

A REVIEW OF PANCHAKARMA THERAPIES WITH RESPECT TO BALA (IMMUNITY) FOR PREVENTION AND MANAGEMENT OF COVID-19

Vedpathak S¹, Bapat V², Tanwar V³

¹Professor and HOD, PG Department of Panchakarma, NIA, Jaipur, Rajasthan, India

²Panchakarma Vaidya, NIA, Jaipur, Rajasthan, India

³Panchakarma Vaidya, NIA, Jaipur, Rajasthan, India

Corresponding Author: drsuredravedpathak50@gmail.com

<https://doi.org/10.46607/iamj3408112020>

(Published online: November 2020)

Open Access

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Article Received: 31/10/2020 - Peer Reviewed: 06/11/2020 - Accepted for Publication: 08/11/2020



ABSTRACT

Introduction: Worldwide prevalence rate of COVID-19 is increasing day wise, and estimated at 6.6% in the Indian population in August 2020, the curable medicine and immunization for COVID-19 is not available yet. The disease COVID-19 can be compared with *Janapadodhansa Vyadhi* (Epidemic) mentioned in *Ayurveda*. *Panchakarma* therapies are advised in *Janapadodhansa Vyadhi*. Virus is very prominent, and it is the common cause mentioned in both. The *Ayurved* fraternity and people have fear about *Panchakarma* therapies in the COVID-19 era. **Aim:** need of current situation is to find applicability effectiveness of *Panchakarma* therapies. **Methodology:** By critical literary search of Classical Ayurvedic texts, electronic media, PubMed, indexed Journal, Google scholar is carried out and observations were recorded. **Observation and Results:** *Panchakarma* helps to increase *Bala* (Immunity) and improves immunomodulation effect of *Rasayana* (Rejuvenation) medicine. Fever, Headache, Common cold, Cough, Dyspnea, these are common symptoms found in COVID-19 and *Panchakarma* therapies are indicated in the same. **Conclusion:** *Panchakarma* Therapies, are independently advocated for improvement of *Bala* (Immunity) and as a preoperative measure for improving immunomodulation property of *Rasayana* (Rejuvenation) medicines. These principles of *Panchakarma* Therapies can be applied in prevention and treatment of COVID-19 disease.

Keywords *Ayurveda*, *Bala*, COVID-19, *Janapadodhansa*, Immunity, Immunomodulator, *Panchakarma*, *Rasayana*, Rejuvenation.

1. INTRODUCTION

In this era, large number of people are suffering from the disease COVID-19, second serological survey study conducted by Indian Council of Medical Research (ICMR), Delhi, India, showed that, one in 15 people aged 10 years and above were exposed to COVID-19 by August 2020 with prevalence of the infection estimated at 6.6% in the population, adults at 7.1%, urban slums at 15.6%, non-slums and rural areas 4.4% in population¹. CoVs (Corona Virus) are positive-stranded RNA virus with a crown-like appearance (Coronam is the Latin term for crown) due to the presence of spike glycoproteins on the envelope. In 2020 the W.H.O. announced that the disease caused by this new CoV was a 'COVID-19', which is the acronym of 'Coronavirus Disease 2019'. At present no medicine is available to cure and vaccinate for immunization of COVID-19 and it's a well-known fact. We can co-relate the COVID-19 disease with *Janapadodhansa Vyadhi* (Epidemic) described in Ayurveda, because symptoms of both are very similar. Panchakarma are more useful for patients who suffer from such kind of diseases, that they find procedures and death on similar level. In such conditions *Panchavidha Karma* namely *Vamana* (Emesis), *Virechana* (Purgation), *Basti* (Drug enema), *Nasya* (Errhine) and *Raktamokshana* (Blood-letting) said to be beneficial. *Panchakarma* therapies are advised in the treatment of *Janapadodhansa Vyadhi* (Epidemic), seems to be neglected in overwhelming fear of COVID-19 pandemic. If we neglect classical treatment protocol and expect result from *Ayurveda* treatment then it could be the forbidden fruit. Present literary study is aimed to find efficacy of Panchakarma on the basis of *Bala* (immunity) and improving immunomodulation effect of *Rasayana* (Rejuvenation) medicines for prevention and treatment of COVID-19 disease.

