

## **Efficacy of Amalakki Choorna in Asymptomatic Covid Positive Case – A Case Study**

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### **ABSTRACT**

*Immunity plays an important role in prevention of Epidemic and Pandemic diseases. Time immemorial Amalakki has been used for health benefits. It has been elaborated in Ayurvedic texts since thousands of years back. It is a great boon for building good metabolism and protects body from indigestion, acidity, gastritis, anaemia, jaundice etc. This Amalakki helps to maintain good health along with improves circulation by enhancing Rasa dhatu poshana leading to good metabolism restoring elasticity of blood vessels protecting from hypertension as well as dyslipidemia thus providing strength to heart. It also acts as antipyretic. Amalakki is good Rasayana dravya. Covid-19 is considered as an Aoupasargika roga spreading from person to person. Here in this case study Amalakki choorna daily twice for a period of 7 days for a case of Asymptomatic covid-19 case..*

**Keywords-**Covid-19, Amalakki, Epidemic, Rasa dhatu, Rasayana, Pandemic

### **INTRODUCTION**

Coronavirus know as Novel coronavirus also known as Severe Acute respiratory syndrome coronavirus-2 (SARS-COV-2). Amalakki is also a Rasayana drug and balances the tridoshas [1]. Amalakki is also known for its anti-pyretic action [2]. The fruit contains Gallic acid, tannic acid, albumin, cellulose and other minerals. It contains plenty of vitamins C. it contains moisture 81.2%, proteins 0.5%, fats 0.1%, carbohydrates 14.1%, calcium 0.05%, phosphorus 0.02%, iron 1.2 mg and Nicotinic acid 0.2 mg per 100 gram.

A seed contains the stable oil which is 16%. Key Active Constituents Emblicanin A&B, Punigluconin, Pedunculagin, 2-ketogluconolactone (Vitamin-C equivalents). Ellagic acid, Hexahydroxydiphenic acid and conjugates [3].

Coronavirus will be affected to the persons of less immunity. According to Ayurveda it depends on persons Balabala. COVID-19 is considered as Agantujanya Aoupasargika roga, hence spreads from person to person. So, here Amalakki choorna is taken for the management of Asymptomatic Covid positive case. It is Vata, Pitta and Kapha suppressant. It reduces the burning sensation in the body. It helps in providing the essential minerals and vitamins required for good vision and mental development. It helps in strengthening the nervous system.

It helps in improving the condition of digestive system. It stimulates liver for proper secretion of bile juices. It is helpful in supporting heart by fighting its ailments. It is a good aphrodisiac agent and also a good female tonic. It is helpful in skin

related ailments. It also helps in sorting out the urinary problems and diabetes. It is a good general health tonic.

## CASE REPORT

A female patient of age 34 yrs presenting with Asymptomatic covid positive as she got in contact with covid positive person, she came to my OPD.

A treatment plan was framed internal administration of *Amalakki* choorna 3gm with lukewarm water daily morning and evening for a period of 7 days and advised for healthy diet and Pranayama .during these 7days of treatment she had not developed any symptoms and was quiet comfortable with no complains of breathing difficulties, fatigue neither other symptoms. After 15 days again we had investigated she had her negative report towards corona virus. This *Amalakki* choorna played as preventive. As *Amalakki* is very rich in vitamin C it increased the immunity and maintained the oxygen level and had maintained good metabolism.

## DISCUSSION

Ancient Ayurvedic treatise *charaka samhita* explained these epidemic diseases as *Janapadodhwamsa* [4] vikaras spreading from person to person The main etiological factors responsible for any pandemic diseases are contamination of **JALA, VAYU, DESHA** and **KALA** giving rise to infectious diseases which kills mass of people [5]. According to *Susruta*, one of the causative factors for *Jwara* is *Agantu karana* or *Para Hetu* as *Bhutabhishanga*. Jivanu which develop in the atmosphere due to *Adharma* as well as *Mithya Ahara-Vihara* or *Sleshmaja krimi* resulting in malfunctioning of *kaphapradhana tridosha* involving *Rasavaha* and *pranavahasrotas* [6]. Here in this case an attempt is made to see the efficacy of *Amalakki* choorna as a

Immunity booster in prevention of infection of Covid-19 [7]. As in Ayurveda *Amalakki* had been considered as a best *Rasayana* a dravya, hence in this study *Amalakki* had proved to be a best *Rasyana* in prevention of infection of Corona virus *Amalakki* acts as a preventive as it is enriched with Vitamin C.

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## CONCLUSION

According to Ayurveda *Amalakki* is known to be best rasayana ,here in corona virus affected patient *Amalakki* choorna is given which prevented from further infection of virus and maintained the agni of patient. Hence, *Amalakki* choorna proved as a good immunity booster in covid-19 patient. It is concluded that *Amalakki* choorna plays a significant role in prevention of infections during covid-19 in current pandemic. The severities of infections are also reduced.

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