



AN AYURVEDIC REVIEW: TREATMENT OF COUGH IN COVID-19.

Ayurveda

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KEYWORDS

INTRODUCTION:

Corona virus disease 2019 (Covid-19) in present era is life threatening pandemic disease of zoonotic origin in which symptoms has wide range of diversity. In the subjects with mild to severe symptoms, different measures like preventive, supportive, immunity boosters, symptomatic drugs are used to control this ailment. Till date no specific drug is evidence based and studied to cure covid-19. Sore throat and cough are the most recognisable symptoms initially which is followed by fever, dyspnoea, loss of taste, loss of smell, headache, breathlessness, etc. prevention of symptoms and early control of disease will always be helpful to check the further manifestation and control of disease.

EPIDEMIOLOGY:

By august 2020, India has reported several millions of cases of severe acute respiratory syndrome corona virus 2 (SARS-COV-2). Enhanced transmission risk was apparent among children and young adults, who accounted one third of cases. however, mortality rates were associated with older age, comorbidities and being male.

CLINICAL SYMPTOMS:

Clinical symptoms include from asymptomatic cases to severe life threatening multi organ dysfunction. some common clinical features includes fever, cough, sore throat, headache myalgia, fatigue, breathlessness, loss of taste and smell, etc

DIAGNOSIS:

Real Time Polymerase Reaction Test (RT-PCR) is used to detect viral RNA in sputum, endotracheal aspirate, bronchoalveolar lavage.

PATHOLOGY AND TRATMENT STRATERGIES IN AYURVEDA:

Till date no promising results are gained by any treatment or therapies. Series of measures to improve immunity, personal hygiene and social distancing measures are recommended by Ayush ministries. While protocol of management of covid-19 is considered, it's a need to deal with preventive, therapeutic and promotive aspect of treatment in covid-19. Therapeutic treatment is mainly supportive and symptomatic. So, it would be helpful to mankind if cough in covid-19 will be treated as per treatment of kasa disease (cough) in Ayurveda and can be integrated with present guidelines. kasa disease and its symptoms can be treated if pathogenesis of the disease is broken down by some drugs used in the management of kasa. The disease kasa is pranavaha strotas dusti (disorder of respiratory system) as explained in ayurvedic text. In pathogenesis of kasa, pran vayu along with udan vayu and dominant kaph produces kasa. Vata dasa travels from udbhav sthana to pranavah strotas due to vitiated prana and udana vayu.

Pathogenesis of kasa disease can be applied to treat cough in corona virus disease, which is generally recognisable in mild to severe cases of covid-19.

Several formulations, therapies are described in kasa chikitsa (treatment of kasa disease) and to treat the pranavaha strotas abnormalities. Some of them can be selected and combined as according to logical inference applied to kasa disease samprapti (pathogenesis of cough).

Yashtimadhu choirna 1gm bd (asthang hriday kasachikitsa3/118-119)

Sitopaladi choorna 1gm bd (bhaishijya ratnavali14/27-28)

Lakshmi vilas ras 250 mg bd (bhaishaijya ratnavali jwara 1223-1225)

Chandramrut ras 250 mg bd (rasamrit rasyogvidnyaniya 9/64)

Dashmoolarishta 20 ml bd as anupan (sharangdhar samhita ma.kha.10/78-92)

Attempt can be made to study of this drug combination to break the pathogenesis and relieve symptom of cough in covid-19 patients.

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