

REVIEW ARTICLE ON DASHMOOLADI KWATH & SHATYADI VARGA KASHAYA POLYHERBAL MEDICINE IN COVID – 19 PATIENTS

Dr. Nadeem Parvez^{1*} and Dr. Shweta Mishra²

¹PG Scholar, Department of Panchakarma, Govt. PG Ayurveda College, Varanasi.

²Assist. Professor, Department of Kayachikitsa and Panchakarma, Govt. PG Ayurveda College, Varanasi.

Article Received on
20 April 2021,

Revised on 10 May 2021,
Accepted on 31 May 2021

DOI: 10.20959/wjpr20216-20689

***Corresponding Author**

Dr. Nadeem Parvez

PG Scholar, Department of
Panchakarma, Govt. PG
Ayurveda College, Varanasi.

ABSTRACT

The world is facing a global crisis and health emergency from Pandemic of COVID – 19. SARS-CoV-2, causing a series of acute atypical respiratory disease. The WHO declared this disease as pandemic on 11 March 2020.^[1] As of mid-May 2021 more than 23 million people has been infected from SARS-CoV-2 in India.^[2] It is highly transmissible among humans and causes febrile illness with cough in mild cases which may progress to acute pneumonia causing respiratory distress even may cause death. According to WHO complications leading to death may include respiratory failure, acute respiratory distress syndrome (ARDS), sepsis and septic shock,

thromboembolism, and/or multi-organ failure, including injury of the heart, liver or kidneys. However, the virus can affect any organ in the body. The current prophylactic measures of allopathic stream are still under investigation for their effectiveness. Many Ayurveda drugs are also currently being used as a precautionary measure and to manage moderate to severe condition of Covid Cases. Evidence based medicine like Mahalaxmi vilas rasa, Trilokya chintamani ras, Shwaskasa chintamani rasa, Jayamangal rasa, Sameer pannaga rasa, are used in low spO₂ level. Drugs like Chausath prahari pippali, swarnamalini basant rasa, are being used in post Covid lung fibrosis condition^[3] along with them Dashmooladi Kwath and Shatyadi varga decoction can be used as a poly-herbal medicine in febrile condition, sepsis and respiratory distress. Its major content act as anti- inflammatory which would give relief in pneumonia. Other contents like Shati, Pushkarmool, Kakdakshringi, bharangi, pippali helps in ARDS. Guduchi, bhumyamalaki helps to boost immunity. Patha is a good

detoxifying agent. Kiratatikta and katurohini have good antipyretic properties. Similarly, other contents have many other therapeutic properties which can be used in today's pandemic condition.

INTRODUCTION

Many types of jwara (fever) have been described in Ayurvedic classical texts. According to causative factors jwara is divided in two groups, Nija (internal origin) and Agantuja (external origin).^[4] Nija Jwara occurs due to vitiated doshas and Agantuja jwara occurs due to various external factors like infections, injuries and psychological factors like anger, depression, distress etc.^[5]

Covid-19 is caused by infection of corona disease so it can be correlated with Agantuja Jwara (External Origin) as caused by bhoota abhishangam (viral infestation). Acharya Charaka has mentioned that initially agantuja jwara (External Origin) remains independent which later get involved with vataadi dosha.^[6] Signs and symptoms of sannipata jwara are also manifested in agantuja jwara. Thus, Coronavirus disease can be correlated with Agantuja Sannipata Jwara in which all three doshas gets aggravates. According to Ayurveda, it should be treated as Nija jwara as caused by imbalance of all three doshas.

Common Symptoms of Sama Sannipata Jwara are similar to Covid and Sepsis shock due to SARS CoV-2. Kshane dahe-Kshane sheete (Fever & Hypothermia), Asthi Sandhi Ruja (Arthralgia & Myalgia), Shiro rujah (Headache), Tandra (Fatigue), Moha (Delirium), Kaasa (Cough/URTI/Pneumonia), Shwasa (Shortness of Breath/ARDS), Aruchi (loss of appetite), Srastaangata (Malaise), etc.^[7]

In Yogaratnakara jwara upadrava like Cough, Difficulty in Breathing, Giddiness, Tastelessness, Body-ache, Thirst, vomiting, Diarrhoea, Constipation, Hiccup are mentioned which are also similar to that of covid symptoms.^[8]

It can be said that all later stage complications of Corona Disease are similar to complications of Jwara. It should be treated in initial stage, according to Jwara concept as mentioned in Samhitas. Even its complications can also be managed by miraculous drugs of Ayurveda.

