

AYURVEDA FOR COVID 19***Vd. Vaishnavi Joshi and Hon. Vd. Rajendra Huparikar**2nd Yr PG Scholar MD Panchkarma Tilak Ayurved Mahavidyalaya Pune.Article Received on
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Accepted on 21 Feb. 2021DOI: <https://doi.org/10.17605/OSF.IO/Q72H6>***Corresponding Author****Vd. Vaishnavi Joshi**2nd Yr PG Scholar MDPanchkarma Tilak Ayurved
Mahavidyalaya Pune.**ABSTRACT**

Before entering to the subject proper there are few new words that have come across in this pandemic situation. It is necessary to understand these terms to understand the situation India and the world is facing today. A PANDEMIC is an epidemic that spread over multiple countries or continents. Endemic is something that belongs to a particular people or country. Novel corona virus is the causative organism for the disease COVID-19. It has been declared as pandemic (janopadodhwansa) by WHO on March 2020. Till date symptoms of COVID-19 were compared with respiratory disorders and jwara illustrated in ayurved.

KEYWORDS: SARS-COV 2, Aupsargik Roga, Vatakaphaj Jwara, Shwasa, Tarunjwara chikitsa, Vatasya upakrama, Kaphasya upakrama, Rsayan chikitsa.

INTRODUCTION

COVID 19 is a name given to the virus that is causing the disease. The official name given to virus is severe acute respiratory syndrome coronavirus 2 (SARS-COV-2) is the strain of coronavirus that causes coronavirus disease. the respiratory distress is responsible for corona virus. colloquially known as simply novel coronavirus (2019nCoV), has also been called as human corona virus 2019 (HCoV-19 or hCoV-19).

SARS-CoV-2 is a Baltimore class IV positive sense single standard RNA virus that is contagious in human. as prescribed by the U.S. national institutes of health, it is successor to SARS-COV-1, the strain that caused the 2002-2004 SARS outbreak.

First identified for the name COVID19 was in December 2019 in Wuhan, China.

The predominant mode of transmission is from respiratory droplet spread by coughing, sneezing, and talking which can easily contaminate surfaces and spread the virus. There is a

an evidence for the spread by a direct contact with infected secretions or large and small aerosol droplets. Immunity develops soon after infection, but wanes gradually over time.

Cardinal Symptoms of COVID 19

Most of the patients had mild symptoms in the early stage of disease. However some patients declined in the latter half of the disease. Symptoms of COVID 19 can range from an asymptomatic course to a myriad of manifestation.

According to WHO 80% of infections are mild or asymptomatic, 15% of infections are severe.

Incubation period – 2 to 14 days on average, patient report symptom within 3 to 5 days.

- 1) Fever
- 2) Dry cough
- 3) Shortness of breath
- 4) Fatigue
- 5) Sore throat
- 6) Anorexia
- 7) Anosmia
- 8) Diarrhoea
- 9) Sputum production

While considering ayurvedic perspective, we should consider that it is communicable disease which is explained under the “AAUPSARGIK ROGA”. Acharya sushrut has explained in nidana sthana 5th chapter about “AAUPSARGIK ROGA”.

PRASANGAT -	Due to close interaction.
GATRASANSPARSH-AT -	Physical Contact with diseased individual
NISHWASAT-	Through inhalation/Droplet infection
SAHABHOJANAT-	Close contact with the affected person like sharing tiffin etc.
SAHSHYAA-	If a normal person share bed with an affected person
AASANA-	By sharing the same seating arrangement with an affected person
VASTRA-	Sharing same cloth, e.g.: Towels, shirts, etc.
MALA-	In this context using the same wipes, handkerchief etc.
ANULEPANA-	Sharing the cosmetics.

Understanding samprapti of COVID 19 disease as per ayurved review.

Dosha	Vata kapha
Dushya	Rasa, rakta

Agni	Agnimandya
Ama	Sama
Strotas	mainly pranavaha, rasavaha, annavaha, purishvaha
Strotodushti	Mainly atipravrutti, sanga
Avastha	Atyayik

Utdbhav sthan	Aagantuj vyadhi, amashay
Sancharana sthana	Urdhva sharir
Vyakta sthana	Urdhva sharer

While deciding principles for the treatment of covid 19 one should consider treatment modalities of amapachana, vataghna and kaphaghna.

Where as amashaya is the main adhishtana of kapha, symptoms are majorly seen as kahaj vyadhi. Also chikitsa of Rasavaha strotodushti can be helpfull i.e. chikitsa of tarun jwara.

Vagbhatacharaya has explained vatasyaupakrama and kaphasyaupakrama in 13th chapter of sutrasthana wch can be used for aggravating vata and kapha dosha.

Symptoms of covid 19 can be compared as follows:-

According to vaghbhatacharya,

Vatakaphaj jwara:

- 1) Tapahani
- 2) Aruchi
- 3) Parvashiroruk
- 4) Peenasa
- 5) Shwasana
- 6) Kasa
- 7) Vibandha
- 8) Bhrama
- 9) Tandra

Also,

As said in shwasa nidana:

- 1) Shirogriva uraparshwa pidana
- 2) Kasa
- 3) Moha
- 4) Aruchi

- 5) Peenasa
- 6) Trushna
- 7) Tivra vegi shwasa

All these symptoms go nearly to the symptoms of COVID19.

Principles of treating patients of COVID-19

Ayurveda is the science in which we do not treat individual but we treat body as whole. Hence following sutras can be useful for the management of COVID19 patients.

According to charakacharya ayurveda revolves treatment of AMPACHANA, VATAGHNA, KAPHAGHNA chikitsa.

We can use following principles while treating patients of COVID19

Chikitsa of tarun jwara (cha.chi.3/142)	Shwasahara chikitsa (cha.chi.17/71,72)	Vatasyaupakrama (Ah.Hru.Su.13/1,2,3)	Kaphasyaupakrama (Ah.Hru.Su.13/10,11,12)
1) Langhana	1) Kaphavataghana	1) sneha	1) ruksha, alpatikshna, ushna, katutikta annasevana
2) swedana (medicines that will do internal swedana)	2) snigdha upachra, lavanyuktatailabhyanga, nadiswedana	2) swedan	2) dhumapana
3) yvagu pana	3) Vatanulomana	3)mrudu shodhana	3) gandusha
4) use of tiktarastmaka ahara and dryva i.e. guduchi	4)snigdha bhojana	4) aamla, lavna, ushana bhojan	
5) pachana		5) deepana	
6) Rechana		6) pachana	

Also importance of immunity cannot be overlooked. Immunity builders like Rasayan chikitsa will prove helpfull to avoid complication. Following rasayana can be usefull.

1. Kankari Avleha
2. Agastiharitaki Avaleha
3. Vrdhman pippali rasayana
4. Shwasakasachintamani
5. Suvarna Malini Vasant

CONCLUSION

Ayurveda has enough potential and possibilities to be employed both for prevention and treatment of COVID-19. This will provide an important opportunity for learning and generating credible evidence. It is pertinent to reiterate that participation of Ayurveda in addressing the COVID-19 challenge in India should not remain limited and seen as the extension of healthcare services and support to medical fraternity.

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