

AYURVEDIC PERSPECTIVE OF COVID-19 DIAGNOSIS AND MANAGEMENT

Radha Andhare^{1*}, Sonal Muley², Swapnil Bhirange³

¹Professor and HOD, Department of Kriya Sharir, Datta Meghe Ayurvedic medical college, Hospital and Research Centre

²Senior Resident, Dept. of Ophthalmology Datta Meghe Medical College, (Datta Meghe Institute of Medical sciences) Nagpur-441110

³Assistant Professor, Dept. of Physiology Jawaharlal Nehru Medical College, (Datta Meghe Institute of Medical sciences) Wardha-442001

Email: *rr.khistry@gmail.com

Received: 08.05.2020

Revised: 06.06.2020

Accepted: 30.06.2020

Abstract

COVID-19 is a viral infectious disease which has been created critical situation all over the world. As it is a new disease, there is no vaccine to prevent the disease. There is no established protocol for treatment for the disease in modern science. According to Ayurvedic perspective the disease can be correlated with *SannipatikjwaraJanapadUdhwansaVyadhi*. By following the diet, regime and medications advised for *Sannipatikjwara* in Ayurveda, the disease COVID-19 can be prevented and cured. Medicines like *Lakshmilas Rasa*, *SuvarnaSutshekhara rasa*, *SitopaladiChurnacan* cure the disease. Use of emergency medicines like *HemgarbhaPottali Rasa* can save life of critical patients. Hence here is an attempt to establish protocol for the disease COVID-19 as per Ayurveda.

Keywords--COVID-19, *Sannipatikjwara*, Protocol, *JanapadaudhwansaVyadhi*

© 2020 by Advance Scientific Research. This is an open-access article under the CC BY license (<http://creativecommons.org/licenses/by/4.0/>)
DOI: <http://dx.doi.org/10.31838/jcr.07.08.223>

INTRODUCTION

COVID-19 is a disease caused due to Novel Corona Virus – now called as “Severe Acute Respiratory Syndrome Corona Virus (SARS cov 2). The first patient of the disease was reported in Wuhan, China. Now it has been spread in Brazil, Italy, US, France, UK and now in India also. It has confirmed its presence in all continents except Antarctica.¹ It was declared as Pandemic by WHO on 11th March 2020.

As China is the first and the most affected country due to COVID-19 in the world, the statistics from China² can be referred to assess severity of the disease. Some statistics are given as below.

Findings on the basis of severity

Sr No	Grade	Symptoms	Percentage
1	Mild	Flu like symptoms	80.9
2	Severe	Pneumonia, shortness of breath	13.8
3	Critical	Respiratory failure, Septic shock, Multi organ failure	4.7
4	Fatal	Death	3.4

Severity of symptoms and death rate due to the disease increases with age and preexisting Co-morbidities as given below.

Death Rate and Preexisting Co-morbidities

Sr no	Preexisting Co-morbidities	Death Rate (Percentage)
1	Diabetes	9.2
2	Hypertension	8.4
3	Cardio-vascular disease	13.2
4	Chronic respiratory disease	8.0
5	Cancer – Patient on Chemotherapy	7.6

Death rate at the age of 80+ years is 21.9%

Findings on the basis of Symptoms

Common Symptoms

Sr no	Symptoms	Percentage
1	Fever	98
2	Cough	76
3	Myalgia	44

Less common symptoms

Sr. no	Symptoms	Percentage
1	Sputum Production	28
2	Headache	8
3	Hemoptysis	5
4	Diarrhea	3

In the present scenario, the disease is seen to be spreading very fast and the conditions are becoming fatal. The protocol of the modern treatment which is decided for the disease is not established as the disease is new and reported for the first time.

Ayurveda offers its unique methods of approaching such new diseases. In this situation, Ayurvedic drugs and combination of single drugs can be used for prevention and cure of the disease.

AIMS AND OBJECTIVES

1. Correlating the disease COVID-19 with *Sannipatikjwara* according to Ayurveda.
2. Establishing preventive measures for COVID-19 using Diet, regimen and drugs given in Ayurveda.
3. Establishing protocol for COVID-19 using Ayurveda Drugs for treatment

MATERIALS AND METHODS

When a disease affects large population irrespective of their physical features, diet and regime patterns, psychological setup, climate and weather of the affected person, then the disease is said to be Pandemic.COVID-19 is such a Pandemic disease³. In Ayurveda such diseases are called as *Janapada-udhwansa Vyadhi*⁴. These diseases are explained under *AagantujVyadhi* – *Bhootabhishangaj Vyadhi*.⁵

Symptoms of COVID-19 can be classified into three stages as per severity. According to Ayurveda, these symptoms can be correlated with the disease *Sannipatik Jwara*⁶. The correlation of symptoms is explained in the table given below.

