

Decoding Corona Conscience: Analysis from the Lens of Power Posture, Vedic Philosophy and Hindu Civilization with Reference to Nepal

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ABSTRACT

Background: The world, though completely unwillingly, has been surfing with the most severely heart-rending and probably the highest form of suffering of the century called CoronaVirus (COVID-19). On very outset, this paper tries to trace a few remarkable messages that the world has to infallibly and flawlessly deduce, decode and assimilate over Corona from non-pharmaceutical, non-medical and non-military vantage points. It tries unfolding the grandeur of 'Vedic philosophy and Hindu civilization based rural life practice' in mitigating such pandemic-induced health hazards. It even assesses pros and cons of Corona in Nepal.

Method: This paper has adopted doctrinal and archival methodology. Researcher's argument is derived through the paradigm of interpretation, analogy, by juxtaposing situations, and taking references of perceptions and views expressed by various scholars, duly cited with acknowledgment. A variety of relevant and recently published works i.e. major books, pertinent articles, and frequently viewed and cited sources found in Google Scholar, SCOPUS, MedLine, academia.edu are cited considering the gravity and validity of needed content. Their insight and intuition are used to support as premise while reasoning arguments.

Result: Eventually, following propositions are drawn that: pandemic is a recurring evil; it has seriously challenged the existing notion of world power strength; it has justified that behaviors based on Vedic philosophy and Hindu civilizations are prone and proficient to prevent such infections. Besides, Corona can herald both positive and negative outcomes to Nepal, ahead.

Conclusion: This paper recommends that now all concerned authorities should delve and devise on preventing such plagues and pandemics through modifications on living manner (being aligned with Vedic Philosophy and Hindu Civilization) than being overhyped on medicines/vaccines. Power should be understood in a new way; Nepal ought not to be much pessimist in light of economic future.

Keywords: Corona, Covid-19, World power, Epidemic, Civilization.

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Article Info

Received: 7 August 2020; **Accepted:** 1 September 2020; **Published Online:** 2 September 2020

How to cite this article in Vancouver Style?

Dahal A. Decoding Corona Conscience: Analysis from the Lens of Power Posture, Vedic Philosophy and Hindu Civilization with Reference to Nepal.. *Europasian J Med Sci.* 2020; 2(2): 124-135. <https://doi.org/10.46405/ejms.v2i2.143>

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Conflict of Interest: None Declared;

Source of Support: Nil

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INTRODUCTION

Fright of Corona is still rising worldwide and alarming the entire globe. It is increasingly becoming multi-pronged, gut-wrenching, spine-chilling cum extremely heinous to all societies across the world irrespective of other disparities. The outbreak, which initiated in December 2019 by making Wuhan- a busy city of adjacent neighbor China- an epicenter has left much of the world in distress and chaos. The dismay is somewhat severe especially across Europe and Western nations and recently into India as well. Despite the utmost extent of human's most distinct dexterity and discerningly judicious deeds on obvious attempts of detaining it, the world has modicum success and uptick achievement in its visible control. All the countries globally are agonized and tortured at different but highly difficult scales. Global lockdown or various other restrictions on ordinary life have been amounting further to fuel the silence. News reports that relatively few infections have occurred in Africa and rural lives of South Asian nations. But the possibility of uncontrolled situation at any juncture of time can't be overlooked as city or crowded areas are becoming more vulnerable to this potential risk. Hence, being careful in taking precautionary measures seems strong way to avoid the possible toll. However, this predicament should not be treated only as a health issue or virus-based infection.

Covid-19, besides being a serious and severe challenge in public health, has obligated the world to assimilate a number of sheer different and significant messages regarding socio-political compass and livelihood tendencies regarding the quest on vectors of quality life and fine-tuned fabrics of society. Thus, decoding such messages for scholarly audits and updates in sphere of the existing knowledge can be a justifiable academic engagement.

Rationale of Study: COVID crisis has been heavily treated as health problem; and, globally, medical inputs have been solicited then attempted. But besides medical and pharmaceutical inquiry, Vedic philosophy and Hindu civilization may shed million dollar insights to substantially cure such obnoxious pandemic and set worthy orientations for healthy and infection free life. Thus blending of and bonding between thrust of public health science and practices derived from Vedic philosophy and Hindu Civilization makes a good sense. It even adds new insight into the existing knowledge. The discussion of paper even may assist concerned

authorities for formulating better policies in quest of quality public health as well as raise level public awareness too. This enables readers to have multiple interpretations over Corona crisis regarding power status and prospects in Nepal.

