



## POST-COVID MANAGEMENT - A PRAGMATIC APPROACH OF PANCHAKARMA THERAPY

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### ABSTRACT

Corona is a highly contagious disease that attacks respiratory System breakdown immunity, produce various symptoms and can cause death according to the severity of diseases. In *Ayurveda*, two types of *Vyadhis* are mentioned i.e., *Nija / Doshaj Vyadhi* and *Agantuj Vyadhi*. The etiological factors, pathophysiology & symptoms of corona disease can be correlated with *Rajyakshyama*. In an emergency, condition *Panchakarma* can be done in any season other than *Sadharan Ritu* by creating an artificial environment. We aim to improve pulmonary function and to prevent lungs complication like fibrosis and general symptoms like fatigue, insomnia etc. *Panchakarma* is a preventive, promotive well as a curative and cost-effective approach.

**Keywords:** Corona Virus, *Panchakarma*, *Shodhan*, *Rajyakshama*, Post-Covid

### INTRODUCTION

In our *Ayurvedic* classics two types of *Vyadhis* are mentioned, *Nija/Doshaj Vyadhi*- it is of three types i.e., *Vataj*, *Pittaj* and *Kaphaj*.<sup>[1]</sup> *Agantuj Vyadhi*- *Vata*

is the main causative factor later *Tridosh Prakop* occur.<sup>[2]</sup> Corona is a highly contagious disease that attacks respiratory system breakdown immunity, pro-

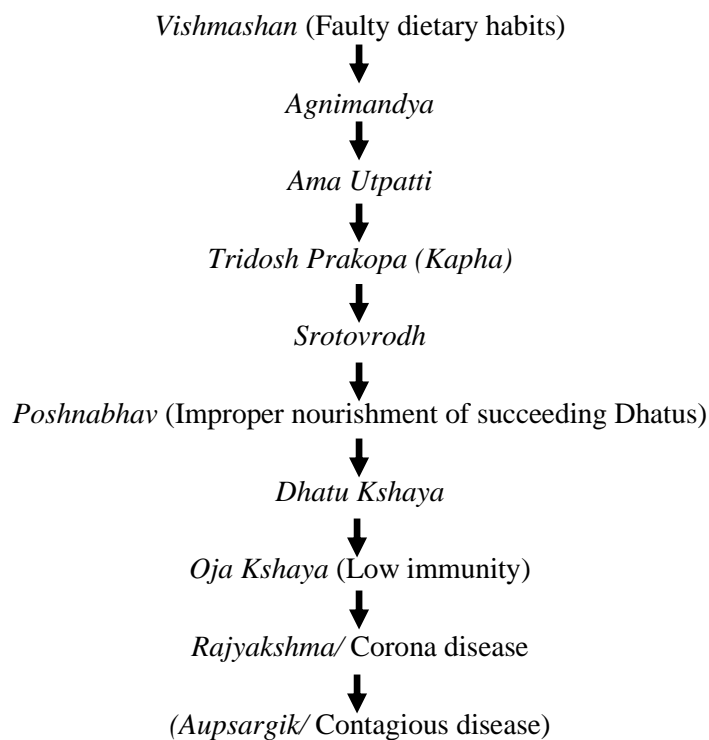
duce various symptoms and can cause death according to the severity of the disease. Post covid 19 can be not only in prolonged illness but also in patients without an underline chronic medical condition. *Rajyakshma* is *Madhyam Roga Marga*.<sup>[3]</sup> *Tridoshaj Vyadhi*. *Sapta Dhatus (Ras, Rakta, Mamsa, Meda Asthi, Majja and Shukra)* are involved in the manifestation of *Rajyakshma*. The etiological factors, pathophysiology & symptoms of corona disease can be correlated with *Rajyakshma*.

**AIM & OBJECTIVE**

- To understand the post covid symptoms according to *Ayurveda* as well as modern Science.
- To describe the safe & cost-effective *Panchakarma* therapy for post covid patients.

**ANALOGY OF RAJAYKSHAMA WITH POST COVID ILLNESS:**

After acute covid-19 illness recovered Patients may continue with a wide variety of signs & symptoms, which may be prolonged and persistent symptoms. These symptoms can be divided into two categories i.e., common symptoms and less common symptoms. The post covid symptoms are similar to symptoms that are described in *Rajyakshma*. Coronavirus disease may be the result of a faulty dietary regimen that leads to the vitiation of *Tridosha (Vishmashan/ improper dietary habits)*. In *Vishmashan Janya Rajyakshma* <sup>[4]</sup> (*Aupsargik Vyadhi*), due to the *Vishmashan* also the vitiation of *Tridosh* occurs. *Rajyakshma* and coronavirus diseases are *Aupsargik* (contagious) and spread from human to human.



**Table 1:**

Symptoms of Post covid <sup>[5]</sup>	Symptoms of <i>Rajyakshma</i> <sup>[6]</sup>
Rhinitis	<i>Pratishyaya</i>
Cough	<i>Kasa</i>
Excessive expectoration	<i>Chhardi</i>
Low/ Absence/ Altered taste	<i>Arochak</i>

Fever	<i>Jwara</i>
Headache	<i>Shirshool</i>
Hoarseness of voice	<i>Swarbhed/ Swarbhamsh</i>
Congestion of throat	<i>Kanhhoddhvans</i>
Malaise	<i>Angamarda</i>
Pain at the shoulder region	<i>Anshmarda</i>
Difficulty in breath	<i>Shwasa</i>

Improper digestion	Avipaka
Chest pain/ side pain	Parshvashool
Altered Neurocognitive Behavior	Vibhatsa/ Vikrita Darshan

**PROPOSED PANCHAKARMA:** Post covid recovered patients can be posted for the Panchakarma therapy. According to Ayurveda, there will be *Dhatukshya* and *Agnimandya*. To correct the *Dhatukshaya Mridu Shodhan* and *Dhatuposhan Chikitsa* & for the *Agnimandya Deepan, Pachana Chikitsa* is needed.

