

## **Corona Virus and Approach for Developing Immunity in the Light of Traditional Unani System of Medicine**

**Izharul Hasan\***

*Consultant Unani, Ayush wellness clinic, President estate, New Delhi*

**\*Corresponding Author**

**Email Id:** drizharnium@gmail.com

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### **ABSTRACT**

*Coronavirus illness (COVID-19) is an irresistible infection brought about by a novel Coronavirus (2019-nCoV), as of late authoritatively named severe acute respiratory syndrome Covid 2 (SARS-CoV-2). Covids are an enormous group of infections which may cause sickness in creatures or people. The number of instances of COVID-19 contamination in India is expanding step by step. With the spread in numerous states, general estimates like confinement, social separating, and customary utilization of covers and regular washing of hands are being proliferated. The Government of India has by and by forced a lockdown in the country as a method of forestalling COVID-19 and breaking its chain of spread. The Government is likewise making successful strides for early ID of the contamination and giving satisfactory anticipation and convenient clinical consideration. The goal of this paper is to examine exhaustively the Unani idea, the board, and treatment of pestilences all in all and conceivable administration of current Pandemics of COVID-19, its investigation in the light of traditional literature books in present situation.*

**Keywords:** *Coronavirus, Unani Medicine, COVID-19 Prophylaxis, Supportive Treatment.*

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### **INTRODUCTION**

Covids have a place with the Coronaviridae family in the Nidovirales order. Corona contains crown-like spikes on the infection's external surface; consequently, it has been known as a Covid [1]. The infection spreads the SARS-CoV and Middle East respiratory Covid condition (MERS-CoV) quicker than its two archetypes, however has lower casualty. The new scourge's worldwide impact is as yet hazy. A sum of six species has been distinguished to cause sickness in people [2]. This pandemic is general wellbeing crisis of global concern and testing towards its administration and fix.

In Unani clinical writing there is no any illness having precisely comparable clinical condition to that of COVID-19, yet with the assistance of all encompassing portrayal of these manifestations and their relations with likely explanations it is

endeavored to clarify the Unani clinical viewpoint of this sickness. In Unani Literature idea of irresistible sickness and scourges has been expressed by numerous Unani Scholars [3]. Justifiably, plagues and pandemics are not characterized as independent substances by Unani medication and a typical word 'waba' is utilized for those sicknesses that influence a wide geological district. Unani Physicians underlined in their traditional Unani books under the section of flu about pandemic (Nazla Wabai/Nazla Haar) and plague sicknesses [4].

Unani arrangement of medication has a well depiction of the board and a preventive estimate tranquilizes that are used in numerous irresistible sicknesses, including respiratory contaminations. A portion of these medications have been deductively demonstrated to have explicit antiviral [5] and immunomodulatory [6]

action. The target of this paper is to an outline of Covid-19 and SARS-CoV-2, Unani idea of irresistible and pestilence infections and their preventive measures, and a potential way to deal with the administration of Covid-19 with Unani medication.

## **METHODOLOGY**

The current review paper was set up to investigate the data and conceivable treatment in regards to COVID-19 in Unani System of Medicine. For that reason author search Unani books, contemporary content, ordered articles, search in the web, WHO reports, after that ends have been drawn. The board in Unani Medicine: considering the above-summed up data, Covid-19 indications are firmly taken after with nazla-e-wabaiya as referenced in Unani books [4]. For data on SARS-CoV-2 and Covid-19, we looked through ongoing investigations on an assortment of logical sites, for example, Cochrane Database, Google Scholar, Pubmed, Science Direct, Medline and Ovid web indexes were investigated. The terms, for example, were “SARS-CoV-2”, “Covid-19”, “history”, “prevalence”, “symptoms”, “transmission” and “pandemic”

## **DISCUSSION**

In Unani medication, the wabā' is alluded as a pandemic and is characterized as rotted changes noticeable all around, water, soil or climate which lead to adjustment in the homeostasis of humor subsequently helpful for festering of humor in the body in an enormous populace at a brief period.

The flare-up of an irresistible sickness in a wide geographic space of the world is called wabā' 'umūmī, which is equivalent to the pandemic. The illness is named as marād and amrādi-wabāi is alluded to as pestilence infections [4]. Unani System of medication there isn't just notice about the

scourge infection yet additionally notice the reason, indications, conceivable treatment and preventive measures for the sickness. Since the infection showed up as a pestilence, so it is critical to know the idea of Unani speculations. Because of the air become harmful or tainted it goes to the human body through breath and cause illness. Because of this numerous individuals kicks the bucket step by step. That is the reason we need to follow rules for preventive wellbeing measures and boosting insusceptibility with exceptional reference to respiratory wellbeing and refine the air.

