



TO STUDY THE EFFICACY OF OLEATION AND FOMENTATION ON OPD BASIS PATIENTS IN COVID-19 PANDEMIC

Ayurveda

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KEYWORDS

BACKGROUND:

Severe Acute Respiratory Syndrome Corona Virus 2 (SARS-CoV-2), that causes corona virus Disease (COVID-19), was first noticed in December 2019 in Wuhan city, China, and later the Same was spread in major provinces in China. On March 11, 2020 WHO characterised COVID-19 as a Pandemic. According to WHO, "Pandemic is defined as an epidemic occurring worldwide, crossing international boundaries and usually affecting a large number of people". Delta was recognised as a SARS-CoV-2 variant of concern in May 2021 and has proved extremely difficult to control in unvaccinated populations.

INTRODUCTION:

Currently the world is facing the pandemic crisis due to COVID-19(SARS-CoV2). Since the mutation of the spike protein in this virus occurs frequently. The transmission among humans via droplets, contaminated hands and surfaces. The SARS-CoV-2 B.1.617 lineage was identified in October 2020 in India. Since then, it has become dominant in some regions of India and in the UK, and has spread to many other countries. The lineage includes three main subtypes (B.1.617.1, B.1.617.2 and B.1.617.3), which contain diverse mutations in the N-terminal domain (NTD) and the Receptor-binding domain (RBD) of the SARS-CoV-2 spike protein that may increase the Immune evasion potential of these variants. B.1.617.2—also termed the Delta variant—Is believed to spread faster than other variants. Although the vaccines have been shown to reduce COVID-19 symptoms and serious illness, their ability to prevent Corona Virus transmission has been unclear.

CLINICAL PRESENTATION OF COVID-19:

Fever, Cough, Tiredness, Loss of taste or smell, Sore throat, Headache, Aches and pains, Diarrhoea, Vomiting, Difficulty in breathing or shortness of breath, Pneumonia, Chest pain, Neurological symptoms and Renal failure etc.

CONCEPT OF PANDEMIC IN AYURVEDA:

Epidemics have not been new to India. Ayurveda being in the fore front of health care of those times, has recorded valuable experiences of pandemics & termed them as **Janapadodhwansa** [Charaka Samhita Vimana Sthana 3/1–4] or **Maraka** [Sushruta Samhita Sutra Sthana 6/19]. It has vividly described their mechanism of Causation (Nidana), factors affecting severity and actions complicating illnesses, their management and prevention. Although the vitiation of **Vayu**, **Jala**, **Desha**, **Kaala** (Rutu) and **Aahara** induce the formation of specific doshas leading to mass predisposition of the diseases. Covid -19 from an Ayurvedic perspective should be taken as a **Nija Jwara** and **Aupasargika Jwara**.

PREVENTIVE MEDICATION:

For prevention of diseases, Ayurveda had advocated the adherence to concepts like Dinacharya, Ritucharya, Sadvritta, Na-Vegadharan etc. these measures are useful in preventing the lifestyle related diseases but for preventing the Aupasargika Rogas (communicable diseases), Janapadadhwansa Rogas (epidemic diseases) the concept of **Vyadhikshamatva** (Immunity) is propagated by the Ayurvedic science.

Ayurveda propounds that prevention is an equally important aspect of disease management as cure and thus, strengthening the immune system, is a natural way to help the body fight against the disease-causing pathogens. Acharyas promoted the use of following therapy to enhance Oja, Agni and Vyadhikshamatva (Immunity).

1) Oleation (Snehana): "The process which brings softness and removes dryness of the body is called Oleation." This is the first stage of detoxification. Medicated oils, ghrita, animal fats, and bone marrow are recommended. External or internal application of sneha is considered under Oleation.

Properties of Snehana Dravyas: The drug having properties like-Drava (liquid), Sukshma (subtle), Sara (fluid), Snigdha (unctuous), Picchila (slimy), Guru (heavy), Shita (cold), Manda (sluggish) and Mridu (soft).

A) Internal Oleation- Is the kind of Snehana therapy which is used as pre-operative procedure of Panchakarma in the form of **Achchhapana** (intake of pure Sneha) and **Sneha Vicharana** (consumption of oil/ fat after mixing with food items) for prevention and treatment of disease.

According to Acharaya Sushruta, the person who takes Sneha regularly will get following benefits-

- Kindling of Agni
- Purification of bowel
- Nourishment of Dhatu
- Increases Bala-Varna-Sturdiness of sense organs
- Delayed aging and lives for hundred years

B) External Oleation (Abhyanga)- Anointing the body with oil called as Abhyanga. Is an important therapeutic method and is the most commonly used Panchakarma therapy for both healthy people and those with disease.



