



An Ayurvedic approach to Covid-19

Aruna Kumar Panigrahy,

Professor in Dept. of Samhita Siddhanta,

Ankerite Ayurvedic Medical college, Lucknow, U.P.

*Author correspondence: E-Mail: drarunkumar75@yahoo.com

Abstract

Health, wealth and prosperity are all ways in prime focus for each individual. But since last of 2019 whole the world in severe crisis and a great challenge ahead to maintain these prime needs. Novel Corona virus SARS-COV-2 rained disasters by his rapid spreading, easy mode of contamination lead a serious health issues. Till now no such stable management has designed. *Ayurveda* the oldest evidence based holistic science have a great role to overcome from this situation with its principles. Pandemic like condition are described in *Samhita granths* as *Janapadadwansha* and *Marak* along with its probable management. Now vaccination is great weapon to fight this. Along with this body immunity became a prime key because of recurrent mutating nature of this RNA virus. Here multi fold approach like *Sansodhan* therapy, *Rasayana* therapy, medication therapy with respect to *Doshic* involvement, principle of daily regimen, seasonal regimen, diet, sleep, *Sadvritta*, *Yoga* and meditation may enhance the immunity, prevent from disease which leads good health and mental status.

Keyword: Pandemic, *Ayurveda*, *Covid*, *Rasayan*, *Sadvritta*

Introduction

For the consecutive year corona virus well known as Covid -19, with its fast spreading, virulent transmission and multiple mutant natures continuously, from Wuhan city of China with in a minimum time period of three month spreads all over the world. Taking a toll of 18.3 cr affected 39.5 lakhs of death and other recovered in world and near about 3.04 cr cases, 3 cr recovered and 4 lakhs death so far in India. In this past 18-20 months not only millions lost their lives, it ruined each individual person, individual family and society. It bowed down the back bone health and wealth.

Viruses are obligate parasites. Once they infect a cell they take over the machinery of the host cell to replicate themselves, killing the host. Corona virus presented as SARS-COV-2 is an enveloped, positive sense single stranded RNA viruses from beta corona viruses genera of coronaviridae family having surface spike proteins crown like appearance under an electron on the envelope.

The virus spreads person to person very rapidly by touching, being close to someone who is surfing from this. It spread easily also in air droplets. Due to its easy mode of transfer, captured the whole world and

creates severe panic atmosphere. Again it is considering more panic due to its asymptomatic nature and also symptoms like cold, cough, fever, breathlessness which are most common to seasonal cold. This is the cause why it creates an unknown fear in human being.

Whole the world is practising for the vaccine today seriously. Though vaccination is started it will take more time to reach to everybody. But the mutation nature of the said virus also a abundant concern regarding wariness.

Keeping all in mind we are proceeding towards *Ayurvedic* approaches for Covid-19. *Ayurveda* the oldest science of health, mind and soul have unique principles. The concept of *Rasayan* the rejuvenate therapy, *Vyadhi khyamatva* the immunity, *Dincharya* the regimens and *Ahara Nidra Bramhacharya* have a great role for well wing. In the leadership of India *Ayush kadha* was distributed and used in world-wide without any hesitation. We all are among them who followed the basic principles of *Ayurveda* and able to convey this message to the world that, this is the only way we must have to follow for our sustaining. Hence we are here trying to discuss an approach to Covid -19 with respect to its principles from *Ayurvedic* literature which may enhance the science.

Etiology (Nidan)

Severe acute respiratory syndrome corona virus 2 (SARS-COV-2) well known as corona virus is identified as the cause of Covid-19 originated from Wuhan of China from bats. This indicates exogenous origin of the disease covid-19. It spreads directly from an infected person to other person with their close contact with in about range of six

feet, it also spreads with respiratory droplets, nasal secretion and saliva that are realised at the time while sneezing, coughing, breathing and talking. Again it spreads indirectly with contact to the contaminated objects attached with this virus due to its stability in plastic, stainless steel, copper, cardboard etc.

