

**TAMAKSHWAS SYMPTOMS IN THE DIAGNOSIS OF COVID19 IN
MODERN MEDICINE AND IN THE CONTEXT OF AYURVEDA****Dr. Monali Waghchaure^{1*} and Dr. Minal Vaidya²**

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ABSTRACT

This article explores COVID-19's origins, transmission, and devastating effects on global health and economies. In light of biomedicine's advances in symptomatic treatment, critical care, and vaccine development, the paper emphasizes the need for a systemic approach that incorporates traditional systems of medicine like Ayurveda, Yoga, Naturopathy, Unani, Siddha, Sowa-Rigpa, and Homoeopathy (AYUSH) to strengthen the host defense mechanism for prophylaxis and prevention.^[1] Mode of action details the virus's replication, hyperactive immune response, and pulmonary edema. By infiltrating cells, replicating, and activating the immune system, COVID-19 can cause respiratory failure and death. The Ayurveda and COVID-19 discussion emphasizes the importance of place, time, water, air, and nature in understanding epidemics. The article also discusses dosha vitiation and COVID-19 treatment based on symptom

severity in Ayurveda. The Ayurvedic concept of Tamaka Shwasa is linked to COVID-19 symptoms, and treatment strategies are based on the dominant doshas. In conclusion, the paper proposes combining modern science and Ayurveda to understand COVID-19. Combining the strengths of both approaches can create a comprehensive and effective global health crisis management, prevention, and treatment strategy.

INTRODUCTION

Viruses and related diseases have always been a focus in science, agriculture, and medicine.

Measles, poliomyelitis, rabies, and yellow fever are now extremely rare. Vaccination and other public health measures contribute to this. However, new viruses emerge frequently, wreaking havoc on both individuals and society. Coronaviruses (CoVs) are RNA viruses that can infect mammals, including humans. The term "zoonotic virus" refers to a virus that can be transmitted from animal to human. It is known as "spillover" when a virus that is already prevalent in the animal population spreads to infect humans. It is believed that the Covid 2019 or Corona virus originated in bats and was transmitted to humans, possibly via pangolins as an intermediate host. CoVs cause mild to moderate upper respiratory infections that last a few days and can be deadly. The novel coronavirus (n-CoV-2) that caused a December 2019 outbreak in Wuhan, China, was known as COVID-19. The most common COVID-19 symptoms include fever, cough, body aches, and myalgia. Diarrhea and nausea may precede fever, and severe alveolar damage can result in respiratory failure. Disease progression can lead to organ failure and death. The COVID-19 pandemic has disrupted global health systems and economies.^[2]

Research into COVID-19 treatments is currently underway. On January 30, 2020, a Wuhan student reported COVID-19 infiltration into India. In February 2020, two more cases were reported. There was an increase between March and April 2020. During the first COVID-19 outbreak, the Indian government implemented travel restrictions, community surveillance, institutional quarantine, hotspot or containment zone identification, and strict lockdown to flatten the case growth trajectory curve.^[4] A second, more severe wave of the pandemic began in April 2021.^[3] On May 4, 2021, India reported 20.2 million cases. Massive vaccination and SARS-CoV-2 reduction are the two-pronged strategy for containing the second wave. Though biomedicine has dramatically aided in SARS-CoV-2^[5] symptomatic treatment and critical care, the systemic approach of Ayurveda, Yoga, Naturopathy, Unani, Siddha, Sowa-Rigpa, and Homoeopathy (AYUSH) systems to strengthen the host defence mechanism for possible prophylaxis and prevention may be critical.

MODE OF ACTION

The virus's envelope contains both a genetic core and a protein spike. Viruses seek cells that are compatible with them. They locate the proper receptor and enter the cell replication machinery to replicate themselves. According to research, COVID-19 has the same lung and small intestine receptors as SARS.^[6] If we touch our mouths with infected hands, sneeze or mucus droplets from infected people enter our bodies via the nose or buccal cavities. The

virus enters the alimentary canal through the trachea, but stomach acid kills it. Few children get infected through the alimentary canal. The virus then enters the trachea and lungs. The virus develops in three stages.

1. Virus Replication
2. The immune system is hyperactive
3. Pulmonary edema.

Because the alveolar epithelium is similar to that of the small intestine, anal infections occur. ovid cells infiltrate ciliar cells and start to replicate, infect, and multiply. Infections typically confine the immune system's inflammatory process to the infected area. COVID-19's immune system overreacts as a result of its rapid replication, causing tissue injury and inflammation.

Inflammation makes alveoli more permeable, allowing fluid to enter the lungs and reducing oxygenation. Breathing becomes difficult as the lungs fill with fluid. It causes more cell death, clogging the lungs and exacerbating pneumonia. Respiratory failure occurs as lung damage progresses, leading to permanent damage or death. Overreaction in the immune system disrupts cytokines. Cytokines alert immune cells to the presence of infection. Cytokine storms are the result of overproduction. When the virus SARS-COV-2 enters the body, it causes localized inflammation in the lungs. Excess or uncontrolled cytokines activate more immune cells in some patients, resulting in hyperinflammation. Cytokine storms, which indicate brain and nervous system dysfunction, are common side effects of COVID-19, flu, and other respiratory diseases caused by Corona viruses such as SARS and MERS, as well as non-infectious diseases such as multiple sclerosis and pancreatitis. Cytokines regulate immunity through autocrine, paracrine, and endocrine signalling. Immune cells like macrophages, b lymphocytes, t lymphocytes, and mast cells, as well as endothelial cells, fibroblasts, and other stromal cells, produce cytokines. Cytokine storms could explain why some people have severe Coronavirus reactions while others have only minor symptoms.

