



**ORIGINAL RESEARCH PAPER**

**Ayurveda**

**AYURVEDIC MANAGEMENT OF POST COVID PANCREATITIS – A CASE REPORT**

**KEY WORDS:** Covid -19, Post covid complications, Pancreatitis

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**ABSTRACT**

COVID-19 is a new terminology to the whole world introduced in the last part of the year. It was a gift of the year 2019 & 2020 that memorises not only to the baby within the mother's womb but also to the body on crimation that Novel corona Virus is such a thing that closed everything, your vehicle, road, school, hospital, bank, shopping malls, temples, your houses, even your job, food, drink, finally your breathing also. Many things have been known about Covid -19 and many more is yet to be known about it. Though Ayurvedic classics has described about many unknown diseases but Covid -19 is a sudden breakthrough that starts from China and spreads through all over the world within a few days. It broke down the economy of the world, also the physical, social and the mental life of every people of every country. In other words, it can be said "It is not less than a world war". Where the system of medical science came forward , still the situation was uncontrolled. The ancient Indian system of medicine- Ayurveda proved its existence to the whole world in this pandemic situation. Regarding the complications of Covid-19 , clear information is still unrevealed . Here a case study of post covid pancreatitis has been presented which was treated with ayurvedic medications and found a miraculous result but " How " is itself a question mark.

**Introduction:**

Five clinical conditions described in these texts were examined to develop correlation with COVID-19. These were fever (*jvara*), cough (*kāsa*), dyspnoea (*śvāsa*), consumption (*rājayakṣmā*) and poisoning (*viṣa*) including Ayurvedic descriptions of the co-morbidities that indicate poor prognostic outlook for COVID-19. Since COVID-19 is a new disease and not previously described in Ayurvedic classical texts, a detailed study of the etiology (*nidāna*), status of *tridoṣa*, structural elements (*dūṣya*) and site of disease (*sthāna*) was done. The book *Siddhāntanidāna* by Gananatha Sen was reviewed to understand approaches to study new diseases based on principles of Ayurveda. The analysis of sections on epidemics (*janapadodhvaṃsa*) and diseases of exogenous origin (*āgantukavikāra*) was also undertaken. Host-pathogen specific interactions as observed in COVID-19 were analysed on the basis of the Ayurvedic understanding of the clinical progression of *āgantuka* diseases. The pathogenesis of the disease was traced from the point of contact with the causative agent (SARS-CoV-2) and its development through the asymptomatic, presymptomatic, mild, moderate, severe and critical stages culminating in recovery or death. Maharshi Charaka has also described in Sutra sthana 20<sup>th</sup> chapter that Not all the existed diseases are given names but the physicians can name the newer diseases accordingly.

Older people and people with many serious medical conditions are the most likely to experience lingering COVID-19 symptoms, but even young, otherwise healthy people can feel unwell for weeks to months after infection. The most common signs and symptoms that linger over time include: Shortness of breath, Fatigue, Cough, Joint pain, Chest pain. Other long-term signs and symptoms may include: Muscle pain or headache, Fast or pounding heartbeat, Loss of smell or taste, Memory, concentration or sleep problems, Rash or hair loss.

**Organ Damage Caused By COVID-19**

Although COVID-19 is seen as a disease that primarily affects the lungs, it can damage many other organs as well. This organ damage may increase the risk of long-term health problems. Organs that may be affected by COVID-19 include:

- **Heart.** Imaging tests taken months after recovery from

COVID-19 have shown lasting damage to the heart muscle, even in people who experienced only mild COVID-19 symptoms. This may increase the risk of heart failure or other heart complications in the future.

- **Lungs.** The type of pneumonia often associated with COVID-19 can cause long-standing damage to the tiny air sacs (alveoli) in the lungs. The resulting scar tissue can lead to long-term breathing problems.
- **Brain.** Even in young people, COVID-19 can cause strokes, seizures and Guillain-Barre syndrome — a condition that causes temporary paralysis. COVID-19 may also increase the risk of developing Parkinson's disease and Alzheimer's disease.

