



A REALISTIC MANAGEMENT APPROACH FOR COVID-19 PANDEMIC WITH AYURVEDA PERSPECTIVE

Ayurveda

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ABSTRACT

A Novel Coronavirus known as 2019-nCoV was emerged in Wuhan, City of Hubei province, China, at the end of December, 2019. The World Health Organization (WHO) has declared the novel Corona Virus (COVID-19) as a worldwide pandemic. Coronavirus is one of the major pathogens that primarily targets the human respiratory system. This pandemic crisis brings us to the need of the hour for its preventive, curative aspects and managing complications related to the current situation. Previous outbreaks of coronaviruses (CoVs) include the severe acute respiratory syndrome (SARS)-CoV in 2003 and the Middle East respiratory syndrome (MERS)-CoV in 2012 which have been previously characterized as the agents that have a great public health threat. In late December 2019, a cluster of patients were admitted to hospitals with complaints of symptoms like fever, cough, and fatigue, while other symptoms include sputum production, headache, haemoptysis, diarrhoea, dyspnoea, and lymphopenia, and initially diagnosed pneumonia. After RNA extraction, it was identified as Corona virus. An initial diagnosis of pneumonia of an unknown etiology. In Ayurveda literatures, it can be correlated to Kapa-vataj with association of Pita; and ultimately it diagnosed as Sannipataj Jwara symptomatically. On the basis of the diagnosis, Ayurveda Protocol, based on Ayurvedic literatures and scientific publications for preventive health measures and boosting immunity with special reference to respiratory health in Ayurveda. This study suggests Ayurvedic protocol for the curative management for COVID-19 pandemic.

KEYWORDS

Ayurveda, Coronavirus, COVID-19, Pandemic, Wuhan city

INTRODUCTION:

A Novel Coronavirus known as 2019-nCoV was emerged in Wuhan, China, at the end of December, 2019. The World Health Organization (WHO) has declared the novel Corona Virus (COVID-19) as a worldwide pandemic. Coronavirus is one of the major pathogens that primarily targets the human respiratory system. [] During the time, this Consultative meeting on Ayurveda protocol was assembled, the COVID-19 had become a pandemic and had affected over 2,890,360 individuals in more than 100 countries, and resulted in more than 201,501 deaths worldwide. [] The best ways of preventing COVID19 infection are breaking the chain, enhancing an individual's body immunity, identifying the infection early and timely medical care. Ayurveda documented epidemics and pandemics under the context of Janapadodhvamsa (conditions devastate the human settlements). Similarly, infectious diseases have been considered under Ajantuja roga. Pollution of air, water, climate and environment is responsible for the spread of diseases on such a large scale resulting Janapadodh vamsa. [] Ayurveda embraces a holistic Approaches for elaborating the details of the disease at hand. We have a three dimensional approaches for the elaboration of an unknown disease such as the natural history of the disease (Vikaara prakrti), the site of the pathological process (Ahishtana) and etiological features (Samuthaana Vishesha) [] The most common symptoms at onset of COVID-19 illness are fever, cough, and fatigue, while other symptoms include sputum production, headache, haemoptysis, diarrhoea, dyspnoea, and lymphopenia. Coronavirus makes up a large family of viruses that can infect birds and mammals, including humans, according to world health organisation (WHO).

MATERIALANDMETHODS

Ayurveda literatures and recent studies on the single herbs or poly herbal formulations mentioned in Ayurveda were vigorously discussed in consultative meeting of Ayurveda academicians for a week in Ayurveda Campus, Institute of Medicine, Tribhuvan University, Kathmandu, Nepal. This protocol has been published and also suggested to common Ayurveda practitioners following management of COVID-19 through Ayurveda in Nepal. []

RESULTS AND DISCUSSION

Possible Curative Management Protocol:

The chikitsa sutra of Swasa, Jwara manifests and afflicts the Rasa Dhatu and Rasavaha Srotas initially and Janapadodhwamsa factors responsible for COVID-19 are vitiated Vayu (Air), Udaka (Water), Desha (Land) and Kala (Season) which helps developing accurate protocols for the treatments of COVID - 19. The management principles should mainly be based on Jwarahara (Antipyretic), Swedajanana (Sudorific), Rasayana and Ojovardhaka (Rejuvenation and Immuno supportive). Some of the patient are not showing any symptoms but they are COVID 19 positive so we have categorized different two condition of management for COVID-19 in this protocol. A. Patients with positive case of corona Virus including all symptoms of corona, together with Allopathy treatment but not in ventilator In this case; COVID-19 patients treated in following 5 steps

1) Amajwara Chikitsa []

In primary stage with Langhana by any one of the following drugs; when symptoms persist from to 5-7 days

- Chitrakadi Vati; 2 Vati twice a day with luke warm water before meal.
- Shunthi jal
- Shadang Paniya

2) Dosha Pachana

These can be started from starting of symptoms.

