



**ROLE OF AYURVEDA IN THE PREVENTION OF COVID – 19**

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Article Received on 14/05/2020

Article Revised on 04/06/2020

Article Accepted on 24/06/2020

**ABSTRACT**

Ayurveda is an ancient medical science which has developed in India thousands of years ago. It is based on the belief that health & wellness depend on a delicate balance between the body, mind & spirit. A new disease named novel coronavirus (COVID-19) emerged in early December 2019 in China. Knowledge on the physical and chemical characteristics of Coronaviruses is mainly derived from the study of SARSr-CoV and MERSrCoV. Coronaviruses are sensitive to ultraviolet rays and heat. It causes a minor illness in majority of patients with symptoms of fever and cough. A small proportion of such persons may progress to severe disease with difficulty in breathing. Ayurveda considers it as a Janapada-Udhwamsa Vikara. Improving immune systems of the patients by giving ayurvedic drugs such as Guduchi, Tulsi vati, Haldi etc.

**KEYWORDS:** Virus, Corona, Janapadaudhwamsa, Epidemic, Pandemic, High grade fever, cough, Immunoboosters.

**INTRODUCTION**

Corona virus – 19 also called as COVID – 19, is from the same family as that of SARS (Severe Acute Respiratory Syndrome) or MERS (Middle East Respiratory Syndrome). It was first reported in early December 2019 from Wuhan City, in China and has now spread to over 90 countries. As on 9<sup>th</sup> March 2020, India has reported 42 cases mostly among those who had travelled from affected countries. It was declared as a pandemic by WHO on March 11, 2020, as it has confirmed its presence in all continents except Antarctica.<sup>[1]</sup>

Ayurveda has unique methods of approaching a newly detected disease. Rather than focusing on the microbiological etiology, Ayurveda embraces a wholistic technique for elaborating the details of the disease at hand. We have a three pointed approach in the elaboration of an unknown disease- the natural history of the disease (Vikaara prakrti), the site of the pathological process (adhishtanam) and etiological features (samuthaana visesham).<sup>[2]</sup>

Ayurveda considers it as a Janapada-udhwamsa vikara.<sup>[3]</sup> It can be grouped under the class of aagantuja vikaara with special reference to the class of Bhuutabhishangajam (microbiological etiology).<sup>[4]</sup>

**Adhishtaanam - Site**

The proper Adhishtaanam of covid 19 can be suspected as Koshtam itself, but the manifestation happens in Uras,

which itself is a predominant site of Kapha. Many a time, it has been found that Pitta Dosha exerts a significant pathological influence on Kapham. The Ushna Guna of Pitta, in combination with the Sa-Sneha and Drava Guna will exert a pathological effect on Kapha, thereby making it A-Sthira (unstable) and A-Badha (unbounded). Here also, as stated in the description of the stages, Pitta can trigger this pathological cascade leading to the Syandana and further Soshanam. This can lead to Dhaatu Paakam and death.

**Samuthaana Vishesham – the etiology**

The occurrence of a Kapha-Vaata predominant Sannipaata Jwara as a Janapada-Udhwamsa in Vasanta rtu points to the rapid and violent vitiation of Vaayu, Udaka, Desa and Kaala due to the activities that can be earmarked as Prajnaaparaadha.

Moreover, the predisposing factors such as the old age and co-morbidities are causes of deteriorated Rogi Bala and which resulted in instability of Ojas and fatality.

**MODE OF TRANSMISSION**

- This virus mainly transmitted from infected person while coughing or sneezing.
- This virus can transmit from person to person up to 1 meter only.
- No airborne transmission noticed in corona virus transmission as we seen in case of chickenpox virus.

- It is spread by an infected person with COVID coughing and the droplets from his cough infecting others in close vicinity (less than 1 meter).

#### CLINICAL FEATURES

Fever, fatigue and dry coughing are considered the main clinical manifestations, but symptoms such as stuffy nose, running nose, and diarrhea are relatively less common. In severe cases, dyspnea and/or hypoxemia usually occurs after one week of disease onset, and the worse can rapidly progress to acute respiratory distress syndrome, septic shock, metabolic acidosis hard to correct, and hemorrhage and coagulation dysfunction, multiple organ failure, etc.

#### PREVENT SPREAD OF CORONA VIRUS

- Social distancing
- Wash hands frequently with soap and water for 40 sec. an alcohol based hand sanitizer with 70% alcohol must be used for 20 seconds. If hands are dirty or soiled, do not use alcohol based hand sanitizer, but wash hands preferably with soap and water.
- While coughing and sneezing cover nose and mouth with handkerchief, paper tissue. If handkerchief or tissue paper is not available cough into the flexed elbow. Dispose of tissue immediately after use and wash hands.
- Refrain from touching face, mouth, nose and eyes.
- Stay at least a meter away from those coughing or sneezing.
- Monitor your body temperature
- No handshakes
- Diagnosed patients to use face masks so as to prevent the spread by viral droplets to others and to stop from getting infected for normal individual.

#### LIFE SPAN OF VIRUS ON VARIOUS DIFFERENT THINGS & THEIR PREVENTION

- The virus does not settle in the air but is grounded, so it is not transmitted by air.
- Corona virus when it falls on a metal surface, it will live 12 hours, so washing hands with soap and water well enough.
- Corona virus when it falls on the fabric remains 9 hours, so washing clothes or being exposed to the sun for two hours meets the purpose of killing it.
- The virus lives on the hands for 10 minutes, so putting an alcohol sterilizer in the pocket meets the purpose of prevention.
- Gargle with warm and salt water kills the tonsil's germs and prevents them from leaking into the lungs.
- Adherence to these instructions fulfills the purpose of preventing viruses.

#### MANAGEMENT

- No definite treatment is available up till now.
- Only symptomatic and supportive treatment is available.

#### PRINCIPLE OF TREATMENT

- Home quarantine
- Temperature record twice in a day.
- Precaution – Immuno modulator drugs such as Guduchi, Tulsi etc.

#### Treatment in mild cases

1. Sadanga Paniya
2. Amritotharam kasayam or vyagradi kasayam etc.
3. Gargelling with triphala and haldi and luke warm water.

#### Treatment in moderate to severe cases

1. Hospital admission
2. Supportive treatment
3. Nasya karma
4. Anjana karma
5. Samsodhana or samsaman drugs.

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