

**A CONCEPTUAL STUDY ON UNDERSTANDING COVID-19 -  
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**ABSTRACT**

Covid -19 is a infectious disease declared as Pandemic by WHO in March 2020, caused by Novel Corona virus also called as SARS COV-2, In Ayurvedic Samhitas there is a concept called “Janapadodhwansa” or “Maraka” with the help of these concept one can understand all epidemics or pandemics from modern science. Adharma (unrighteousness), Asatakarma purvakrutam (Present life sins and past life misdeeds), Pradnyaparadha (Intellectual error) are the root causes for vitiation of Vayu, Jala, desh, Kala which are Common etiological factors for epidemics have been mentioned in Samhitas, three avasthas of Sannipatik Jwara have been mentioned which can be related to Covid-19. For its Treatment Preventive and Curative measures have been mentioned, Ahara, Dincharya, Nidra, Achara rasayana, Sthanparityag, Home- dhoop sevan, niyam have been mentioned in Preventive measures and for Curative measures Langhana (Fasting or light food), Langhanapachan (Fasting/ light food along with digestive medicines) and Doshavsechan (Removal of vitiated doshas from body) have been mentioned.

**KEYWORDS:** Covid -19 Pandemic, Janapadodhwansa, Maraka.

**INTRODUCTION**

In Ayurveda Health is defined as an Equilibrium state of Doshas, Agni, Dhatus, malas and pleasant mind, soul and senses. Any imbalance in these Doshas, Dhatus and malas are cause

of disease.

Diseases are infinite and giving nomenclature to each disease is very difficult, in Ayurveda its mentioned that diseases should be understand on the basis of involvement of Doshas, Dhatus and malas.

विकारानामकुशलो न जिह्नीयात् कदाचन् ।

न हि सर्वविकारणां नामतोऽस्ति ध्रुवा स्थितिः ॥ (च. सू. १८/४४)<sup>[1]</sup>

Diseases are classified as Nija (Endoeneous), Agantuja (Exogenous), Manas (mental faculty) in Ayurveda, Under Agantuja category communicable disases are mentioned.

Covid 19 can be related as “Janapadoshwansa” explained by Acharya Charaka or “Maraka” explained by Acharya Sushruta.

Janapadodhwansa – All epidemics or pandemics from modern science can be included under this Janapadodhwansa concept.

According to Acharya Charaka in Janapadodhwansa<sup>[2]</sup>- Janapada means Community or large population and Udhwansa meaning Destruction hence Disease affecting and causing damage in large population or community is known as a Janapadodhwansa.

In Sushrut samhita under context of Ritucharya (Seasonal regimen) “Maraka”<sup>[3]</sup> term is mentioned which can be related to epidemic.

Covid -19 is an Agantuja vyadhi.

It mainly involves Vata- kapha dosha.

It primarily attacks Kapha pradesh (nasa, kantha, grasanika), lungs, heart, blood vessels, joints.

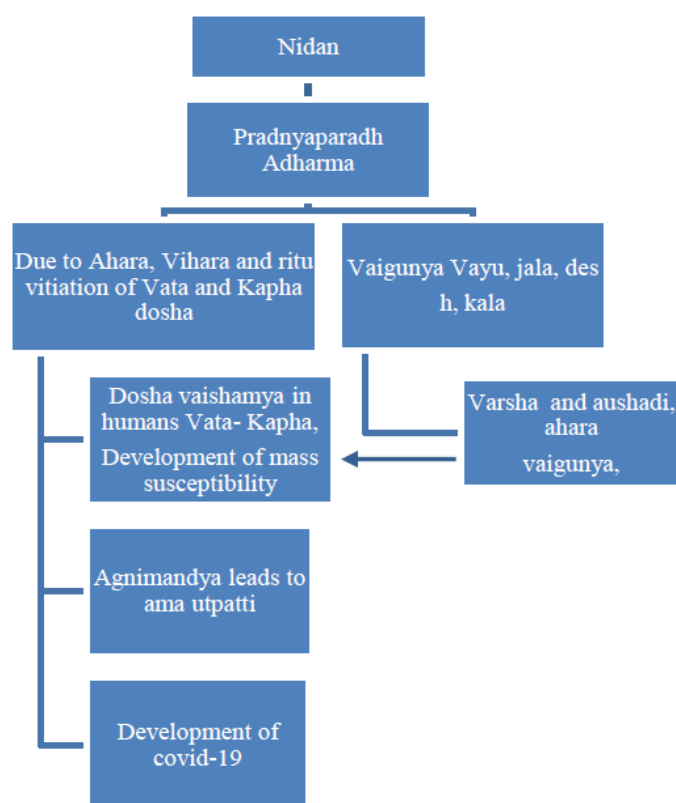
## HETU

1) According to Acharya Charaka-Common etiological factors for epidemics:

Dushit Vayu (Polluted Air), Dushit jala (Polluted Water), Dushit desh(Habitat), Dushit Kala (Season). Adharma (unrighteousness), Asatakarma purvakrutam (Present life sins and past life misdeeds), Pradnyaparadha (Intellectual error) are the root causes for vitiation of all these factors.

