

**CONCEPT OF COVID—19 IN TERMS OF AGAD TANTRA –A
REVIEW ARTICLE****Sunil Kumar^{1*} and Swatika²**¹Assistant Proffessor, Dept. of Agad Tantra National College of Ayurveda, Barwala.²M.D. Scholar, Dept. of Dravya Guna, Sri Ganganagar College of Ayurvedic Science and Hospital.Article Received on
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Corresponding Author*Dr. Sunil Kumar**Assistant Proffessor, Dept.
of Agad Tantra National
College of Ayurveda,
Barwala.**ABSTRACT**

Everything was going smooth in life for all in terms of pandemic but suddenly Whole world including Indian people are suffering from the disaster of the disease caused by a microorganism Corona virus known to us as SARS COV2. In the beginning of this disease No vaccination and medicine were available the only way rest was only prevention and along with that adopting social distancing as it isa very highly contagious and communicable disease. This lead to us to think about the Indian system of medicine i.e. Ayurveda. In Ayurveda we can find lots of therapies and drugs which improves immunity. The protection mechanism which we got from outside is called as Acquired immunity,

Acquired immunity is the weapon for keeping oneself away from infection. If we look towards Ayurveda concept i.e. Vyadhikshmatva explained in Ayurveda is the similar factor. If we see the concept of Ayurveda we can see that by increasing Bala, Ojus and adopting way of living as directed by Ayurveda augments body protective mechanism that is called as Immunity.^[1] Immunity is defined as the strength to prevent or fight against the disease occurred in body. Rasayana subdivision deals with immunity boosting agents.^[2] Keeping all the concepts in mind a thorough study of literature available in contexts of Ayurveda, as we can see lots of controversial statements claimed by different companies but if we see the contexts of Ayurveda we can find the absolute meanings of the same. Ayush department government of India, published online which said that Ayurveda can help to improve and adopt immunity in a very easy and fast acting manner. Ayurveda is not only the science to cure disease but it also help to stay a strong and disease free life. In Astang Ayurveda Agada

tantra as one of the eight anga's told about how janpadodwamsa occur and the preventive and curative measures for the same.

KEYWORDS: *Agada. janpadodwamsa, Ayurveda, Review.*

AIMS AND OBJECTIVES

To study and collect references in detail, the concept of covid 19 according to Agadtantra.

INTRODUCTION

A lethal virus COVID-19 epidemic has bent a drastic change in a country initially in China later on it increases by it's intensity as well as affecting people in a bunches later on international health difficulty affectation told it as an extraordinary public health emergency. If we see the stats till now the number of deaths and people being infected are increasing daily throughout the world. If we see the condition, It is much more enhancing due to possible upsetting situations because of frequent community peaks and financial factors. Active organization to address this infection is still evolving and efforts are being made to integrate traditional interferences along with ordinary care. Ayurveda and Yoga can certainly play a pivotal role to augment preventive measures provided in the guidelines by Ministry of Health and Family Welfare. The current understanding of COVID-19 indicates that good immune status is vital to prevention and to safeguard from disease progression. If we see the guidelines given by Ayush ministry we should have deep Knowledge from Ayurveda classics and experience from clinical practices. Just look towards the Empirical evidences and Biological plausibility we can see Emerging trends of ongoing clinical studies. The whole world is under fear of a micro-organism called corona virus. The disease called as SARS-COV2. This procedure and its annexure are approved by the Chairman, Interdisciplinary Committee for presence of Ayurveda and Yoga in the management of mild COVID-19 and approved by the authorized committee of the traditionally AYUSH Research and Development Taskforce on COVID-19, both instituted by the Ministry of AYUSH In the launch of 2020 the world is protected (lock down) due to the pandemic of COVID-19. Till now many drugs has been changed and vaccines has developed and people are getting vaccinated but still corona virus is affecting the people and we are getting numbers on inclined peak that is why research is still going on. Initially chloroquine, Antihistaminics, antibiotics (Azithromycin), Vit C, zinc tablets were given to stabilize the patients but for critical patients there was no specific treatment and than plasma therapy came in front as a boon for critical patients. As it is a very highly contagious disease and prevention of the

disease is only by social distancing and isolation of the patient and doing quarantine to other suspects and contacts. As of now also there is no detailed treatment of the disease even in modern science and anticipation by maintaining social distancing is the only way to live for the human beings. Now advisories has been released by ministry of Ayush, Govt. of India for enhancing the body's natural defense system (immunity) to fight against the disease. It mentions that prevention is better than cure that is why even prime minister also promoted to adopt indian system of medicine for general health. As the fight with corona virus is seem to be very lengthy, it is worthy to empower self immunity to keep the disease away. Self defense system means the strength of protecting from transferrable disease. Immunity is defined as the capacity of the body to resist pathogenetic agents. It protects body from fighting antigen comes from outside in body.