Pandemic is described by *Achary Charak* as *Janapadadhansh* in *Viman sthan* 3rd chapter entirely. *Adharma* is the prime cause for this, which influence the planet and stars (*Graha* and *Naxatra*), as a result four prime factors which are prime essential for each individual, namely *Vayu*, *Jala*, *Desha* and *Kala* gets vitiated which leads to *Janapadadhansh*. Again *Agantuja vyadhis* are developed due to *Bhuta* (micro-organism- *Sukshma/visha krimi*), *Visha vayu* the contaminated air, *Agni* the fire and *Prahaar* the external injury.

Krimis are described in *Samhita granthas* these are four types namely *Purishaja*, *Kaphaja*, *Raktaaj* and *Malaja* with different shape and size some may be compared to shape of corona virus. Mostly *Raktaja* and *Shleshmaja* are described as *Ati sukshma* effect the different system and produce symptoms relatively. *Raktaja Krimis* decay the body severely, develops fever, delirium, asthenia, myalgia etc. similar to Covid some extent. In *Jwara Abhighata*, *Abhisanga*, *Abhichara* and *Abhishap* are described as four types of *Agantuja Jwara* and addition above causes to *Bhaya* afraid is also said a cause which develops *Abhisang jwara*.

In *Ritucharya adhyay* of *Sutra sthan* *Achary Sushruta* described the term *Marak* as outbreak of epidemic due to vitiation of seasons with unforeseen factors. Again during non-vitiated seasons communities

suffers greatly by the effect of sorcery, curses (*Kritya*), anger of demons and *Adharma* ie unrighteous activities of men country became vitiated and people afflicted by diseases. Again in the *Vydhī samuddesiya* chapter *Trividha dukha* like *Adhyatmika* related with one's own, *Adhibhautika* related with other living beings like animals, birds, insects, microorganisms, plants etc. Diseases due to external objects and *Adhi daivika* diseases caused by super human agencies such as due to vicissitudes of time, curses of humiliated divine being, by *Atharvana* rites sorcery, with raft etc. and *Upasarga* which are developing from proximity or contact with another contact person are described. Regarding spreading of diseases *Acharya* says that frequently touching of the body of the patient, inhaling his/her expelled air, dinning, sleeping and sitting together wearing their used materials by these act along with other fever and contagious diseases spreads from one person to other.

Transmission and incubation period of covid-19

Covid-19 disease transmitted from an infected person to other through droplet released while sneezing, coughing, and talking, with secretions like saliva, nasal, and eye. Inhalation of these infectious droplets, are the prime source for spreading Covid 19 viruses. Along with this direct physical contact like shake hand and indirect contact to other infectious material or infection associated material, like lift bottom, doorbell, cloths, plastics etc.

One infected person can spread up to 400-460 peoples without taking precaution in a period of month. Incubation period of

coronavirus disease 2019 (COVID-19) may appears from 2 to 14 days after exposure.

Premonitory symptoms (Purv rupa)

Premonitory symptoms are observed before the sign and symptoms of manifestation of disease at the stage of accumulation, aggravation and location of *Doshas* (*chaya-prakop-prasaravastha-sthanasansray*). *Purva rupas* are the indicator of coming diseases whereas absence of prodromal symptoms also found maybe due to suddenly appearance with severity of the diseases also there. Just like this in the case of covid-19 also because of its exogenous and contagious nature no such symptoms found just before this, *Abyakta* can be described as its *Purva rupa* of covid -19.

Symptoms (Rupa)

The most common symptoms of COVID-19 are Fever, Dry cough, Fatigue

Other symptoms that are less common and may affect some patients include:

Loss of taste or smell, Nasal congestion, Conjunctivitis (also known as red eyes) Sore throat, Headache, Muscle or joint pain, Different types of skin rash, Nausea or vomiting, Diarrhoea, Chills or dizziness.

Symptoms of severe COVID-19 disease include:

Shortness of breath, Loss of appetite, Confusion, Persistent pain or pressure in the chest, High temperature (above 38 °C). Other less common symptoms are: Irritability, Confusion, Reduced consciousness (sometimes associated with seizures), Anxiety, Depression, Sleep disorders, More severe and rare neurological complications such as strokes, brain inflammation, delirium and nerve damage.

