



ALLOPATHY AND AYURVEDIC INTERVENTION FOR COVID -19

Dr. Bhalgat Madhuri Sanjay¹, Dr. Divya²

¹Professor and HOD, Prasuti Tantra Evam Stree Roga Department (Obstetrics and Gynaecology) SVNHT's Ayurved Mahavidyalaya, Rahuri, Ahmednagar, Maharashtra, India.

²PG Scholar, Prasuti Tantra Evam Stree Roga Department (Obstetrics and Gynaecology) SVNHT's Ayurved Mahavidyalaya, Rahuri, Ahmednagar, Maharashtra, India.

ABSTRACT

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness. At this time, there are no specific vaccines or treatments for COVID-19. However, there are many ongoing clinical trials evaluating potential treatments. To cope with the present pandemic, better collaboration is required between ayurveda and modern system of medicine along with more research tools in order to detect, treat, and prevent the disease. In this paper we are presenting a review on COVID-19 with some allopathy and ayurvedic intervention.

KEYWORDS: SARS, MERS, COVID-19, agantuja sannipatja jwara, bhoot abhishangaja jwara, rasayan kalpa.

INTRODUCTION:

Countries where Covid -19 has spread, 213 countries and territories around the world have reported a total of 11,746,826 confirmed cases of Corona virus Covid -19 that originated from Wuhan, China and death toll of 540,810 deaths. And recovered / discharged cases 6,741,583.^[1]

METHODOLOGY:

Incubation period:

Symptoms of Covid-19 may appear in as few as 2 days or as long as 14 days during which the corona virus is contagious but the patient doesn't display any symptom.

Prone people:

People of all ages can be infected by this virus but older people and people with pre-existing medical conditions such as asthma, heart disease and diabetes appear to be more vulnerable to becoming severely ill with this virus.

Comparison with SARS:-

The disease originated from Beijing, China spread to 29 countries

In November 2002 to July 2003, 8096 people infected and 774 dead due to this seasonal influenza causing virus in that period another virus MERS killed 858 people out of 2494 infected people every year an estimated 290,000 to 650,000 people die in the world due to complications from seasonal influenza virus.

Symptoms:

People with COVID-19 may have had wide range of symptoms reported within 2 to 14 days after exposure to the virus are:

Fever, cough, shortness of breath, sneezing, headache, muscle pain, sore throat followed by dry cough, Chills with repeated shaking, Stuffy nose, chest pain etc. 8.9% of infections are mild and recovered at home. 13.8% cases are severe and develop pneumonia like disease. 4.7% are critical which include respiratory failure with septic shock and multiorgan failure. 2% of reported cases are fatal.^[2]

How long do symptoms last:

In mild cases the onset of recovery is approximately two weeks from starting symptoms in severe or critical cases recovery takes 3 to 6 weeks.^[3]

Investigations:

Most common laboratory and Radiological findings are:- CBC, LFT, CRP, S. Ferritin, D-Dimer, LDH

- If any of above two markers are high showing inflammation it goes in favour of Corona
- In that case go for CT scan of Chest

This is much better diagnostic test in any doubt and on scanning we can see the

features written below: Peripheral lesions

Ground Glass Haziness Consolidation patches Reverse Halosign Vacuolation sign

Air Bronchograms

Prominent Pulmonary Vessels

Crazy Pavement Patterns on CT SCAN all go in favour of Corona

- RT-PCR
- prolonged prothrombin time
- Elevated lactate dehydrogenase virus detected in stool samples of patients with abdominal symptoms
- Blood urea and creatinine level continue to rise
- Throat sample collected for extracting Co-RNA from suspected patient and used for RT-PCR assay.

Vital signs like heart rate, respiratory rate and mean arterial pressure are recorded.

Complications:

Most common complications are:-

- ARDS (acute respiratory distress syndrome)
- Shock
- Arrhythmia and acute cardiac injury
- Coagulation activation
- Hepatic injury and kidney injury

Precautions and Management:

Until now no specific treatment is recommended for Coronavirus infection except for medical supportive care. Currently the approach to disease is to control the source of infection use of personal protection precaution to reduce the risk of transmission and early diagnosis isolation and supportive treatment to diagnose the patient. Antibacterial agents are ineffective. No anti-viral agents have been found beneficial for treating SARS and MERS.

The study have shown some patient have received methylprednisolone, oseltamivir chloroquine and hydroxychloroquine.

Antivirals including:

Liponavir/ritonavir Remdesivir

Umifenovir Favipiravir etc. Immunomodulators like:- Tocilizumab

Interferon- β -1 α

Plasma therapy

But all the above regimens is mostly observational and do not provide high-quality evidence for cure of COVID-19.^[4]

According to Ayurveda perspective:

Ayurveda works by 'defense strategy' rather than 'offense strategy' by making the host body strong to deal with various physical and mental stresses to human body. By understanding the origin of the disease, Ayurveda targets eating, breathing, digestion, thoughts, memory and sleep, which are easy approaches helpful to gain good health. It works at mind level and therefore able to motivate the patient at mental level^[5]

Ayurveda is being hailed as an effective measure against COVID-19 and other diseases and globally Ayurvedic herbs are being tested clinically for treatment and prevention of COVID-19

In this disease or roga the rogamarga (Pathway of disease) is abhyantar jwara (fever), shwasa (respiratory distress syndrome), kasa (cough) the three major symptoms regarding Covid -19 are described in Ashtanga Hrudayam under the pranavaha strotro dushti.

