



PROBABLE PROTOCOL FOR CLINICAL MANAGEMENT OF COVID-19 WITH AYURVEDIC TREATMENT MODALITIES ADJUVANT TO ONGOING CONVENTIONAL TREATMENT – A REVIEW.

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ABSTRACT

Ayurveda is an ancient science and people are following Ayurveda since very existence of Humans on this earth. Today world is facing pandemic. Today the graph of Corona patients in India is going high, inspite of lockdown as India is country having heritage of traditional medicines that should be applied to reduce the mortality and fast recovery of the patients. In an emergency situation application of conventional therapy is unavoidable, adding Ayurveda treatment modalities to ongoing treatment may save our time and resources. In *Charak Samhita* under the heading of *jwar* different types of fever are enlisted. We have reviewed the same for its application to COVID-19. The most fatal symptom of COVID-19 is ARDS (Acute respiratory syndrome), here while reviewing the classical text these symptoms are emphasised. The treatment modalities for same type of *jwar* are mentioned here which may collaborate to fast recovery of the COVID-19 patients. Pandemic is mentioned in Ayurveda text under the name of *Janpadoswansa*, along with description treatment is mentioned. Pre-eminence is given to *ushna Jalpan* and *basti*, the two prominent treatment modalities practiced in *jwar* as per the classification of the same mentioned in *Charak Samhita*.

Keywords: COVID19, Ayurveda correlation, Probable treatment protocol.

1. INTRODUCTION

COVID-19 is the current global health emergency declared by WHO and appealed to all Health leaders to unite and fight against ongoing pandemic. The virus is mainly spread through contact of respiratory droplet of the infected person.¹ People may also contract COVID-19 by touching the contaminated surface. The incubation period of this virus is 2 to 14 days.² Common symptoms include fever, cough and shortness of breath.² The out turn of corona virus is very fatal due to its complications like pneumonia and ARDS.² Till date there is no known vaccine for the corona virus. In regards to COVID-19 over 500 clinical trials have been

reported on national as well as international platform, of which maximum trials are of conventional medicine, a few of it are also on Chinese traditional medicine.³ India is very rich with its traditional medicines; hence it should be applied for better outcomes. Ayurvedic understandings of fever i.e. *jwar* is the need of time, *jwar* and its treatment is explained in many texts but *Charak Samhita*⁴ and *Astang hrdaya*⁵ amongst *Brhat tryai* are prime reference sources. We have included 4 types of heading to classify *jwar*, *antarvegi jwar*,⁶ *Majja dhatugat jwar*,⁷ *sannipataj jwar – vata dominant pitta moderate and kapha recessive type of jwar*.⁸ *Abhishangaj jwar*.⁹ In Ayurvedic text a

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prime treatment has been mentioned for each type of *jwar* e.g. *basti* has been mentioned as prime treatment in case of *majja dhatugat jwar*. Here we have discussed each type of the treatment modalities mentioned for each type of *jwar* w.s.r. to COVID-19.

2. METHODS

2.1. Objectives

- ◆ To interpret the diagnosis, symptoms, treatment and prognosis for current globally surging corona virus as mentioned in Ayurvedic texts and its practical implications.

2.2. Methodology

We have reviewed the Ayurvedic text *Charak Samhita*, *Astang Hridaya*, *Dravya Guna*, latest research articles on COVID-19 to find the effectiveness of conventional therapy and to understand the morphology, replication of Corona virus and complications caused due to COVID-19.

3. OBSERVATION & RESULTS

3.1. Correlation COVID19 with *Jwar*

Ayurveda terminology for fever is *jwar*. Here we have 4 different categories of *jwar* under which COVID-19 can be interpreted. Details are illustrated in Table No. 1. They are -

- ◆ ***Antarvegi jwar***: Depending upon the movement of the *jwar* this classification is mentioned. This type of *jwar* is difficult to cure.⁶
- ◆ ***Majja dhatugat jwar***: Human body comprises of seven *dhatu rasa*, *rakta*, *mamasa*, *meda*, *asthi*, *Majja*, *shukra*. The *jwar* can be seated in any *dhatu*, Level of *dhatugat jwar* rises. Severity in symptoms and prognosis becomes enigmatic.⁷
- ◆ ***Sannipataj jwar***: The *jwar* that has involvement of all the three *doshas* is termed as *Sannipataj jwar*. Here the type of *sannipataj jwar* is *vata dominant*, *pitta moderate* and *kapha* recessive. This type of *jwar* is also difficult to treat.⁸
- ◆ ***Abhishangaj jwar***: The *jwar* that is caused

by affliction of germs is referred as *Abhishangaj jwar*.⁹

References of epidemics is available under *Janpadodwansa*, in Ayurvedic text. The main reason for it is *pragnapradha* (sin's performed by mind).¹⁰ The treatment for it mentioned in Ayurvedic text is *Shodhan* procedure and *Rasayana* therapy.¹¹ The same should be applied to current pandemic which may corroborate as a new solution.

