



AYURVEDA - A RAY OF HOPE IN VIRAL PANDEMIC OR COVID

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ABSTRACT

India is known for its traditional medicinal systems—Ayurveda, Siddha, and Unani. Medical systems are mentioned even in the ancient Vedas and other scriptures. The Ayurvedic concept appeared and developed between 2500 and 500 BC in India. The literal meaning of Ayurveda is “science of life,” because ancient Indian system of health care focused on views of man and his illness. It has been pointed out that the positive health means metabolically well-balanced human beings. Ayurveda is also called the “science of longevity” because it offers a holistic approach to live healthy and long life. It offers programs to rejuvenate the body through diet and nutrition. It offers treatment methods to cure many common diseases along with newer form of viral pandemics. Despite of worldwide efforts, trials of many drugs and in path of inventing vaccine. The COVID-19 requires an urgent harnessing of all knowledge/system of medicine which can bring proven prophylaxis & therapeutic strategy. Ayurveda can serve the humanity, but it requires a pragmatic plan for intervention in this time of crisis along with immediate implementation. It is pertinent to reiterate that participation of Ayurveda in addressing COVID-19 challenge should be seen as extension of health care services and support to biomedical system.

Keywords: Ayurveda, Biomedical system, COVID-19

INTRODUCTION

We have witnessed one such unanticipated thing in the beginning of 2020, which has turned out to be a

pandemic in no time. Yes, its indeed COVID-19^[1]. This virus swiftly captured every notch and corner of

the world with the invincible countries not being able to find the remedy of this. Many of developed and developing countries are finding it hard to deal with this “Rife”. Government parsimony is being shattered, death tolls are rising in plenty, with the wax and wane happening around the world. Day to day new theories are coming forward with no exact intervention.

According to the WHO a pandemic involves the worldwide spread of new disease, while an epidemic remains limited to one city, region, or country. If an infection becomes widespread in several countries at the same time, it may turn into a pandemic. A new virus strain or subtype that easily transmits between humans can cause a pandemic, bacteria that becomes resistant to antibiotic treatment may also be behind the rapid spread^[2]. In Ayurveda there is concept of epidemics under the term of *Janapadodhwamsa* where it is mentioned that due to either of deranged *Vayu* (air), *Jala* (water), *Desha* (habitat) and *Kala* (seasons), certain type of diseases arise from this which kill the mass of people^[3]. Undoubtedly in the recent years, world is facing different type epidemic outbreak intermittently i.e. Ebola (2014), Zika (2015), MERS (2015), NIPAH (2001), SARS (2003) & most recently Novel Coronavirus.(2019)

The current pandemic has had an unprecedented impact across the globe COVID-19. The disease with family Novel Corona virus which developed a disease known as Severe acute respiratory syndrome (SARS) which belongs to corona virus-2 family also called as SARS COV-2 or COVID-19 disease. Taking a look at its emergence which is from Hubei province of China in 2019 has become a pandemic in March 2020. Despite worldwide efforts to contain it, the pandemic is continuing to spread and requires a clinically proven prophylaxis and therapeutic strategy. The dimensions of pandemic require an urgent harnessing of all knowledge and various systems of medicine available globally^[4] Evidence of role played by Traditional Chinese Medicine cannot be overlooked as TCM was officially included in the guideline of diagnosis & treatment of COVID-19. With a success of TCM managing a communicable pandemic. It is logical &

essential to explore how Ayurveda can help in addressing the COVID-19 challenge.

Materials & Method:

An understanding of COVID-19 epidemiology & pathogenesis as learned through Ayurveda. India, the country with long history & continuous civilisation has its very own Science of life Ayurveda It is a highly contagious viral infection caused by Novel Coronavirus. Transmission of this virus has been ruled out by direct contact and droplet aerosol infection. The symptoms are fever, dry cough, sore throat, tiredness, chest pain, difficulty in breathing etc.^[5] This new disease has neither established treatment nor any vaccination. Modern medical scientists are doing their best to get rid of this pandemic. Prevalent antiviral medicines have been tried on patients, but no satisfactory results are found yet. This is the major concern of the medical scientists. This review Article is an attempt according to Ayurvedic classics towards prevention of infectious diseases such as COVID-19, H₁N₁, SARS, MERS etc. Ayurveda has clearly narrated pandemic diseases under the heading of *Janpadodhwamsa*. The cause varies but the medium through which such pandemics spread are same which humanity has faced in the history of pandemic. The Ayurveda suggests Deranged *Vayu*, *Jala*, *Desh*, *Kala*. According to *Sushrut Samhita* in *Sansargaja Upsargaja* or *Aupsargik Roga*^[6] All falls in this category one more theory of *Aaguntuja Vikara /Krimij Roga/Bhuta Vikara* can be incorporated in this. As per Acharayas many diseases which are not mention by name classics can be treated according to *Dosha-Dushya* & *SamuthanVishesh*.^[7] As per the verse-

“*Vikaranaamakushlona Jvihat Kadachanah, Nahi-Sarvavikaranaam Namtosti DhruvaSthitha.*||”