DISCUSSION

As we have seen in introduction that the whole world is now facing a new health challenge namely Covid 19 – a pandemic. Even a normal person's life is very much changed due to a small virus that is corona. Being a Ayurveda practitioner we often questioned by the same sentence – is Ayurveda mentioned a disease Covid 19 and its treatment? Always I am very happy and confident to answer this question. Definitely the answer is yes. The science which was established 5000yrs back or even before that, there is no any such disease that haven't mentioned in our Samhita's. It is not directly mentioned with Covid 19 name, but our acharya's explained the term Anuktavyadhi. According to that principles we can treat each and every disease from Ayurveda successfully. Charaka Samhita says we cannot give every sickness with a name, since there are immeasurable diseases, but by seeing hetu (cause of disease), adhishtan (site of disease) and prakriti (built of patient as well as disease) we can treat each and every disease. As per this attitude of agantuja vyadhi we can efficaciously cure such a dramatic disease known as covid 19 according to Ayurveda. For afresh upcoming diseases we have to find out the perfect solutions from samhitas, as it is not straight mentioned. This paper has been carried out to look covid 19 according to Agadtantra principles from Samhitas. Agadtantra is a specialized anga of Ayurveda, which is mainly concerned with Visha (poison). Visha is an any constituent, which is deleterious or directly or indirectly affect human being. Charaka Samhita defines visha as 'Jagat vishannam tam drushtwa ten asu visha sagyitaha'^[3] 'which is perfectly suitable for Corona, as the whole universe is suffering from this deadly disease started initially from china which seems to be artificilly produced by the country in the form of bioweapon.

Ashtanga hridaya mentions very important term as a Visha sankata, which is directly or indirectly applicable for Covid 19 and such type of pandemic. Each and every year the new wave of new contagious disease arise and named with different virus. It is defined as when visha prakruti, visha kala, Visha Anna, Visha dosha, visha dushya etc mix to form visha sankata situation, in which one percent person remain healthy among thousands. Visha prakriti are so similar as the properties of pitta dosha it is seen that corona patients are most of pitta prakriti. And we get the similar symptoms as those of pitta prakruti. Visha kala – Rainy season is considered as visha kala, because as like jiggery spread and liquify in rainy seasons, visha gets melt and spread all over the body due to moisture in atmosphere. Visha anna – Intake of these rasa like katu, lavana, amla rasa increases poisonous conditions. Visha dosha- The diet, atmosphere, life style which causes increase in pitta dosha, ultimately accountable to aggravate the poisonous conditions. Visha dushya – Rakta.^[4] Factors which are responsible to impure the blood causes increase in toxicity in body these are day sleeping, sedentary lifestyle etc. if we look towards the reference in Sushrut kalpastan he gave one important reference, in ancient days for mass destruction in war the army may use vishavayu (Poisonous gas), poisonous water (dooshita jala) or poison may have applied on soil as a bioweapon (dooshita bhoomi similarly as corona virus. The death rate is now very much controlled but due to irresponsible behavior of people the condition got worst in 2nd wave. As if we compare the guna's and dosha of visha and covid we can get this pathogenesis If we see the property of visha i.e. Visha prakriti is Pitta prakriti and in this covid 19 More affected people are of pitta prakriti and it aggravate in Visha kala i.e. Varsha It is seen that in rainy season covid patients found more in numbers. Visha anna which aggravate visha symptoms are Katu, lavana, amla and if we see Properties of this types of food are similar to visha, so more prone for covid Visha as Dosha dushti is seen in Pitta, Whenever increase in pitta dosha patient's condition may get aggravated. Visha Dushya means poison mainly affect blood and causes Rakta dushti that means Impure blood quality may worsen covid 19 disease. And more over if we look towards sign and symptoms of covid 19 we got the reference in Sushrut Samhita, sutrastana ritucharya adhyaya and kalpastana jangam visha vighyaniyam explains the effects of poisonous air as it causes cough, asthma, nausea, vomiting, headache eye irritation etc. which we can compare with similar to covid 19 symptoms. As mentioned in Charaka chikitsastana 23-chapter sleepiness, weakness, burning sensation, edema, and diarrhea are some generalized symptoms seen in Jangam visha (animate poison) which are similar for this deadly disease.