Drug Review

Bhaishajya Ratnavali has mentioned many Kashaya and other yogas in Shwas-Kasa adhyaya to treat kshudra or acute shwasa or jeerna chronic shwasa. Dashmooladi Kashaya has been mentioned in shwasa-kasa adhyaya.^[9]

Main content of this Kashaya is Dashamool, other like Shati (*Hedychium spicatum*), Rasna (*Pluchea lanceolata*), Pippali (*Piper longum*), Vishwa/Shunthi (*Zingiber officinale*), Pushkaramoola (*Inula racemosa*), karkatasringi (*Pistacia integerrima*), Tamlaki/bhumyamalaki (*Phyllanthus niruri*), Bharngi (*Clerodendrum serratum*), Guduchi (*Tinospora cordifolia*), Chitrakamoola (*Plumbago zeylanica*) are used in this yoga.

Dashmoola itself is helpful in management of Shortness of Breath. Dashmoola is used as a medicine for Shwasa and jwara by Bhaishajya Ratnavali.^[10] Acharya Charaka has kept Dashamool in shothahara Mahakashaya (anti-inflammatory).^[11]

In Charaka Samhita jwara chikitsa adhyaya many Kashaya are mentioned for the treatment of different kind of jwara. The Kashaya of Shatyadi varga is used for the management of Sannipata Jwara along with Kasa (Cough), Hrudgraha (cardiac region stiffness), Parshva arti (lateral side pain), Shvasa (Shortness of Breath), and Tandra (Dizziness).^[12]

Content of Shatyadi varga are Shati (*Hedychium spicatum*), Pushkaramoola (*Inula racemosa*), vyagri (*Solanum xanthocarpum*), Duralabha (*Tragia involucrate*), Guduchi (*Tinospora cordifolia*), Nagar/Shunthi (*Zingiber officinale*), Patha (*Cissampelos pareira*), Kiratatiktika (*Swertia chirayita*), Katurohini (*Picrorhiza kurroa*). These herbal plants are constituted to form shatyadi varga.

S.No.	Common Name	Botanical Name	Part Used	Dosha effects	Therapeutic Use
1.	Bilwa	Aegle marmelos	Root	V-K ↓	Diarrhoea, asthma gastritis and adult-onset diabetes, it contains tannins, flavonoids and coumarins chemicals that help reduce inflammation. ^[13]
2.	Agnimantha	Premna mucronata	Root	V-K ↓, Ushna Virya	Anti-inflammatory effect, useful in asthma, especially in vataja jwara and vataja kasa. ^[15]
3.	Gambhari	Gmelina arborea	Root	V-P ↓	Anti-pyretic ¹⁷ , anti-inflammatory. ^[16]
4.	Shyonaka	Oroxylum indicum	Root	V-K ↓	Digestive aid, anti-pyretic, anti-inflammatory, astringent, expectorant, antifungal, antibacterial,

					useful against diarrhoea and dysentery ^[16]
5.	Patala	Steriospermum suaveolens	root	V-K ↓	Diuretic, cardioprotective, anti-inflammatory, hemopoietic property, useful in asthma, difficult breathing, vomiting, hiccups and thirst ^[16]
6.	Brihati	Solanum indicum	Root	V-K ↓	Carminative, expectorant, useful in asthma, cough, fevers, useful in dysuria ⁶ useful in chronic respiratory disorder cardioprotective ^[18,16]
7.	Kantakari	Solanum surattense	Whole plant	V-K ↓	Asthma, cough, bronchospasm, sore throat, constipation, an effective expectorant and diuretic ^[14,16]
8.	Salaparni	Desmodium gangeticum	Root	V-P-K ↓	Astringent, in diarrhoea, tonic, diuretic, fever, cough, vomiting, asthma, dyspnoea, anti-inflammatory, immunity booster ^[14,16]
9.	Prishnaparni	Uraria picta	root	V-P-K ↓	It is useful in cough, dyspnoea, bronchitis It has Anti-inflammatory, expectorant, antipyretic, antiseptic, anti-malarial, antiarrhythmic, anticholinergic properties. ^[16]
10.	Gokshura	Tribulus terrestris	Fruit	V-P ↓	Gokshura is a mild diuretic and inhibits the production of calculi. Gokshura's helpful in maintaining a cardiac health. It contains saponins that may improve the heart function by dilating coronary arteries, thereby boosting circulation to the heart. It also has anti-oxidant properties. ^[14]
11.	Shati	Hedychium spicatum	Rhizome	V-K ↓	It is a good Blood purifier with anti-inflammatory, antipyretic, Cardioprotective, analgesic, properties. ^[16] It is useful in cough, dyspnoea, asthma Eosinophilia, ^[19]
12.	Rasna	Pluchea lanceolata	Leaf	V-K ↓	It can be used as a substitute for senna plant and has antipyretic, analgesic, Cardioprotective properties. It is useful in cough, dyspnoea ^[16]
13.	Pippali	Piper longum	Fruit	V-K ↓	Pippali is a powerful stimulant for both the digestive and the respiratory systems and has showed a rejuvenating effect on lungs. It plays an important role in aiding the thermogenic response, i.e. the release of metabolic heat energy. This effect is the result of increased thyroid hormone level in the body. Pippali increases the bioavailability and enhance absorption of the other active ingredients ^[14]
14.	Shunthi	Zingiber officinale	Rhizome	V-K ↓	To improve digestion and to prevent nausea. Helps bowel movements and Absorption. It prevents gastrointestinal side effects. It is Cardiotonic, relieves swelling, useful in cough, asthma and chronic respiratory disorders. ^[14,15,17]
15.	Pushkarmoola	Inula racemosa		V-K ↓	Useful in fever, Cough, cold, COPD and asthma. It has anti-inflammatory property and has anti-histaminic and broncho-dilatory effect, relieves fat and cholesterol and also has anti-viral and anti-bacterial effects. ^[16,17,18]
16.	Karkatasringi	Pistacia	Leaf	V-K ↓	Useful in fever, chronic respiratory disorders,

