



A Retrospective Study of Purishwaha Srotas Dushti in Covid Cases.

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ABSTRACT -

Ayurveda provides several approaches to the diagnosis of diseases, which should be explained in the contemporary context. *Srotas* is one of the *Ayurvedic* terminologies and is a basic element of *Ayurveda*, as the whole body is made up of millions of *Srotas*. *Srotas* is defined as the passage through which various dhatus that are undergoing the process of metabolic transformation are transported. The different constituents of body are grouped in three basic *ayurvedic* principle categories *Dosha*, *Dhatu* and *Mala*. Normal functioning of these *Dosha*, *Dhatu* and *Mala* maintain homeostasis in living

body. Its disturbance causes disease. Most of the Covid-19 cases were presented with gastrointestinal symptoms which can be correlated with *ayurvedic* context of *Purishwaha Srotas dushti lakshanas*. Thus in this article attempt is been made to understand the *Purishwaha Srotas dushti* in Covid Cases.

Keywords:- *Purishwaha Srotas*, *Purishwaha Srotas Dushti*, Covid-19 Cases presenting with GI symptoms.

INTRODUCTION :-

Corona virus disease 2019 (COVID-19) is a contagious disease caused by SARS-CoV-2 Virus.. The first known case was identified in Wuhan, China in December 2019. The disease has since spread worldwide, leading to an ongoing pandemic. Symptoms of COVID-19 are variable. Usually it represents as a Respiratory disease but over the time it has been observed patient's with covid-19 infection may also present Digestive symptoms. SARS-CoV-2 can cause gastrointestinal symptoms, such as vomiting, diarrhea, or abdominal pain during the early phases of the disease. Intestinal dysfunction induces changes in intestinal microbes, and an increase in inflammatory cytokines. Thus, diagnosing gastrointestinal symptoms that precede respiratory problems during COVID-19 may be necessary for improved early detection and treatment. According to the basic Principal of *Ayurveda*, it is necessary to understand the exact pathogenesis / *samprapti* of a particular disease to treat it accordingly and to avoid further complications.

Srotas not only play a vital role in manifestation of disease but also are prerequisite to maintain basic physiological functions of human body. To approach a

patient in holistic way, knowledge of *Srotas* is must for *Ayurvedic* physician. The defective *Srotas* reflects the symptoms of diseases. Thus, abnormalities in *Srotas* must be corrected timely to restore a diseased body into normal condition. Without healthy *Srotas*, systems in the human body cannot operate properly. To prevent the recurrence of disease, conceptual understanding of *Srotas* is necessary which helps in adopting appropriate therapeutics and also to know about the prognosis and to improve immunity.

‘*Mala*’ is an entity which is nourished by ‘*Kitta*’ by the action of *Agni*. *Purisha mala* is formed in *Purishvaha Srotas* from this *kitta*. In *Ayurveda* there is a strong emphasis on the stools that is our way of knowing what is happening internally. Thus by understanding the *purishvaha Srotas* and its *dusti* it would prove beneficial to understand the covid 19 cases which are presenting with digestive symptoms.

Methods :-

In this article, Covid - 19 cases presenting with GI symptoms such as Diarrhea, dysentery, abdominal bloating , abdominal pain etc. Are taken into consideration and through examination of such cases from

ayurvedic point of view with the help of *Purishwaha Srotas parikshan* is done. Available ayurvedic references and modern Literature is used for better understanding.

- Covid - 19 cases - Reported Positive with associated gastrointestinal symptoms such as Diarrhea, dysentery, abdominal pain, vomiting, nausea are noted.
- These patients were examined for *Purishwaha Srotas dushti lakshan* which includes as follows -

Purishwaha Srotas Dushti Lakshana-

Due to Vitiatioin in *Purishwaha Srotas* , the following symptoms will appear.

1. *Krushra malapravruti-* Patient passes stool with difficulty.
2. *Alpalpa Mala Pravrutti-* Passes little quantity of stool.
3. *Sashabda, Sashula Mala Pravrutti-* Associated with pain and sound.
4. *Ati-drava Mala Pravrutti-* Passes excess watery stool
5. *Sakapha Mala Pravrutti-* Associated with mucus threads
6. *Ati-grathita Mala Pravrutti-* Sometimes hard stool.

7. *Ati-bahu Mala Pravrutti-* Passes large quantity of stool. (Ch. Vi. 5/8)

Discussion :-

The pandemic of novel corona virus disease (COVID-19) has developed as a tremendous threat to global health. Although most COVID-19 patients present with respiratory symptoms, some present with gastrointestinal (GI) symptoms like diarrhea, loss of appetite, nausea/vomiting and abdominal pain as the major complaints. These features may be attributable to the following facts: (a) COVID-19 is caused by the severe acute respiratory syndrome corona virus 2 (SARS-CoV-2), and its receptor *angiotensin* converting enzyme 2 (ACE2) was found to be highly expressed in GI epithelial cells, providing a prerequisite for SARS-CoV-2 infection; (b) SARS-CoV-2 viral RNA has been found in stool specimens of infected patients, and 20% of patients showed prolonged presence of SARS-CoV-2 RNA in faecal samples after the virus converting to negative in the respiratory system. These findings suggest that SARS-CoV-2 may be able to actively infect and replicate in the GI tract. Moreover, GI infection could be the first manifestation antedating respiratory symptoms; patients suffering only digestive

symptoms but no respiratory symptoms as clinical manifestation have also been reported. Thus, the implications of digestive symptoms in patients with COVID-19 is of great importance.

Conculsion :-

1. This article help us to understand the unfolded side of covid-19 cases and Detecting these symptoms might not only lead to slowdown in transmission but also open the door to novel treatments that could reduce the severity of COVID-19.
2. Also by understanding the *purishvaha Srotas dushti*, symptoms can be treated according to *ayurvedic* point of view.
3. Respiratory symptoms, such as coughing or trouble breathing, are the most common symptoms of COVID-19. But according to a

review Trusted Source published, the most common GI symptoms associated with COVID-19 include:

lack of appetite (19.9%) ; lack of smell or taste (15.4%) ;diarrhea (13.2%); nausea (10.3%) ;vomiting up blood or GI bleeding (9.1%) ; diarrhea (9–34%) ;nausea, vomiting, or both (7–16%) ; abdominal pain (3–11%).

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Conflict of Interest: Non

DOI: <https://doi.org/10.52482/ayurlog.v9i04.902>

Source of funding: Nil

Cite this article:

A Retrospective Study of Purishwaha Srotas Dushti in Covid Cases.

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Ayurlog: National Journal of Research in Ayurved Science- 2021; (09) (04): 01- 04