
Covid-19 and Management by Ayurved - A Case Report

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ABSTRACT

Covid-19 is the disease, named by the WHO, It is manifested by the virus, called SARS like virus (severe acute respiratory syndrome corona virus-2) (SARS-CoV-2). Hence, this disease is named as COVID-19. Its first case reported in the China at the place Wuhan city in December 2019. This disease since then spread worldwide till today, leading to an ongoing pandemic. There is actually no medicine is become proven effective for management for this disease till today.

Vaccination also not working enough, it is becoming very horrible health situation, which is seen in present scenario across the Globe, in India, again found it become worsening. As Ayurveda, it is the ancient science & also known as the science of the life. Ayurveda does not only tell about the how, one can cure the diseases it also tells about how someone can be leave healthy without diseases. i.e. the objectives of the Ayurveda are as, “Swasthasya Swasthy Rakshanam, & Aturasya Roga Prashamanam Cha”.

In Ayurveda, there are several medications or concept of management of different disease, among the all medicine few like as Shaman Chikitsa (use of the medicine Ayurvedic formulation), Shodhana Chikitsa (body purification - Panchakarma) & Immunomodulator or immune buster medicine (Rasayana Therapy) which could be really useful in present scenario of pandemic COVID-19. Few of Ayurvedic remedies, used in this case which will be explored over here. Along with this someone must to be maintained the health by eating healthy food habit, adequate exercise as per said in the Ayurved or Must be undergo with some Yoga & breathing exercise appropriately.

Key Words: -COVID-19, pandemic, Ayurveda, Ayurvedic Remedies on COVID-19, Ayurveda and COVID-19, health as per Ayurveda etc.

INTRODUCTION

As Ayurveda, it is the ancient science and also known as the science of the life [1].

Ayurveda does not only tells about the how, one can cure the diseases it also tells about how someone can be leave healthy without diseases. i.e. the objectives of the Ayurveda are as, “Swasthasya Swasthy Rakshanam, and Aturasya Roga Prashamanam Cha” [2].

World Health Organization’s Definition

“Health is a state of complete physical, mental and social well being and it not merely an absence of disease or infirmity”. The world definition of health has been criticized as being too broad. Some argue that health cannot be defined as a state at all but must be seen as a process of continuous adjustment to the changing demands of living and of the changing meanings we give to life [3]. It is dynamic

concept, it helps people live well, work well and enjoy themselves [4].

What Is Health? “As Per Ayurveda” [5]

Wagbhata says about health, so health is defined as pleasant sensation in body and mind *i.e. Sukha Sanghyakam Aarogyam*’.

The health definition is explained by Acharya Sushruta in sutrasthana 15/41;

*“Samadosha Sama Agnisch Sama Dhaatu
Malah Kriyah,
Prasanna Aatmendriyah Manah Swastha
Iti Abhidhiyate”*

It means the equilibrium or homeostasis of not only three Doshas, appropriate functioning of digestive fire, appropriate functioning seven Dhaatus & three Malas, but also there must be pleasant sensation in mental factors like happiness in soul, five sense faculties [6].

Case Report on Covid-19 (Treated By Ayurveda Completely)

The Covid-19 is the disease, named by the WHO, It is manifested by the virus, called SARS like virus (severe acute respiratory syndrome corona virus-2) (SARS-CoV-2). Hence this disease is named as COVID-19. Its first case reported in the China at the place Wuhan city in December 2019. This disease since then spread worldwide till today, leading to an ongoing pandemic [7].

There is actually no medicine is become proven effective for the management of this disease till today. Vaccination also not working enough, it is becoming very horrible health situation which is seen in present scenario across the Globe, in India, again found it become worsening; every person having been scared across the world by this disease [8].

I, Dr Arvind Paikrao, studied PG in Ayurveda at NIA, Jaipur (Rajasthan State).

I had been worked as Assistant professor at SJSACH, Chennai (Tamilnadu State) for more than five years. Presently working as a Associate Professor at GJPIASR, Anand (Gujarat State) since 24th January 2021 till today. I am there in Ayurveda since 20 years (since joined as the student in Ayurveda). COVID-19 is one of the very deadly communicable disease, understood by every on across the Globe. I am sharing my experience with this disease. Actually, I had vaccinated by Covishild. Even I have got vaccinated I have reported positive (with CT value:-33) to RT-PCR test on 17 April 2021. Report was collected from Shree Krushna Hspital Karamsad, Anand. Gujarat State. (Tast no. 38425N) [9-12].

Before going for test, there were symptoms like little body pain, feeling of congestion in nose, loss of appetite with little feverish, laziness’ & slight weakness.