In COVID -19, if we analyse the sign and symptoms according to Ayurvedic classics which contemplate that *Aagantuj Vikaras* can be transformed into *NijaVikaras*. *Kaphavota Sansargaja Jwara* in the beginning acquires status of full *Sanhipatajjwara*. Undergoing to sign & symptoms of this disease the pathophysiology *Samprapti* can be explained as if *Jwara* of *Pitta* having *Ushna*, *Sneha* & *dravaguna* have a pathological effect on *Kapha* & then this unstable *Kapha* &

Pitta causes *Syandam* & *Shoshan*. If *dosha-dushya* continues to dwell, *dhatupaka* happens which bring *Shawsa* as *Upadrava*. Later these stages if continues can bring *Ojonasha* (state of shock which can lead to mechanical support or *Atyayik Chikitsa*. In this disease the *RogaMarga* is *Abhyantaraas Jwara*, *Swasa*, and *Kasa*, 3 major symptoms belong to this *Marg* (pathways of disease). There is *PranvahSrotodushti* as there is severe respiratory distress, frequent breathlessness, wheezing sound, obstruction in alveoli along with other symptoms, sometimes leading to death. The seat of affliction of this disease is primarily *Uras* (Chest region). In Nutshell COVID-19 can be correlated as *Agantuj Sannipataja Jwara*, which is of *Vata-Kapha* predominance^[8].

This *Jwara* can be classified as being *Agantuj* (external) caused by *Bhoot Abhisanga*^[9] which aggravates all the three *Doshas*. Hence nomenclature as *Sannipata*. The spread and affliction caused by the virus can be understood in Ayurved. According to Ayurveda, *Agantujwara* is to be treated as a *NijaJwara* caused by imbalance of *doshas*.

DISCUSSION

The etiology of this illness is contributed *Vata-Kapha* predominant fever with all the characteristics of *Janpadodhwansavikara*. It is highly contagious disease. The methods by which contagion spread is described in *Sushurta Samhita* under the chapter *pfKusthaNidaanChapter-5*.^[10]

Skin diseases fever, consumption, conjunctivitis and all contagious diseases spread from person to person by indulgence in bodily contact, by coming in contact with another's breath, eating with others in same plate, sharing of bed and seat, through contact with clothes, ornaments and cosmetics.

Interventions: Before starting the intervention, it is very necessary to assess prognosis and advice timely referrals to secondary or tertiary care facilities as per the need of patient. An extra & utmost care should be taken while treating COVID-19 patients suspected to have contracted infection of SARS COV-2. In contrary Ayurveda has enormous potentials to provide/easing& innovative insights.

Preventive Measures: Initially follow hand and respiratory hygiene, with avoidance of touching eyes, nose, face etc. along with social distancing which can be incorporated under *Nidaanparivarjan*.

The second approach is the vastness of *Dincahrya*, *Ritucharya*, indulgence in *Swasthviritta*, *Sadaviritta*^[11] which include personal, social etiquettes and *Achara Rasayanas*. Utmost care of both types of urges, suppressible & non suppressible. As the cause of epidemic is considered as *adharm* which results in *Pragyapradh* which leads to *Janpadodhwans*. Have a look at AYUSH Ministry protocol. Immunity boosting measures, such as intake of warm water which act as a *doshapachan*, practice of various types of *Yogasana*, *Pranayam*, *Kadha*, *Turmericmilk*, *Nasya*, *Gandush*, *Rasayana* drugs which are proposed in *Janpadodhwansadhiyayae*. *Grasayanadravyas* i.e. *Chywanprash*, *Agastyaharitika*, *Amritbhallataka*, *Brahmrasayana*.

Curative Measures: Going through various literatures & studies done, According to *Roga Rogibala*, exposed asymptomatic patients should be intervene with *Sanjeevanivati*, *Sitopaladi*, *TalishadiChurna*, *Yashtimadhu*, *Chitrkadivati* along with *Brahmrasayana*, *Chywanprash* and preventive measures.

With moderate to severe COVID-19 symptoms use of *Pippalirasayana*, *Laghu-Vasantmalati*, *Sanjeevanivati*, *TribhuvanKriti rasa*, *BhritVata Chintamani rasa*, *Mriyunjaya rasa*, *Siddha Makardhwaj* etc. Use *Ushnodak* as *Anupana* in all cases of COVID.

Drug processing Anti-inflammatory, Antiviral properties specially *Tikta Rasa Dravyas* and immunomodulators such as *Guduchi*, *Kaalmegha*, *Yashtimadhu*, *Ashwagandha*, *Tulsi* etc. should be used. Nasal drops of *Anu-Tail* & use of various spices should be incorporated in diet.

CONCLUSION

Ayurveda has enough potential & possibilities to be employed both for prevention & treatment of COVID-19. Thus, will provide an important opportunity for learning & generating credible evidences. With this age-old system of medicine, we are able to create sci-

entific evidence & to present the world community a plan of intervention in time of global crisis.

Treatment protocol must indulge the prakriti, *Adhishthan & Samuthan*. The virulence of any type of viral pandemic has been always inversely proportional to the immunity. Immunity which can be compared as *Bala* in Ayurveda as *Sahaj, Kalaj & Yuktikrut*. The measures which surely increase *Shareerik Bala & Mansik Balas* are immunomodulators. Increase mental health by yoga, meditation and lung capacity by *Pranayam*. Never violate the harmony with the environment and keep doing prayers and *Dai-vavyapashrayachikitsa*.

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