

Despite being a subject treated and debated on thousands of occasions, I would like to express, once more, some observations regarding the Corona Virus from a personal point of view.

What I feel like saying (it seems to me a certainty, perhaps the only one ...) that humanity was taken by surprise at a time when the immune system was malfunctioning or at least inadequate. Since this is the only certain fact, in my opinion, we need to start from some reflections and investigations on why human being found themselves in these conditions: Perhaps lifestyle? Maybe food? Abuse of drugs? Practice of some unhealthy emotions? The improper use of the mind and the senses? Or all these aspects together?

With love and without making controversy, nor generating new currents of negative thought, we try to examine the human condition when this pandemic has arisen.

Since I had my life (or rather 54 years) entirely engaged in Yoga and Ayurveda, it is more natural for me to start from some statements that these ancient disciplines have supported for millennia (I state that, personally, I consider Yoga and Ayurveda closely connected and interdependent to each other to the point of making me boldly affirm, on some occasions, that they are the same thing).

I'd like to make sure that I will honour the sacred diversity by trying to examine the problem from other points of view, both personal and other sources.

It seems necessary to underline that microcosm and macrocosm, according to a fundamental Vedic principle, are in dynamic unitary interrelation, for an infinite number of reasons and because of these three principles, which we call doṣa, present in both aspects of the manifestation and, consequently, nature exercises, for better or for worse, a vital influence on the human psychosomatic complex. It must also be kept in mind that, even though human being, at the time of birth, together with the genetic heritage, brings with him its basic characteristics, these can appear to have changed along the path of life. Several aspects, as I have already pointed out on other occasions, for example the lifestyle, nutrition or even the content of the mind (manas) are able to induce changes (vikṛti) aimed at unbalancing the doṣa. or give rise to a pathological condition.

Here below I voluntarily listed, before examining the main object of my intervention, the most common factors, according to Ayurveda, which can be responsible for a change and cause of "illness" (vyādhi).

☐ Prajñā-aparādha: error of the intellect, even in common sense. I always say, for example, that a smoker makes a serious misinterpretation thinking that smoking calms him down when, even considering the placebo effect, it is very easy to prove the opposite.

Asātmyendriyārtha saṃyoga or improper use of the five cognitive senses.

More precisely, asātmyendriyārtha saṃyoga can be translated as follows: harmful contact of the senses with the object of perception. Through these tools we perceive the elements (bhūta): earth, water, fire, air and ether. A bad interpretation compromises the appropriate use of nature's products. Think, for example, of how much even nutrition would be

compromised by an incorrect interpretation of the sense of taste following, then, a distorted use instead of the "right" one. It, as everyone knows, in Ayurveda is based on the five flavors (rasa) whose decoding is entrusted to the presence of the five elements.

☒ The kāla-pariṇāma, the modifications originating from the periodicity of time:

- Seasonal succession (ṛtucaryā): according to a certain graduality, the succession of the seasons also influences everything that is living. Doṣa are forces present in nature and not part of exclusively human characteristics. The seasons, for example, represent a clear relationship between man and nature as they have a strong influence on his constitution.

I have talked to you about these aspects, not because I pretend to teach you honourable experts something present at this event, I do it only to review them with you once more but also to look for the probable reasons that have reduced the man in this inadequate condition also against this virus.

The prajñā-aparādha or error of the intellect has also been to ultimately choose work instead of health as the most important goal in life or to have chosen quantity instead of quality. Above all, the latter was one of the main reasons for the general unleashing of the state of anxiety and, the quantity born of greed, is certainly not the means that can lead us to peace, joy of life and ojas where the immune defences they would find the maximum of their expression.

The asātmendriyārtha saṃyoga or improper use of the five cognitive senses has allowed inappropriate choices especially in the field of nutrition, accustoming our senses to no longer recognizing what is healthy from what is not healthy, even deceived by the artificial flavors of industrial chemistry, and as it is always said, we become what we eat, and man today is the result of these mistakes.

The kāla-pariṇāma, the natural changes brought about by the periodicity of time; lately, time and the seasons seem to have literally gone mad and our planet is showing signs of great destabilisation in its natural order; here too, it is suspected that man's reckless behaviour may have often generated some abnormal behaviour in nature.