On first day, after test reported positive, there was just itching like symptoms in throat, after few hrs dry cough started on same day with mild fever. I have started medicine by evening of the same day [13-15].

Specific Ayurvedic Formulation [16]

- 1) Chitrakadi Vati (2BD after food)
- 2) Sudarshan Ghanavati (2BD after food), and
- 3) Yastimadhu Powder one gm with one Spoon Honey (frequently).
- 4) Nasal Drops (4drops BD) (Oil is prepared by Mastered oil, Garlic & Azaracta Indica leaves (Nim patra).
- 5) On next day with same medicine, I have added decoction of Ginger, Black Paper, Cumin Seeds, Cinnamon & Jaggery- (TDS).

It was continued all till 22/04/2021. Symptoms were disappearing gradually. There was weakness with small giddiness,

was appearing in middle days. Today on sixth day I was feeling, all right with little weakness. Don't forget about the diet. Light healthy diet along with any fruit a day can be maintained [17].

Again, this same medication continued till 25th April 2021.

On the 24th April 2021, sample again sent for the RTPCR test & reported negative on 25th 2021. Test is carried out at Neuberg Super Tech, Darpan Lab Anand Gujarat State. (Case ID 104001166205).

- 1) After 25th April started with Gokshuradi Guggulu 2BD (After food) at the same time Sudershana Ghanavati & Nasal Drops vomited. Remaining all medicine continued till 15 days, even after getting reported negative to RTPCR test.
- 2) On 15th day after negative RTPCR test I have undergone with sadhya virechana (Immediate purgative therapy) with Murchit Erand tailm (Medicated Caster Oil).

As I was undergoing with Ayurvedic medicine alone, I did not had any paracetamol or any other modern medicine. But at the same time I'm not promising these medicines can be the complete management for COVID-19. More research is required for more clarification on this topic.

DISCUSSION

In present scenario of COVID-19, everyone is understood, there is no specific treatment found till today. Many of people even though would have been vaccinated by any type of vaccine, like Covishild or Covaxin in India or many other, they have reported positive to RTPCR test [18].

The case is discussed over here, it is me only and I have become positive to

RTPCR on 17th April 2021 & turned negative to RTPCR test on 25th April 2021. I have under treatment with the Ayurvedic medicine alone. I did not have had of a single paracetmol tablet even or any other modern medicine.

It is based on Ayurvedic concept, COVID-19, the disease could come under vishmajwara types & many of vishamjwara are fall under the tridoshaja vikarar. It is also could be catacarised under kspaha dominated tridoshaja vikara [19-20]. As per the symptoms the treatment could be variable person to person, which could be depends upon the same concept as like;

- 1) To bring ama down initially by amapachaka, Jwaragna medicine like chitrakadi, sudershsan vati which enhance digestive power etc.
- 2) Second as this disease only attack initially on respiratory system (according to Ayurved ura sthana kaha dominated site) give shodhana nasya (tikshna nasya oil prepared with garlic & nim patra) (shaman nasya will not work good in kapha prokopa at kapha sthana like condition).
- 3) Later there, is chances to have blood clotting, thrombus formation mechanism inside the cardiovascular system to prevents this, kaapha hara property having, that is use of Ginger, Black Paper, Cumin Seeds, Cinnamon & Jaggery is quite effective (this medicine also having potency to reduce further ama & decrease or to bring in normal state, already increased or provoked kapha dosha across the body).
- 4) Again, someone must be look after the function or must be protected the functions of the kidney, gokshuradi guggulu could be effective.
- 5) At the end of the ama, on 12th or 14th day of Jwara (fever) shodhana could be preferred, so, on 15th day after reported

negative, I underwent with Murchita Eranda tailam sadhaya virechana.

- 6) Someone must not forget about diet; Light healthy diet along with any fruit a day can be maintained [21-23].

CONCLUSION

- 1) The Ayurveda, it is the ancient science & also known as the science of the life. Ayurveda does not only tell about the how, one can cure the diseases it also tells about how someone can be leave healthy without diseases. i.e. the objectives of the Ayurveda are as, “*swasthasya swasthy rakshanam, & aturasya roga prashamanam cha*”.
- 2) It is needed to reach all concept of Ayurveda, at the every corner not only of India, but also it must reach across the Globe.
- 3) At, the initial stage of the disease progress, even in this like deadly disease (COVID-19), it could be certainly effective, patient save their life with small price.
- 4) Certainly, it is cost effective treatment, thus helps to balance in the economy of the India.
- 5) Much more research required to bring more clarification on this topic.

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