In the USM (Unani System of Medicine) there is numerous preventive measures are examined in the writing by which we can live protected and numerous medicines are there by which treatment is workable for this plague illness. Something to be thankful for is that prudent steps referenced by the MoHFW (Ministry of Health and Family Welfare) are equivalent to referenced in USM. In USM, severance is depicted as a significant job in the administration of plague infection.

A prominent Unani doctor Jalinoos (Galen 129-200 CE) proposed that specific sicknesses brought about by poisons will in general be conveyed by wind and subsequently, do scatter quicker; these enter human body through respiratory course [7].

As per Zakariyya al Razi (Rhazes 854–925 CE), individuals who remain genuinely dynamic and exercise consistently have a lesser powerlessness to scourge illnesses [8]. Razi referenced the insight concerning isolate and he clarified transportation of public should be quit during scourge of plague and furthermore he encouraged individuals to retrain together in swarming places in the event that anybody has infection or pandemic fever [9].

**Coronavirus (COVID-19) and the Flu: Similarities and Differences**

Different viruses cause influenza and COVID-19. However, many factors—

ranging from cause to complications—set the two respiratory illnesses apart.

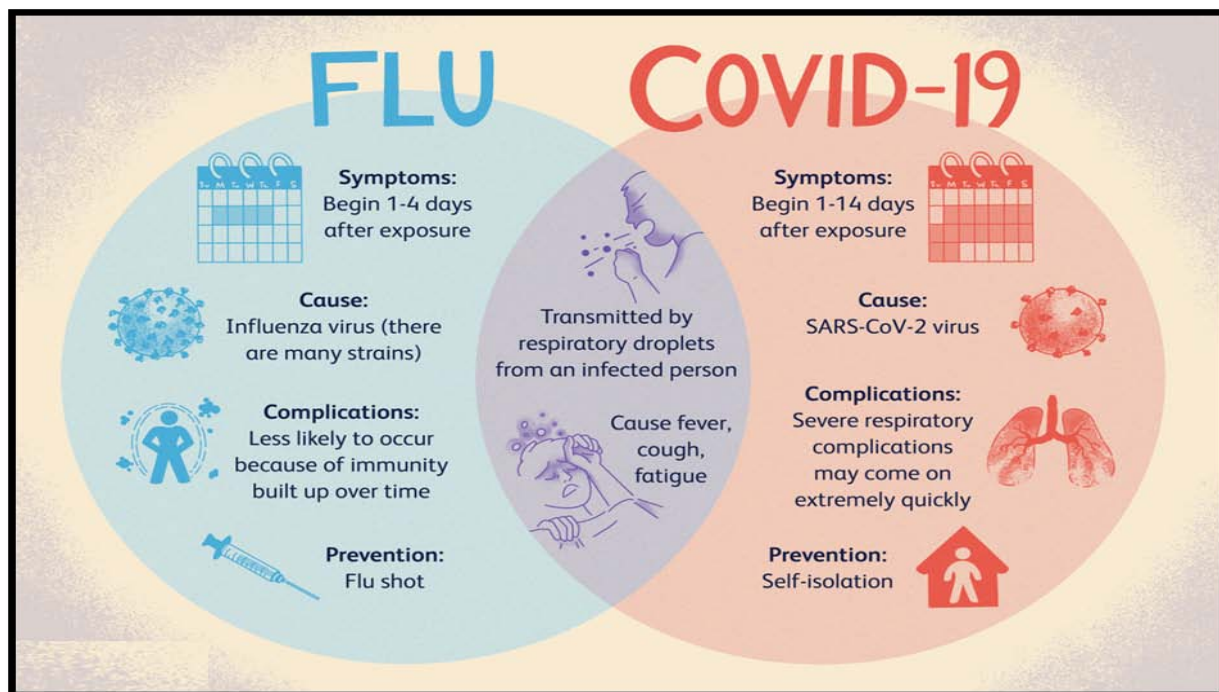


Fig. 1. Coronavirus (COVID-19) and the Flu: Similarities and Differences

**COVID 19 SYMPTOMS**

Individuals with COVID-19 have had a wide scope of - going from gentle side effects to serious disease. Side effects

regularly seem 2 - 14 days after openness to the infection. Here are the absolute most normal side effects in the two grown-ups and youngsters.