In short, hopefully, mankind will urgently return to a respect for nature;

...the coronavirus, with its forced pause during lockdowns, has given most people the opportunity to reflect and has shown us that during this pause, nature has come back to smile: animals have regained some space, the air has become purer again, pollution has decreased. The anxious and frenetic rhythms of pre-coronavirus life have slowed to a halt. Man in this condition has had the opportunity to savour a different, better quality of life and I personally hope that he has learnt the lesson that nature has served him up. If he has not, we will unfortunately return to the disappointing normality of before with the same unhealthy concepts of life.

When I hear people, or even governments, say that we should soon return to normality, and they use this very word, I do not hide the fact that I get anxious, especially when I think that returning to normality would mean returning to the squalor of the previous unwise and unhealthy lifestyle.

Better would be to say the following and more reassuring phrase: we should soon rise to new life.

To return to those conditions would mean not having developed any awareness of the failure of our previous civilisation (I mean pre-coronavirus) which, in our case, has deprived us even of our immune defences also because of the unsustainable and unhealthy pace of life far removed from the concept of health.

According to some materialists, today, it would seem sufficient to have the medical tests in place to be declared healthy ... but this is not enough: how many people have the tests in place but are sad, living in fear, anger, deep sadness ...

Now let us consider once more the declaration of health, which every doctor or ayurvedic practitioner knows by heart from the Suśruta saṁithā this point of view well defines the concept of health according to āyurveda:

sama doṣāḥ samāgniś ca sama dhātu mala kriyāḥ
prasannātmendriya manāḥ svastha ityabhidhīyate

(Suśruta saṁithā, 15.38)

The person whose doṣa are balanced, whose agni is balanced, whose dhātu are properly formed, who benefits from proper elimination of malas and bodily processes, and whose mind, soul, and senses are pervaded with bliss, he is considered a healthy person... I repeat: and has a blissful mind, soul and senses, he is considered a healthy person.

This last consideration is completely lacking in the modern way of life and in materialistic medicine, but it is indispensable for the quality of life.

Today, as we have also noticed on the occasion of the Corona virus, but also before, man is practising unhealthy emotions without realising how dangerous they are for his health... on the contrary, they constitute the breeding ground for the development of disease and consequently the degradation of the immune system.

They are: fear, which, as everyone knows, somatises in the kidneys, weakening them and reducing them to malfunction; anger, which somatises in the gastro-intestinal system, especially in the liver, which is so indispensable for the quality of the blood; and sadness, which affects the lungs, which are so important for the proper performance of what is perhaps the most vital action, breathing.

In conclusion, since the coronavirus is still going on in different parts of the world, I urge those who are listening to us to avoid fear and not to panic, avoid sadness and anger because as we have seen they compromise the proper functioning of vital organs.

So many messages have been shared repeatedly on social networks, in a chain ... giving rise to a very harmful suggestion ... and not always leading to a healthy confrontation but often generating division in the conflict of opinion ... instead, it is important not to panic and stay united because, as I have said many times here and on other occasions, when you are afraid and practice negative thoughts, the immune system weakens ... instead, it is very important that the immune system works well to fight any disease not only this one.

When fear and negative thoughts are present, not only does the immune system weaken but also the digestion... and when the digestion becomes weak, as āyurveda says, it starts producing Ama (toxins)... and as the saying goes in India: "Ama is Mama" or Ama is the mother of many diseases in the body. So please don't panic.

And one last thing: in āyurveda a lot of attention is paid to digestive fire, when the digestive fire is strong, it is able to burn all the toxins, and can better fight viruses and bacteria. Fire not only aids digestion but also works in the build-up of the immune system. Think, for example, of how the body tries to react in these cases: it produces a fever to create an unsuitable habitat for the development of viruses... This is why the fire in our body, including our digestive system, must always be supported and not damaged by continuously abusing food, out of boredom or emotional and psychological problems, as we have done recently during lockdowns and are unfortunately still doing.

Thank you from the bottom of my heart for inviting me and for having the kindness and patience to listen to me.