COVID-19	<i>Sannipatik Jwara</i> ⁷
Stage 1 Fever, Cough, Myalgia	<i>Jwara, Kaas, Angamarda</i>
Stage 2 Pneumonia, Shortness of breath, Sputum production	<i>Shwaas, Rakta-pitta-kaphashthivan</i>
Stage 3 Respiratory failure, Septic shock, Multi organ failure.	<i>Jwara, Dhatupaak.</i>

In the initial stages of the disease, the action of Noval Coronavirus is seen limited to mucous membrane of Respiratory tract. Hence symptoms such as Cough, Sore throat, are seen. As the virus fixes its roots deep into the body, it attacks on Red Blood cells in the blood. Its Glycoproteins form a bond with heme portion of Hemoglobin. During this process, iron ions are released free in the blood. Without iron, hemoglobin has no capacity to carry oxygen. Thus oxygen saturation in the blood rapidly decreases. This Hypoxia results in Multi organ failure.

The above pathology indicates impaired functioning of blood. According to Ayurveda, this happens due to aggravated *pitta*. In stage 3 of the disease, *Pitta* is aggravated up to uncontrollable extent. *Pitta* is always associated with *raktaDhatuas* there is *Ashraya – Ashrayee* relation between them. This aggravated *Pitta* vitiates *RaktaDhatu*. Due to *Drava* and *UshnaGunas* of *Pitta*, process of *RaktaDhatupaaka* is initiated⁸. Thus functions of *RaktaDhatu* become abnormal.

RESULT

From above explanation, the treatment given for *SannipatikJwara* in Ayurveda can be applied for COVID-19.

The treatment can be planned in four steps as follows.

1. Treatment For quarantined patients (Suspected patients):-

Diet and regime

- Light diet, to eat freshly cooked food, Avoid stale food.
- Sleep – 7 to 8 hours at night, avoid day time sleep.
- *Nasya – Anutail⁹Nasya* – Put 2 drops of oil in each nostrils in the morning.

Medication –

- Decoction of following drugs –

 1. Ginger (*Zingiberofficinale*)
 2. Leaves of Tulsi (*Ocimumtenuiflorum*)
 3. Turmeric (*Curcuma longa*)
 4. Jaggery powder.

One cup once in a day in the morning.

- *VardhamaanPippali Rasayana¹⁰* – to be started with 6 Pippali on 1st day.
- *Sitopaladi Choorna¹¹* – 2.5 gm with 5 ml Honey. Twice a day.
- *Amalaki Rasayan¹²* – 1gm with Sugar once in a day.

2. Treatment for stage 1

Diet and regime

- Light diet, to eat freshly cooked food, Avoid stale food.
- Sleep – 7 to 8 hours at night, avoid day time sleep.
- *Nasya – AnutailNasya* – Put 2 drops of oil in each nostrils in the morning.

Medication

- Decoction of following drugs

 1. Ginger (*Zingiberofficinale*)

2. Leaves of Tulsi (*Ocimumtenuiflorum*)
3. Turmeric (*Curcuma longa*)
4. Jaggery powder.

One cup, once in a day in the morning.

- *SitopaladiChoorna*– 2.5 gm with 5 ml Honey. Twice a day.
- *Lakshmvilas Rasa¹³* – 250 mg with lukewarm water twice a day.
- *Chandrakala Rasa¹⁴* – 250 mg twice a day.
- *Chyavanprash Avaleha¹⁵* – 5 mg per day.

3. Treatment for stage 2

- *SitopaladiChoorna*– 2.5 gm with 5 ml Honey. Twice a day.
- *Lakshmvilas Rasa* – 250 mg with lukewarm water twice a day.
- *SuvarnaSutshekhara Rasa¹⁶* -100 mg per day

4. Treatment for stage 3

In emergency condition

HemagarbhaPottali Rasa¹⁷ – Sublingual administration

DISCUSSION

Treatment of COVID-19 is based on stage wise symptoms as well as *Samprapti*(Pathology) of *Sannipatikjwara*.

- In quarantine suspected persons, preventive treatment can be planned along with immunity boosters i.e. *Rasayan* drugs.
- In 1st stage of the disease, *Jwaraghna, Kaphashamak, VataAnulomak* treatment along with immunity boosters can be given. Along with this *Pitta Shamak* drugs must be added.
- In 2nd stage, higher grade *pittashamak drug* should be added to prevent aggravation of *Pitta* and *Raktadhatupaak¹⁸*.
- In 3rd stage, lifesaving drugs like *HemagarbhaPottali Rasa* or *Sameerpannaga Rasa¹⁹* can be used in a very low dose under the supervision of experienced and expert Vaidya.
- Post recovery treatment can be given to recovered patients. The treatment should include

 1. *RasayanaChikitsa*
 2. *MatraBasti* with *PanchaTiktaghurut, PanchaGavyaGhrut* and *Narayan Tail*.
 3. *VardhamaanPippaliRasayana*
 4. *AmalakiRasayana*

CONCLUSION

Thus from above discussion it can be concluded that the disease COVID-19 can be correlated with *Sannipatikjwara* explained in classic texts of Ayurveda. The disease can be prevented with the help of diet, regime and *rasayana* medicines. These preventive measures can be proved to be very effective in old aged persons and persons with preexisting co-morbidities.