2. Methods

Literary study deals with, Step I- To study different aspects of COVID-19 disease and its probable co-relation with *Janapadodhansa Vyadhi* (Epidemic) mentioned in *Ayurveda*.

Step II- To Check literature about Panchakarma Therapies can improves *Bala* (Immunity), as well as its immunomodulation enhancing property of *Rasayana* (Rejuvenation) medicines. With keen evaluation of Classical *Ayurvedic* texts, electronically published and Indexed scientific Journals and printed peer reviewed research articles literary review is conducted, and finally report will be prepared an interpretation and synthesis of outcome.

3. Review Of Covid-19 And Janapadodhansa Vyadhi (Epidemic)

Corona virus is transmitted from human to human in a chain, symptomatic patient is the most source of spreading infection of COVID-19. Due to the possibility of transmission before symptoms, the individuals who remain asymptomatic could transmit the virus, thus isolation is the best way to control this epidemic. Other symptoms are flu, and rhinovirus, it may be transmitting through respiratory droplets particle size is less than 5 to 10 micrometers, from coughing and sneezing. Incubation period is generally within 3 to 5 days and 2 weeks considered longest. Contamination occur in floors, computer mice, and patient's bed, handrails of staircase, door etc. also in air up to 4 meters from patient². Causes of *Janapadodhansa Vyadhi* (Epidemic) mentioned in *Ayurveda* are, however without unnatural season, there is possibility of death of people because of: *Abhishap* (Malediction, Blight) or *Kriya* (magic), Anger of *Rakshasadi* (Demons), or production of disease due to air pollution, or *Visha* (Virus)³, or *Aushdha* (Medicines), or *Pushpagandha* (Smell of flowers), being spread in the region⁴. *Vayu* (Air), *Jala* (Water), *Desha* (Region), and *Kala* (Season) are vitiated due to unnatural seasons, *Shastra Prabhav* (Fighting by weapons), *Rakshogana* (Organism, virus), *Vividha Bhuta Sanghata* (various groups of ghost), *Abhishapa* (malediction, blight)⁵ Rains in *Hemanta Ritu* (pre-winter) considered to be unnatural thing, *Suryasantapa* (Sunrays) perceived during *Sharad Ritu* (autumn) can produce *Pittaprakopa* (exaggerated *Pitta*)⁶ Symptomatology of COVID-19 described as follows: Fever, malaise, dry cough, and dyspnea. This may be present with mild, moderate, or severe illness.