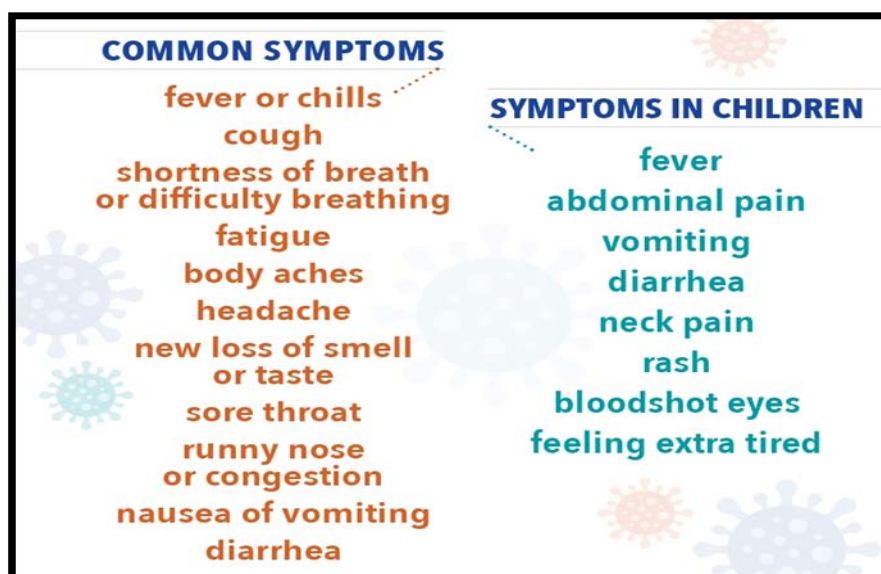


Fig. 2. Covid 19 Symptoms

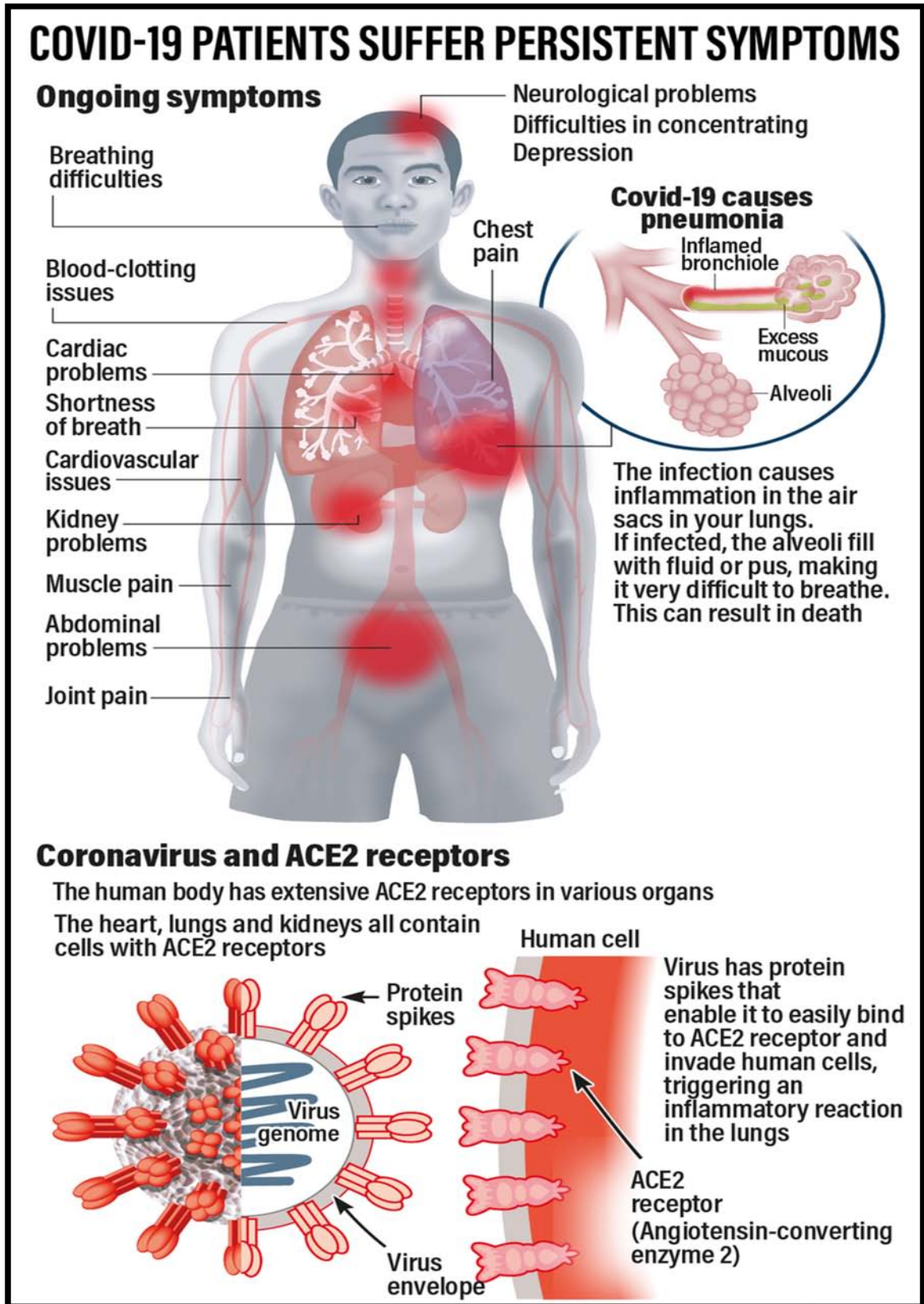
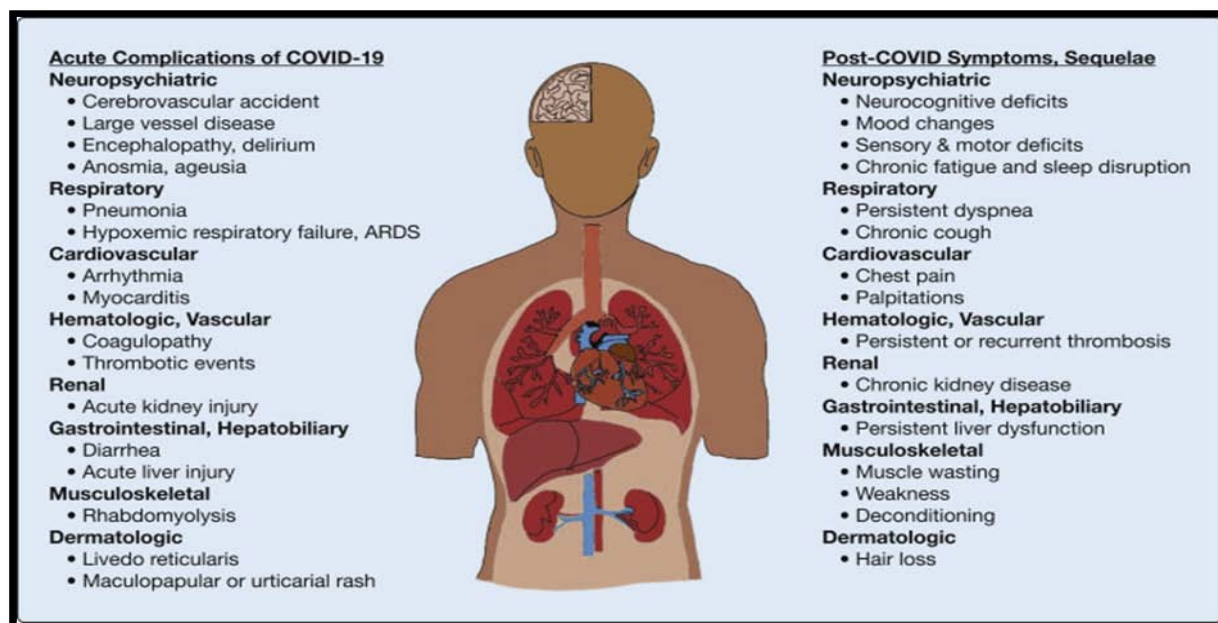


Fig. 3. Persistent symptoms of Covid 19 Patients

## COMPLICATIONS OF COVID 19

Centers for Disease Control and Prevention (CDC) rules distinguish the accompanying danger factors for extreme sickness and inconveniences: more established age, malignancy, COPD, persistent kidney illness, immunocompromised state from strong organ relocate, stoutness, genuine heart

conditions, sickle cell infection, and type 2 diabetes. In spite of the fact that COPD is as of now the solitary aspiratory sickness recognized as a danger factor by the CDC, 18% of contaminated people have persistent lung infection and those with moderate to extreme asthma, cystic fibrosis, pneumonic fibrosis.