Aims and Objectives of Study

This study primarily aims at evaluating Corona crisis non-medically through the lenses of power posture, Vedic Philosophy and Hindu Civilization with reference to Nepal. Further in, it expects: to explain that Covid-19 crisis is not a brand new episode; to highlight the way how concept of power status has endangered due to this crisis; to justify that living manners based on Vedic Philosophy and Hindu Cultivation are the best strategies to prevent such pandemics over any medication; and to project pros and cons of Corona in Nepal.

FINDINGS

A. Covid-19 is not a New Version

History records that a pandemic named Spanish Cholera, which is often differently termed as 'Spanish Flu' by Tsoucalas et al.¹, 'Mother of All Influenzas' by Taubenberger et al.², 'Killer Flu' by Hall³, and 'Deadliest Plague' by Barry⁴, suffered the world and humankind most severely shortly after end of the First World War. Spinney⁵ estimates approximately 500 million deaths worldwide due to that however some other reports read higher graph having approximately 750 million ends at all. The pandemic, which had caused the toll of about four percent people among the estimated 1.2 billion populace of that time, is considered to have been the biggest disaster so far of all the time. As Humphreys⁶ comes with detailed account, it had many waves and rounds; and the very first one, which broke out in Europe in August 1918, was called 'three day flu'. Another pernicious plague named 'Black Death' is also supposed to have cost many lives during 14th century however very less amount of authenticate literature are accessible in this regard.

The world had been perennially infected with such a variety of viruses, even in the short past; those were in clear sight and are in vivid memory of this generation people as well. AIDS (1990), Anthrax (2001), SARS (2003), Bird Flu (2005), Swine Flu (2009), Ebola (2014), and Zika (2016) were constant witness of bacterial infections globally. These all infections too had continued as verified

versions of the same plague of 1918 as Worobey et al.⁷ have often claimed. Naming it as 'W curve' strategy, they find series of such influenzas to be potentially risky for people with vulnerability and sub-optimal immunity. Nonetheless, these viruses were slightly territorial. It is the only time that the terror has ever been created globally. However, the symptoms and characteristics of those infections are relatively similar. Gostic et al.⁸ regard them mostly resulting in respiratory problem and multi-organ failure. In a separate study, Taubenberger et al.⁹ have mentioned that 'mixed bacterial infection that included pneumococcus', which is much identical with Corona at present, was noticed during examination of dead soldiers of the First World War.

Such disastrous catastrophes occurred in other periods of history too, but their separate scientific and laboratory tests were not possible to identify them; and Perlman¹⁰ considers that the evolution of medicine also had an understandably low pace in that era. Unlike the recent aggressive expansion of the communication technology, which is often perceived as 'the 4th industry'¹¹ or 'the government in pocket'¹² or 'Rhizome'¹³, even the common people did not have the mass reach on the notice in that epoch. However, there are plenty of references in history regarding epidemics or choleras. Many historians have reported that such incidents had hard hit in Nepal as well in 1830 and 1920 BS respectively.

Exactly a century later of Spanish flu- for which Humphries¹⁴ had called the last flu hoping that miracle of science on public health would take rest in control but Fedson¹⁵ would deny the impossibility of recurrence then rather had claimed it to be excessively age-specific with exorbitantly huge mortality rate- terror of Corona virus is rampant and the tide is swiftly rising. A country which illogically and irrationally was in hurry to boast pride and arrogance by tagging it Chinese Virus and was arrogantly claiming that his country was not made for lock-down, which has been the most universal and pragmatic methods so far as Dineros and Dipasupilo¹⁶ state, has undergone somewhat the hardest hit now. In terms of both speed and volume, the United States is championing in the first place even in this deadly disaster. Even though Resnick¹⁷ had appraised the model of lockdown as imitable one, president Trump was most inconsiderate and ruthless to berate China, being carefree to adopt any preventive measures as advised by various authorities.