Purvarupa, Rupa- (Signs and Symptoms) in Ayurveda father of surgery i.e. Sushrut in his Samhita has written in sutrastana ritucharya adhyaya and kalpastana jangam visha vighyaniyam told effects of poisonous air when consumed by human beings causes cough, asthma, nausea, vomiting, headache eye irritation etc. which are directly similar to covid 19 symptoms. Also in one more Samhita acharya Charaka chikitsastana 23-chapter told these symptoms as weakness, burning sensation, edema, diarrhea are some general symptoms seen in Jangam visha (animate poison) which are comparable for covid 19 Chikitsa of covid 19 according to Agadtantra – (Treatment principles) The reference from Ashanga hridaya visha chikitsa adhyaya gives useful guidelines for the treatment of poisoning patient, it says patients prakriti, satmya, ritu, adhishtana, vega, bala, abala etc should be keenly observed while treating patients. If we look towards the treatment part which is against the visha gunas that is antidote cow ghee or cow milk. Treatment of covid 19 can be divided into external and internal categories. A) External treatment- a) vishaghna dhoom-For preventive as well as curative purpose external treatment Vishaghna duma mentioned in Charaka Samhita chikitsasthana 23 is very useful for fumigation of patient's room, hospitals and accessories which patients use. b) Vishaghna lepa-It can be applied over skin for prevention as well as treating covid patients with dooshita rakta as well as skin infections. aggravating factors like Overthinking, anxiety, sadness, depression all causes of ojakshaya. And because of Ojakshaya poisonous conditions may get aggravated as Oja gunas are exactly opposite of visha gunas. Hence while treating covid patients Ojovardhaka chikitsa (immunomodulation medicines) will be helpful. Along with these medicines some other measure like dhoopana, dhoti, nooli, kaval gandoosh. Yoga, pranayama, meditations, motivational thoughts, dance like joomba, listening soothing songs etc help to regain and maintain peace of mind.

Internal treatment- If we see the treatment of covid according to agad point of view than while treating chronic conditions of covid, and post covid complications without fever are there, principles of Dooshivisha are effective. Dooshivisha is defined as a cumulative type of any poison which is accumulated in deep tissue and causes metabolic conflicts in the body. If corona virus and its toxins can't totally have irradiated from body, its remnant causes Dooshivisha like symptoms. In these situation according to rugna prakriti, bala, kal panchakarma with purva and paschat karma we can do the procedures. After shodhana karma use of specific Agad kalpas mentioned in charak, sushruta, vagbhatta samhita's such as Dooshivishari Agad, Garavishari Agad, Padmaka Agad, Ksharagada etc.^[4-5] gives dramatic results in covid patients. For the prevention of 3rd wave it is advised to keep maintain social

distancing more. Use of Suvarna kalpas like Mahalaxmi vilas rasa, Suvarna sootshekhar, Swaskaschintamani have drastic results in atyaeik chikitsa (emergency treatment), as suvarna (gold) is very much known as Garavishanashaka (antipoisonous drug).one of the good treatment mentioned as antidote in respiratory disorders caused by the covid is use of tankan bhasm with honey. use of vatsnabh, bhallataka aslso have good results.

CONCLUSION

Covid patients can be treated successfully according to Agadtantra principles, but when we see causes, pathophysiology and signs and symptoms are comparatively observed from Ayurveda perspective. Agadtantra is the special important branch of Ayurveda concerns mainly about Visha (poison), if we see it besides it is neglected branch while treating upcoming new diseases but being agad specialist can work hard and do more researches in same. Hence an attempt has made to do the same.

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