This disease can also be correlated with Agantuja sannipataj jwara with vata kapha pre-dominance also classified as bhoot abhishangaja jwara. As it is highly contagious disease spread from one person to another described in Sushruta samhita nidana sthana 5 adhyaya.

Acharya Charak has described the concept of epidemic as Janapado udhwansa vikara in Vimana Sthana chapter 3. The manifestation of disease having the same set of symptom and common factors like destruction of countries and inhabitant of countries like air, water, location and seasons among large population destroying human habitations.^[6]

In this context we are explaining Ayurvedic medicines for the patient to fully relieved of his or her symptoms. They are as follows:-

Therapeutic intervention consist of three components mainly:

Medicine, diet, regimen to relieve fever, cough, cold and boost immunity:-

Medicines	Dose	Diet	Regimen
Sudarshana churna	2g × TDS	Rice porridge	Avoid sleeping during daytime
Talishadi churna	2g with 1 tsf honey × TDS	Yusha, milk and ghee	Avoid keeping awake at night
Sitopladi churna	2g × TDS	Food light to digest	no cold drinks
Dhanwantar gutika	2tab. × BD	Food only boiled one	Use of Mask
Vidaryadi ghrutam	15 ml × BD		hand hygiene
Sanjeevani vati	2tab. × BD		respiratory hygiene
Chitarakadi vati	2tab. × BD		Washing hands and face
Sanshamni vati	2 tab. BD		Not spitting
Vasa avleham	15ml × BD		No sneezing or coughing without keeping mask or handkerchief on mouth
Vyaghri haritaki	10-15ml × BD		
Kantakari avleham	10-15 ml × BD		
Laxmi vilas rasa	2 tab. × BD		
Tribhuvan kirti rasa			

Rejuvenating therapy (rasayan kalpa):

Pippali rasayana, Yashtimadhu churna, Triphala Rasayana, Bhallatak Rasayana, Nagabala Rasayana, Pippali Rasayana, Amalak Rasayan, Haritakyadi Rasayana, Medhya Rasayan, Shilajeet Suvarna, Ropya, Iron, etc.

Immunomodulators:-

- Turmeric is one Ayurvedic ingredient that has made Ayurveda popular all around the world.

Golden milk (1/2 tsf turmeric with 150ml milk) prepared with the help of turmeric also used to fight respiratory diseases

- Chavanprash 10 gms in morning drink herbal tea or decoction of (Tulsi, Dalchini, Kali Mirch, Shunthi and munakka) once or twice in a day.^[7]
- Ginger is rich in antibacterial and anti-inflammatory properties and is used as a common home remedy for cough and cold in the form of tea, or kadha. It can help boost immunity naturally.
- Tulsi known as Holy basil is rich in anti-microbial and anti-inflammatory properties and is known to improve immunity against pathogens, especially those that cause respiratory and throat infections.
- Giloy is a powerhouse of antioxidants which help in detoxing the body and reducing free radical activity. Giloy is also rich in anti-microbial properties
- Ashwagandha is an important Ayurvedic herb to keep your body and mind healthy. It is also rich in antioxidants and helps in boosting immunity.

The above measures can be followed to the extent possible as per as individual convenience. These collaborations would be beneficial not just to India and the US, but also for the billions who would need to be vaccinated against COVID-19 across the world.^[8]

CONCLUSION:

A number of medications like what we have suggested in this article or potential investigational therapies but no pharmaceutical product to have yet been shown to safe and effective for the treatment of COVID-19.

The current prophylactic measures are insufficient but Ayurveda and yoga as an add on therapy may support patient of Covid 19 by improving the quality of standard care and immunity as the ability to prevent the disease and also arrest the progress of disease.

REFERENCES:

- <https://www.worldometers.info/coronavirus/country/india/>
- paper by chinese CDC release on feb.17, published in chinese journal of epidemiology report of the WHO China joint mission dated: feb. 28, 2020
- Clinical management of COVID-19: interim guidance, 27 May 2020 page no. 31 <https://apps.who.int/iris/handle/10665/332196> accessed on july 9, 2020
- http://www.iamj.in/posts/images/upload/9_14.pdf
- Nagesh Gandagi, Shubhangi Patil, concepts between ayurveda and allopathy in relation with treatment, page no.10
- <https://www.sciencedirect.com/science/article/pii/S0975947620300425> Dr P.L.T.Girija, Dr Nithya Sivan, journal of ayurveda and integrative medicine dated: june 19, 2020
- <https://www.mohfw.gov.in/pdf/ImmunityBoostingAYUSHAdvisory.pdf> Ayurveda's immunity boosting measures for self care during COVID 19 crisis, page no. 2
- Timesnownews.com