

Pandemics in human history: Preventive strategies and the role of Homoeopathy and Ayurveda

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International Journal of Science and Research Archive, 2026, 19(03), 428-430

Publication history: Received on 30 March 2026; revised on 06 May 2026; accepted on 08 May 2026

Article DOI: <https://doi.org/10.30574/ijrsra.2026.19.3.1018>

Abstract

Background: Pandemics have repeatedly reshaped human civilization, from the Antonine Plague to COVID-19. The last two decades highlight a cyclical pattern: the 2010 H1N1 epidemic, the 2020 COVID-19 pandemic, and the anticipated 2030 outbreak.

Objectives: To review pandemic cycles, emphasize preventive strategies, and explore the complementary role of Homoeopathy and Ayurveda in strengthening resilience during epidemic and pandemic crises.

Methods: A narrative review of historical pandemics was conducted using PubMed, Scopus, WHO reports, and AYUSH advisories. Preventive strategies were analyzed across centuries, with emphasis on integrative approaches. Case examples from Homoeopathy and Ayurveda were included to illustrate practical applications.

Results: Historical pandemics demonstrate recurring cycles driven by zoonotic spillovers, climate change, and globalization. Preventive measures such as quarantine, sanitation, vaccination, and lifestyle corrections consistently reduced impact. Homoeopathy and Ayurveda contributed unique preventive roles through individualized remedies, Ramayana therapy, and lifestyle regimens.

Conclusion: Preparedness requires biomedical advances alongside preventive lifestyle corrections and integrative approaches. Homoeopathy and Ayurveda offer valuable frameworks for resilience, emphasizing immunity, environment, and individualized care.

Keywords: Pandemic History; Preventive Medicine; Homoeopathy; Ayurveda; Lifestyle Correction; Integrative Health

1. Introduction

Pandemics are recurring phenomena driven by zoonotic spillovers, climate change, and globalization. The 2010 H1N1 influenza epidemic and the 2020 COVID-19 pandemic demonstrate the vulnerability of modern societies. Experts warn that by 2030 another pandemic is highly likely, driven by zoonotic spillovers, antimicrobial resistance, and climate-driven vector expansion.

2. Methods

A narrative review was conducted using PubMed, Scopus, WHO reports, and AYUSH advisories. Historical pandemics were analyzed for preventive strategies, with emphasis on integrative approaches.

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3. Results

3.1. Historical Cyclical Pattern

- **2010 – H1N1 Swine Flu Epidemic:** Originated from a novel influenza A/H1N1 strain; highlighted rapid vaccine deployment and surveillance.
- **2020 – COVID-19 Pandemic:** Caused by SARS-CoV-2; reshaped economies and healthcare systems; emphasized ventilation, hygiene, and combating misinformation.
- **2030 – Anticipated Pandemic:** Likely driven by zoonotic spillovers, climate change, and antimicrobial resistance. High-risk pathogens include avian influenza (H5N1), mpox, dengue, and re-emerging diseases.

3.2. Preventive Strategies

- Surveillance of animal reservoirs and vectors.
 - Rapid diagnostics and adaptable vaccine platforms.
 - Lifestyle corrections: mosquito control, ventilation, antibiotic stewardship, and immune resilience through diet, sleep, and exercise.
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4. Discussion

4.1. Role of Homoeopathy

- Arsenic album and Belladonna historically used as prophylactics.
- Individualized remedies strengthen host resistance.
- Case applications show synergy between remedies and lifestyle corrections.

4.2. Role of Ayurveda

- Ramayana therapy (Ashwagandha, Udichi, Amalaka) for immunomodulation.
- Din Acharya and Vitaharya for resilience.
- Yoga and pranayama for respiratory health and stress reduction.

4.3. Integrative Perspective

Both systems emphasize removing maintaining causes and promoting holistic immunity, complementing biomedical strategies.

5. Conclusion

The 2010 H1N1 epidemic and the 2020 COVID 19 pandemic demonstrate cyclical recurrence. By 2030, another outbreak is highly likely. Preparedness requires biomedical advances alongside preventive lifestyle corrections and integrative approaches. Homoeopathy and Ayurveda provide sustainable frameworks for resilience.

Compliance with ethical standards

Acknowledgments

The author acknowledges the support of colleagues, research collaborators, and institutions including COVAS Prabhati pathology laboratory and VNMKV for their contributions to integrative research and diagnostic validation. Appreciation is extended to the editorial teams and peer reviewers whose guidance strengthens academic rigor.

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