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### An Observational Study On Health Issue Developed During Lockdown W.S.R. Physical Fitness Challenges

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#### ABSTRACT: -

The new virus is a global threat produced by a novel corona virus that was initially discovered in December 2019 near a seafood market in Wuhan, Hubei, China. Severe Acute Respiratory Syndrome – Corona Virus (SARS-CoV2), also known as novel Coronavirus, is a new virus that causes fever, chills, cough, coryza, sore throat, breathing trouble, myalgia, nausea, vomiting, and diarrhoea (2019-nCoV). The incubation period is predicted to be 5.2 days on average. There were no medicines or vaccines available, and the populace had no immunity to begin with.

**Key words-**SARS-CoV2, immunity



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## INTRODUCTION

The new virus, which is caused by a novel corona virus that was initially discovered in December 2019 near a seafood market in the Chinese city of Wuhan in Hubei Province, is by far the largest outbreak of atypical pneumonia since the 2003 SARS outbreak. The new virus, which causes fever, chills, cough, coryza, sore throat, breathing difficulty, myalgia, nausea, vomiting, and diarrhoea, was named Severe Acute Respiratory Syndrome Corona Virus (SARS-CoV2) or novel Coronavirus (2019-nCoV) by the World Health Organization (WHO) on February 11, 2020. COVID19's transmissibility, as measured by its reproductive number, was estimated to be 4.08, implying that each case of COVID-19 generated up to four additional cases on average. In comparison to the situation in the first half of January 2020, the reporting rate after 17 January 2020 had climbed 21-fold.<sup>[1]</sup> The average incubation period is 5.2 days, with significant variance among patients, and it is possible that it can spread asymptotically as well. There were no medicines or vaccines available, and the populace lacked any pre-existing immunity. COVID-19 symptoms range from no symptoms (asymptomatic) to severe pneumonia, which can result in death. COVID-19 infection produced moderate disease (i.e., non-pneumonia or mild pneumonia) in roughly 80% of cases, with most cases recovering, 14 percent having more severe disease, and 6% having critical sickness, according to the evidence from case analyses to date. Older men with medical comorbidities were shown to be more likely to become infected, with worse results. In severe circumstances, heart damage, respiratory failure, acute respiratory distress syndrome, and death could result. The WHO estimated the case fatality rate to be around 2%, although some academics assessed it to be as high as 4%.

Most governments around the world have urged that people live a more constrained lifestyle. In India, the government began a full nationwide lockdown on March 25, 2020, for 21 days, then prolonged it in four phases till May 31, 2020.<sup>[2]</sup> Phase 5 will begin on June 1, 2020, and will only be available in satisfaction zones. Unlock 1 began on the 8th of June, 2020. During this time, numerous restrictions on human life were imposed. As a result, most people's everyday routines were either locked or changed. So many health issues and adjustments occurred in this regard, with no knowledge of the outcomes. A study was conducted on the influence of COVID-19 lockdown on people's physiological health, economy, and social lives in Jodhpur. If communities continue to impose a lockdown to prevent the spread of COVID-19, there are few emergency measures in place to transport and shelter the vast number of individuals who are homeless and hungry. Public venues are closed, travel outside of homes is restricted, and key arteries of transportation may be prohibited during lockdowns, all of which could have a significant impact on these poor people. In a study conducted by Dr. Sarvepalli Radhakrishnan of the Rajasthan Ayurved University in Jodhpur in 2020, 53.8 percent of respondents assessed the physiological impact of outbreak as high. Female gender, student status, particular physical symptoms (e.g., myalgia, dizziness, coryza), and poor self-rated health status were all linked to a greater psychological impact of the outbreak, as well as higher levels of stress, anxiety, and sadness. Specific up-to-date and correct health information (e.g., treatment, local outbreak condition) and specific preventative actions (e.g., hand cleanliness, wearing a mask) were also linked to a reduced physiological impact of the outbreak as well as lower stress, anxiety, and sadness levels.<sup>[3]</sup>

## MATERIAL AND METHODS

Health data is usually aggregated to provide an average of all urban residents, rich and poor. Therefore, primary data collection is necessary to correctly comprehend the status of urban health. For data collection purposively stratified random sampling method are used. The study is mainly based Primary source of data generated by door-to-door survey which included demographic, environmental, socio-economic and health related variables. These variables include zone, locality, religion, caste, occupation, education, annual income, health problems, deaths, housing profiles, drainage and sanitation, household items, food consumption, pollution levels in house premises etc.