Theorem on population, endorsed by Malthus¹⁸, claims that such a calamity and pandemic would be regular and automatic natural phenomena. He writes, "I should expect, therefore, that those countries where subsistence was increasing sufficiency at times to encourage population but not to answer all its demands, would be more subject to periodical epidemics than those where the population could more completely accommodate itself to the average produce (p. 39)", and reinforces a notion that nature itself balances exorbitantly ballooning and burgeoning population through such pitfalls or calamities. Knootz¹⁹ passes prophesy of devastating infection, around 2020, of the virus called 'Wuhan-400' from Wuhan. He writes 'Wuhan 400 is a perfect weapon. It afflicts only human beings. No other living creature can carry it (p. 183)'. North²⁰ also forecasts identical assessment on bewildering the world and chaotic life. Constant researches on Molecular Science, Nuclear Cell and Virology Studies have shown that such epidemics, having identical feature and nature, had spread around the world and had caused havoc intermittently. Ladmark studies^{21, 22, 23} also note critical impacts on global health and cruel hit on public livelihood because of series of such epidemics and pandemics across the globe. The heart-rending work of the ancient philosopher Sophocles²⁴ refers to the brutal pandemic right immediately after the King Oedipus's coronation. In the twentieth century, Camus's masterpiece²⁵ has been a poignant explanation as the Algerian city Oran reels under earth-shattering and backbreaking pandemic eventually causing an inexplicable human toll.

This invisible catastrophe, which has heavily devastated the world now, has not ravaged Nepal beyond control yet. Recent Study²⁶ also regards the situation unbelievably low initially despite 'sharing northern border with' and 'having highest influx of tourists during February and December 2020 from' China, the epicentre of virus. It is golden privilege for serious research along with smart news for self-esteem and self-satisfaction. We have not been a seriously infected country so far since the most of confirmed cases are noticed on citizen who are recent returnees from abroad. However, the horrors of the situation can be further frightening; therefore, Ashim et al.²⁷ write 'it is difficult to predict the severity of the outbreak (p. 818)'.

Human generated issues like politics, religion, profession, position, money divide themselves into different stratifications. According to Seppal²⁸,

natural disasters or other types of problems unite the commoners and that is for social connection as humans are primarily social animal. A new study from Von Dawans et al.²⁹ suggests that acute stress may actually lead to greater cooperative, social, and friendly behavior, even among humans. They feel that the stressed humans are more social. Alike in the wake of earthquakes, blockade, cartographic aggression, now, the Corona fright has resulted tremendous internal unity along with mass support and adherence to the government.

Therefore, such possibilities, whether human or natural, are regular cycle. Precaution to prevent such haphazard and pandemonium is the key concern than any medication. On note of being visibly fragile and not having the adequate infrastructure, people in Nepal and everyone, as Chalise³⁰ urges, should support and adhere to the government's call to ensure greater safety during pandemic. If the situation is out of control, no entity may be functional, and south Asia seems being vulnerable. We must assimilate the truth that the self security amounts the security of whole. It must be overcome with collective caution, active alertness and remarkable restraint. Such pandemics are regular happenings than any brand new catastrophe. All must be prepared in the same way and help others too accordingly however we are often disproportionately distraught.

B. Disproportionate Distraught

Both the Nepalese mass and media have been disproportionately distraught and overwrought with COVID-19 pandemic. A study from Budhathoki et al.³¹ regards communication industry being inundated with over-exposed and inflated views and news of COVID-19. Unchained and unfettered avalanches of reporting, couple of which are apparently bogus and absolutely baseless cum mere subjective, have additionally freighted, cozened and cowed the public. As the entire society has badly bungled into this beating, the whole nation has come to arrant standstill and has been relegated to utter and utmost helplessness. Since there is rarely congruent compatibility and conciliation between cases and cautious cautions taken, possibility on government's side as of spuriously mis-educating people and hedging to stymie the public stigmatization and disorder or distress- as has been widely suspected and doubted- looms large. Provided the outbreak is contained to fairly low as being reported (in case of local transmission and home-grown cases as government is stating that

local transmission is only 5%), we are incontestably, indisputably and incontrovertibly the safest ever part of the planet. Ergo, provided extreme caution is cast even sensing no any detrimental and virulent vices ahead, being profoundly panic neither shows senses and makes any manner.