		integerrima			asthma, bronchitis, it has expectorant property and also useful in diarrhoea and bleeding disorder. ^[16]
17.	Bhumyamalaki	Phyllanthus niruri	Root, stem & leaf	K-P ↓	Used as a diuretic, in dropsical affections, gonorrhoea and other troubles of the genito-urinary tract stomachic. ¹⁴ Useful in asthma, cough, cold and chronic respiratory disorders, diabetes, liver disorders and bleeding disorders. ^[16,17,18]
18.	Bharngi	Clerodendrum serratum	Root	V-K ↓	Useful in malaria, fever, snakebite, fever, Shortness of breath, indigestion, worm infestation and inflammatory condition. It acts as mucolytic and clear pathway of lungs. ^[15,16,17]
19.	Guduchi	Tinospora cordifolia	Stem	V-P-K ↓	Guduchi is a rich source of natural vitamin C that has now been proved to be effective in inhibiting the growth of bacteria and in building up the immune resistance. In a scientific investigation using human white blood cells, it increased the killing ability of macrophages, the immune cells responsible for fighting invaders. ^[14] It has antipyretic and rejuvenating properties and improves strength. ^[20]
20.	Chitraka	Plumbago zeylanica	Root	V-K ↓	It has anti-inflammatory property. Useful in cough, cold, worm infestation, obesity, hepatomegaly and splenomegaly. It is a good blood purifier. ^[16]
21.	Duralabha	Fagonia cretica	Whole plant	V-P ↓	Useful in respiratory disorder, dry cough, dyspnoea, diarrhoea, vomiting, fever. It improves strength and helpful in diabetes. ^[17]
22.	Patha	Cissampelos pareira	Root	K-P ↓	It is a detoxifying agent. Relieves heart disease, respiratory disease and fever. ^[16]
23.	Kiratatikta	Swertia chirayita	Whole plant	K-P ↓	Bitter, tonic, stomachic, relieves fever laxative. ^[14] Useful in inflammatory condition, asthma, cough cold and liver disorders. ^[15]
24.	Katurohini	Picrorhiza kurroa	Rhizome & root	K-P ↓	Hepatoprotectant ¹⁴ , Cardioprotective, Useful in chronic recurrent fever, dyspnoea, cough, high blood sugar & cholesterol. ^[16,17]

DISCUSSION

As we all are aware of current pandemic situation and modern medical care and health systems are still being tested for the effective management of COVID-19. However, there are several gaps. There is a basic principle in Medical Science that “prevention is better than cure.” Ayurveda also emphasize on prevention of healthy state. It has Rasayana therapy which is effective in immunomodulation and restoration of immune system. Recent studies proved that SARS CoV-2 cause release of inflammatory cytokines in later stage. This cytokine storm results in severe inflammation which cause lung damage and multi-organ

failure. Thus, a balanced condition of cytokines is necessary for a good recovery of Covid patients and reduce mortality. We can reach to this state by immunomodulators and anti-inflammatory properties of herbal medicine. There are many other drugs as discussed above in the table which can have effective role in the management of Covid disease by maintaining a haemostasis in body. Useful part of all drugs should be taken in equal ratio in raw form which should be given in Kashaya (decoction) form to ill patients twice or thrice a day according to patient's condition. It should be given in 20mL to 40mL dosage each time.