**Many Long-term COVID-19 Effects Still Unknown**

Much is still unknown about how COVID-19 will affect people over time. However, researchers recommend that doctors closely monitor people who have had COVID-19 to see how their organs are functioning after recovery.

Many large medical centers are opening specialized clinics to provide care for people who have persistent symptoms or related illnesses after they recover from COVID-19.

It's important to remember that most people who have COVID-19 recover quickly. But the potentially long-lasting problems from COVID-19 make it even more important to reduce the spread of the disease by following precautions such as wearing masks, avoiding crowds and keeping hands clean.

Here we have a recovered case of Covid 19 patient presented with a complication of pancreatitis and psychosis, cholelithiasis.

We treated the case with ayurvedic drugs and the case responded our treatment and serum amylase and lipase level came to normal , insulin was also withdrawn and presently patient is maintaining a normal life. Details of the treatment schedule is presented here.

**Place Of Study :**

Gangasheel Ayurvedic Medical college , Bareilly (UP)- India

**Case Presentation**

**Pt. Name :**\*\*\*\*\* S/M – 54yrs

**R/O :**Maina Cort , Pillibhit

**OPD NO :**20034571/ 16.12.2020

**Chief Complain :**

1. Excess gas formation in Abdomen -1 month
2. Poor Appetite - 2 month
3. Generalised weekness

**H/O Present Illness:**

Pt was apparently OK before 1 month. Suddenly felt pain in abdomen and admitted in Medicity Hospital , Bareilly .There diagnosed as Acute cholelithiasis, Acute cholecystitis, and Pancreatitis. Advised for surgery. Pt was unwilling for surgery. So he approached as a alternative to us.

**H/O Past illness :**

1. Diabetes Mellitus - 5yr taking oral hypoglysemic drugs
2. Taking insulin TDS since 4 months (Insulin started due to uncontrolled Blood sugar level after diagnosis of Covid-19)
3. Covid 19 + ve - 4months (Sept 2020)

**Medical History :**

1. Hospitalised for Covid 19 at Sir Gangaram Hospital. Delhi in September 2020 for 15days
2. Treated at Medicity Hospital, Bareilly for abdominal pain on 6<sup>th</sup> Dec 2020

**Investigations Available:**

1. KFT : WNL
2. LFT : a. Serum Billirubin - WNL
- b. SGOT - 101.3 U/L ^
- c. SGPT - 87.14 ^
- d. Alk. Phosphate – 2864 ^
3. S. Amylase – 196 U/l ^
4. S. Lipase - 61.67 ^

**5. USG Abd :**

- a) Hepatomegaly
- b) Overdistended Gall Bladder with 16mm calculus (Ac. Cholesystitis)
- c) Significant wall thickening of gall bladder ?Wall neoplasm
- d) Bulky Pancrease

**6. CT Abd:**

- Cholelithiasis with acute cholesystitis
- Bulky pancreas without pancreatic duct dilation / calcification
- mild splenomegaly
- Small cyst in lower pole of right kidney

**7. X-ray chest ; NAD**

**General Exam :** (Due to fear of Covid we have not touched the Patient. Only inspection and Introgation was done)

1. Apperance – Anxious
2. Mental status : depressed
3. Decreased Sleep
4. Addictions – Alcohol occasionally

**Treatment Given**

Date : 16.12.2020	1. Arogyavardhini vati - 250mg Praval bhasma - 100mg Akik pisti - 100mg Twice with lukewarm water
OPD NO: 20034571	2. Triphala guggulu – 250 mg – 2 tab bds
For 7 days	3. Syp. Rosezyme 2tsf TDS 4. Kumaryasava – 30 ml BDS 5. Abipattikar churna 5gm + Sankha bhasma 500mg TDS 6. Cap. Voltazyme (Pancreatine) – 2cap BDS 7. Cap. Pantop DSR – one cap in empty stomach