Stages of Covid-19 with Symptoms:-

Stage	Symptoms
Asymptomatic	Absence of common symptoms like fever, cough, fatigue etc. But corona test positive
Mild	Fever, cough, myalgia, fatigue, throat pain, normal respiration, SpO2=>94%
Moderate	High grade fever, restlessness, shortness of breath, mild Pneumonia. SpO2=90-94%
Severe	Pneumonia, Dyspnoea, hypoxia, central synopsis, loss of consciousness, SpO2=<90%
Critical	Acute respiratory distress syndrome, Respiratory failure Shock, Multi organ dysfunctions

With Ayurvedic respect *Jwara*, *Shir shool*, *Angamarda*, *Klama*, *Kasha*, *Pratisyay*, *swayathu*, *Swash kastata*, *Galagraha*, *Atishar*, *Rasa* and *Gandha gyan abhav* which are described in various places of *Jwara*, *Kasa*, *Swasa* chapters of *Samhita granthas*. We can compare and correlate these symptoms for better understanding of corona virus.

People of all ages who experience fever, cough associated with difficulty breathing or shortness of breath, chest pain or pressure, or loss of speech or movement should seek medical care immediately. If possible, call your health care provider, hotline or health facility first, so you can be directed to the right clinic.

Pathogenesis (*Samprapti*)

Pathogenesis gives a clear view regarding process of manifestation of a disease starting from aetiological factors to complete process of disease.

As *acharya* said *Kupitanam hi doshanam sharire paridhabatam, yatra sanga kha vaigunym vyadhi tatra upajayate. Kha vaigunya is sorota vaigunya* and *sthana* is the *dosha dushya sansraya* that is the manifestation takes place in that specific *srootah* where there is abnormality and associated symptoms develops with respect to that.

As *Hetu*, the viruses enters inside body through nasal path way, mouth and eye then starts spreading itself from throat to towards lungs and so on. *Tridosh* gets aggravated and vitiated the *rasa and rakta* which leads vitiation of *Rasavaha*, *Raktavah*, *Pranavah* and *Annavah sroota* produce respective symptoms like *Jwara*, *Atishara*, *Kasha*, *Swasha* etc. When this vitiation take place in *Abhyantar dhatu* severe condition like delirium, respiratory distress, illusion along with loss of vital parameters physical and mental.

. The *Srootas* which are mostly involved in Covid -19 diseases are *Prana vaha sroota* (Lungs), *Rakta vaha sroota* (Liver), *Rasa vaha sroota* (Heart) *Anna vah sroot* (Alimentary canal), *Majja vaha sroot* and *Mootra vaha srootas* (urinary system mainly skidney) are mainly vitiated and symptoms are develops as per their *sroota sthan..* As we see the above symptoms the main pathogenesis can be said as *Phuphus vayu kosha gata sampraptis*.

Samprapti

chakra



Who is susceptible

- People with respiratory disease like Bronchitis, Asthma, COPD, Pneumonia.
- People with cardiovascular disease like hypertension, cardiomyopathy, congenital heart disease, Coronary artery disease.
- People with immune compromised

- People with Diabetics, Kidney disease

Management of Covid-19

Though proper protocol is not developed till now but we are preparing an assumed treatment protocol with respect to the principles of Ayurveda.

- **Nidanam parivarjanam**

Nidan is the causative factor which disturbs the equilibrium of *Doshas* leads towards disease. *Nidana paribarjana* means to avoid causative factors of disease in diet and life style of the patient. This is one of basic principle *Ayurveda* which deals for prevention and treatment of the disease along with avoid the recurrence. Here avoiding crowd, mass gathering, functions as Acharya Charak said *Guptiratam* (quarantine) use of face mask, proper hygiene, and proper hand wash, strictly follow the Covid appropriate behaviour and the time to time guide line of government.

- **Agni**

Agni the biological fire plays a key role in health, disease, treatment and in life. *Mandagni* is said as the prime cause for disease. Here in Covid-19 according to the condition of the patient and with respect to the principles of *Ayurveda* medicines are prescribed. In *Jwara Langhana* may advised at first stage and if require *tarpan peya* may also. *Sitopaladi churna*, *Vyoshadi vati*, *Agni tundi vati*, *Drakshyadi peya*, *Trikatu churna* all are advisable with their conditions which maintain the *Agni* in normal position. It leads to maintain *Dosha-dhatu* in normal condition which restored the health.