3.2. Treatment Modalities

Treatment modalities mentioned in *Charak Samhita* which can be practically associated with ongoing therapy. Table No. 2 & 3 illustrates treatment modalities.

3.2.1. Warm water to drink

Warm water with or without *jeerak* and *sunthi*, individual or together is *dipana* (digestive stimulant), *pachana* (enhancing digestion) and *jwaraghna* (alleviators of *jwara*). It helps in cleansing the channels of circulation and promote strength, appetite, sweating and auspiciousness.¹²

3.2.2. Warm *Yush* and *Yavagu*

The *Yusha* is wholesome for some patients of *jwara*. The patient should be given light diet along with *yusha* (soup) prepared from vegetables and pulses for the alleviation of *jwara* up to the tenth day.¹³ Soup and gruel made from the ingredients are mentioned in Table No. 2.

3.2.3. Ghee

In patients who have fever more than 10 days. Ghee should be administered before meal. *Jwara* is manifested by unctuous state of *tejasa*. In such a person *vata* gets aggravated due to the action of *tejasa* and it can be corrected by the use of some unctuous material like *ghrita*.¹⁴

3.2.4. Cereals, Pulses and Vegetables

Importance of light diet food ingredients, which are heavy to digest, hot in potency, with unctuous property should be indicated. But sweet and astringent taste should preferably be avoided in a patient suffering from *nava jwara* (the patient



of first stage of *jwara*) in order to facilitate the *paka* of the *doshas*. They stimulate the power of digestion and endow auspiciousness.¹⁵

3.2.5. Panchakarma Procedures

A. Vaman (Medical Emesis):

Amashay is *sthan* of *kapha* and *jwar samuthana sthan*. Hence *Vaman* will benefit the patient very well.¹⁶

B. Virechan (Medical Purgation):

Since *pitta* is also involved in pathophysiology of this *jwar*, mitigating *pitta* will benefit in resolution of fever.¹⁷

C. Niruha Basti:

To remove the impacted stool and *doshas* from the body. Cleaning of *mala* from the body and restoration of the harmony of the three *doshas* is the prime motto of any Ayurveda treatment which can be achieved by *Niruhbasti*.¹⁸

D. Anuvasan Basti:

To mitigate *vaat dosha* and promote health. After the removal of *mala* from the body, *vata dosha* gets aggravated. To mitigate the *vata dosha*, *anuvasana basti* is administered.¹⁹

E. Blood Letting:

It is mentioned in Ayurvedic texts that, when the desired result is not achieved even after the application of best advised medications than one should go for the option of blood-letting, the amount of it depends upon the *rogi pariksha*.²⁰

3.2.6. Rasayan Medications

It is advised for patients who underwent through *panchkarma* procedure and have attained all *samyak lakshanas* of cleansing of the body can go through *Rasayana* medications for promotion and maintenance of health. It protects themselves from any other type of infections.

3.2.7. Diav Vapashray Chikitsa

Ayurveda believes that pandemic happens due to *pragna paradha*. Praying and asking for for-

givenness of ones on own deeds should be followed.²¹

4. DISCUSSION

COVID-19 is a real emergency, Cases are ferociously increasing in India. The patients who are admitted with COVID-19 are recovering also, but we should focus on early recovery of the patient, as the time taken for recovery by 1 patient is around 15 days and well-being of the patient. Early recovery will save the resources for needy ones. There are many herbal medicines that have antipyretic property²² but one may be not desirable of giving Ayurvedic medicine orally due to fear of interactions of medications. Ayurveda has many other methods of administration. *Niruha* and *Anuvasan Basti* when administered to COVID-19 patient shall collaborate in speedy recovery of the patient. As per the above classification under type of *sannipataj jwar Vaat* is dominant, the best treatment to combat the *Vaat* is *Basti*.²³ *Basti* has its effect on all systems of body, as *vata* is present throughout the body.²⁶ Blood Letting has shown good results in recurrent *jwar*.²⁴ *Vaman* procedure is effective in *nava jwar*.²⁵

