

COVID-19-AN AYURVEDIC PROSPECTIVE-A CASE STUDY**Dr. R. Prasad and Dr. Lakshman G. N.***

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Tamil Nadu, India.**CASE REPORT****Ayurvedic Treatment of COVID-19 In an Out-Patient Set-Up: A case report**

The present outbreak of COVID-19 which began in WUHAN province has become an emergency international concern infecting thousands of people around the world (1). This study reports a COVID positive case treated with only classical Ayurveda formulations in an outpatient facility. The patient recovered symptomatically within short duration of treatment without progression of the disease.

CASE; A Female, 26years old, (MILD)

This is a case report of a 26 years old Female, a housewife, moderately built, treated as an out-patient in Sri Selvam Ayurveda Clinic. The

patient was not a known case of Diabetes Mellitus, Hypertension and any other comorbidities.

Clinical Presentations

The patient on the first day falling ill, had fever of 100°F associated with body pain, cold and tiredness. The patient being strong believer of Ayurveda system of medicine, had consulted at Selvam Ayurveda Clinic. After advise of the Vaidya, the patient underwent RT-PCR Test for COVID-19. The report Showed POSITIVE. The patient advised for self-isolation at home along with below treatment regimen.

Management

The patient has been treated with the following Ayurveda treatment regimen for 7 days.

1. Tablet with the ingredients Godanti Bhasma(gypsum) 50mg + Nilavembu (Andrographis paniculata) 150mg + Amrita (Tinospora Cardifolia) 150mg +Shunti (dry ginger) 150mg; 1 Tab three times a day After Food (7)
 2. Nilavembu (Andrographis Paniculata) Concoction (1 gm in 60 ml of warm water at 6 AM and 6 PM in empty stomach) (4)
 3. Mahasudarshan Tablet (1) + Indukantam Kashayam (10 ml) + Dasamula Katutrayam Kashayam (10 ml) – Three times a day 30 min before food (6,7,8).
- All the above medications were given for 7 days.

Investigations

1. RT-PCR test done in Premier Health Centre (ICMR registration no. PHCCT) on 21/06/2020. Specimen; Naso-pharyngeal/oropharyngeal Swab. Interpretation; POSITIVE for Novel Corona Virus(COVID-19).
2. RT-PCR test done at Anderson Diagnostics and Labs (NABL and ICMR approved Lab) on 23/06/2020

Specimen; Nasopharyngeal swab.

Interpretation; NEGATIVE FOR COVID.

Outcome

The patient was monitored for fever, cold and other symptoms. From the day two, the fever subsided and associated symptoms reduced with improved appetite. The patient was completely asymptomatic from the day 3 onwards. Hence suggested for RT-PCR test. On day 3 the test showed Negative for COVID 19. However, the patient is advised to continue the above medications for 7 days. The patient advised to take light diet like Rice and daal gruel. Patient adhered to the instructions strictly. All the symptoms were resolved within short duration of time without any progression of the disease.

DISCUSSION

As per Ayurveda the present COVID case was treated as Kapha-ulbana Sannipataja jwara^[2] Ayurveda divides the Jwara as Nija(Internal) and Agantuja(External) types due to vitiation of dosha.^[2] This present jwara is considered as Agantuja(external) Jwara, which is due to the virus infection. In Ayurveda epidemics is explained as Janapadodwamsa.^[3] During such breakouts paaneeyam with herbs (Herbal Drink) having proper rasa, guna, veerya, vipakam has to be administered to improve immunity.^[3]

Andrographis paniculata(Kalamegha) is explained in janapadodwamsa. This has Tikta rasam (Bitter taste), Laghu(light), Ruksha(dry) properties, Katu vipakam(pungent). These properties help to melt the Kapha accumulated.^[4]

Godanti Bhasmam^[7] has been indicated in treatment of cough, cold, fever and asthma. It improves strength an immunity, Mahasudarshana churnam is explained in Sannipata Jwara chikitsa and for respiratory infections.^[6]

Indukantam are indicated in fever and abdominal diseases.^[7]

Dasamula katutrayment is said in cough, cold and lung diseases of kapha origin.^[8]

All the above medications are classical formulations explained in classical Ayurveda texts. It can be presumed that, the patient recovered within short duration without progression by taking the above medications.

STRENGTHS

It is evident that, the patient symptoms resolved quickly without any progression in the disease. So it can be presumed that the above ayurvedic medications arrested the progression of COVID 19 infection to its severe form. In this case, the patient recovered in 3 days. This shows that, the duration of the disease is shorter because of Ayurveda medicines. As this is only a single case study, this has to be further studied in large number of patients.

The short duration treatment, shortens the hospital stay in the patients.

Also the Ayurveda diet played a major role in the cure. The patient was advised to take easy to digest foods like soups of rice and dal along with ginger, amla and pepper. This helped to improve the digestion and dosha shaman.

Limitations

We are reporting only a single case study. Hence it is required to study in a large number of patients, before to standardise the treatment protocol for COVID-19 cases.

The patient was treated with the combination of classical Ayurveda formulations. Hence it is difficult to decide which single active ingredient or the formulation, is effective in the treatment.

The medicines were effective in a patient with mild symptoms which recovered within short duration. Hence the same formulations should be studied in severe and critically ill patients.

CONCLUSION

COVID-19, as pandemic holding the world in its cusps. Even the most developed countries like USA, UK and others are struggling to control this pandemic. This is because, the absence of standard treatment protocol in Modern Western Medicine. Therefore, this case report may give an insight of the effective Ayurveda medicines to address this present pandemic. All the symptoms in this case were treated with Ayurveda medicines and diet, without leading into critical condition. This provides an opportunity to demonstrate the efficacy of Ayurveda system of medicines also to test the Indian Ancient Knowledge of Medicine to control this pandemic.

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