	8. Inj Diclofenac IM sos 9. Insilin to continue sc as the dose prescribed by modern doctor
25. 12.2020 For 10 days	Continue the same treatment Add 1. Tab. Dynaglipt M 500 – BD before food 2. Insulin sos 3. Respirator for breathing exercise
08. 01.2021 For 15 days	1. Arogyavardhini vati – 250mg Praval bhasma - 100mg Akik pisti - 100mg Twice with lukewarm water 2.-Phaltrikadi kwath - 20 ml Kumaryasava - 20 ml Twice daily after food 3. Panchsakar churn 5gm with lukewarm water at bed time 4. Cap. Voltazyme (Pancreatine) – 1 cap BDS 5. Cap. Pantop DSR – one cap in empty stomach 6. Tab. Dynaglipt M 500 – bds before food 7. Insulin SOS 8. Breathing exercise
23.01.2021 For 15 days	1. Arogyavardhini vati – 250mg Praval bhasma - 100mg Akik pisti - 100mg Twice with lukewarm water 2.-Phaltrikadi kwath - 20 ml Kumaryasava – 20 ml Twice daily after food 3. Abipattikar churn 5gm TDS with lukewarm water 4. Cap. Voltazyme (Pancreatine) – 1 cap BDS 5. Tab. Dynaglipt M 500 – bds before food 6. Breathing exercise  Insulin stopped since one week because sugar level is normal on regular monitoring
07.02.2021 Pt. better No fresh complaints Appetite – Normal Sleep – Normal Mental status – Good	Continue the same treatment for 15 days No insulin is needed
20.03.2021 Pt. better C/O : Decreased urination	Continue the same treatment for 15 days Add. Tab. Bangsil – 2 tab bd  No Insulin is needed

**Labouratory Findings**

Investigation	07.12.2020	16.12.2020	07.01.2021	06.02.2021	19.03.2021
SGOT	101.3IU (H)	65.16 U/L			WNL
SGPT	87.14 IU (H)	50.96 U/L		23 U/L	WNL
Alk. Phosphate	2864 U/L (H)				WNL
s. Amylase	196.0 U/L (H)	87.16u/l	65 U/1 (N)	55 u/1	56 u/1
S. Lipase	61.67 U/L (H)	180.5 u/1 (H)	29 U/1 (N)	19 u/1	22u/1

RBS				Controlled without Insulin	Normal
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**CT Abdomen Findings**

08.12.2020	22.01.2021
<ul style="list-style-type: none"> <li>• Cholelithiasis (9mm) with acute cholecystitis</li> <li>• Moderate Hepatomegaly</li> <li>• Bulky Pancrease without ductal dilation/ calcification</li> <li>• Mild splenomegaly</li> <li>• Small cortical cyst at lower pole of right kidney.</li> </ul>	<ul style="list-style-type: none"> <li>• Cholelithiasis same as before</li> <li>• Subcentimetric cyst in distal body part of pancrease</li> </ul>

**CONCLUSION :**

From the above study we can conclude that though covid-19 is a new disease and affects all the system of human body but it affects psychologically more than physically. In the present case we treated the case with only pitta shamak drugs and Triphala guggulu as an antiinflammatory drug. Others purely symptomatically. But the important point was the psychological counselling. On the first visit the patient was psychologically depressed. I have not heard the voice of the patient and also the treating doctor before me advised him for surgery. The fear of the surgery for cholelithiasis overwhelmed the fear of Covid -19 also. Finally patient goes into a depression state described as "Avasada" in Ayurveda. Psychological counselling brought the patient out of fear and mentained mental equllibrium. It also acted as an adjuvant to the drugs given for treatment. Hence treatment of a patient also needs both physical and psychological interventions especially in the present scenario like Covid.