Such carefree conceptions were developed massively before the infection took rapidly rising graph and swift swelling up from mid May 2020. Then, all of sudden, negative projection and pessimistic view got momentum as a report³² projected that many foreign migrants (about ten hundred thousand) would be opting to return home causing double doze disheartening dismay of COVID in-bound along with down-trending nature in remittance inflow. If the smear takes vituperative and violent spike alike in some western countries- venting and radiating aggression, pompousness and snobbery on their molecular and military opulence and abundance- our capacity and efforts go unequivocally and evidently tantamount to impossible to contain and control it. Situation has barely turned so here-so-forth. Let's still not prevaricate to self; but tergiversate truly. However, pint-sized capacity and piecemeal approach shall be no where the healing mechanism in case COVID takes a terrible turn on us. As a galvanizing upshot based on assortment of impertinent decisions, imperious hectoring, unwise initiatives, insipid cum torpid public adherence, and increasing readiness to unfold prowess to inhibit insanity, the situation might be disgustingly distressing, and beyond words and capacity too. But, situation may not be that worse as the local transmission is low and recovery ratio is about 75%.

Nonetheless, the narratives of Corona, on news, debate and analysis, should not be narrowed down only on the lenses of science, health, biological casualties and diseases. Corona terror is carefully crafting and cementing a new social narrative oriented towards the empowerment of ancient Vedic Philosophy and Hindu civilization along with power posture and infodemics.

C. The New Social Narrative

1. Infomedimcs

Communication is considered as an amazing gift and optimal height of human invention in today's age. 'Today people are just a click away from any and every information'³³ (p. 127) justifies the mass and easy access. Bryant³⁴, in detail, writes about interconnection of media and greatness of the

subject; and Boyle³⁵ too agrees accordingly. Hence, Media ought to be regarded as understandably undeniable appendage of society and tool for updates. But many fake and bogus reports (infodemics) at this time of tragedy have to be stopped as it has cozened mass additionally. Hu et al³⁶ also note biased, unverified and confusing news further foster in stigmatizing and terrifying people. So 'collective perceptual bias' could be generated. Series of such situation in Nepal too (about details and location of infected) has proved that misinformation or rumour mill is more damaging than lack of information at all.

Nonetheless, since social networks are main communication channels now, the concepts there on cannot be ignored at all. According to Vern³⁷, print media along with radio and television are now mere ceremonial while social networks and online journalism have appeared as mainstream mode. Scholars^{38,39,40} regard social media as 'popular buzzword' which has forged a persuasive change in the society. Aveseh⁴¹ feels it often unsocial as well but construction of public belief is being heavily leveraged as per Jenkins et al.⁴² urge. Obama⁴³ too highlights the views as 'forty or fifty years ago, that force would have been the party apparatus: the big-city bosses, the political fixers, the power brokers in Washington who could make or break a career with a phone call. Today, that force is the media (p. 64)'. The globe is having race after internet⁴⁴; and so is the ground reality too. More than 5 billion people worldwide are active users of such networks. But excess and glut of such news are often confusing people, terrifying them further. Many of unverified and bogus cum spurious news intimidate mass a lot. Hence it is noted that uncontrolled and unfiltered superabundance of information shall be more killing than the lack of information does so. It even has justified the need of reasonable and regular cum rightful regulation over media, especially social media.

3. Power Posture

This epidemic has sufficiently questioned the world power equation. Of course, author Nye⁴⁵ had already made a hint of it. Gallarotti⁴⁶ too writes 'Understanding soft power is an especially important venture today (p. 3)' and considers it as smart power as well. Aligned with the essence of message, the world mass is realizing that weapon, warrior or warship don't gauge the power. Today, a question has become increasingly complex to the front of self-proclaimed powerful nations

emitting arrogance and pride. What did their nuclear weapons, atomic arms, molecular reserves, chemical furnaces, long range missiles, radioactive cannons, various types of military trainings and other powerful warfare logistics help to mitigate the core crises of the world or self? All these alleged achievements, for which most nations have spent large chunks of budget, are proved absolutely futile today. No one should wage war to prove ability. Managing self is the highest aspect and huge success than winning others. The epidemic has forced everyone to assimilate this grand message. Concept of 'eventual elimination of nuclear weapons' as Shultz⁴⁷ forecasts and forceful destruction on the 'value of the weapons of mass destruction' like Carus⁴⁸ has imagined have been proved real.