Procedure- Oleation should be done in 5 different postures-sitting, supine, prone, left lateral, right lateral etc.

- 1) Lie down patient on supine position on table
 - 2) Apply Lukewarm medicated oil to the whole body
 - 3) Start massaging scalp, head and move down to neck, upper back, shoulders, upper arms, forearms, and hands; then abdomen, lower back, lower limbs.
- Oils used for Abhyanga: Mahanarayana tail, Narayana tail, Mahamasha tail, Bala tail,

Benefits of External Oleation-

- Increases venous and lymphatic flow
- Increases gaseous exchanges across the pulmonary capillaries
- Decreases stagnation of fluid in tissue space
- Eliminate waste products of metabolism
- Increases removal of secretions from lung
- Increases activity of sweat and sebaceous gland
- Increases arterial blood flow to the muscles and skin
- Nutritive exchange between blood and cells
- Soothes or stimulate the nerves

Mode of action of Abhyanga- Oleation (Bahya Snehana)

↓
Drugs undergoes Pachana by Bhrajaka Pitta

↓
Virya of drugs are absorbed through Romakupya, Dhamani and circulated all over the body

↓
Nourishment of Dhatus and thus Dosha Shamana.

Among the properties of Snehana, chiefly Snigdha and Guru Guna acts as Vatahara, Snehana, Balya, and Pushtikara; Mridu Guna reduce the stiffness by its opposite quality of Kathina Guna and Sukshma Guna helps the penetration of drug into the minute channels.

2) Fomentation (Swedana): The procedure which relieves stiffness, heaviness and coldness of body and produces sweating. Acharya Charaka has mentioned that Fomentation (Swedana) therapy is the best treatment of vitiated Vata and Kapha dominant diseases. Fomentation is done to liquify the vitiated Dosha which are spread throughout the body and then made easily expelled out with the help of Panchakarma. It removes Stambha (stiffness), Gouravata (heaviness) and Sheetata (coldness) from body. Proper Fomentation administered after Oleation therapy pacifies the Vata and by this faeces, urine and semen will not stagnate in the body.

Properties of Swedana dravyas: Ushna, Tikshna, Sara, Snigdha, Ruksha, Sukshma, Drava, Sthira and Guru

Medicinal Herbal Drugs used for Swedana- Shigru, Erand, Shweta Punarnava, Rakta Punarnava, Arka, Yava, Kola, Kulattha, Tila and Masha Acharya Charaka and Sushruta have described various types of Fomentation (Swedana), out of which commonly used are-

A) Nadisweda- is a unique form of Fomentation where sweating is induced by passing steam over the body part by using special instrument known as Nadisweda Yantra. This type of fomentation is usually done for localized conditions like Osteoarthritis, sprain, or to relieve some localized pain. Currently it is done with the help of Pressure cooker and Rubber tube.

**Procedure-**

1. After Oleation ask the patient to sit comfortably on a stool and Cover body with blanket.
2. Take the prepared Kashaya along with milk in the pressure cooker.
3. Place the cooker over stove and fit one end of the rubber tube to the nozzle of the cooker.

4. When the vapour, take the free end of the tube, direct the vapour towards body, continue the procedure till sweat appears on the nose, forehead etc.



B) Bashpasweda (Petisweda)- after proper Oleation, the individual is asked to enter in a specially designed chamber (Peti). In case of Peti sweda fomentation is done with the help of vapours generated out of decoctions. These procedures are applied for the generalized fomentation of the body.

Benefits of Swedana:

- Doshadravatva & Doshashodhana - after proper Oleation, Fomentation therapy liquifies the vitiated Dosha directs them toward Koshtha and removes it from body.
- Agnideepana- Ushna and Tikshna properties of Fomentation help in digestion of Aama dosha which results in stimulation all 13 types of Agni
- Strotoshuddhi- Fomentation induces Strotoshodhana by dilating the opening of sweat glands and by regulating Vata dosha.
- Twakmardava and Prasadana- Fomentation excrete various toxic substances of the body in the form of sweat. Which makes skin soft and its texture improves.
- Nidra-Tandra-Naash- after Fomentation Mala, Kapha and heaviness in the body are reduced which are the key factors for inducing Sleep and drowsiness.
- Stambhaghna- Ushna Guna of Fomentation does Strotoshuddhi and Amapachana and relieves stiffness.
- Gauravaghna- Fomentation stimulates muscle and nerves so relieves heaviness in the body.

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