**Sample collection Site:** - The whole Jodhpur city will be divided into five zones viz. Central, East, West, North and South (Figure:).

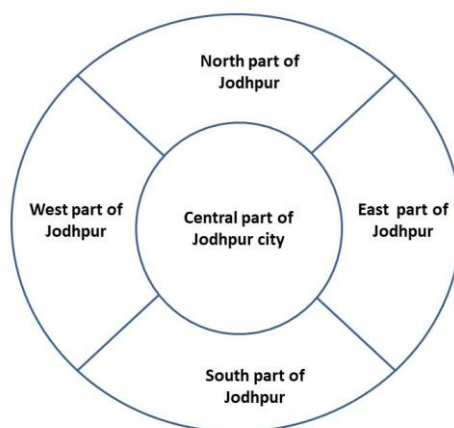
**Sample Size:** 1041 Individuals (200 from each of the 5 zones.)

**Period included in the study:** 25 June and 30 June, 2020 in Jodhpur city,

**Survey Method:** For this study, a cross-sectional survey research methodology will be used. The following steps will be taken in this context: - Collecting specimens Site: The city of Jodhpur will be divided into five zones: central, east, west, north, and south (Figure:).

1. A well-targeted questioner will be created.
2. A door-to-door survey of the target population will be conducted.
3. Primary data will be acquired through a survey.
4. Secondary data will be gathered from articles published in local newspapers as well as from surveys done in Jodhpur.
5. Arrange the data logically in a computer to make data retrieval and analysis easier.

Jodhpur area Division for this survey (fig. No. 03)



### Inclusion criteria

1. All respondents age will be 15 to 75 years who follows the rules and guidelines of Lock down.
2. Respondents who are aware of health issues.
3. Persons who are willing to participate.

### Exclusion criteria

1. Respondents with traveling history in the city and out the city area.
2. Respondents of emergency services.
3. Patients with COVID-19 in critical condition.

### Analyze the survey results

The data was analysed and presented in Tables and Figures using 1041 respondents (male=63.5 percent and female=36.5 percent).

s.no.	Gender	Respondent in %
1	Male	63.5%
2	Female	36.5%

- According to the data collected, the majority of the respondents (24.4 percent) lived in the west part of Jodhpur. However, (23 percent) of the respondents lived in the centre part. Another section of respondents (19.9%) lived in the north part, another 17.5 percent lived in the south, and only a few respondents (14.4 percent) lived in the east part of Jodhpur.<sup>[3]</sup>
- According to the data gathered, the majority of respondents (96.3 percent) believed that the present lockdown is necessary and that if it is maintained for a long period, it will save people's lives. The lack of medical and transportation facilities was the primary reason for their having to adhere to all of the restrictions and regulations. However, 3.7 percent of the respondents presented their opinions in a way that was opposed to their beliefs and did not meet the guidelines. The data in figure no.10 revealed that the majority of the respondents (52.4) reported always wearing a mask regardless of the presence or absence of symptoms. The majority of responders wash their hands quickly after coughing, sneezing, or touching their nose.<sup>[4]</sup>
- According to the data gathered, the bulk of the respondents (27.4%) stated that they were students. However, a quarter of the respondents (27%) said they were volunteering. Some people ran their own companies. About 12.4 percent of the workers were doing housework.

Data will be analyzed on the basis of statistical analysis. Cross tabulation and bar diagrams will be used for the elaboration of data. After the final analysis of data on various statistical tools conclusion will be drawn.

## RESULTS AND DISCUSSION

- Due to the lockout, relatively few people were able to work from home. Some people were retired, and others didn't need to work.
- According to the data gathered, the majority of respondents (47.8%) believe that prolonged lockdown may have an impact on people's mental health, which is why they work as social workers. However, one-fifth of respondents (17.9%) said they have never worked as a corona warrior. In this situation, a significant portion of the responders (11.9 percent) were able to convey their work as a team. Some people (9.5%) acted as doctors to save the lives of others. COVID-19 confinement creates stress, which exacerbates other risk factors such as high blood pressure, diabetes, and high cholesterol. During an online group conversation, doctors from various institutions in Jodhpur revealed to the authors that there is a rise in health difficulties such as gastrointestinal illnesses, respiratory issues, and a very high proportion of mental health issues such as anxiety and sadness.
- According to the data gathered, the majority of respondents (33.5%) agreed that they did not have anyone in their family over the age of 60.... However, 27.1 percent of respondents had at least one family member over the age of 60, and they used various online networking programmes to communicate with their relatives, friends, and family members. And

(28.2%) of the respondents have two members over the age of 60.