Synchronously, Asia's lead and rising status has been adduced without flaw. The evident success story of Asian nations (like China, South Korea, Japan and so on) to contain and control the infection with minimal loss compared to western nations has unfolded and hailed brand new message of electrifying edification and strength. The global gumption has been drawn imprecise and hazy. Here too, one more dimension got added into Post American World that Zakaria⁴⁹ has assumed or Friedman⁵⁰ has shed light on changing nature in the world. The notion of Asian century in terms of success has once been set up again as controlling COVID in many Asian nations didn't become challenging alike most western nations.

As per studies from Chandy and Gertz⁵¹, 93 percent of global poverty reduction has taken place in Asian countries. Development dimension has been best and impossible to second so far. Separate studies^{52,53} infer a fact that Asia is lead in progress and broadness of Happiness and Mental equanimity as well. Kanbur and Spence⁵⁴ feel Asia as hotspot with the highest ever form of equality of opportunity and with very fair chance to everyone to participate. Hence, it succeeded to trigger to uproot the social and economic tensions normally amounted by inequality. Bourguignon et al.⁵⁵ note Asia being perpetuated by cultural mechanism and success as well as being leader in global common issues alike Angel et al.⁵⁶ aver that urban expansion has taken an unbeatable and undefeatable speed in Asia continent. Corona crisis as well, since most Asian nations tried controlling it with minimal loss compared to most western nations, has once brought Asian nations in front among others in course of proving excellence.

Despite growing challenges and risks looming large, the current government's preventive measures are quite commendable in course of containing the spread as there is no exact medication or vaccine yet. Citizens' attention to their own security, if possible to care others as well to some extent, amounts for security of whole populace in the nation. However, this fear has to be gauged in a different debate of, whether medicine or manner, basing it into Vedic Philosophy and Hindu Civilization.

3. Medicine versus Manner

Non-violence, as *Ahimsha*, what Ackerman and Duvall⁵⁷ regard as 'most powerful drive for 21st century' and health, as concept of *Arogya*, are the most important aspects explained in Vedic philosophy. Various scholars^{58,59,60} too derive and deduce the uniformed conclusion as nonviolence is the key essence and noble quest of this century. Health is a very valuable asset. Victory over nature is not possible. The scientific basis of the ancient eternal contemplation and practice of worshipping nature, rivers, streams, animals and vegetations has now become apparent to the world. The great importance of ancient Eastern Vedic philosophy, which is 'core solution of all prevalent evils' as Sangroula⁶¹ deems, in living practices has now come to the light. The shining brightness of the practices such as greeting with *Namaskar* instead of handshake or hugging, residing at a certain distance, wearing another garment after coming from out, and changing clothes at meal time- what the so-called modernist society often would rate as conservative Hindu course- is now proved paramount.

Some irrational and arrogant western authors would periodically write that Asia is the land of the poor and filthy. Cold, cough, cholera and epidemics are the drink of Asians and Africans, they would vehemently vomit. Ghani⁶² regards the sub-region as a whole: is home to the largest concentration of poor people globally, suffers from wide gender disparities, and rates low in human development indices; Kown⁶³ tags it economically poor. Nabi⁶⁴ blames as gross education enrolment rate, average years of schooling, indicator of trainability of workers are considerably lower among others. The scholarly engagements of such a handful of Western literary figures are/were centered on projecting the people of Asia and Africa as rude, wild, inhuman, underdeveloped, and hateful. People living there had/have to imitate western way of life to civilize themselves, they would love to spread message. Reinert⁶⁵ names most of these

as country at take-off stage. The Corona pandemic has even given stern repercussions to those who produce/d prejudicial knowledge to extend violence. To bathe in swimming pools brim of spit, coughs and urine, to use paper after passing toilet, baking bread instead of meal with lentil vegetable pickles, hanging eclectic bulb on a plastic tree instead of a real lamp (*diyo*) at basil plant have been proved to be pseudo and senselessly hollow. The futility within the pretext called modernity, as Becker-Ho and Debord⁶⁶ elaborate, is all exposed. Latour⁶⁷ regards many people falling victim of their so-called success trap in course of striving for fake modernity. Being aligned with the confession, even the message that 'Eastern Vedic Philosophy, Hindu civilizations and traditions are/were scientific in every way' is hailed on the ground. It also has become apparent that the city could not ensure security credibility to people.