Ayurveda And COVID 19

When treating a patient in CHARAK SAMHITA, we consider ten factors (Dash Vidh Pareeksha), which include place (desh), time (kaal), water (jal), air (vayu), and nature.^[3]

According to ACHARAYA ATREYA's CHARAK SAMHITA VIMAN STHAN (Chapter 3, Page 692 JANPADODHAMASA ADHYAA), solar eclipses, moon eclipses, fire on earth or in forests, and seasonal changes all predict epidemics. Today, the earth, water, air, and the

entire environment are polluted and unable to provide us with the nutrition and healthy environment we require. ACHARAYA ATREYA responds to Agnivesha's question by stating that air, water, and earth pollution can affect people of all prakritis, diets, and ages. Ecology knows no bounds; the air we breathe, the water we drink, and the earth that produces grains, fruits, and everything else are polluted. Smoke from factories and airplanes pollutes the environment.

Today, electromagnetic pollution is the most dangerous. Electronic devices produce oscillations and heat, increasing air (VATA) and fire (PITTA) elements in the atmosphere while depleting water (KAPHA). When moisture levels drop, the universe extracts water from the environment, including human bodies. Vata and Pitta's vacuum and heat attract rain to replenish moisture, causing seasons to shift and unwelcome rains.^[7] The changes elevated CORONA to the status of pandemic rather than epidemic. Corona viral infection was an Agantuj vyadhi (accidental) that spread across the universe in two months. It also implies that the universe aids in the spread of the virus.^[8] Lord Atreya ji defended every line in Charak Samhita. We have patients in all countries, even those with extreme cold, extreme heat, or a medium climate.

The corona structure has a lipid membrane layer, indicating that it can live in a polluted world but requires affection in a dry and selfish world. It chose the AVLAMBHAK KAPHA to attach to (the lungs). The lungs contain Kapha. Corona virus attacked all kapha locations in the body because vata, pitta, prakop, and kapaha shrinkage compromised them. The virus also attached to CILIATED CELLS rather than MUCUS PRODUCING GOBLET CELLS (vata site, responsible for alveolar movements, contractions, and relaxation). Ciliated cells do two things: relax to allow more oxygen in and agree to cough up infected cells or mucus. This opposes the corona, which invades the site.

Corona And Tamak Shwas

Corona's primary symptoms are caused by Tamaka Shwasa. Breathing difficulties, or dyspnea, are the most typical YAPYA ROGA symptom. After CHINN SWASA and eventually incurable MAHA SHWASA ROGA, the symptoms get worse. Treatment options for corona infections differ depending on how severe the symptoms are.

The Charak Samhita (Chikitsa sthan) states that Acharya addressed dosha in various proportions.

1. **Chikitsa Vata-Kaphanashak:** Vata Kaphanashaka Chikitsa is helpful when both Vata and Kapha are similarly vitiated.
2. **Vata Karak & Kaphanashak Chikitsa:** This remedy works when Kapha prevents Vayu from flowing.
3. **Kaphakarak & Vatanashak Chikitsa:** In cases of corona infection, this is true. Symptoms like a dry cough indicate the presence of Corona infection when the kapha dosha is low. It is believed that the "Anilapaham" Chikitsa is better. Brihan Chikitsa has been mentioned in Shwasa Roga. Udavarta, indigestion, suppressing cravings, dust-borne infections, and other factors are the causes of Shwasha Roga. Chakrapani says that Tamaka Shwasa also has vitiated Pitta, which results in the symptoms mentioned above. It demonstrates the body's depletion of kapha.^[8]

Lung infection caused by corona. Nidana Panchaka is caused by corona infection: Nidana (reasons) can be divided into two groups.

- a. **External Factors (Bahya Nidana):** Errors in the sense organs can result in negative factors.

Asatmendriyarthasanyoga: Pollens that were primarily detected by the nose (Ghranendriya) can enter our bodies through our contaminated hands (Sparsanendriya), land on our tongue (Rasanendriya), and eventually cause Shwasa roga.^[9]

The virus in Corona enters the trachea and lungs through the mouth, tongue, hands, and nose (Astmyaindriyarthasanyoga of Gandhindriya, Rasanendriya, and Sparsanendriya). Neglect, a loss of social distance, and crowded areas are additional outside variables.^[10]

- b. **Internal Factors (Abhyantara Nidanas):** The primary Doshas that cause Shwasa are Kapha and Vata. Both vata and kapha are involved in CORONA infection; however, VATA is exacerbated and KAPHA is drained and contaminated. PITTA reduces muscle mass and helps Vata dry out Kapha.^[11]

Chronic corona infections are more common in the elderly and in those with weakened immune systems, such as those with diabetes, anemia, arthritis, or neuropathy.

OVERVIEW

Using Ayurveda and traditional medicine as a foundation for further research could help shorten the time needed for drug discovery in the future, in preparation for pandemics like COVID-19. In order to translate traditional knowledge into newer, safer, more affordable, and more effective therapies, a coalition of Ayurveda and other traditional medicine, modern medicine, and basic biology can provide a platform for a real discovery engine. These methods are desperately needed, and the fullest possible use of medicinal herbs must be made while integrating the foundations of traditional medicine through an Ayurvedic biology approach.

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