- 2) According to Acharya Sushrut causes mentioned for aupasargika roga<sup>[4]</sup> (Communicable diseases) i. e. Prasanga(Close contact), Gatrasansparsa (Skin to skin contact), Nihshwasa (Close breathing), Sahabhojana (eating meal with affected person), Sahashaiyya (Sharing bed), Asana (Sharing bench), Vastra (Sharing clothes), Malya (Sharing wreath of flowers), Anulepan (Sharing pastes application on body).
- 3) Aniyat hetu (Avoidable factors)- Adharma (Sinful act) in war form such as Shastraprabhav, Inconvenience caused by demons or germs(Rakshas), Abhishap (Curse).
- 4) Niyat hetu(Unavoidable factors)- Astronomical events, Natural disasters.

### SAMPRAPTI<sup>[5-7]</sup>



### SAMPRAPTI VIGHTAN

- 1) Agantuja hetu- Vishanu sansarg (Exogenous)
- 2) Dosha- Vata, Kapha dosha (Prime involvement).
- 3) Dushya- Rasa, Rakta
- 4) Agni- Manda agni
- 5) Ama- sama roga
- 6) Udbhav sthna- Kantha(oro-pharynx)
- 7) Adhisthana- Phupphus(lungs)

- 8) Vyakta sthana- Kapha pradeshi (mainly in upper body)- Sinuses, lungs, heart, stomach, blood and joints.
- 9) Sanchar sthana- Nasa, Kantha, pranavaha strotas.
- 10) Strotas- Pranavaha strotas, Rasavaha strotas
- 11) Strotodushti prakar- Atipravrutti (excessive flow), sanga (obstruction)

**LAKSHANA**<sup>[8]</sup> - Covid -19 is a Sannipataja vyadhi, there are mainly three avasthas are present.

Avastha - 1: Jwara, Kasa, Gala Shoth, Angamard.

Avastha - 2: Shwas, Raksthivana, Raktapitta

Avastha - 3: Jwara, Dhaatupaka.

## TREATMENT

Treatment can be done in 2 ways-

- 1) Preventive 2) Curative

**Preventive-** Acharya Charaka mentioned that Adharma is basic reason for epidemic hence Truthfulness, Humanity for others, worshiping god, Honesty practice, Tranquility, precautionary protection of one's, Residing in wholesome country, Celibacy and following it, religious scriptures discussions, Seeking one's own good, constant alliance of righteous, well disposed and those which are approved by our elders all these have been termed as a medicine to protect life.

According to Acharya Charaka, people should start taking medicines which increases immunity, So increasing immunity is important hence Hence one must follow-

- 1) Ahara- Ahara increasing Vyadhikshamatva must be taken.
- 2) Dicharya- Proper daily regimen mentioned in Ayurveda one must follow.
- 3) Nidra
- 4) Achara rasayana.

Rasayana dravyas evum therapies: Rasayana dravya potentiate oja hence boosting immune system. Acharya Sushruta for epidemic diseases have preventive measures such as- Sthanparityag- Leave the infected place.

Home- dhoop sevan – Purifying atmosphere by fumigation, Acharya Vagbhat<sup>[9]</sup> have mentioned for Disinfection sunrays plays important role.

Niyam- Cleanliness, Daivavyapashraya chikitsa - Chanting prayers.

**Curative-** As per Samhitas Janpadodhwansa treatment includes Langhana (Fasting or light food), Langhanapachan (Fasting/ light food along with digestive medicines) and Doshavsechan (Removal of vitiated doshas from body).

1) Langhana- Since Covid- 19 is a Vyadhi in which there is Aam formation which leads to agnimandya and further disease progression so it is important to do Langhana.

Langhana pacifies vitiated doshas along with Jathragni stimulation because of which there is Agni deepan and Amapachan which helps in Sharir Laghavata and helps for good appetite.

2) Langhanapachana- When vitiated doshas are in moderate quantity or moderately strong there should be combination of Deepan and Pachana therapy administration.

Deepan therapy will Evaporate moderately aggravated doshas just like sun and breeze evaporates water, Deepan therapy will not only boost boost digestion but will also boost appetite and Pachana therapy maintains ahara digestion and stimulates digestive power.

3) Doshavsechana- When severely aggravated doshas are present Doshavsechan should be done i. e. Shodhan (Purification) therapy should be done which involves elimination of vitiated doshas from body.

Doshas should be eliminated from nearest site as mentioned by Acharya Vagbhata and since Covid – 19 is an Pranavaha strotasa involving vyadhi and Prana vayu's Moolsthana is Murdha and Acharya Sushruta have mentioned for Urdhvajatrugata vyadhi Nasya is the most appropriate shodhan therapy.

## CONCLUSION

Covid- 19 is a Pandemic caused by novel corona virus.

In Ayurveda Covid-19 can be understood on the basis of Janapadodhwansa or maraka concepts, Coronavirus disease can be correlated as Agantuja Sannipataja Jwara of Vata-Kaphaja Predominance.

In Ayurvedic samhitas its Causes, Pathophysiology, Clinical Features and Treatment have been mentioned, As far as the treatment is concerned role of vyadhikshamatva is mentioned.

Following proper daily regimen, ahara, vihara, achara rasayana, good morals have been mentioned.

As per Ayurvedic Samhitas Langhana (Fasting or light food), Langhanapachan (Fasting/ light food along with digestive medicines) and Doshavsechan (Removal of vitiated doshas from body) have been also mentioned for curative purpose.

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