

## AYURVEDIC APPROACH ON COVID-19 DISEASE AS PATHOLOGY, SYMPTOMS & MANAGEMENT

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### ABSTRACT

World community is facing an unprecedented pandemic of novel corona virus disease (COVID-19) caused by Severe Acute Respiratory Syndrome Corona Virus 2 (SARS-COV-2). Despite worldwide efforts to contain it, the pandemic is continuing to spread. Evolution is continuous process of changes in structural and physiological mechanism in the living being. Microbes/ pathogens can evolve naturally or artificially and become resistant to various medicines. The novel corona virus is such evolved pathogen of corona virus group. Enough strong immunity is needed to prevent or survive from Covid-19 pandemic. *Ayurveda* provides ways for evolving physiological responses to built immunity. In *Ayurveda* Covid-19 can be explained under the terms of *Janapadodhwansh*, *Bhootabhishangaj vikar*, *Kaf prakop*, *Pranavah srotas*, *Rasvaha srotas* and *Ojokshaya*. The main aim of this article is to understand Covid 19 as *ayurvedic* approach and *ayurvedic* ways towards prevention and treatment of this disease.

**KEYWORDS:** *Janapadodhwansh*, *Bhootabhishangaj vikar*, *Sansargaj vikar*, *Kaf prakop*, *Pranavah srotas*, *Rasavah srotas* and *Ojokshaya*.

### INTRODUCTION

*Ayurveda*, which literally means the science of life has best owed the miraculous science upon us of diagnosing the imbalance with in our body, without the use of any instruments

except fingers. Covid-19 disease can be understood by some *ayurvedic* approaches like *Janapadodhwansh*, *Kaf prakop*, *Rasvaha srotas*, *Pranavaha srotas*, *Sansargaj vikar*, *Bhootabhisangaj vikar*. *Ayurveda Rasayana* (rejuvenation) herbs, *Yoga* exercises, *Pranayama* (special breathing exercise), daily regimens and personal hygiene guidelines can be helpful strategies in controlling the spread of Covid-19. Present review was done based on the simple theory of evolution, recent updates regarding prevention of covid-19, *ayurveda* aspect towards infectious disease and *ayurvedic* ways towards prevention of infectious disease with special reference to Covid-19. Person with impaired immunity is more susceptible for Covid-19 and thus immunity is an important factor. *Ayurvedic* ways can be considered for future strategies to avoid pandemic such as Covid-19.

### OBSERVATION

*Srotas* are structures through which something flows inside like- lymphatics in *rasavaha srotas*, blood in *raktavaha srotas*, food in *annavaha srotas* etc. Common symptoms seen in Covid-19 are found in *rasavaha* and *pranavaha sroto dushti*. Both *srotas* are related to lungs and heart directly or indirectly. Effect of Covid-19 is seen on lungs and also on heart. *Kaf sthana* are mainly lungs as per *ayurveda*, and in covid-19 damage in lungs found very commonly. Other symptoms found in covid-19 are described in *kafaj vyadhis* like heaviness, laziness, loss of power or strength, indigestion, secretion of mucous in neck, more stool frequency etc. *Rasayan oshadhi* mainly improves health and strength of a person. *Yoga* and *pranayam* also helps to improve lungs functioning and provide them strength.

### DISCUSSION

Covid-19 is a pandemic disease having origin in China. The pandemic diseases are termed as *Janapadodhwansh* and infectious diseases are termed as *Bhootabhisangaj vikar* and *Sansargaj vikar*. It's a disease affecting *Rasavaha* and *Pranavaha srotas* and so management includes mainly *Rasavaha* and *Pranavah srotaschikitsa* and symptomatic treatment also.

1) *Janapadodhwansh*<sup>[1]</sup> Pandemic diseases are described under *Janapadodhwansh* in *ayurveda shashtra*, which affects a large amount of people living in same community or different, having same *Prakriti* or different, having same dietary habits or different, having same native place or different but one thing seems common that is they suffer from same type of disease showing same symptoms. Covid-19 is also such type of disease affecting a very large amount of people living in different country, states and cities, having different dietary habits, having different *Prakritis*, having different religion but suffering from same kind of

diseases.

2) *Bhootabhishangaj vikar*- Diseases which spread through small organisms like bacteria, virus and fungus etc. Covid-19 is also a *Bhootabhishangaj vikar* as it spreadsthrough virus.

3) *Sansargaj Vikar*- Contagious/ infectious/ transmissible disease comes under *Sansargaj vikar* in *ayurveda*. Covid-19 is also spreading from one person to others, so it's also a *Sansargaj vikar*.

