



J Ayu Med Sci | 2019 | Vol 4 | Issue 1 (Jan – Mar)

J Ayu Med Sci

Quarterly Journal
for Rapid
Publication
of Researches
in Ayurveda
and Other
Traditional
Medicines

Sponsored by

**Ayushpathi
International**

Journal of Ayurveda Medical Sciences

ISSN 2456-4990

www.jayumedsci.com
©Journal of Ayurveda Medical Sciences



Wellness Through Indian Kitchen During COVID-19 Pandemic

A Ahamed Basha

Chettinad Hospital and Research Institute, Chennai - 603103, Tamil Nadu, INDIA.

Countries across the globe are stepping towards the second wave of COVID-19 (Coronavirus disease) and the whole world is eagerly waiting for a successful vaccine. After the arrival of vaccine, the effectiveness is speculated to be around 50% to 60% in reducing the severity of the disease. Even though a coronavirus vaccine is the need of the hour, our individual immunity is going to play a significant defensive role in combating the same. Our immune systems have to adapt to a great extent to offer protection against the disease, but our immunity cannot be developed all of a sudden. Eating a well-balanced diet and living a healthy life is the only way to achieve a healthy immune function.

WHO has endorsed a protocol to conduct clinical trials in the management of COVID-19 through herbal medicine. India is a treasure for plenty of medicinal herbs and spices that are being routinely used in the Indian kitchens. Indian spices are in great demand around the world during this COVID-19 period, because several spices and herbs in the Indian kitchen are having anti-inflammatory, antioxidative, anti-stress and immune boosting effects. Among the various spices, turmeric is found to be a wonder herb that is offering a promising protective effect in the management of COVID-19. Adding to this, garlic is also having a great scope to control the disease. Further, several spices and herbs like cinnamon, ginger,

pepper, clove, cardamom etc are also useful in combating the disease, however it has to be scientifically validated.

There is no doubt that, usage of Indian spices acts as an adjuvant therapy in the management of COVID-19, but it has to be used in a healthy way. Ministry of AYUSH, Government of India has recommended to adhere certain dietary protocol to be followed in the management of COVID-19.^[1] Usage of fresh or dry spices, both are beneficial, but it should not be grilled or deep fried to nullify its protective role. Further, these spices should be checked for its purity to get maximum benefits. Hence regular use of the spices and herbs that are available in Indian kitchen is the best way to boost immunity, that too during this pandemic period.

REFERENCES

1. <https://www.ayush.gov.in/docs/ayush-Protocol-covid-19.pdf>

Correspondence:

Dr. A Ahamed Basha

Chettinad Hospital and Research Institute, Chennai - 603103,
Tamil Nadu, INDIA.

Email id: drahamedbasha@gmail.com

DOI: 10.5530/jams.2019.4.1