- Trikatu Churna []; 2 gm twice a day with luke warm water or Dashmoola or Pathyadi [] Kwatha.
- Sudarshana churna[]; 3 gm twice a day With luke warm water
- Samsamni Vati or Giloyaghan Vati [] : 2 Vati twice a day with luke warm water

3) After 7 days this turns to Madhya jwara

- Talisadi [] (For dry cough) or Sitopladi churna (For productive cough) []; 3-5 gm with Yastimadhu kwatha [] or appropriate anupan twice a day (Please use warm decoction)
- Shanjeevani Vati []; 250 mg twice a day with luke warm water
- Nardeeya Laxmivilasa Rasa []; 60 mg or as per physician consultation twice with luke warm water

Additional drugs:

- Mrigamadasav[]; 6-10 drops (for children 1-5 yrs) thrice a day and 10-20 drops (for Adult) thrice a day with luke warm water or honey.
- Guduchi Kwatha[] 40-80 ml twice a day 30 minutes before meal or
- Yashtimadu Kwatha[] 40-80 ml twice a day 30 minutes before meal

4) After this Pakwa stage

Kapha Nissaraka needed for 5 to 7 days

- Talisadi (for dry cough) or Sitopladi churna (for productive cough); 3-5 gm with Yastimadhu kwatha or appropriate anupan twice a day (Please use warm decoction)
- Agasthya harectaki [] or Kantakari avaleha []; one tea spoonful (1tsf) twice a day with luke warm water
- Lavangadi Vati []; suck 1-2 vati 4-6 times a da
- Amritarishta[]; 15- 30 ml twice a day with equal amount of water after meal.

Additional drugs:

- Kankasav[24]; 15- 30 ml twice a day with equal amount of water after meal.
- Tribhuvan kirti Rasa[24] ; 125-250 mg twice a day with luke warm water.
- Mahasudarshan Kwatha; 40-80 ml twice a day

5) Next Rsayan Chikitsa

Based on kapha and Urah-sthana or according to the age for 15-30 days

- Ashwagandha Churna/Capsule []; 3gm or 1-2 capsules twice a day with luke warm water
- Brahmi Churna/Vati[]; 3gm or 1-2 Vati twice a day with luke warm water
- Chyavanaprash []; one to two tea spoon twice a day (Sugar free for Diabetic patients)

B.) Patients with positive case of Corona Virus (COVID-19) but No symptoms.

- Trikatu Churna; 2 gm twice a day with Luke warm water or with Dashmoola or Pathyadi kwatha.
- Sudarshana Churna; 3 gm twice a day with luke warm water
- Samsamni Vati or Giloyaghan Vati: 2 Vati twice a day with luke warm water

For Rasayana chikitsa for 15-30 days

- Ashwagandha Churna/Capsule: 3gm or 1-2 capsules twice a day with luke warm water
- Brahmi Churna/Vati; 3gm or 1-2 Vati twice a day with luke warm water
- Chyavanaprash : 1 tea spoon twice a day (Sugar free for Diabetic Patients) and use luke warm water

Treatment for Post Recovery and Rejuvenation:

Following drugs can be given for 7-15days

- Ashwagandha Churna/Capsule; 3gm/1-2 capsules with luke warm water
- Brahmi Churna/Vati; 3gm/1-2 Vati twice a day with luke warm water
- Chyavanaprash; 1 tea spoon twice a day (Sugar free for Diabetic Patients) and take luke warm water

CONCLUSION:

Since the global cases of COVID-19 are rising steeply; there is lacking of confirmatory management of this pandemic in modern medical sciences, this is need of the time to collaborate with other existing and effective medical sciences. A strong coordination between the modern and Ayurveda medicines in SAARC countries is only option to mitigate this unpredictable challenge of COVID-19 Pandemic in this region; because of our limitation in conventional medicine. Ayurveda is always maintaining the equilibrium status of the body with complete and comprehensive health i.e. mental, physical and social as well as spiritual. This protocol provides a curative management plan for various condition of the disease so that Ayurveda practitioners as well as common peoples can use this for advice to other people or they can use for their own immunity building and treatment to fight against COVID-19 Pandemic. Furthermore, it is a new disease and have

limited information regarding it; more vigorous studies will be required to manage this disease efficiently.

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