

COVID-19 PANDEMIC PREVENTION AND MANAGEMENT BY TRADITIONAL MEDICINE

***Dr. Ankita Sharma, *Dr. R. K. Pati and *Dr. Pramod Patel**

Doctor, Nehru Nagar Bhopal Madhya Pradesh India 462003.

Article Received on
20 October 2020,

Revised on 09 Nov. 2020,
Accepted on 29 Nov. 2020

DOI: 10.20959/wjpr202015-19330

***Corresponding Author**

Dr. Ankita Sharma

Doctor, Nehru Nagar Bhopal

Madhya Pradesh India

462003.

ABSTRACT

In the present era newly, unexplained diseases are emerging in the world with unknown pathology which has become challenging to all the physician, scientist and health agencies to deal with such disease to ensure the treatment. Now a physician has to know about its prevention, diagnosis and management. As Ayurveda says, even-though the disease is affecting the whole world with its severity, one need not be afraid of disease if physician is assured of proper medicaments for treatment. Considering this disease is mainly affecting respiratory symptoms and other symptoms are involved.

KEYWORD: covid19 and traditional medicine.

INTRODUCTION

The traditional practices may be useful in improving Physical and psychological quality of life, and reducing the risk of infection. Ayurveda has enough potential and possibilities to be employed both for the prevention and an adjunct treatment option for COVID-19. Therefore, it is very important to carry out research studies for understanding the link between effect of Ayurveda and allopathy on distress and immune responses to COVID-19 infection. This is an opportunity to unearth true potential of Ayurveda systems and adopting integrative approaches for innovating solutions against COVID-19 pandemic. Indeed, this is the time for India to demonstrate the potential of AYUSH systems in addressing this global health crisis. Every possible treatment opportunity needs to be brought before the scientific community, as we don't have any vaccine. In this paper, we are demonstrating that it is possible for Ayurveda (*āgantukavikāra*) was also undertaken. Host-pathogen specific interactions as observed in COVID-19 were analyzed on the basis of the Ayurvedic understanding of the clinical progression of *āgantuka* diseases. The pathogenesis of the disease was traced from

the point of contact with the causative agent (SARS-CoV-2) and its development through the asymptomatic, pre-symptomatic, mild, moderate, severe and critical stages culminating in recovery or death. This was also corroborated with insights from experienced Ayurveda physicians in the team. Due to the unique challenges of the COVID-19 pandemic and the rapid spread infection, healthcare providers caring for these patients are experiencing high levels of anxiety and stress. This can be overwhelming, resulting in mental anguish and loss of productivity during a period when the demand for healthcare is high. Medical facilities and Ayurvedic doctors to co-operate and work together to understand the disease better from an Ayurvedic perspective. An Ayurvedic assessment of the disease can help to classify the clinical presentations of COVID-19 on the basis of the *Tridoṣha* framework (the three *doṣhas* called *Vāta*, *Pitta* and *Kapha* represent the self-regulatory mechanisms of the body, the failure of which leads to development of disease. It is seen that the clinical presentations of the patients are different with the lower respiratory, gastrointestinal or upper respiratory systems being variably affected in patients. The question that we are addressing in this paper is whether such clustering of symptoms can be interpreted based on an Ayurvedic understanding of the pathogenesis with reference to imbalance of *tridoṣhas*. In India several initiatives have been taken to utilize the vast potential of Ayurveda in this pandemic. The Ministry of Ayush, a nodal Ministry of Complementary and Alternative Medicine, has released a set of guidelines for boosting immunity and measures for self-care by using Ayurvedic principles (Ministry of AYUSH, Government of India, 2020). Indian Prime Minister in its address to nation also mentioned about using Ayurveda medicines for improving immunity against COVID-19. This has led to surge in demand of Ayurvedic medicines. AYUSH system across the country has also been put on alert for being called anytime to serve the nation. Five clinical conditions described in these texts were examined to develop correlation with COVID-19. These were fever (*jvara*), cough (*kāsa*), breathlessness (*śvāsa*), consumption (*rājayakṣmā*) and other symptoms i.e. diarrhea, malaise including Ayurvedic descriptions of the co-morbidities that indicate poor prognostic outlook for COVID-19.

Since COVID-19 is a new disease and not particular name described in Ayurvedic classical texts, but compare to swasnaka sannipataka roga a detailed study of the etiology (*nidāna*), status of *tridoṣa*, structural elements (*dūṣhya*) and site of disease (*sthāna*) was done. The book *Siddhāntanidāna* by Gaṇanatha Sen was reviewed to understand approaches to study new diseases based on principles of Ayurveda.