*Fig. 4. Complications of Covid 19*

## INVESTIGATION AND DIAGNOSIS OF CORONA

Among a few testing techniques the WHO most suggested test is constant reverse transcription polymerase chain response (rRTPCR) [10]. Here the nasopharyngeal swab or sputum test is taken, and the outcomes are relied upon inside couple of hours to two days [11,12]. Two-sided and fringe ground glass opacities are the most indicative CT discoveries. Consolidation, direct opacities and reverse corona sign are additionally notable radiological discoveries.

## Prophylactic approach through Unani Medicine

The Unani clinical administration of irresistible respiratory infections has been

by and by. Aside from respiratory medical advantages, Unani drugs are having other gainful foundational impacts like cardioprotective, hepatoprotective and nephroprotective, immunomodulatory, antiviral and antibacterial impacts.

Unani researchers have recommended a few single medications just as compound plans for the anticipation and treatment of irresistible sicknesses all in all. They have accentuated more on the utilization of specific medications which are known to improve have invulnerability during the flare-up of scourges, endemics and pandemics. Ismail Jurjani (1041-1136 CE) referenced that utilization of Tiryasq during pestilences fortifies the heart and keeps the body resources solid [13].

**Table 1: Unani Single Drugs**

Unani Name	Botanical Name	Action	Dose	Reference
Behi dana	<i>Cydonia oblonga</i>	Antioxidant, immunomodulator, antiallergic and anti- influenza.	3-5 gm	14,15
Sapistan	<i>Cordia myxa</i>	Immunomodulator, tracheal smooth muscle relaxant, anti-oxidant	9 pcs	16
Unnab	<i>Zizyphus jujuba</i>	Anti-influenza, immunomodulator, antioxidant	5 pcs	14
Karanjwa	<i>Caesalpinia bonducella</i>	Antipyretic, antimicrobial, antiinflammatory, immunomodulator	3 to 5 gm	17
Amaltas	<i>Cassia fistula L</i>	Immunomodulatory, antioxidant	3 to 6 gm	18
Tukhm-eKasoo	<i>Cuscuta reflexa</i>	Anti viral	15 gm	19
Aslassus	<i>Glycyrrhiza glabra</i>	Anti viral	5 to 6 gm	20

**Table-2: Unani Compound Formulations**

Formulation Name	Mode of Use	Dose	ReferenceS
Arq-e-Ajeeb	Inhalation	2 to 3 drops	20
Tiryaq Wabai	Orally as antidote	3 gm twice a day	13
Sharbat Zufa Murrakab	For all the symptoms of influenza	20ml with warm water, every four hours orally	21
Habb-e-Bukhar	For fever	250 mg (pill) twice daily for 6- 12 years of age 500 mg (pill) twice daily for above 12 years of age	22
Khameera Marwareed (Not for Diabetics)	Taken orally as an immunity enhancer	3 to 6 gm	22
Khamira Gaozaban (Not for diabetics)	For all the symptoms of influenza	6 gm two times a day	21
Laoq-e-Katan (Not for Diabetics)	Difficulty In Breathing	5 gm twice daily for 6-12 years of age, 10 gm twice daily for above 12 years of age	22
Tiryaq Arba	Antidote	3 to 6m two times	20,21

### Tiryaq Arba as Prophylactic Medicine Against Epidemics

Tiryaq Arba is a polyherbal Unani in a majoon formulation that contains four natural ingredients, in particular habbul ghar (*Laurus nobilis*), juntiyan romi (*Gentiana lutea*), murr maki (*Commiphora myrrha*), and zarawand taweel (*Aristolochia longa*). The medication has

been utilized as a counteractant against various toxins and as a prophylactic medication previously as well as during pestilences. The constituents have been proposed to go about as hostile to infective, hostile to microbial, and cure against different irresistible specialists during pestilences (waba).

