

ROLE OF RASMADHAV VATI AS A POTENTIAL PROPHYLAXIS FOR MANAGEMENT OF COVID 19: A COMPREHENSIVE CASE STUDY REPORT

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ABSTRACT

The Covid -19 has so far affected 213 countries and 31 territories around. According to the prevalence report, in India 2.95 Cr confirmed cases of COVID-19 with 3.74 lakh deaths till June 14, 2021. There is great need of an early responsive or preventive treatment for COVID-19. This treatment can be aimed at two- One, to reduced rate of incidence and two, to help to avert progression to more serious illness, especially for patients at high risk of infection, comorbidity etc. This approach will additionally benefit to reduce the burden on healthcare systems. The purpose of the study was to evaluate the Covid 19 incidence rate and reduction in symptoms in 6612 subjects having intervention and its ability to boost immunity against covid-19 and

fight against infection. All subjects received treatment in the dose of 1 tablet twice a day of Rasmadhav Vati for 5 days and the 1 tablet once a day for 15 days. Out of the subject size of 6509, only not a single subjects turned positive for Covid 19 in 6 months span after 20 days treatment of RasMadhav Vati. There was complete resolution of symptoms within 4-5 days in symptomatic and Covid 19 positive patients. Not a single fatality was observed out of 103 Covid 19 patients after taking 20 days of treatment with RasMadhav Vati.

KEYWORDS: COVID-19, Prophylaxis, Ayurveda, RasMadhav Vati.

INTRODUCTION

The Covid -19 has so far affected 213 countries and 31 territories around. According to the prevalence report, in India 3.14 Cr confirmed cases of COVID-19 with 4.21 lakh deaths till July 26, 2021. Despite standard treatment, 10% of the patients' progress to moderate stage out of which 5% deteriorate to severe stage. There is around a 3% mortality rate in Covid -19 patients.

Importance of prophylaxis treatment

There is great need of an early responsive or preventive treatment for COVID-19. This treatment can be aimed at two- One, to reduced rate of incidence and two, to help to avert progression to more serious illness, especially for patients at high risk of infection, comorbidity etc. This approach will additionally benefit to reduce the burden on healthcare systems.^[1]

Ayurveda based intervention can be best implemented for the same. This presents condition required a research-based Ayurveda formulation with high quality which could provide, antiviral, immune-modulatory, and anti-oxidant effect. RasMadhav Vati has emerged to be better immunomodulator and early response intervention on mass level. Therefore, the purpose of the study was to evaluate the Covid 19 incidence rate and reduction in symptoms in 6612 subjects having intervention and its ability to boost immunity against covid-19 and fight against infection.

MATERIALS AND METHODS

Intervention details

The Ras Madhav Vati is an Ayurvedic formulation with potential ingredients which can act as an immunomodulator. Key ingredients of formulation are-

Table 1: Key ingredients of Ras Madhav Vati.

SN	Common name	Botanical name
1.	Trikatu	-
2.	Twak	<i>Cinnamomum verum</i>
3.	Ushir	<i>Vertiveria zizanioides</i>
4.	Vasa	<i>Adhathoda vasica</i>
5.	Gokshur	<i>Tribulus terrestris</i>
6.	Manjishtha	<i>Rubia cordifolia</i>

7.	Musta	<i>Cyperus rotundus</i>
8.	Khadir	<i>Acacia catechu</i>
9.	Patol	<i>Trichosanthes dioica</i>
10.	Haridra	<i>Curcuma longa</i>
11.	Yashti	<i>Glycyrrhiza glabra</i>
12.	Kutaki	<i>Picrorhiza kurroa</i>
13.	Kalmegh	<i>Andrographis paniculata</i>
14.	Ela	<i>Elettaria cardamomum</i>

Treatment schedule

All subjects received treatment in the dose of 1 tablet twice a day of RasMadhav Vati for 5 days and the 1 tablet once a day for 15 days.

Case presentation and methodology

Total 6612 subjects from Pune, Maharashtra were screened clinically and provided RasMadhav Vati as an intervention. The subject's data at baseline symptoms were recorded; rapid antigen test was performed to rule out the existing infection. Periodically each day symptom gradation was checked for symptomatic subjects and the patients were observed for 6 months for incidence of Covid 19.

RESULTS

Demographic details

The subjects from the age group 18-65 were considered in the study. Out of the subject size of 6612, 38% and 62% were females and males respectively. There were 628 subjects with comorbidity. There were 103 subjects from 6612, which were positive on Rapid antigen test (RAT) for Covid 19. Out of 6509 subjects negative on RAT, 652 were showing symptoms like fatigue, cough etc.

Clinical outcomes

Out of the subject size of 6509, only not a single subjects turned positive for Covid 19 in 6 months span after 20 days treatment of RasMadhav Vati. There was complete resolution of symptoms within 4-5 days in symptomatic and Covid 19 positive patients. Not a single fatality was observed out of 103 Covid 19 patients after taking 20 days of treatment with RasMadhav Vati.

DISCUSSION AND CONCLUSIONS

It can be concluded that RasMadhav Vati has preventive role against Covid 19 infection as a mass level option. The mechanism and benefits represented by RasMadhav Vati are due to its key ingredients and quality maintained.

Immunity is the body's natural ability to fight against foreign material and prevent a host from infection. Immunity is a complex phenomenon but broadly works in two layers. First immediate response and last for a short duration which is innate immunity and second is antigen-dependent/specific immunity which lasts for a longer duration also can store memory to fight in case of reinfection.^[2,3]

It is concluded that RasMadhav Vati can develop an innate immune response in subjects to prevent incidence of Covid 19.

Considering this evidence from past experiences and the clinical observations of 6612 subjects it can be concluded that RasMadhav Vati could be a vanguard option as a prophylaxis and also for early recovery, improving symptomatology and overall clinical outcomes in Covid 19.

Surely RasMadhav Vati holds promise to patients and healthcare stakeholders as a safe and efficacious intervention in Covid 19 as prophylaxis and therapeutic as well. Further controlled trials are required for exploring mechanistic outcomes.

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