According to the *Acharya Sushruta* in *Durbal Purush*, if *Mridu Kostha* and movable *Dosha* we can give *Mridu Samshodhana*.<sup>[7]</sup> According to *Acharya Charka*, by *Desh, Kaal and Bala* one must do restricted *Karma* and leave the canonical *Karma*.

1. **Shadangpaniya**<sup>[8]</sup>: (*Musta, Parpatak, Ushir, Chandan, Sugandhbala, Sunthi*)- it is for correcting the metabolism, digestive system and give relief in thirst.
2. **Snehan**<sup>[9]</sup>: *Shaman Snehanpan- Chautarbhaktikam (Ghrita after food) - to cure Sheerschool, Parshvashool, Anshshool, Kasa, Shwas. Ex. Bala Ghrita, Dashmool Ghrita, Jivantyadi Ghrita*
3. **Abhyanga**<sup>[10]</sup>: To help rejuvenation of the body. **Ex. Mishrak Sneha.**
4. **Parisheka**<sup>[11]</sup>: To provide firmness to the tissues. **Ex. Bala, Guduchi, Madhuka Kwatha, Vata Shamak Aushadhi Kwatha)**
5. **Avagahan**<sup>[12]</sup>: To relieve stiffness, pain and swelling. **Ex. Dugdha, Bala, Guduchi, Madhuka Kwatha.**
6. **Udvartan**<sup>[13]</sup>: To remove obstruction of *Srotasa*. **Ex. Shatavari, Punarnava, Bala, Sarshap.**
7. **Shodhnarth Snehapana**<sup>[14]</sup>: To prepare the body for *Shodhan Karma Ex.- Panchkoladi Ghrita, Jivantyadi Ghrita, Rasna Ghrita, Bala Ghrita and Kharjuradi Ghrita.*
8. **Nadi Swedan**<sup>[15]</sup>: To regaining the strength.
  - 1) *Ksheer Dhoom* with *Vatahar Dravya.*
  - 2) *Sneha* with *Kanji.*
9. **Upnah Swedan**<sup>[16]</sup>: To induce sweating and bring *Doshavilayan. Ex. Jivanti, Shatpushpa, Bala, Madhuk, Vacha, Veshawar, Vidari + Chaturstneha.*
10. **Lepa/ Pradeha**<sup>[17]</sup>: (*Shatpushpa, Madhuka, Kooth, Tagar, Chandana + Ghrita*), (*Bala, Rasna, Til, Sarpi, Madhuka, Neelkamal + Ghrita*).
11. **Vamana**<sup>[18]</sup>: *Vamana* procedure done with *Dugdha + Madanphala (Doshadhikya.*
12. **Virechana**<sup>[19]</sup>: *Virechana* procedure done with *Trivrita, Amaltas (Aragvadh), Sharkra + Madhu + Ghrita + Dugdha + Sattu. Virechan with Draksha, Vidari, Kashmiri and Mamsh.*
13. **Yapana Basti**<sup>[20]</sup>: To balance and nurture the *Vata.*
  - 1) **Hrishva Panchamuladi Yapana Basti**<sup>[21]</sup>: *Guda, Sandhava, Ghrita, Taila, Madanphala Kalka, Laghupanchamool Kwatha And Dugdha.*
  - 2) **Baladi Yapna Basti**<sup>[22]</sup>: *Madhu, Saindhava, Ghrita, Kalka {Madhuk-Madanphala}, Kwatha {Balamool, Vidari, Darbhool, Mridvika, Yava + Aja Dugdha}.*
  - 3) **Shaliparnyadi Yapana Basti**<sup>[23]</sup>: *Madu, Saindhava, Ghrita, Kalka {Pippali, Madhuka, Utpal}, Kwatha {Shalparni, Prishparn, Gokshura, Kashmarya, Parushak, Kharjur, Madhuk Pushpa + Aja Dughda.*
14. **Nasya**<sup>[24]</sup>: To clean, purify and strengthen the nasal passage and head. *Pratimarsh- Daily Practice with Anu Taila, Til Taila and Sarshapa Taila.*
  - 1) *Shodhana Nasya.*
  - 2) *Navana- Shodhan- Bala, Vidarigandhadi Gana Siddh Ghrita + Nasya with Saindhav.*
15. **Jalaukavcharan**<sup>[25]</sup>: *Avgadhe Jalaulasyat – To remove impure blood.*
16. **Dhoompana**<sup>[26]</sup>: To remove the stagnant *Kapha.*
  - 1) *Agru*
  - 2) *Haridra, Tejpatra, Erandmool, Laksha, Manshila, Deodaru, Hartal and Jatamanshi*

17. **Kavala** <sup>[27]</sup>: It can be advised in *Mukhvairasya*- Twice a day- *Dalcheeni, Ela, Dhanyka, Mustaka* and *Aamlaka*.
18. **Shirodhara** <sup>[28]</sup>: To enhance the efficiency of the nervous system. **Ex.** (*Bala, Guduchi, Madhuka Kwatha*), *Vata Shamak Aushadhi Kwatha*.

## DISCUSSION AND CONCLUSION

Post-Covid Complications have become a major cause of worry for doctors as well as a patient across the world. Life after covid infection may not be smooth sailing. The information providing in this research paper is useful to the patient and *Panchakarma* therapy will help in saving the patient from long term complications, the physical mental health of the patient will be good, and the patient doesn't have to be admitted to the hospital again.

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