Along with this diet, regime and medication plan, everyone – healthy as well as diseased person should follow some precautionary measures like –

1. Washing hands with foam forming soap for at least 20 seconds 5 to 6 times a day.
2. Social distancing – To keep at least 1 meter distance between two persons.
3. Use handkerchief while coughing and sneezing.
4. To stay home to stay away from the disease.
5. Use mask while going outside.

Thus Protocol for COVID-19 treatment can be established using Ayurvedic treatment.

REFERENCES

1. www.emedicine.medscape.com
2. www.cdc.gov/coronavirus
3. www.emedicine.medscape.com

4. Dr. Brhmananda Tripathi, (1st Ed.). Charaksamhita, Maharshi Charak, hindi Commentary elaborated by caraka & Drudhabala, Viman-sthan; chapter 3. Verse no.5. Varanasi: Chukhambhaprakashan, 2012; page no.676.
5. Dr. Brhmananda Tripathi, (1st Ed.). Charaksamhita, Maharshi Charak, hindi Commentary elaborated by caraka & Drudhabala, Chikitsa-sthan; chapter 3. Verse no.114. Varanasi: Chukhambhaprakashan, 2012; page no.154.
6. Kaviraj Atridev Gupta, Ashtang Hridayam, Vagbhat, Edited by Vaidya Yadunandan Upadhyay, Nidan-sthan; Chapter 2. Verse no. 27. Varanasi:Chaukhamba Sanskrit Sansthan, 1993; page no. 221.
7. Dr. Brhmananda Tripathi, (1st Ed.). Charaksamhita, Maharshi Charak, hindi Commentary elaborated by caraka & Drudhabala, Chikitsa-sthan; chapter 3. Verse no.103. Varanasi: Chukhambhaprakashan, 2012; page no.148.
8. Kaviraj Atridev Gupta, Ashtang Hridayam, Vagbhat, Edited by Vaidya Yadunandan Upadhyay, Nidan-sthan; Chapter 2. Verse no. 60. Varanasi:Chaukhamba Sanskrit Sansthan, 1993; page no. 224.
9. Dr. Brhmananda Tripathi, (1st Ed.).Charaksamhita, Maharshi Charak, hindi Commentary elaborated by caraka & Drudhabala, Sutra-sthan; chapter 5. Verse no.64 to70. Varanasi: Chukhambhaprakashan, 2012; page no.128.
10. Dr. Brhmananda Tripathi, (1st Ed.).Charaksamhita, Maharshi Charak, hindi Commentary elaborated by caraka & Drudhabala, Chikitsa-sthan; chapter 1. Verse no.40. Varanasi: Chukhambhaprakashan, 2012; page no.50.
11. Dr. Brhmananda Tripathi, (1st Ed.). Charaksamhita, Maharshi Charak, hindi Commentary elaborated by caraka & Drudhabala, Chikitsa-sthan; chapter 8. Verse no.103-104. Varanasi: Chukhambhaprakashan, 2012; page no.360.
12. Dr. Brhmananda Tripathi, (1st Ed.). Charaksamhita, Maharshi Charak, hindi Commentary elaborated by caraka & Drudhabala, Chikitsa-sthan; chapter 1. Verse no.75. Varanasi: Chukhambhaprakashan, 2012; page no.23.
13. Rasatantrasaar Siddhaprayogsangraha, Part 1, Kharaliya Rasayana, Ajmer: Krushna – Gopal Ayurved Bhavan, 1990; page no. 357.
14. Rasatantrasaar Siddhaprayogsangraha, Part 1, Kharaliya Rasayana, Ajmer: Krushna – Gopal Ayurved Bhavan, 1990; page no. 420.
15. Dr. Brhmananda Tripathi, (1st Ed.).Charaksamhita, Maharshi Charak, hindi Commentary elaborated by caraka & Drudhabala, Chikitsa-sthan; chapter 1. Verse no.63 to 74. Varanasi: Chukhambhaprakashan, 2012; page no.21.
16. Rasatantrasaar Siddhaprayogsangraha, Part 1, Kharaliya Rasayana, Ajmer: Krushna – Gopal Ayurved Bhavan, 1990; page no. 534.
17. Rasatantrasaar Siddhaprayogsangraha, Part 1, Kharaliya Rasayana, Ajmer: Krushna – Gopal Ayurved Bhavan, 1990; page no. 334.
18. KavirajAtridev Gupta, Ashtang Hridayam, Vagbhat, Edited by Vaidya Yadunandan Upadhyay, Chikitsa-sthan; Chapter 1. Verse no. 16. Varanasi: Chaukhamba Sanskrit Sansthan, 1993; page no. 286.
19. Rasatantrasaar Siddhaprayogsangraha, Part 1, Koopipakwa Rasayana, Ajmer: Krushna – Gopal Ayurved Bhavan, 1990; page no. 273.