

## A REVIEW ON PANDEMIC COVID-19 AND ITS MANAGEMENT APPROACH WITH AYURVEDA

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## ABSTRACT

Globally it is a high research is currently going on and need of suitable approach for the best treatment for corona virus 2 (SARS CoV 2). It is a pandemic and highly contagious entire mankind is suffering. Coronaviruses are single stranded positive-sense RNA viruses that possess large viral RNA genomes. Sequence analysis showed that the 2019-nCoV possesses a typical genome structure of coronavirus and belongs to the cluster of beta corona viruses. In Covid 19 outbreak, enhancing one own's defence system (immunity) plays an important role in maintaining best health. According to *Ayurveda*, without the vitiation of any of three *Dosha*, no disease can occur, so balance of three dosha should be maintain for good hygiene. As *Ayurveda* described several immunity booster herbal drugs. *Ayurved* envisages the root of cause for any illnesses. *Ayurveda* is likely to provide evidence-based medicine for preventive health care and enhance the self-immunity. Many researchers perhaps the whole world is looking for a effective drug or safe and effective vaccine for covid-19 which should be cost effective, easily available. A better Prevention through *Ayurveda* approach can be achieved in this pandemic of covid-19., as globally it is now accepted therapy for the prevention of covid and also used as immunity booster.

**Keyword:** immunity, corona virus, covid-19, *dosha*, defence system

## INTRODUCTION

In December 2019, an outbreak of COVID-19, caused by a novel severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) infection attacking mainly on the immune system of a body, occurred in Wuhan City, Hubei Province, China. Recently corona virus infection is caused due a novel corona virus 2 (SARS CoV 2), it is a pandemic and highly contagious. Coronaviruses are single stranded positive-sense RNA viruses that possess large viral RNA genomes.<sup>2</sup> Sequence analysis showed that the 2019-nCoV possesses a typical genome structure of coronavirus and belongs to the cluster of beta corona viruses. related to Severe Acute Respiratory Syndrome (SARS) from 2002-2004 and Middle East Respiratory Syndrome (MERS) in 2012.<sup>3</sup> On January 30, the WHO announced a Public Health Emergency of International Concern (PHEIC) for the 2019-nCoV outbreak. The most common symptoms at onset of COVID-19 illness are fever, cough, and fatigue, while other symptoms include sputum production, headache, haemoptysis, diarrhoea, dyspnoea, and lymphopenia.<sup>4</sup>

In the Covid 19 outbreak, whole mankind globally is suffering from this disorder. Enhancing one own's defence system (immunity) plays an important role in maintaining best health. We all know that the prevention is better than cure any disease. As per *Ayurveda*, pandemic diseases are those disease which spread from one person to other. As far as there is no medicine for COVID-19 as of now, various efforts are going for the preventive measures which boost our immunity.

*Charak Samhita - Vimana Sthana* - Chapter III is dedicated to "*Jan-Padodwansa*", it explains that these Pandemics are caused by imbalance of *dosha*'s or we can say Environmental Degradation of Air (*Vayu*) Water (*Jala*) Country (*Desha*) and Time (*Kala*) can be a cause for various epidemic diseases at various places. In *Ayurveda* it is considered as '*Agantuj Vikar*' and its types are *Adhidaivik*, *Daivabalpravrutta* and *Aupsargic vikar*.<sup>5</sup> The concept of treatment in *Ayurveda* for any sickness based on body humours i.e. on *Tridoshas* (*Vata*, *Pitta* and *Kapha*). In order to balance these three *dosha*, it is necessary to optimize the *Ojas* (immunity level) by correcting the *Agni* (metabolism), which

further enhancing the *Dhatu Sarata* (quality of body tissue at different level).<sup>6</sup>

Acharya Sushruta said that, without the vitiation of any of three *Dosha*, no disease can occur so it is advised to treat and make balance of three *dosha* should be maintain for good hygiene. The *Rasayana* drug is providing passive immunity (*yuktikrita-bala*). As postulated, *Vyadhikshamatwa* (immunity), which depends on the *ojas*, provokes the strength of disorders and prevent it.<sup>7</sup> It is observed that mortality was more among older people, probably because of the poor immunity and any other illnesses leads to faster progress of COVID-19. *Rasayana dravyas* (immuno modulators drugs) can be used for health promotion, immune-modulation, prevention and decrease disease burden from COVID-19. Hence it is more important to enhance our immune system to fight against this condition.

### ***Ayurveda* approach towards COVID-19:<sup>8,9</sup>**

In *Ayurveda*, there are several immunity booster herbal drugs, *Ayurved* envisages the root of cause for any illnesses. *Ayurveda*'s extensive knowledge based on preventive care, derives from the *Ayurveda* also give specifies guideline about maintaining hygiene through concepts of "*Dinacharya*" daily regimes and "*Ritucharya*" seasonal regimes to maintain healthy life.