Asymptomatic or Pauci-symptomatic, Mild disease: like non-pneumonia and mild pneumonia, Severe disease: dyspnea, respiratory frequency is greater than or equal 30/min. SpO₂ is less than or equal 93%, PaO₂/FiO₂ ratio or P/F and the percentage of oxygen supplied is less than 300, and /or lung infiltrates less than 50% within 24 to 48 hours. Critical disease: respiratory failure, septic shock, and/or multiple organ dysfunction (MOD) or failure (MOF)⁷ Symptoms of *Janapadodhansa Vyadhi* (Epidemic) in Ayurveda described as: At any given time, people suffer with same symptoms of a single disease⁸. Amongst them some common symptoms are *Kasa* (Cough), *Shwasa* (Dyspnea), *Vamathu* (Vomiting), *Pratishaya* (Common cold), *Shirorug* (Headache) and *Jwara* (Fever)⁹. *Batalika Pitka* (Watery blisters) present on the body parts like *Kakshaya* (Upper and lower extremities), *Urumula* (Origin of the thigh), *Tala of Pani* and *Pada* (Palm and sole), *Kantha* (Throat), *Shrotram* (Ear), *Vasti* (Bladder) and *Hrudaya* (Heart)¹⁰. Pathology of *Janapadodhansa Vyadhi* (Epidemic) described in Ayurveda as per following: At a time people suffered from symptoms of a single disease i.e. *Janapadodhansa Vyadhi* (Epidemic) even if they have different *Prakruti* (Constitution), *Ahara* (Diet), *Deha* (Body), *Bala* (Power), *Satmya* (Addiction), *Mana* (Mind), and *Ayu* (Age). This happens because of *Vikriti* (Vitiation) in *Samanya Bhava* (General causative factors) like *Vayu* (Air), *Jala* (Water), *Desha* (Region), *Kala* (Season). And because of Unnatural *Nakshtra* (Stars), *Grahagana* (Planet), *Chandra* (Moon), *Surya* (Sun), *Vayu* (Wind), *Agni* (Fire), and *Disha* (Side), etc. as well as unnatural *Rutu* (Seasons) affects immediately on properties of the medicines that gets destroyed¹¹. When patient have severe symptoms then deaths occurs in population so *Janapadodhansa* disease is also called as *Janamar*. Mostly it is a *Pitta* and *Shleshma Pradhan* disease, associated with *Vata-shonita*¹². Contamination spreading through: house, bed and sitting site, vehicle, *Mani* (Gem), *Ratna* (Stone), and other contaminated utensils¹³. *Vayu* (Air), *Jala* (Water), *Desha* (Region), *Kala* (Season), *Chitraka* (Plumbago Zeylanica), *Dhanyeshu* (Rice, grains etc.), *Moolaphaleshu* (Ground roots and fruits)

Humans can also suffer from the said *Vyadhi*¹⁴. Treatment of *Janapadodhansa Vyadhi* (Epidemic) stated in Ayurveda as: *Sthanapridyaga* (Shifting residence), treating the said disease we should use uncontaminated medicines and water. For *Kalyana* (Fortunate), it is advised to collect the medicines before *Bhumi* (Soil) gets vitiated due to unnatural *Rutu* (Season), and prepare good quality medicines, such medicines should be used in the patients; considering Ayurvedic properties like *Rasa*, *Virya*, *Vipaka* and *Prabhava*. Good quality medicines can cure the epidemic without any difficulty. Panchakarma are more useful for patients who suffer from such diseases, that they find procedures and death on similar level¹⁵. *Panchakarma* namely *Vamana* (Emesis), *Virechana* (Purgation), *Basti* (Medicated enema), *Nasya* (Errhine), *Raktamokshana* (Bloodletting) and *Rasayana* treatments are most beneficial when administered as per protocol¹⁶

4. Panchakarma Therapies Have Bala (Immunity) Enhancing Potential

Vigor of seven *Dhatus* (*Rasa* to *Shukra*) is known as *Oja*; and *Bala* (Immunity) is another name of *Oja* (Vigor)¹⁷. *Bahudosh Awastha Laxana- Balanash* (immunocompromised state) is mentioned in symptoms of *Bahudoshavastha* in which *Panchakarma* therapy are especially indicated¹⁸. *Panchakarma* therapies increase *Bala* (Immunity) as mentioned in its benefits of performing *Panchakarma* therapies¹⁹. *Laxanas* of *Prakrutistha Purusha* (Signs of normal human health) occurs when cleansing is done through *Panchakarma* therapies²⁰.