- According to the data gathered, the majority of respondents (26.7 percent) had at least one child under the age of 18. However, 23.3 percent of respondents said they didn't have any children under the age of 18. Another group of responders (11%) had three children under the age of eighteen.
- According to the data gathered, the majority of respondents (22.3%) agreed that they were relaxed in the present lockdown. However, 21.9 percent of respondents stated that they were aware of Covid 19, implying that there cannot be such suffering in the health sector. Another 21.3 percent of the responders were evenly distributed. Some people (11.1 percent) were optimistic that the administration would be able to control the situation. Some people did not voice an opinion in either direction.
- According to the data gathered, the majority of the respondents (54.2%) agreed that they ate a normal diet. Whereas (13.3 percent) responded that they ate digestible meals to stay healthy. According to responses, a lack of medical services is a major issue in Jodhpur, therefore keep your health in check. Some people (8.3%) were following a strict diet. Some (6%) were consuming light foods. Some people are unable to determine if they should eat a heavy meal or a hot dinner.
- According to the data gathered, the majority of respondents (60.4%) acknowledged that they have used the drug for covid production. However, 34.8 percent said it wasn't the main sickness and there was no danger, thus there was no need to be concerned about health or take precautions. Another group of responders was unable to articulate their opinions in either direction, with some taking *giloy kwath*, others ayurvedic *kadha*, and still others using Ayurvedic medicine to heal themselves.
- The information gathered suggests that, in response to the statement, washing hands after touching contaminated objects is a good idea. In response to the statement, "Always wearing a mask regardless of the presence or absence of symptoms," the majority of the respondents (12.9 percent) reported, "Always covering mouth when coughing and sneezing, Always washing hands immediately after coughing, sneezing, or rubbing nose," the majority of the respondents (52.4 percent) reported, "Always covering mouth when coughing and sneezing, Always washing hands immediately after coughing, sneezing
- In Jodhpur, lockdowns are the norm, and residents have become accustomed to going days without basic essentials. In Jodhpur, there are no people who become penniless during bad times. So, according to the statistics in Figure 11, the majority of the respondents (79.2%) agreed that they did not have any economic or food concerns. Some of the (20.8) had actually suffered a food shortage and were unable to claim that they were financially secure.
- According to the data gathered, the vast majority of responders (91.7 percent) were going about their business as normal. The remaining 9.3% of respondents were occupied with their studies, official work, art & craft with Owen Chanal, farming, and business.
- According to the data gathered, the majority of respondents (92.6 percent) stated that they used to live with their family and felt pressured by them. However, 74.4 percent of respondents said that leaving everything behind and staying with relatives was not the best option. They did not feel compelled to stay at home.
- According to the data gathered, the majority of responders (51.4%) stated that their weight did not change during lockdown. However, (29.9%) said they gained weight during lockdown as a result of less physical labour. Another group of responders was able to voice their belief that they had lost weight as a result of the lockdown. Some people were exercising.
- According to the data gathered, the majority of respondents (89 percent) believed that they did not have an issue that required them to visit a doctor. However, 9.8% said it was the main disease and hazard, causing them to be

concerned about their health and the need to take medicine prescribed by a doctor. Another group of responders was unable to communicate their thoughts.

