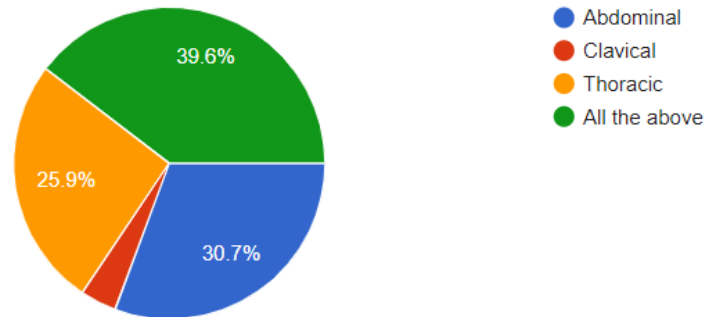


FIGURE 5

Regarding an awareness of Asanas that help in the expansion of the lung capacity, as seen in Figure. 6, almost one-third of subjects (32.8 %) reported correctly as Tadasana to enhance the lung capacity whereas 29.3%, 26.3% and 12.6% reported Shalbhasana, Virbhadrāsana and Padhastāsana respectively which aid in the expansion of lung capacity.

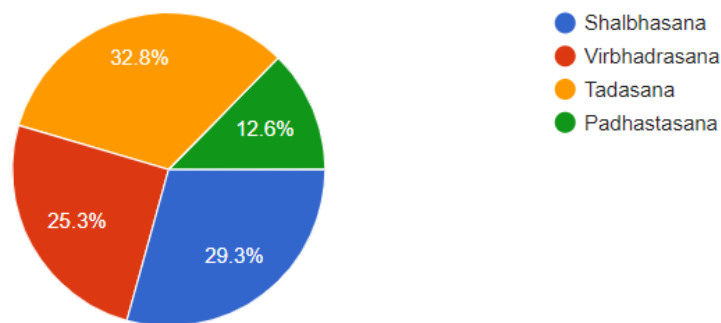


FIGURE 6

Figure. 7 depicts the role of pranayama that will help in the prevention of COVID 19. As clear from this figure, only 27.9% of subjects reported correctly as Suryabhedipranayama whereas almost two-third of the subjects (64.4%) reported incorrectly as all the above with 5.7% and 1.9% with Seetkari and Chandrabhedhi pranayama respectively in the prevention of COVID 19.

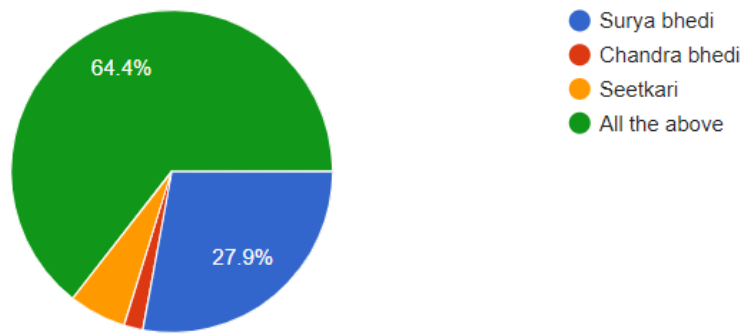


FIGURE 7

Figure. 8 reveals the contribution of Pranayam that helps clear the nasal passage. In this regard, 40.6% of subjects reported correctly as BhastrikaPranayam whereas 45.4% reported all the above with a small percentages of 7.6% and 6.7% to be Ujjai and Surya bhediPranayam respectively for clearing the nasal passage.

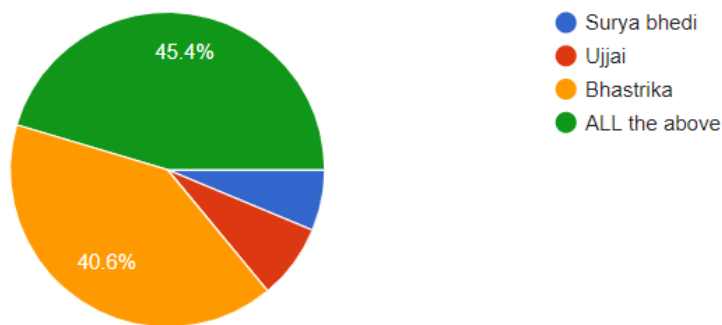


FIGURE 8

In Figure. 9 showing the type of Tridosha which is adversely affected in COVID 19. Results revealed that 59.5% of subjects reported Kapha as the correct response whereas 12.5% and 10.5% responded as Vata and Pitta respectively and 17.5% considered none of the above tridosha being affected in COVID 19.

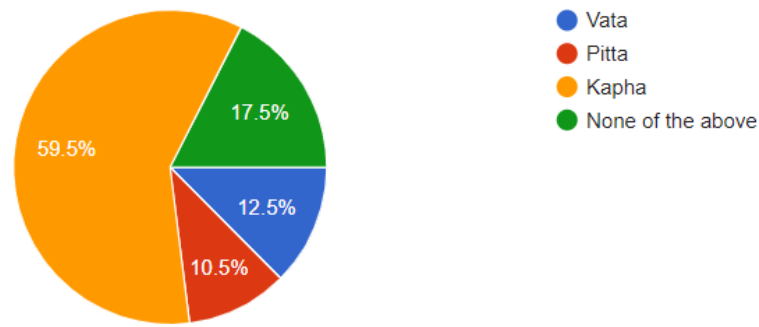


FIGURE 9

Figure 10 shows the awareness of subjects regarding the type of asanas that helps to improve the immune system to combat COVID 19. Results revealed that 78.7% of subjects reported correctly as all of the above response where 10.6% and 8.7% reported Bhujangasana and Ushtrasana respectively with a negligible number of subjects reporting Dnanurasana as the response.

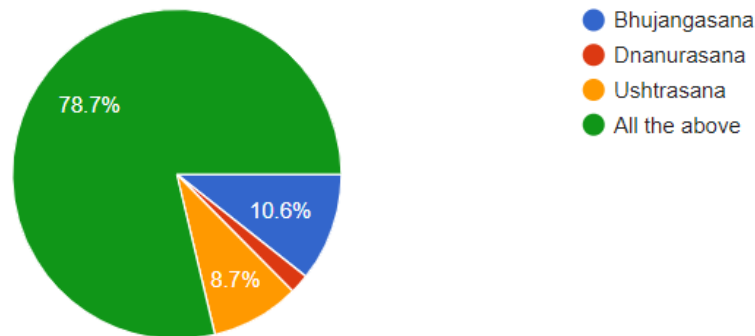


FIGURE 10

Conclusion

Results of the present study lead one to conclude that majority of the respondents were aware of the pandemic of COVID 19 with its adverse effect on the immune system and the role of yoga to combat it. However, the type of asanas and pranayams helping to enhance immunity received mixed responses. This could be attributed to the emergence of such an incidence pandemic affecting those with poor immune system is a rare occurrence, for which the subjects were not fully aware and prepared. This could probably be due to the fact that knowledge of yoga was not being put into practices. Knowledge which is not being put into practice