5. Understanding Concept Of Mala (Root Causes) With Present Perspective

There are two types of body *Dhatus*, one is *Malabhuta* and another is *Prasadbhuta*, out of these *Malabhuta Dhatus* can produces difficulties in the body, therefore they are known as *Sharirasya Badhakaraha* (Harmful elements) of the body, elements that stick to *Srotas* (eg. *Ama*, undigested food constituents, saturated cholesterol, etc.), differently produced and excreted *Malas* from the eyes, ears, nose, etc. ripened *Dhatu* means *Vranotpattijanya Puya* (Ulcerative pus) of *Rasa* (Plasma), *Rakta* (Blood), *Mansa* (Muscle), *Meda* (*Vasa*

excreted from *Mansa*), *Asthi* (Bone), *Majja* (Bonemarrow), *Shukra* (Semen), decreased or exaggerated *Vata*, *Pitta* and *Kapha Doshas*, (*Vata* means Eerana that fills the gaps and the minute and large pores of the body. *Pitta* means Fluids like gastric juices used for digestion and nutrition, pancreatic juice and blood or much of the substances latent in these fluids are included in *Pitta Dosh*. *Kapha* denotes all fluids and solid parts of the body like saliva, lymph, plasma, fat, mucus membranes, and mucus when they are at their proper places are called as *Kapha Dosh*)²¹. *Kapha* denotes mucus in terms of mucopolysaccharides²². Any other body constitute produced eg. endocrinal, allergic conditions etc. and also, Androgen, T-cells, and Thyroxine are related to *Pitta* (mesomorphic or andrus), *Kapha* (endomorph or thymus), and *Vata* (ectomorph or thyrus), respectively²³, thus all these can be harmful to immune system, or produce disease in the body, therefore they are called as '*Mala*'²⁴.

6. Shodhana (Cleansing) Gives Booster To Immunomodulators Like Rasayana (Rejuvenation)

Cleansing of *Mala* present in the body by administrating *Panchakarma* therapies is essential before *Rasayana* (Rejuvenation) medicines like *Brahmarasayan*, *Amalak rasayan*, *Chawanprash rasayan* and *Vajikarna* (Aphrodisiac) medicines like *Madhuyashti yoga*, *Amalak yoga*, *Vidaryadi yoga* otherwise it does not produce desired immunomodulatory effect, just like painting on a dirty cloth²⁵. *Koshtha* means *Mahasrotas* (Alimentary canal)²⁶, *Koshtha* includes the organs *Amashaya* (Stomach), *Agnyashaya* (Pancreas), *Pakashaya* (Intestine), *Mootrashaya* (Kidneys & Bladder), *Rudhirashaya* (Liver & Spleen), *Hrudaya* (Heart), *Unduk* (Caecum) and *Phuphus* (Lungs)²⁷. Cleansing of *Mala* present in all above organs is achieved by administering *Panchakarma* therapies which further gives booster to immunomodulators like *Rasayana* (Rejuvenation) and *Vajikarna* (Aphrodisiac) medicines. *Srotas* in the body are *Pranavaha* (Air channels) *Udakavaha* (Water channels) *Annavaaha* (Food channels), *Rasavaha* (Essence channel), *Raktavaha* (Blood channels), *Mansavaha* (Muscle channels), *Medovaha* (Fat channels), *Asthivaha* (Bone and cartilage channels),

Majjavaha (Bone marrow channels), *Shukravaha* (Ovum and sperm channels), *Mootravaha* (Urinary channels), *Purishavaha* (Excretory channels), *Svedavaha* (Sweat channels)²⁸, *Artavavaha* (Menstrual channels)²⁹. Cleansing of *Mala* present in all above *Srotas* (Channels) is done by administering *Panchakarma* therapies which is prerequisite for *Vajikarana* (Aphrodisiac) medicines and improved sexual power and *Balapradam* (Immunomodulation). *Rasayana* promotes nutrition by explicitly enriching the nutritional value of *Rasa* by enhancing *Agni*, i.e. digestion, metabolism, and absorption (by *Srotoshodhana*). Consequently, any medication that improves *Rasa*'s consistency would enhance the health of all body tissues.³⁰