CONCLUSION

Dashmooladi Kwath is indicated in Cardiac Disease, Lateral Chest pain, Hiccups, and Dyspnoea in Bhaishajya Ratnavali. Dashmoolaadh ashtadashanga kwath is indicated by yogaratnakara in Sannipata jwara, Dyspnoea, cough, Cardiac disease, lateral chest pain, hiccups and emesis. It also contains similar content. Acharya Charaka has indicated Dashmooladi yavagu in Cough, Dyspnoea and cardiac disease.

Dashmoola is indicated by almost every acharya in Respiratory disorder. It also has anti-inflammatory properties. Shatyadi Kashaya has many herbs that contain anti-pyretic, anti-inflammatory, detoxifying, immunomodulating, cardioprotective, hepatoprotective properties. This poly-herbal medication can be used in Covid Patients for fever, respiratory disease and other complications.

BIBLIOGRAPHY

1. WHO Director-General's opening remarks at the media briefing on COVID19 -March 2020.
2. <https://covid19.who.int/region/searo/country/in>.
3. Guidelines for Ayurveda Practitioners for Covid 19 by Ministry of Ayush.
4. Charaka Samhita of Agnivesha revised by Charaka and Dradhabala with Viddiyotini Hindi Commentary by Pt. Kashinath Shastri and Dr Gorakhnath Chaturvedi part 1, Chaukhambha Prakashan, Varanasi, Edition: Reprint 2015, Jwara Nidana adhyaya shlok, 32 [pg 614].
5. Charaka Samhita of Agnivesha revised by Charaka and Dradhabala with Viddiyotini Hindi Commentary by Pt. Kashinath Shastri and Dr Gorakhnath Chaturvedi part 1, Chaukhambha Prakashan, Varanasi, Edition: Reprint 2015, Jwara Nidana adhyaya shlok, 30 [pg 613].

6. Charaka Samhita of Agnivesha revised by Charaka and Dradhabala with Viddiyotini Hindi Commentary by Pt. Kashinath Shastri and Dr Gorakhnath Chaturvedi part 2, Chaukhambha Prakashan, Varanasi, Edition: Reprint 2015, Jwara chikitsa adhyaya shlok, 128 [pg 127]
7. Mamidi P, Gupta K (2017) Sama Sannipata Jwara- Sepsis, SIRS, MODS, Septic Shock and Delirium. *Int J Complement Alt Med*, 8(2): 00257. DOI: 10.15406/ijcam.2017.08.00257
8. Yogaratnakara with 'Vidyotini' Hindi Commentary by Vaidya Lakshmipati Sastri, Chaukhambha Prakashan, Varanasi, Edition: Reprint, 2018, Purvardha Jwaradhikara adhyaya shlok, 44 [pg194].
9. Bhaishajya Ratnavali of Kaviraj Govind Das Sen Edited with 'Siddhiprada' Hindi commentary by Prof. Siddhi Nandan Mishra, Chaukhamba Surbharati Prakashan, Varanasi, Edition 2019, Hikka-shwasarogadhikara shlok, 25-26 [pg 460].
10. Bhaishajya Ratnavali of Kaviraj Govind Das Sen Edited with 'Siddhiprada' Hindi commentary by Prof. Siddhi Nandan Mishra, Chaukhamba Surbharati Prakashan, Varanasi, Edition 2019, jwaradhikara shlok, 197 [pg 102].
11. Charaka Samhita of Agnivesha revised by Charaka and Dradhabala with Viddiyotini Hindi Commentary by Pt. Kashinath Shastri and Dr Gorakhnath Chaturvedi part 1, Chaukhambha Prakashan, Varanasi, Edition: Reprint 2015, Sutrasthana chap, 4 shlok 38 [pg 91].
12. Charaka Samhita of Agnivesha revised by Charaka and Dradhabala with Viddiyotini Hindi Commentary by Pt. Kashinath Shastri and Dr Gorakhnath Chaturvedi part 2, Chaukhambha Prakashan, Varanasi, Edition: Reprint 2015, Jwara chikitsa adhyaya shlok, 211-212 [pg 151].
13. <https://www.webmd.com/vitamins/ai/ingredientmono-164/bael>.
14. Plants-herbal wealth as a potential source of ayurvedic drugs / *Asian Journal of Traditional Medicines*, 2009; 4(4).
15. Kaydeva Nighantu.
16. Bhavaprakash Nighantu.
17. Dhanvantari Nighantu.
18. Raj Nighantu.
19. PV Sharma.
20. Charaka Samhita of Agnivesha revised by Charaka and Dradhabala with Viddiyotini Hindi Commentary by Pt. Kashinath Shastri and Dr Gorakhnath Chaturvedi part 2,

Chaukhambha Prakashan, Varanasi, Edition: Reprint 2015, Rasayana adhyaya 1-3 shlok 30-31 [pg 39].