

Yoga and naturopathy for COVID 2019

M Alkousar Taz¹, Venugopal Vijayakumar², Maheshkumar Kuppasamy³

¹Department of Naturopathy, Government Yoga and Naturopathy Medical College and Hospital, Chennai, Tamilnadu, India

²Department of Yoga, Government Yoga and Naturopathy Medical College and Hospital, Chennai, Tamilnadu, India

³Department of Physiology, Government Yoga and Naturopathy Medical College and Hospital, Chennai, Tamilnadu, India

The article titled “*Effect of yoga-based exercises on functional capacity, dyspnea, quality of life, depression, anxiety, and sleep of infected healthcare workers during the COVID-19 pandemic: A prospective clinical trial*” by Onal et al.,^[1] stands out for its commendable efforts in incorporating yoga into a comprehensive wellness program for healthcare professionals. Over an eight-week period, the study meticulously tracked various parameters, including shoulder flexibility, sit and reach tests, hand grip strength, 6-minute walk test, dyspnea score, Beck Depression and Anxiety Inventory, Short Form 36 quality of life, Pittsburgh Sleep Quality Index, and the International Physical Activity Questionnaire. Impressively, participants in the yoga-based exercise group exhibited significant improvements across these domains.^[1]

In the context of combating the COVID-19 pandemic, the AYUSH (Ayurveda, Yoga and Naturopathy, Unani, Siddha, Sowa Rigpa, and Homeopathy) system of medicine has emerged as a valuable resource.^[2] The Government of India has endorsed the use of various AYUSH interventions to address both the physical and psychological challenges associated with COVID-19. Notably, the yoga and naturopathy system of medicine from Tamil Nadu has played a pivotal role in COVID-19 management.^[3] By implementing a dedicated yoga and naturopathy protocol, Tamil Nadu has effectively alleviated the psychological burden experienced during the pandemic.^[4,5] These interventions have not only aided in managing COVID-19 symptoms but have also demonstrated efficacy in addressing post-COVID-19 stress.^[6-8]

Dispelling the misconception that AYUSH interventions are ineffective in pandemic conditions is crucial. Integrating these interventions with mainstream healthcare practices can significantly enhance our ability to manage future infectious outbreaks. By fostering collaboration between traditional and modern medical approaches, we can develop more holistic and comprehensive strategies for addressing public health crises.

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Corresponding author: K.Maheshkumar, BNYS, MSc, PhD. Department of Physiology, Government Yoga and Naturopathy Medical College and Hospital, Chennai, Tamilnadu, 600106 India.

E-mail: doctor.mahesh1985@gmail.com

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