4) *Kaf prakop*<sup>[2]</sup>- *Ayurveda* is based on *Tridosh* principle *Vata*, *Pitta* and *Kafa*. Among these three types of *dosha* there is elevation of *Kafa dosha* mainly along with *Pitta* and *Vata* in subdominant stage. Main site of *Kafa dosha* is said in *Urah sthan*, which means chest region. So this disease shows symptoms of respiratory system (like pneumonia, upper respiratory tract infection, lower respiratory tract infection) along with fever and cough.

5) *Pranavah srotas*<sup>[3]</sup>- The conducting system of *Prana vayu* (oxygen) is called *Pranavaha srotas* and we called is respiratory system in common language. The symptoms of *Pranavaha sroto dusti* described are-

- 1] Increase in respiratory rate
- 2] Dysnoea (difficulty in normal beathing)
- 3] Repeatedly little by little breath with sound and pain Which shows similarity with Covid-19 symptoms.

6) *Rasavaha srotas*<sup>[4]</sup> The origin place of *Rasavaha srotas* and *Pranavaha srotas* are same in *ayurveda shashtra*. The symptoms of *rasavaha sroto dushti* are described as-

- 1) Loss of interest in food
- 2) Anorexia
- 3) Change of taste in mouth
- 4) Loss of taste
- 5) Nausea
- 6) Heaviness
- 7) Laziness
- 8) Bodyache
- 9) Fever
- 10) Darkness in front of eyes
- 11) Anaemia
- 12) Obstruction in channels
- 13) Impotency
- 14) Fatigue of muscles

- 15) Emaciation of body parts
- 16) Digestive impairment
- 17) Wrinkles on all over the body
- 18) Greying of hair

7) *Rasa dushti*<sup>[5]</sup>- In *Ayurveda Ras Dhatu Dushti* is described termed as *Dushta RasajRog* which shows similarity with Covid-19 symptoms such as-

- Tastelessness Heaviness in body Nausea
- Anorexia
- Loss of appetite Bodyache
- Weight loss Indigestion

8) *Ojokshaya*<sup>[6]</sup>- In patients of Covid-19 low immunity is found resulting in weakness and less response for medicines. Due to that reason patients have more chances for other infections (bacterial or viral). These days we can see the post covid-19 patients suffering from mucormycosis (black fungus) which is a fungal infection spreading through mucor named fungus. Persons suffering from low immunity are more susceptible for Covid -19 and other infections also. *Ojokshaya* term is used for low immunity. *Oja* term is used for immunity related substance in ayurveda which form during fetal life and its place is said in heart.

9) *Samprapti* (Pathology)- Infection from a suffering person

Vat prakop, kaph prakop

Pranavaha srotas, rasvaha srotas dushti Kasa, swasa, jwara etc symptoms.

10) Management- Management of Covid-19 in *ayurveda* can be done by following methods-

a) Preventive methods-

- 1) *Ushna jala* (warm water)
- 2) *Dinacharya* (daily routine)
- 3) *Ritucharya* (monthly routine)
- 4) *Sadvrutta*
- 5) *Bhayamukta* (boldness/ courage)
- 6) *Swachchata* (hygiene)

b) Treatment- Treatment should be done according to ayurveda are

a) *Rasavaha srotas chikitsa*

b) *Pranavaha srotas chikitsa*

c) *Jwara chikitsa*

c) Medicine-

a) *Ekal oshadhi* (single drug) -like *Giloy, Ashwagandha, Tulsi, Abhrak bhasma, Godanti bhasma* to treat disease and boost immunity.

b) *Yoga oshadhi* (compound drug) -like *Sanshamni vati, Maha sudarshan kwath, Jwarhar kashay, Tribhuvan kirti ras, Coronil* etc.

c) *Ras oshadhi* (drug manufactured from mercury/ sulphur etc)- *Swarna vasant multi ras, Swas kuthar ras* etc.

d) *Panchakarma*- like *Vaman, Virechana, basti, Nasya, Raktamokshan*. These procedures help to purify the body with the help of *ayurvedic* medicated drugs.

e) *Yoga*- like *Vajrasana, Bhujangasana, Shlabhashan, Makarasana* and *Pranayama, Bhramari, Kapalbhathi* etc help to increase vital capacity of lungs and improves its functioning which can be beneficial in this pandemic time.

## CONCLUSION

We have to prevent the diseases and reduce the disease burden of the country which is not at all possible without adopting *ayurveda* life style and *ayurveda* principles of treatments which don't harm the host and achieve cure instead of only control. Modern medicine only good to manage emergencies but current pandemic failed all the advanced technologies. *Ayurveda* management is showing a definite positive impact in the management of COVID 19 patients from mild to severe. Immunity boosting, relief in symptoms and cure by achieving *Tridosha* balances are the main goals of *Ayurveda* treatment. So *Ayurveda* should be the main medicine (for health protection, promotion and disease treatment) and allopathy should be used as emergency medicine.

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