



**DEVISING SOLUTIONS FOR POST- COVID COMPLICATIONS THROUGH CHARAK SAMHITA (AYURVEDA)**

**<sup>1</sup>\*Dr. Nishi Arora and <sup>2</sup>Dr. Praveen Choudhary**

<sup>1</sup>Associate Professor & HOD, Department of Samhita & Sidd Hant A & U Tibbia College and Hospital, Karol Bagh, New Delhi.

<sup>2</sup>Associate Professor & HOD Department of Shalya (Surgery) A & U Tibbia College and Hospital Karol Bagh, New Delhi.

**\*Corresponding Author: Dr. Nishi Arora**

Associate Professor & HOD, Department of Samhita & Sidd Hant A & U Tibbia College and Hospital, Karol Bagh, New Delhi.

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**ABSTRACT**

Taking the deterioration of physical and mental health in post-covid patients seriously, the paper focuses on how to solve the issues. The symptoms and signs of *Ojo-kshey*<sup>[1]</sup> as mentioned in *Charak Samhita* are similar to physical and psychological ill effects in post covid patients. The author further suggested that *Charak Samhita* can offer a remedy for the mental health issue. For this study, 50 post covid patients were selected from age group of 40-50 years, irrespective of gender. A structural questionnaire covering 25 items was presented to the patients on one to one telephonic call. The questions were based on the components described in *Ojo-kshey* (Anxiety, weakness, overthinking, etc). The guidelines of treatment (*gyan, vinyan, dhairya, smriti, smadhi*)<sup>[2]</sup> were used for six group counselling sessions on google meet of 50 minutes each. The total time span was 2 weeks. The results were encouraging and the patients found normalcy in their life after that. Firstly, patients can seemingly be helped to recover in such a way. Secondly, there was found a similarity between signs of *Ojo-kshey* and post-covid impact on physical and mental health. The third conclusion was that the remedial guidelines suggested in *Charak Samhita* seem to still be applicable.

**KEYWORDS:** *Ojo-kshey, Gyan, Dhairya, Vinyan, Smriti, Smadhi.*

**INTRODUCTION**

Human Community is facing the worst phase of the century. The Pandemics do occur after every hundred years. This time its name is COVID-19. The virus appeared first time in 2019, so it clear from its name. It is continually mutating itself in various forms since then. India is fighting with the second wave of this highly contagious virus strain. In the first wave also, it was velfe alerting, as the people lost their jobs due to lockdown. They could not go and reach out to their near and dear once. Financial, social and individual losses wreked havoc.

In Second wave, the back log of boredom and long battle of life have further deteriorated the situation. Moreover, this time the contamination rate is manifolds higher than the previous one. Unfortunately, a significant part of population is getting infected and that too of a severe kind. Death rates are at all time high and recoveries are delayed and difficult. The saddened environment with a strong feeling of loneliness have badly affected the psyche of the people.

The author, being from *Ayurveda* field studied the psychological as well as physical effects in Post Covid pa-

tients. She could find a reasonable similarity between sign and symptom of *Ojo-kshey* and those appeared in these patients. She then went for exploring the remedy for the same and got answers in a single time principle of treatment for mental health issued. The following paper is all about this similarity and remedy.

**MATERIALS AND MEHTODS**

1. For Conceptual understanding of the psychological ill effects and its remedy, the ancient and authentic texts "*Charak Samhita*" was explored.
2. Around 50 patients were studied closely to gather the required information
3. Inclusive criteria was that the patients were within the age range of 40 to 50 years and had no co morbidity before the infect in.
4. The patients were from middle socioeconomic background and were ready to take part in the study
5. The patients were comfortable with Hindi language
6. A questionnaire of twenty five items was structured covering areas of components described in symptoms of *ojo-kshay* in *Charak Samhita*. The patients were counselled on guidelines given in the *Samhita* for treating mental health issues.

## ANALYSIS AND DISCUSSION

The symptoms and signs of *Ojo-kshay* were described as *Vibheti durbado abheekshnam Dhyayati Vyathitendriya. Dushchchayo Durmano Rookshah kshamashchaiv ojasasah-kshay* (ch. Su, 17/73) means there is fear/anxiety, weakness, overthinking, disturbed attention, dull appearance, lack of interest, dryness and lethargy.

The second part of the explanation was to find out the guidelines about counselling or treating the patients with mental health issues.

They were described as "*Maanaso gyanvigyandhairy-asmritisamadhibhi*" (ch. su. 1/58).

That is, the counseling therapy starts from *gyan*- meaning "*shastra gyan*" or textual knowledge about the issue. *Vigyaan* implies evidence based scientific description of the situation and imparting authentic information.

*Dharya* suggests patience and its benefits.

*Smriti* is about previous good memories of winning over tough times in past and mindfully following the guidelines issued as covid appropriate behavior in this context but in memorizing the preventive measures to be taken in future in general.

The last one is *samadhi* means practice of meditation.

This remedy was chosen because it was observed that physical weakness and lethargy were directly proportionate to depressive state of mind in post covid scenario.

The questionnaire was presented to each patient separately. It was done on telephonic call only considering least physical interaction as per the need of the hour. It was found that 32/50 patients were suffering from excessive fear and anxiety. They became almost germo-phobic. They started washing their hands frequently. They experienced panic on being home alone. All the 50 patients experienced weakness. However, 30 people complained of fatigue while the remaining 20 people felt unmotivated to work despite not having lost weight or muscle strength.

40/50 patients complained of rush of negative thoughts one after another. They tried to steer away from disturbing imaginations. This turmoil caused them to have issues with appetite and digestion. 10/50 claimed to have a "blank" head and feeling of numbness. 45/50 patients reported they were unable to focus. They reported having lost some control over their sensory and motor actions. Female patients reported dullness of appearance at a higher rate, however more or less fatigued external appearance was reported by all the patients. Complaints of dryness of skin and mouth were also reported.

The survey was collected telephonically. The researcher then made a whatsapp group with all 50 patients and

provided group counselling sessions on Google Meet.

The time of the meet and session longevity was deliberated on the group. According to the prescribed guidelines of *charak*, one session of 50 minutes each was organised for every component of therapy, like in *gyaan* session, the textual information on covid was imparted as a part of psycho-education.

In the *Vigyaan* session, patients were provide with authentic and scientific information the disease. Myths and fears were debunked.

In third session of *dharya*, the need of patience and usefulness of resilience were discussed. The patients were advised not to take strong steroids or antivirals on any kind of symptom they deem dangerous. It was further made clear that expert advice and a stipulated time period is required to recover fully.

In *Smriti* session, the patients were encouraged to think about the hardships they have successfully recovered from as a part of increasing will power and making them head-strong.

In *Samadhi* session various techniques of practicing mindfulness were shared.

In the last session, the learning were summed up and feedback was taken. The sessions were left open ended. The patients were informed that they were free to contact the researcher in case of questions or further discussions for the next 3 months.

## CONCLUSION

- 1) Maximum patients started recovering. Anxiety levels were remarkably decreased. They were feeling better in terms of their physical and mental well-being. They were able to rejuvenate their physical appearance with the help of proper nutrition.
- 2) Signs and symptoms of *ojo-kshya* are very similar to post covid complications. It depicts that covid impacts all body tissues in one way or the other.
- 3) It was a clear indication that general guidelines and principles of treatment of mental disorders are very useful in today's time. The methods and techniques specified in *Charak Samhita* continue to stay relevant today.

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