The analysis of sections on epidemics (*janapadodhvamsa*) and diseases of exogenous origin (*āgantukavikāra*) was also undertaken. Host-pathogen specific interactions as observed in COVID-19 were analyzed on the basis of the Ayurvedic understanding of the clinical progression of *āgantuka* diseases. Successful implementation of a new practice during a pandemic is challenging. This paper describes how the Medical “Diffusion of Innovation Science” techniques to formulate their guidelines and help facilities implement evidence-based practices during the pandemic.

USE OF HERBAL DRUGS-A viral infection is mostly seasonal and is often treated with proper medication. However, there are some herbs, which have antiviral properties and can be used in moderation when you are under the weather.

It inhibits the growth of the virus, boosts immunity and fights the foreign pathogens. Here are some and effective herbs that you can use. Ginger has impressive antiviral, antibacterial and anti-inflammatory properties. Studies suggest that this herb is effective in avian influenza, RSV, and feline calicivirus (FCV). Ginger contains compound such as gingerols and zingerone that helps to prevent the growth of the virus. Basil has antiviral and anti-inflammatory properties that can help fight several viral infections. A study revealed that basil contains compounds like apigenin and ursolic acid, which is effective on herpes, hepatitis B, and enterovirus. Giloy is a versatile herb used to make Ayurvedic medicines for a long time. It helps to remove toxins from the body, purifies the blood and fights disease-causing bacteria. Giloy contains anti-oxidant properties that improve health, boosts immunity and digestion. Mix 15-30 ml of Giloy juice in a glass of water and consume it on an empty stomach in the morning. turmeric the bright yellow-spice is common in Indian cuisine as well as treating numerous health ailments. Curcumin, which is the main compound of turmeric has immunity-boosting potential. The compound activates white blood cells in the body, which in turn enhances its antibody response.

Cinnamon has also been used for its medicinal properties for thousands of years. It fights inflammation, ward of infection and heals damaged tissues. Cinnamon is high in immune-boosting antioxidants, have anti-diabetic effects and even help to cut the risk of heart disease.

USE OF SOME HERBO- MINERAL DRUGS- Herbomineral formulation of Ayurveda tested on 100 years of time scale for the treatment of asthma, allergy, and other respiratory problems. However, there is a lack of scientific work. Review of literature revealed that

Herbomineral formulation, apart from treating asthma and allergy, is used for the cure of cough, laryngitis, tuberculosis, unconsciousness, mental disorders, and heart diseases. Herbomineral formulation which is an essential requirement to discuss the therapeutic value of mercury preparations i.e. swaskuthar rasa kaphaketu rasa abhraka bhasama are used in treatment of covid19 there are symptomatic relief of patient.

Stages of covid19 patients

Pre-symptomatic/ mild symptom's	Common health keeping approaches of Ayurveda including healthy diet, healthy lifestyle, adequate sleep, physical activity, good conduct, care for retainable and non-retainable urges, and avoidance of disease causing factors (excessive cold and exposure to pollutants). In addition, immunity booster i.e. Chavan prash, sanjivni vati, laxmi vilasa rasa, apply to local application used to lukeworm water, gargle, steam of nilgiri taila Langham and Arogya kashayam kada.
Moderate symptom's	Mahasudarshanavati, godanti bhashama sitopladichurna, talishadichurna, trilokya Chintamani rasa, gojivadi kawath.
Severe symptom's	Malla sindoor, sameerpannaga rasa, Arogya vardhinivati malla chandrodaya rasa hemgharabha pottali rasa, makardhawaja Rasa karpoor are given the emergency treatment of drugs condition of patients.

This drug are applied aspects all physicians and monitored the patient's conditions and under observation. Dosage of individual formulations are to be judged carefully by an experienced Ayurvedic physician on the basis of *nidan panchak*.

DISCUSSION

At a time when the world is dealing with the deadly coronavirus, it is necessary to take extra precautions to keep yourself protected from getting infected. This is why you need a healthy and strong immune system. Strong immunity plays a vital role in keeping the disease-causing virus and bacteria away from you and reduce the risk of falling sick. People with compromised immunity often get sick and even their symptoms are more severe as compared to others. There are different ways to improve your immune system, making your body ready to fight any foreign pathogens. You can do it by making some lifestyle changes or by

including some immunity-boosting food items in your diet. and you can have at this time to stay healthy.

CONCLUSION

Today is the time of Ayurveda in our text in brahatri and laghutri firstly described the diagnosis and recovery of disease is given in its treatment acharya charka has described this type of disease in a chapter called janapadodhwansa chapter and acharya shustruta swashnak sannipaka give similar symptom and treat it through different medicine but in today's era, which has been applied in a practical approach and clinical application and documentation should be done. Ayurveda it is said that "Swastha swasthaya Rakshanam aturasaya vikar prashanam cha". apply to the dincharya and ritucharya and yoga to prevention and cure this pandemic disease

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