Ministry of AYUSH and AYUSH task force has advised the Covid-19 treatment as following.<sup>10,11</sup>

### **Asymptomatic Patients and positive for COVID-19 For *Jwar*,**

1. *Guduchi Ghana Vati*,
2. *Guduchi, Pippalimoola, Sounth* equal part *Kashaya*
3. Tab AYUSH 64
4. *Mrityunjay Rasa* 25- 500mg tds with *Madhu*

### **For Dry Cough**

1. *Vasavaleha, Drakshavaleha, Kaphakuthar rasa* 250 mg tds
2. *Sitopaladi churna* 2gm+ *Godanti Bhasma* 250 mg
3. *Sitopaladi churna* 2gm+*Praval bhasma* 250 mg+ *Guduchi satva* 250mg

### **Immunity Promoting General medicine: -**

1. *Chyavanprash* 10gm in the morning and evening with milk.

- Herbal tea / decoction (*Kadha*) prepared from *Tulsi* (Basil), *Dalchini* (Cinnamon), *Kalimirch* (Black pepper), *Shunthi* (Dry Ginger) and *Munakka* (Raisin) - once or twice a day.
- Golden Milk- Half teaspoon *Haldi* (turmeric) powder in 150 ml hot milk - once or twice a day.
- Nasal application (*Nasya*) - Apply sesame oil and coconut oil or Ghee in both the nostrils (*Pratimarsha Nasya*) in morning and evening.

**General measures:** As Drinking warm water on daily basis is very good for digestion and also for immunity, gargling with warm water make help in removing *kapha*, whenever you go outside home and come back, that time it is very useful, it reduces the chances of infection. Pouring 2-2 drops of almond oil, *Narikel* oil or ghee in nasal sinuses is helpful, hyperactivation of the brain comes as a major reason for compromised immunity. *Pranayam*, *Yogasana*, Meditation and Breathing Exercises also can be practiced for maintaining physical strength as well as immunity. Similarly keeping distance from any person and hand washing practice and use of mask continuously also prevent covid-19.

## DISCUSSION

Initially in *poorva rupavastha*, vitiated *Vata Pitta* produces fever, myalgia, dry cough, anorexia like complaints in patients. Covid-19 is disease of *Vata Pitta* predominant but *doshadushyasammurchana* takes place in *Kapha sthana*. Vitiated *Vata Pitta* depleted the *shleshma and shleshma sthana*. Vitiated *Vata Pitta* by its *ruksha* and *ushna guna* makes *shleshma sthana* (Nose, Mouth, Eyes, Urah etc.) *ruksha and durbala*. When pathology exceeds *Vata-Pitta doshas* depleted *Kapha dosha* and by virtue of its *ruksha* and *ushna guna shleshma sthana* (Nose, Mouth, Eyes, Urah etc.) becomes *ruksha and durbala*. It results into affection of these *sthana* by *Vata Pitta*, which results into development of symptoms. Lower respiratory tract infection and later on when *Dhatupakavastha* takes place and then symptoms of Pneumonia appear. At this stage all three *doshas* are involved in *samprapti* leading to *sannipatavastha* and later on respiratory failure and multi organ failure develops, when *marmasthanas* get

involved. Till date, there is no vaccine or perfect treatment available for COVID-19 pandemic. At present, treatment provided to the affected individuals are mainly symptom based, and the seriously ill individuals are provided with ventilator support. Current estimated mortality of COVID-19 for overall infected population is 0.25–3.0% whereas it increases to >14% among elderly (over 80 years).<sup>12</sup> As per recommendation, many countries are using Hydroxychloroquine(HCQ) and Azithromycin (AZD) as a treatment of COVID-19. It is also proved that there are several side effects of HCQ on the heart, kidney and gastro-intestinal tract. Without proper scientific evidence and alternative choice, the whole world is using this protocol.<sup>13</sup> Some specialists are advising to use reserved HIV treatment drugs – Lopinavir 200 mg and Ritonavir 50 mg in second option which are highly toxic as compared to HCQ and AZD. The whole world is looking for a drug or vaccine which is highly effective, cost effective, easily available with less toxic.<sup>14</sup>

## CONCLUSION

*Ayurveda* is hope in future for such pandemic as *Ayurveda* science potential possibilities for both for prevention and treatment of COVID-19. The effective management of covid-19 would be helpful in generating trustworthy evidence. *Ayurveda* will be hope for comprehensive management for addressing critical challenge in India. *Ayurveda* is likely to provide evidence-based medicine for preventive health care and enhance the self-immunity and keep away corona virus only with AYUSH system.

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