- According to the data gathered, the majority of respondents (61.8 percent) agreed that they had no need to deal with any ailment as a severe problem and had nothing to do about it. However, 24.5 percent claimed that they were taken during lockdown in order to regulate their nutrition.
  - According to the data gathered, the majority of respondents (38.3%) acknowledged that they have tried yoga for covid production. However, it had to be advantageous to walk at home in this situation, according to (26.8%). Another group of respondents (19.3%) stated that they were unable to exercise. Some people were of the sort who expressed their opinions in a variety of ways; some were playing volley ball, while others were using aerobix to stay in shape.
  - According to the data gathered, the majority of respondents (69.9%) stated that they did not need to utilise any fruit for covid production. However, 26.5 percent said it was important to utilise any form of fruit to build their immunity against covid 19, implying that there was no need to be concerned about their health or take precautions. Another group of respondents was unable to communicate their opinions in any form. Some used mango, others amla, while some used lemon, orange, and apple to protect themselves.
  - According to the data gathered, the majority of respondents (80.7 percent) stated that they had worked based on the feelings of a family member. However, 18.4 percent of respondents said they had not worked as their family members expected. They each worked in their own manner. Some felt that they had to assist and encourage the family members.
  - According to the data gathered, the majority of respondents (86.5 percent) stated that they were not used to any form of *nasha* and that they had no problems throughout the lockdown.
- However, 12.7 percent claimed to have a *nasha* habit. Another group of responders was unable to communicate their opinions, and as a result, some of them drank less tea.
- According to the data gathered, the majority of responders (64.6%) agreed that they had not changed their nature during the lockdown. However, 31.8 percent said it had influenced their behaviour. Another group of respondents acknowledged that they were familiar with corona. Some people had begun to get up early in the morning. Some people have changed their eating habits. Some of them were a little pushy.
  - According to the data gathered, the majority of respondents (69.1%) stated that they spent the most of their time on their phones throughout the lockdown period. However, 30.9 percent said they didn't need to spend time on the phone.
  - According to the data gathered, the majority of responders (85.7 percent) agreed that they had not contracted a new ailment during the lockdown period. However, 10.3 percent of persons said they had developed a new condition over this time period. Some said they had developed depression, some said they were furious, some said they had lost their mental balance, others said they were anxious, and some said they had developed obesity.
  - According to the data gathered, the majority of respondents (50.2 percent) agreed that they had changed their morning routine. However, 49% answered that they had not modified their daily routine some agreed that they had developed the habit of waking up early in the morning.
  - According to the data collected, the majority of respondents (80.3 percent) believed that they did not have an issue like constipation. However, 18.3 percent of people said they suffered constipation throughout the lockdown. Some people utilised ayurvedic medicine, some people used dana-methi, some people ate light foods, and some people started drinking luke warm water to get rid of their constipation.

- According to the data gathered, the majority of respondents (45%) stated that they did not have a stomach condition. However, 26.3 percent of people said their digestion was normal during the lockdown. Some people (13%) experienced a poor appetite. About (8.5%) of people were of this type, which boosted their hunger. Some of the people had developed acidity. Some of them were quite heavy.
- According to the data gathered, the majority of responders (53.1 percent) stated that they did not have a cold or cough throughout the lockdown. However, 21.1 percent of individuals said that when they had a cough or cold, they used ghrelu upchar to treat it, and the same number of people said they used ayurvedic medicine. Some people used hot water, while others used kadha.
- According to the data gathered, the majority of respondents (83.3 percent) believed that their blood pressure and blood sugar had not increased. However, 94.4 percent of those polled said their blood pressure had risen. Only a few people had their blood sugar levels raised. Some people had lower blood sugar levels. According to the data collected, the majority of respondents (49.6%) agreed that their physical strength was normal throughout the lockdown. However, 18.4% said their physical strength had deteriorated, and just 11.9 percent said their physical strength had increased.
- According to the data gathered, the majority of respondents (60.8 percent) agreed that they had no problems during this time. However, 16 percent of people said they experienced insomnia during the lockdown, and some (10.7 percent) said they had headaches. Only a few people said they suffered fever, cervical pain, joint pain, or diarrhoea during the lockdown.

## CONCLUSION

People all throughout the world are concerned, depressed, and anxious as a result of the present COVID-19 outbreak. COVID-19 lockout has a

negative impact on the physiological well-being of people from all walks of life, including students, casual labourers, healthcare professionals, and the general public. Elders, ladies, students, those in stressful situations, front-line healthcare workers, and those with underlying chronic diseases are all at higher risk. According to WHO and state pandemic standards, the respondents under research were taking precautionary steps to avoid COVID-19, which included physical separation and staying at home as the only options. To control the spread of the pandemic, a study was conducted on the influence of COVID-19 lockdown on the physiological health, economy, and social lives of people in Jodhpur. The majority of people spent the majority of their time at home monitoring daily details regarding COVID-19 spread, worried about their family members, and were dissatisfied with the way the government dealt with the matter during the early stages of COVID-19 spread, according to the survey. According to our survey respondents, the government should make COVID-19 testing easier for people's protection by using random selection (68.5 percent), cluster selection (72.5 percent), and whole population testing (35.5 percent) in red zones at the very least. Finally, the researchers proposed that policymakers, mental health experts, and religious academics provide mental assistance to the vulnerable group as needed at this time. Furthermore, it was proposed that people should keep themselves busy with physical activities, religious activities, and social work to cope with COVID-19 lockdown stress.

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