7. DISCUSSIONS

Both diseases are identical in nature, *Janapadodhansa* is epidemic, COVID-19 is also epidemic, declared by WHO. Virus is very prominent cause of both disease. *Janapadodhansa Vyadhi* caused due to *Visha* (Virus), and disease COVID-19 caused due to Corona Virus (CoV). Infection of *Visha* (Virus) and CoV transmitted by droplet of coughing and sneezing. Both disease having similar signs and symptoms, *Janapadodhansa Vyadhi* have *Laxanas* (Symptoms) like *Kasa* (Cough), *Shwasa* (Dyspnea), *Vamathu* (Vomiting), *Pratishaya* (Common cold), *Shirorug* (Headache), *Jwara* (Fever) and *Batalika Pitka* (Watery blisters), disease COVID-19 have signs and symptoms like fever, malaise, dry cough, and dyspnea. Contamination occurred in utensils, *Vayu* (Air), *Jala* (Water), *Desha* (Region), *Kala* (Season), medicines and food items etc., are mentioned in *Janapadodhansa Vyadhi* (Epidemic). And floors, computer mice, trash cans, and sickbed, handrails as well as in air up to 4 meters from patients etc., are mentioned in disease COVID-19. Anyone can get infected from this disease, in *Janapadodhansa Vyadhi* (Epidemic) it has been mentioned that, at a time people having different *Prakruti* (constitution), *Ahara* (Diet), *Deha* (Body), *Bala* (Power), *Satmya* (Addiction), *Mana* (Mind), and *Ayu* (Age), suffer from a single type of disease. The same is observed in disease COVID-19, that anyone can get infected, those who come to close with the patient. In the treatments of both disease it has been

mentioned that quarantine of the patient is necessary to avoid further spreading. Panchakarma procedures are more beneficial for patients who suffer from such kind of diseases, that they find procedures and death on similar level. We observed above similarities between COVID-19 and *Janapadodhansa Vyadhi* (Epidemic). Therefore, we can consider Symptomology, Treatment protocol etc. of *Janapadodhansa Vyadhi* (Epidemic) mentioned in Ayurveda for prevention and management of COVID-19. Panchakarma therapies have potency to improve *Oja* (Vigor) and *Bala* (Immunity), cure *Balanasha* (immunocompromised state) and acquiring of *Prakruti Purusha Laksana* (Signs of normal human health), considering this fact we can advocate Panchakarma therapy individually to improve *Bala* (Immunity) in patients of COVID-19. In preoperative measures, *Snehana* (Oleation) and *Swedana* (Sudation) procedures are done to well prepare *Mala* (Root causes) to come out easily from logged places, and then expelled out from the body by *Shodhana* (cleansing) potency of Panchakarma Therapies. Because of detoxification of all organs including *Koshtha*, *Srotas* and whole body, *Agni Vyapara* (Metabolism) gets enhanced, pre-existing diseases get cured, Body homeostasis is obtained and ultimately *Bala* (Immunity) gets improved at this state body is ready for regeneration and this regeneration is achieved by *Rasayana* (Rejuvenation) and *Vajikarna* (Aphoristic) medicines which again possess immunomodulation potency. With this fact we can advocate Panchakarma therapies to improve immunomodulation potency of *Rasayana* (Rejuvenation) medicines in patients of COVID-19. With the above discussion we can conclude that *Prayojan* (Aim) of Ayurveda i.e. to prevent from disease and maintain health of desired and to cure agony of the persons can be achieved by Panchakarma therapies in current scenario of COVID 19 pandemic.

8. CONCLUSIONS

We observed that, *Janapadodhansa Vyadi* (Epidemic) and disease COVID-19 are very similar. *Panchakarma* therapies independently bears immunity enhancing potency and it acts as immunomodulator when used prior to *Rasayana* (Rejuvenation). *Panchakarma* therapies

can be administered independently and as a preoperative measure of *Rasayana* following work place guidelines in the healthy individuals and in asymptomatic or mild symptomatic patients of COVID-19.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Vedpathak S et al: A Review Of Panchakarma Therapies With Respect To Bala (Immunity) For Prevention And Management Of Covid-19. International Ayurvedic Medical Journal {online} 2020 {cited November, 2020} Available from: http://www.iamj.in/posts/images/upload/5168_5173.pdf