If patient is having good *satwa* and can withstand the procedures then *Virechan karma*²⁷ can be administered. As per above classification of *jwar* under type of *sannipataj jwar* where *pitta* is moderately vitiated and *pitta* is responsible for rise in temperature and if *pitta* taken care of; then fever and the condition of the patient both can be controlled. In Ayurvedic texts more importance has been given to food. Very light diet should be given in order to facilitate the *paka* of the *doshas*, as they stimulate the power of digestion and restores health. There are many medicines that restores *dhatvagni*. As per the above classification under *Majja Dhatugat jwar*, if *Guggllu Tikta Kashay* is administered then it restores *dhatvagni* and cures *Majja Dhatugat jwar*.

4. CONCLUSION

Human beings when afflicted by *jwar* leads to *agnimadya* and causes imbalance of the *doshas*.



Applying the therapies, diet mentioned in tables and following the procedures of *panchkarma* can restore the *dhatvagni* and balance of *doshas* which in turn promotes health and helps body fight against affliction off the virus. Hence the above treatment can help COVID-19 patients to recover fast. Above said treatment promotes health and improves immunity of individual that helps body to fight against affliction of Virus.

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TABLES

SN	Type of <i>jwar</i>	Symptom	Treatment
1	<i>Antarvegi jwar</i>	Excessive burning sensation inside the body, morbid thirst, delirium, dyspnoea, giddiness, pain in bones and joints, absence of sweating, non-excretion of <i>doshas</i> and the faeces	It is <i>kruchhsadhya</i> (difficult to treat). Gets cured at longer duration Initially <i>langhan</i> (fasting) Medications described below
2	<i>Majja Dhatugat jwar</i>	Hiccup, dyspnoea, cough, frequent black outs, cutting pain in the vital organs (<i>marmas</i>), feeling of cold externally and internal burning sensation.	<i>Niruha basti</i> and <i>Anuvasan basti</i>
3	<i>Sannipata j jwar</i>	<i>Vata</i> dominant, <i>pitta</i> moderate, <i>kapha</i> recessive dyspnoea, cough, coryza, dryness of the mouth and excessive pain in the flanks.	<i>Kashay</i> prepared from <i>shatyadi vargas</i> and <i>Bhruhtyadi vargas</i>
4	<i>Abhish-angaj jwar</i>	<i>Vata</i> gets aggravated due to above reason and all the three <i>doshas</i> are afflicted by <i>bhootas</i> (germs). <i>Jwar</i> caused due to microbe.	<i>Apkarshan</i> (removal of microbes), <i>Prakruti vighaat</i> (lockdown), <i>Nidan parivarjan</i> (avoid the factors causing it)

Table No. 1. Classification of *Jwara* (Charaka) w.s.r. to COVID-19

SN	Type of liquid	Reference	Importance	Ingredients
1	<i>Ushna jal</i>	Ch. Chi. 3/143,145	Dipan, Pachan, jwarghna	Hot water
2	<i>Yusha (soup)</i>	Ch. Chi. 3/188,189	It should be given till 10 days in fever. Light to digest, gives energy.	<i>Mudga, Masura, Chanaka, Kulattha and Makushtha.</i>
3	<i>Yavagu (gruel)</i>	Ch. Chi. 3/179,183	Stimulant of digestion and promotes sweating. Indicated in patient having dyspnoea & cough	1. <i>Laja</i> with <i>pippali</i> and <i>nagar</i> 2. <i>Vidarigandhadi gan</i>

Table No. 2. General line of Treatment to be followed

SN	Ingredients	Importance	Type
1	Cereals and pulses	When given in form of <i>yavagu</i> (gruel), <i>odana</i> (boiled rice), <i>laja</i> (fried paddy) as these mitigates <i>jwara</i>	<i>rakta shali, shashtika</i>
2	Vegetables	Helps relieving fever, easily digestible	<i>patola, kulaka (karvellaka), papachelika (patha), kar-</i>
3	Ghee	Pacifying <i>vaat</i>	Cow ghee or medicated ghee

Table No. 3. Diet in *Jwara*

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