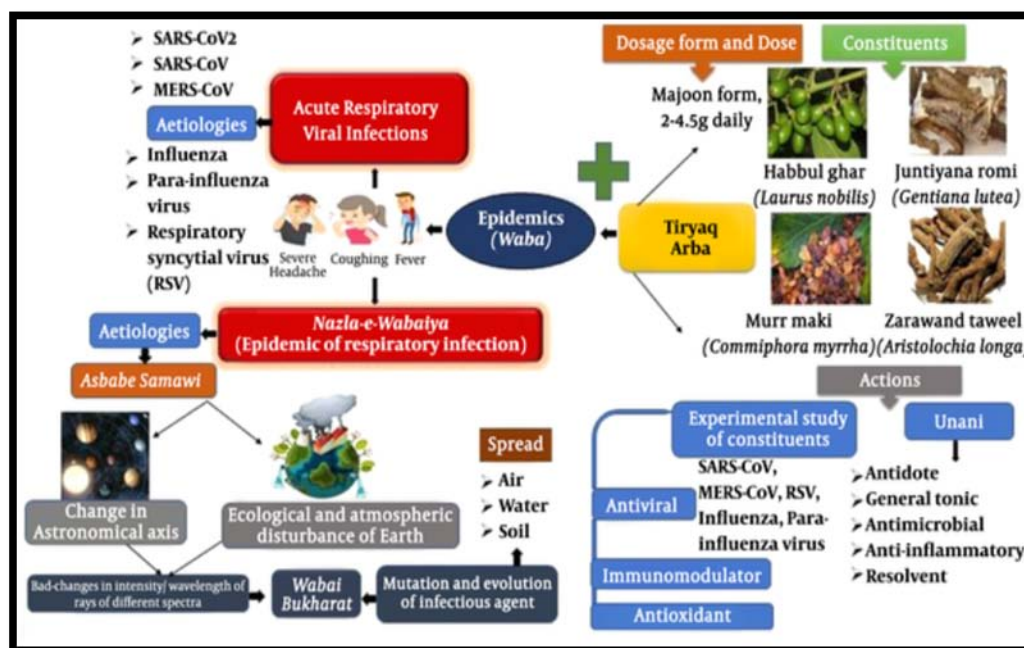


Fig. 5. Tiryaq Arba” Unani Formulation as Prophylactic Medicine Against Epidemics

#### Specific Recommendations [22]

Zanjabeel (*Zingiber officinale*), Gilo (*Tinospora cordifolia*), Aslassus (*Glycyrrhiza glabra*), Khameera Marwareed, Safoof Asgand

#### Symptomatic relief in upper respiratory tract infections [22]

Behi dana (*Cydonia oblonga*), Unnab (*Zizyphus jujuba*), Sapistan (*Cordia myxa*), Karanjwa (*Caesalpinia bonducella*), Habb-e-Surfa, Khamira-e-Banafsha, Laooq-e- Sapistan, Sharbat-e-Sadr, Habb-e-Bukhar, Habb-e- Mubarak, Sharbat-e-Toot Siyah, Laooq-e-Katan, Habb-e-Hindi Zeeqi

#### CONCLUSION

It could be presumed that there is adequate writing accessible dependent on which we may outline the Unani pathology, standards of treatment and utilization of rich fortune of the current natural medications for this illness. Since start of this infection, there is ceaseless movement in understanding pathology dependent on confirmations and discoveries. There is clear possibility of additional progressions in its obsessive thought in future. We are here endeavored to clarify most ideal connection in a more extensive manner. These customary Unani clinical information might be applied for arranging the control, counteraction and the

executives of COVID-19 securely trusting better result whenever rehearsed reasonably as adjuvant with ordinary treatment. Covid pandemic can be just constrained by friendly separating and wearing the cover to keep away from the tainted pressurized canned products. The equivalent is conceivable if individuals are taught through friendly and print media and by giving the fundamental coordinations expected to keep up the individual cleanliness. More over clinically it is seen that invulnerability has a noticeable task to carry out in fighting the Covid indications and for the equivalent immunoboosting spices are suggested for sound wellbeing. According to the exploration led on different spices by Unani and Modern specialists we found different effectives spices portraying the required pharmacotherapeutic impacts (Immunomodulator, Antioxidant, Anti-provocative, Antipyretic, Hepatoprotective, Cardiotonic and Antiviral) which can be misused in the planning of a convention for COVID-19 treatment.

### RECOMMENDATION

It is important to follow these rules of MoHFW and for the preventive measure utilize the Unani medication for treatment. For more precise outcome there is enormous requirement for the examination in those medications which are referenced for the treatment of this infection. Further examination is needed to confirmation these proof based treatment which Unani researchers have advised numerous years prior to deductively research to show the logical treatment.

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