Industries like fashion, entertainment, technology, automobiles, and tourism go first and fast prone to crash. Even during this pandemic, Khadka et al.⁶⁸ state that tourism has come to complete standstill causing serious curtail in employment and income generation as well; entertainment and automobiles sectors too surf under a sordidly hard hit. Ying et al.⁶⁹ too draw identical inference in Chinese context. Among tourism relying nations, as studies of Coke⁷⁰, most are the small economies thus go under chronic deficit whereas Zail and Aydiner-Avsar⁷¹ find females surfing under relatively severe pressure. However, Agriculture, since suffered nowhere, is once proved that it is the mainstay and the prime necessity. The significance of the message, though originally in form of overtly romanticized prophesy, from the author Buck⁷², is becoming ever more striking. It is also being established that yoga, meditation, and rest, which on Vedic life culture stresses, are the major rhythms of life.

Being modern means being scientific and evidence-based; but not necessarily the western. Some of mismanagements that west vaingloriously notes at us are highly scientific in many respects. Dirlik⁷³ notes, 'a loss of consensus over the institutional and intellectual content of modernity (p. 279)' whereas Wittrock⁷⁴ writes 'A society is modern if some key defining institutions and types of behaviours can be said to be modern (p. 32)'. Both the authors make hint that social constructs and global indicators of being modern should be adequately revisited. West constructed monolithic concept of modernity is not enough to gauge all dimensions and indicate true

sense. So we have the opportunity to assimilate that we, based on Vedic philosophy and Hindu civilization, are more advanced than them, along with branding the concept to make it universal. It has even justified the practice of community-centered cooperation rather than self-seeking capitalism. It has proved that surviving self and helping others to survive as of own family member- principle of 'Basudaiba Kutumbakam'- is a heavenly blessing than by winning others through mass assassination. Therefore, the new dimension of manufacturing alternative knowledge cannot and should not be excluded from the debate over Corona.

Obviously, corona is a bacterial disease and even has cost the casualties in increasingly alarming rate. Still, more than disease, it is an unparalleled example of unscientific, arrogant and egotistical behavior and failure of social characteristics that we have promoted in the name of power, development and modernity. Behind such germicidal epidemics from time to time, there is a tremendous impact of the shady and corrupt cum senselessly arrogant living practices adopted in the name of modernity, which is myopic and mean in fact. By adopting ancient Vedic philosophy and Hindu civilization, such risks can be minimized in large.

Some of other instances of so-called modern and developed habits, contrary to Vedic philosophy, i.e. eating from same dish in group in name of intimacy; eating raw-foods; relying on junk foods, which are less pleasing and highly poisonous for body; excessively using soft drinks, which has hard hits and problem on lives; bathing on swimming pool, where all user spit, cough and urinate and so on are decaying the health hygiene then emasculating or debilitating immunity power in people; even, Ricanti⁷⁵ has highlighted it. Such situations turn as easy way out for bacterial diseases cum community transmission. Such bacterial infections are common to people who are sizably abstaining from rural life, avoiding exercising, poisoning them by consuming long-term stored un-fresh cum stale vegetables and fruits that are almost decaying thus credit no resistance and immunity. Various researches from the World Health Organization along with a notable piece from Calabrese⁷⁶ have also proved that such lifestyles have weakened immunity power globally.

Ancient oriental Hindu civilization and, especially, country-side living practices in Nepal and erstwhile efforts based on Vedic decorum of life seem very scientific in themselves. These exercises also appear to promote immune resistance in humans and to vanquish such bacterial infections. Ancient

Hindu civilization was outlined by being based on the teaching of the great texts such as the Vedas, Upanishads, Puranas, Dharmashastra, Ramayana, Mahabharata etc. There have been extensive studies on the scientific validity of the messages of the Vedas and other texts in home and overseas as many universities of repute have department on oriental studies besides thousand of independent researches by the scholars.