- **Samprapti vighatan**

Samprapti is the manifestation and *Vighatan* means breaking. Breaking the manifestation or pathogenesis of the disease is known as *Samprapti vighatan*. To break down *Dosh-Dushya samurchhana* and bring down in normal

position is the treatment also. All the assumed treatment protocol designed keeping the *Samprapti* of Covid-19 in mind

- **Sanshodhan**

Panchakarma the detoxification therapy plays a key role as it detoxifies the waste materials and infectious substance from body and restores the normalcy. Here also we perform these therapies as it described by Acharya Charak in *Janapadadhansh* as prime treatment.

- **Rasayan**

Rasayan the rejuvenation therapy enhances all the *Dhatus*, boost the immunity and prevent from disease. *Aswaagandha*, *Guduchi*, *Tulsi*, *Pippali*, *Amla*, *Haldi*, *Garlic* are may use as single drug therapy as *Rasayana*. *Chawanprash*, *Agastya haritaki*, *chaushast pippali*, *Pranakamiya Rasayans* have a great role in respiratory illness like *Swasha*, *Kasha*, *khina* etc.

- **Nasya and Dhuppan**

Nasa is the pathway of *Sheera*. *Nasya* (Nasal drop) with cow ghee, sesame oil, *Anutaila*, *Sadbindu tail*, steam inhalations are advisable for better health. *Palankashadi Dhupana* (Fumigation) along with , *Tulsi*, *Sarshapa*, *Jatamanshi*, *Nirgundi* , camphor etc. will purifies the air decline the bad effect of *Graha and Bhuta* (the micro-organism, virus)

- **Life style, Sadvritta, Diet and Yoga**

Avoid the sedentary life style and follow the principles of *Ayurveda* like timely intake of food, sleep and arise are the key to success of health. Along with this the rules of daily regimen, seasonal regimen, wholesome diet like light, warm, unctuous, drinking of luke warm water, golden milk (milk with turmeric

powder), *Sadvritta* the good behaviour, *Santi karma*, *Mangal vidhan*, chanting of *Mantras* for peace in mind, *yoga* and meditation practice enhances physical and mental health.

Medicines with respect to symptoms according stages

Stage	Symptoms	Medicines	Dose and Timing
Asymptomatic	Covid-19 positive without symptoms	- <i>Aswagandha extract</i> - <i>GuduchiGhanavati</i> - <i>Ayush 64</i>	500mg twice daily with warm water for 15 days each
Mild	Fever, Body ache, Head ache, dry cough, sore throat, Nasal congestion	- <i>Nagaradi kashaya</i> - <i>Sitopaladi churna</i> - <i>Vyoshadi vati</i> - <i>Chyavanprash</i> - <i>Laxmivilash rasa</i> - <i>Sanjinani vati</i>	- 20 ml twice daily - 2 gm thrice daily - Chew 2 tablet - 10 gm with warm water - 500 mg thrice daily
Moderate	High grade fever, restlessness, shortness of breath, mild Pneumonia.	- <i>Tribhuvankirti/ Mrityunjay ras / Sanjeevani vati</i> - <i>Pranakamiya rasayan</i>	- 500 m,g thrice daily - 10gm thrice daily
Severe	Pneumonia, Dyspnoea, hypoxia, central synopsis, loss of consciousness,	Along with above - <i>Brihat Vatachintamani rasa</i> - <i>Siddha Makaradwaja</i>	- 125 mg thrice daily - 125 mg twice daily
Critical	Acute respiratory distress syndrome, Respiratory failure Shock, Multi organ dysfunctions	Refer Higher centre	

Conclusion

Covid-19 pandemic is a global threat, severe health crisis and greatest challenges we have facing now. Day by day the cases and

number of death are increasing. No such clear and effective management has been developed so far. Vaccination, social distancing, use of face mask and sanitisation

are prime essential for each individual. Along with all these precaution major we must have to follow the principles of *Ayurveda* that boost the immunity. Medicine only cannot save the life, it proved in this Covid era. Healthy life style, diet plane, detoxification therapy, *Rasayan*, *Sadvritta* and spirituality are the factors which enhance the immunity. Hence covid -19 which is a *Agantuja and Aupasargika vyadhi* only can be handled with multiple efforts described in *Samhita granths* and self-consciousness.

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