AYURVEDIC PERSPECTIVE OF COVID-19 DIAGNOSIS AND MANAGEMENT

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INTRODUCTION
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 SannipatikJwaraJanapadaudhwansaVyadhi. By following the diet, regime and medications advised for SannipatikJwara in Ayurveda, the disease COVID-19 can be prevented and cured. Medicines like Lakshmivilas Rasa, SwarnaSatshekhar rasa, SitopaladiChurna can 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

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Finding on the basis of Symptoms

<table>
<thead>
<tr>
<th>Sr no</th>
<th>Symptoms</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Fever</td>
<td>98</td>
</tr>
<tr>
<td>2</td>
<td>Cough</td>
<td>76</td>
</tr>
<tr>
<td>3</td>
<td>Myalgia</td>
<td>44</td>
</tr>
</tbody>
</table>

Less common symptoms

<table>
<thead>
<tr>
<th>Sr. no</th>
<th>Symptoms</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sputum Production</td>
<td>28</td>
</tr>
<tr>
<td>2</td>
<td>Headache</td>
<td>8</td>
</tr>
<tr>
<td>3</td>
<td>Hemoptysis</td>
<td>5</td>
</tr>
<tr>
<td>4</td>
<td>Diarrhea</td>
<td>3</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Sr No</th>
<th>Grade</th>
<th>Symptoms</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Mild</td>
<td>Flu like symptoms</td>
<td>80.9</td>
</tr>
<tr>
<td>2</td>
<td>Severe</td>
<td>Pneumonia, shortness of breath</td>
<td>13.8</td>
</tr>
<tr>
<td>3</td>
<td>Critical</td>
<td>Respiratory failure, Septic shock, Multi organ failure</td>
<td>4.7</td>
</tr>
<tr>
<td>4</td>
<td>Fatal</td>
<td>Death</td>
<td>3.4</td>
</tr>
</tbody>
</table>

FINDINGS OF COVID-19

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 disease. In Ayurveda such diseases are called as Janapada-udhwansa Vyadhi. These diseases are explained under AagantuVyadhi – Bhootabhishangaj Vyadhi.
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. The correlation of symptoms is explained in the table given below.

<table>
<thead>
<tr>
<th>COVID-19</th>
<th>Sannipatik Jwara1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stage 1</td>
<td>Fever, Cough, Myalgia</td>
</tr>
<tr>
<td>Stage 2</td>
<td>Pneumonia, Shortness of breath, Sputum production</td>
</tr>
<tr>
<td>Stage 3</td>
<td>Respiratory failure, Septic shock, Multi organ failure</td>
</tr>
</tbody>
</table>

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. Pitta is always associated with RaktaDhatus there is Ashraya – Ashrayee relation between them. This aggravated Pitta vititates RaktaDhatu. Due to Drava and UshnaGunas of Pitta, process of RaktaDhatupsaak is initiated. Thus functions of RaktaDhatubecome 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 – Anutail/Nasya – 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.
   • VardhamanPippali Rasayana16 – to be started with 6 Pippali on 1st day.
   • Sitopaladidochoorna11 – 2.5 gm with 5 ml Honey, Twice a day.
   • Anulomak15 – 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.
   • Sitopaladidochoorna– 2.5 gm with 5 ml Honey. Twice a day.
   • Lakshmivilas Rasao13 – 250 mg with lukewarm water twice a day.
   • Chandarakala Rasao14 – 250 mg twice a day.
   • Chandarakala Rasao14 – 5 mg per day.

3. Treatment for stage 2
   • Sitopaladidochoorna– 2.5 gm with 5 ml Honey. Twice a day.
   • Lakshmivilas Rasao – 250 mg with lukewarm water twice a day.
   • SwarnaSutshekhar Raso16 - 100 mg per day

4. Treatment for stage 3
   In emergency condition
   HemagarbhaPotlali Rasa17 – Sublingual administration

DISCUSSION
Treatment of COVID-19 is based on stage wise symptoms as well as Samprapti(Pathology) of SannipatikJwara. The treatment can be planned along with immunity boosters i.e. Rasayan drugs.

• In quarantined 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 RaktaDhatupsaak.

• In 3rd stage, lifesaving drugs like HemagarbhaPotlali Rasa or Sameerpannaga Raso 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
   3. VardhamanPippaliRasayana
   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 handlechief 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.

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