Building residence in a noticeable distance, exchanging honorary greetings only from a certain distance, eating the healthiest food produced oneself, eating meat only of the animals raised healthily by self, making toilet in a little farther away, changing clothes after arrival from outing, cleaning hands and feet before entering home, consuming only self grown organic vegetables and fruits are key features of Vedic lives and those automatically discard and discourage the bacterial transmission. In his writing as well, Tilg⁷⁷ has appreciated many of these practices as corner stone of healthy leaving.

The noble pursuit from Vedic actions i.e. the removal of germs by enameling house with cow-dung, the healthiness of the body by the consumption of oats, the restriction of germs by aroma of flowers planted at the residence premises, the flow of oxygen through planting Bar and Peepal trees in surrounding are getting now proved. Vedic practices like washing clothes in boiled water with ashes, taking dinner quite early for easy digestion, pairing meal with milk, cord or ghee, gathering family members together in food then listening to moral education were beautiful and scientific tendencies. The practice of getting up early in the morning, walking around, playing sports- which would collectively promote physical fitness and well-being- would be unique set of efforts for the quality of life. In addition to playing sports that promote physical health and wellbeing, the practice of wearing warm, full-bodied clothing to restrict chilly cold was much scientific pattern. Kapur⁷⁸ notes identical practices in many suburbs and country life in India too. These behaviors are still being proven to be the main armour of people's mental and physical health; and Bell and Jayne⁷⁹ urge for deep preference on such issues, which are the unique capitals of rural life.

Most people in rural part of Nepal have similar practices in use till now. The spread of such epidemic is always highly possible as the lifestyle in the city is vulnerable in terms of hoisting immunity. This is not just a fight with Corona; it is not easy to say that no such virus will occur soon after Corona.

To have complete control of Corona's wrath may be an immediate achievement now, but it does not constitute a state of satisfaction for the world. For this, now, the general life-style has to adopt then integrate changes quite drastically. The ancient Vedic practices, which have been proven to increase the ability to resist such potential risks, should be followed. The present terror mayn't be just the beginning, intermittent or a temporary condition, thus mere medicine does not solve the problem of longevity.

By containing this crisis, there ought to be a confidence and assurance that the world doesn't plunge into such pitfall again. There is no short-cut clinical medicine for the horror of Corona or pandemic of other similar nature. The main necessity is to build a scientific life. The revival of the ancient scientific way of life (as per Vedic philosophy and Hindu civilization) is a major shield to defeat and distance such epidemic spreads. The drug may be transient and quick-fix; but, only the purification of the conduct is the long-lasting medicine of such 'the fear'. So, let's build virus resistant life manner by adopting Vedic philosophy and Hindu civilization based life-style than musing on mitigating it through medicine.

4. Post-corona Projection

The anxiety of corona virus has had a swiftly rising graph with exponentially ballooning panic and pain across the globe; and, Ramaci et al.⁸⁰ note it as potentially existing to suffer people till long time. Similarly, Nepal will also definitely surf into noticeable changes in every sector of society. The greatest ever impacts will be on economic landscape of nation as Barkur and Vibha Kamath⁸¹ strongly lay focus on note of lockdown, which has been globally common practice, in India as well. It might hugely halt the inter-country import and export of necessary goods causing serious shortfall of edible items as we excessively rely on outer world for the same. A new solemn problem of stark starvation may further hit the significant quarter of citizens provided not any strong precautionary measure is adopted anon.

Bastola et al.⁸² remark that a serious negative jolt may be experienced into whole national treasury as it is disproportionally relying on remittance; and the inflow of it may get stumbling block because of stagnated and stigmatized life globally. The possibility of many migrant workers losing job undeniably persists prolonged. It hits hardest on the economy of Nepal. Revenue generation may slide towards downward trajectory. The graph of

inflation, in house, may set a new record owing to devaluation of the currency.

People practicing seasonal and short-term migration for foreign employment along with people residing in various other nations of world may voluntarily prioritize to return and stay in home. Goldmann & Galea⁸³ suspect that people may undergo a huge physiological problem cum mental health or disorder as Lai et al.⁸⁴ project it in terms of migrant workers in this regard. That takes the job market of nation into compelling pressure to adjust them. Many people working here may lose jobs. Start-up companies might turn to liquidation. Areas like tourism, auto-mobile, fashion and real-estate may take somewhat longer time span to revive the pace of its regular cum seamless operation.

