



MAHARISHI AYURVEDA

PRIVATKLINIK BAD EMS

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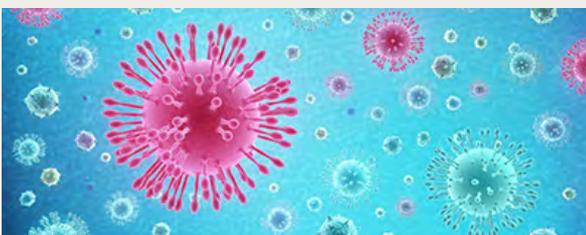
CORONA VIRUS

How to prevent?

Everyone is talking about the corona virus (officially: SARS-CoV-2). What we've seen so far is that the clinical course in 80% of all people infected is so mild that they don't even notice it. The mortality rate among the seriously ill is 2.3%, but only 0.2% among younger people (under 40). Statistical surveys of the past 30 years by the Robert Koch Institute show that annually, an average of 10,000 to 20,000 people die from influenza. The numbers with this new virus are expected to be about ten times as high, although so far, serious clinical courses and deaths due to SARS-CoV-2 have only occurred in people who were already strongly affected by other illnesses.

Therefore, this is not the time for uncertainty and fear, but for tried-and-tested precautionary measures.

Our Ayurveda-colleague Dr. Schachinger has put together a number of points to improve your immune status and thus prevent an infection or mitigate the clinical course:



An important focus of Maharishi Ayurveda is on measures and applications improving and strengthening the immune system.

Protect yourself against infection during the yearly flu period

We are currently experiencing the peak of the annual flu wave. Regardless of the new corona virus, it makes sense to work on strengthening the immune system right now. By being only a little more alert and following just a few preventive measures, we can protect ourselves quite well against new infections or at least mitigate the course of infectious diseases. This applies to the "normal" virus flu, other types of influenza, and also to the new SARS-CoV-2.

The immune system from the perspective of Maharishi Ayurveda

According to Ayurveda, our body produces a subtle substance which protects it from diseases. This substance is called Ojas and is produced from food when it is fully digested. In other words, Ojas is an essential element, derived from food and processed in such a way that it nourishes all tissues and organs. Ojas makes for a clear mind during the day and restful sleep during the night. Ojas renders the body fresh, flexible and young, and the mind happy.



CORONA VIRUS – how to prevent?

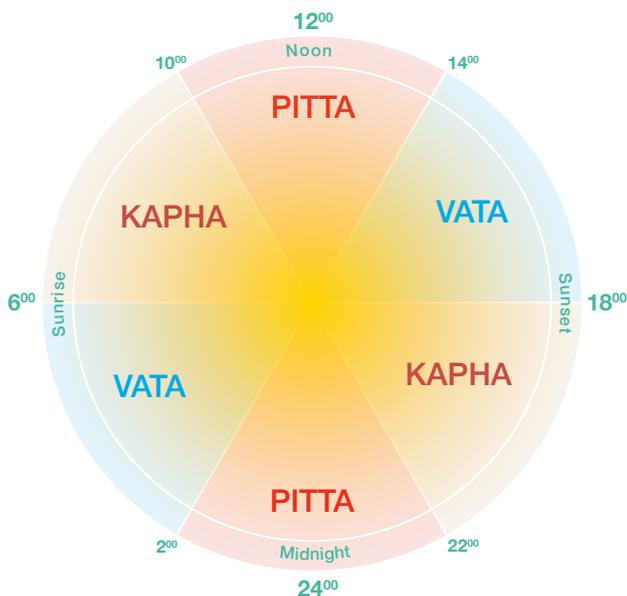
The formation of Ojas is interrupted whenever we are exposed to excessive stress. The causes can vary: sleep deprivation, overwork, poor nutrition, emotional stress, toxins from the environment, etc.

Factors for a strong immune system

When we constantly push ourselves to the limit, we risk using up too much Ojas and thereby affecting its ability to protect our mind and body from diseases. This can lead to premature aging, depression, sleep disorders, all kinds of chronic diseases, and of course disorders of the immune system, in which the immune system is unable to recognize and/or tackle harmful germs.

So if you want to protect yourself against infectious diseases in times of greater risk, strengthen your Ojas:

- Follow a very regular daily routine.
- Go to bed before midnight; this is especially effective for the regeneration of Ojas.
- Very regular mealtimes, taken according to the Ayurvedic recommendations, also prevent overburdening the physiology.
- Eating slowly and chewing well enhance the positive effects of a nutrient-rich diet.



Food breaks and Fasting

Producing Ojas from food takes time. When we take in food too often, the body can't produce Ojas, even if the food is high-quality. In times of flu, it is particularly important to eat a very light meal in the evening and to only drink water or tea in the three hours before going to bed.



A short Ayurvedic cleansing treatment such as a “herbal detox” at the end of the cold season is perfect for getting rid of metabolic deposits (Ama), which otherwise can become a breeding ground for viruses and other pathogens.

Food supplements

There are Ayurvedic food supplements specifically for building Ojas and thereby strengthening the immune system. In addition to getting enough sleep, eating simple food, and preventing stress as much as possible, an all-round strengthening Rasayana is Maharishi Amrit Kalash. It has two components: the paste (MA4) nourishes Ojas and all body tissues; the herbal tablets (MA5) strengthen the nervous system and the digestion. If you start taking these remedies one to two weeks before the start of the flu period, you can expect improved protection.

Another good choice is MA1 (sportsman Rasayana). It strengthens the immune system through its high content of vitamin C and provides nutritional support for the lymphatic system, blood, and muscle-building.



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In modern medicine, vitamin D is the most important recommendation for prevention.

Sufficiently dosed, it has been shown to protect against infections. Regular intake is a must in the dark and cold season and recommended all-year round according to experts. Our recommendation: 1000 i.E. per 20kg body weight.

Summary

During times of higher risk of infection, it is useful to reduce stress levels and to adapt your daily rhythm and diet to Ayurvedic recommendations as much as possible. Whether it's SARS-CoV-2 or a common cold: a strong immune system can prevent disease or significantly mitigate its course.

Strengthen your immune system with our recommendations and don't fear the flu season!

What to do in case of illness

Should you still catch an infection, here are some tips:

- Eat only when you are hungry. Otherwise, skip the meal.
- Regularly drink hot water or tea – at least half a cup every half hour.
- Take food supplements MA1405 and MA505. In acute cases with fever, headache, and body aches, cough and runny nose, you can take these two remedies alternately every hour. As the symptoms improve, increase the intervals between taking them.
- A high-dose vitamin C infusion in our Health Centre gives your immune system a boost to overcome the infection more quickly.
- The best way to control fever and relieve the body is to have an enema, or a mild laxative day at home.

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