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"COVID-19 is the warning to strengthen oneâ??s immune system"- Anand Prakash Srivastava

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Anand Prakash Srivastava, Chairman, Maharishi Ayurveda talks about the role of Ayurveda in the current pandemic



"The COVID-19 pandemic is the warning from nature to everyone to strengthen one's immune system as nobody with the comorbid condition can survive. There are fear and panic everywhere. In this testing time, how Ayurveda — a 5000 old medical science originated in India, has helped the world in combating this pandemic. Ayurveda focuses on the person and not on the disease. It's a science of life. Immunity boosting diet, routine life and Rasayana will help combat any pandemic. Almost 83% of the closed cases have survived. However, some people suffering from other comorbidities could not. If infected people would have given proper Ayurvedic Rasayana, the rate of survival might be more. The Ministry of AYUSH has gone the extra mile in issuing immunity-boosting guidelines in the pandemic scenario. Thousands of Ayurveda doctors trained by Maharishi Ayurveda have delivered exemplary services to the COVID-19 infected people."

Anand Prakash Srivastava, Chairman, Maharishi Ayurveda