Besides dreadfully dark sides, the most ever pleasing and appealing aspect is that it might revive and revitalize the agricultural sector of Nepal with an added modernization and commercialization. Many returnees from overseas may embark unique and multipronged profitable entrepreneurs here in home. To make people the biggest beneficiary, Poudel et al.⁸⁵ hint for huge scope in this area. Various new businesses and industries may take proactive life into corporate fraternity and front. More employment opportunities will be generated. Revenue and excise duty may set new record. Capital flow towards nation may take unpremeditated height from those who muse to stay here permanently, leaving their abroad stations. IT industries might set new record in volume and velocity of business. People may start working from home, resulting into time saving mode. Education can be accessible even for those who don't have time to attend offline classes. International resource persons can be introduced in the class. Webinar ensures platform to many people as speaker. Kimrey⁸⁶ highlights on how the crisis can be converted into cosmopolitan opportunity; and, we ought to act on the spirit.

Now, China will have great positive upshot in economy. Though being the first country to face merciless strike and sufferings from virus, now, China has healed self the best and arrant. The rest of world is relegated to sheer helplessness. When rest of the world succeeds in beating pandemic and comes to the point of resuming normal life, most will have already lost their economic compass. China will be a single and superlative source for global market then. That business height, what China gets and earns, can generate spill-over effect to Nepalese industries and market as well.

Every crisis unleashes countless opportunities too; let's think positive!

WAY FORWARD

Vedic Philosophy and Hindu Civilization based following manners (along with stern restriction on few of so-called modern practices) must be revived ahead in our living practices.

1. Assimilating Ahimsha and Arogya as key power than nuclear arms and atomic ammunitions,
2. Greeting with Namaskar instead of handshake or hugging,
3. Building residence at a certain distance,
4. Changing garment at meal time,
5. Refraining from bathing in swimming pools as those are often brim of spit, coughs and urine,
6. Stopping to use paper after passing toilet,
7. Correcting on enjoying bread instead of nutritious meal with lentil, vegetable, and pickles,
8. Pausing in hanging eclectic bulb on a plastic tree instead of a real lamp (diyo) at basil plant,
9. Reviving country-based rural life civilization,
10. Considering agriculture as prime economic base,
11. Making yoga, meditation, and rest as the major rhythms of life,
12. Practicing the principle of 'Basudaiba Kutumbakam',
13. Invalidating eating from same dish in group in name of intimacy,
14. Sizably incorporating regular exercises,
15. Regularly consuming fresh and organic vegetables,
16. Eating meat only of the animals raised healthily by self,
17. Making toilet in a little farther away,
18. Changing clothes after arrival from outing,
19. Cleaning hands and feet before entering home,
20. Consuming only self grown organic vegetables and fruits,
21. Removing germs by enameling house with cow-dung,
22. Maintaining healthiness of the body by the consumption of oats,
23. Restricting germs by aroma of flowers planted at the residence premises,
24. Ensuring the flow of oxygen through planting Bar and Peeple trees in

- surrounding,
25. Washing clothes in boiled water with ashes,
26. Taking dinner quite early for easy digestion,
27. Pairing meal with milk, cord or ghee,
28. Gathering family members together in food time then listening to moral education,
29. Getting up early in the morning, walking around, and playing sports,
30. Wearing warm, full-bodied clothing to restrict chilly cold.

CONCLUSION

Hence COVID 19 is not mere a viral disease, it is perfect blend of various messages, for which the world has pressing obligation to unequivocally agree with. It has made people realize that such infections in form of pandemics are recurrent in nature. Simultaneously, the overrated success indicated by military power and nuclear aggrandizement is futile in present world. It has even once come to the front that Vedic philosophy and Hindu civilization had already orientated people for such scientific living, which could argument humankind's immunity and prevent such infections. So, adopting those manners of public life could be wise step to remain safe and ensure better public health. Corona once more has unmasked the beauty and science embedded with Vedic philosophy and Hindu civilization along with posing both pros and cons to Nepal.

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