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## MANAGEMENT OF CORONA VIRUS WITH AYURVEDA- A CASE STUDY

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### ABSTRACT

Corona virus has appeared as a worldwide hazard. At existing, India is suffering with 3<sup>rd</sup> wave now days. Since the vaccination came ,World is protecting with double shield than also people ae getting affected. A mild indicative case of corona virus was succeeded through Ayurvedic intrusion involving a modified approach based on symptoms and nature of the prakruti. He introduced Vomiting Karma and suppressive medications for some days. The patient improved well clinically, the disease development to a more severe stage was not observed and the patient tested negative for corona after treatment. Hence an attempt has made to treat corona patient with simple procedure and Ayurveda medications.

### Introduction

The speedy spread corona virus almost taken the world to the biggest threats and affecting economy too. Everybody had hopes to medical professional's .After Vaccinations also patient's are affecting with mild symptoms and in comorbid patients symptoms are seen more. India stood as the second most severely affected country in second wave. The numbers are expected to worsen in near future due to the rapid rate of the virus. So far, no specific cure has been told professsional's except prevention's. However, vaccination drive is in progress throughout the world. The clinical features of Corona share a resemblance with the features of Jwara [1] and Dushta Pratishyaya (Chi.26/109) [2] According to Ayurveda. As per the symptoms of patients and dosha's Vomiting can be opted[3]. Hence, Ayurveda involvement, concerning a modified approach based on Prakruti . Vomiting Karma (Panchakarma treatment which includes induced vomiting) was followed by oral drugs (~decoction of Vyaghryadi Kashaya) was deliberate after procurement informed consent from the patient under a planned decorum. Based on symtsoms , patient treatment plan was adopted.

### CASE REPORT

A 29 years old male with reasonable bodily strength came to the OPD with corona test positive. He was working as a Policeman in Sirsa,Haryana in which more exposure is there.

## SYMPTOMS

He came with following symptoms, sore throat, nasal congestion, heaviness in the head, loss of sense of smell, , and fever etc. After one day of toning the symptoms, he got tested for novel Corona virus infection through RTPCR. The patient tested positive for it.

## TREATMENT AS PER ADVICE

The patient chose to be under home isolation as the symptoms were mild and was started Ayurvedic medications for the same. Sadyo Vomiting (vomiting) was planned for him followed by Ayurvedic drugs for fifteen days.

1. To consume milk with Guda (jaggery) the night before Vomiting.
  2. To sleep early on the previous night and have 6-7 hours of sleep.
  3. To wake up early in the morning for Vomiting.
  4. To prepare warm milk about 1 L, Yashtimadhu phanta (concoction) 2 L and Lavanodaka (saline water) 2 L early in the morning, in separate utensils.
  5. He was informed about the procedure in detail, the complications which can taken place during the method, and well-verses consent was obtained for Vomiting.
  6. Oxygen was observed with pulseoximeter.
- Vomiting was commenced at 5 am in the morning. The patient was advised to take all necessary arrangements, like utensils, glasses for intake of Yashtimadhu concoction (prepared from 50 g of licorice powder in 1 L warm water) and Lavanodaka (lukewarm saline water prepared with rock salt), and a tub for collection of vomitus. Firstly, he was asked to drink milk up to maximum capacity . 800 ml of milk was given to induce emesis. All the drugs used were to support emesis. After this, he was administered a Yashtimadhu concoction of about 800 ml which was also vomited out easily. Thereafter, the patient was administered Lavanodaka (saline water) 800ml. In the earlier two bouts, vomitus was more viscous and thick . In between two Vegas, a period of rest was advised along with deep breathing for about a minute to regulate the heart rate to normal which normally elevates after each Vega during Vomiting. The numbers of Vegas (forceful expulsion of vomitus) present was 4. The procedure was discontinued when symptoms such as feeling of lightness in abdominal and thoracic regions, with no headache. The patient also reported a sensation of bitter taste i.e. Pittaanta, so the treatment was obsolete.

## RESULT

Immediately after Vamana, the patient report no nasal congestion and no heaviness in the head. There was a feeling of general well-being and lightness in the abdomen after Vamana. Fever was not there. No complications were reported by the patient after vomiting. Virtually all the symptoms were resolved gradually within a period of 7 days except for the sense of smell. Recovery in sense of smell was reported by the patient on the 14th day. During the period of treatment, the patient was following strict isolation and physical distancing from other family members. Complete recovery in symptoms was observed on the 15th day from the initiation of symptoms. The patient tested negative for Corona virus in the RTPCR test on the 16th day.

## DISCUSSION

Nava-Jwara according to Ayurveda [4] (acute onset fever) or DushtaPratishyaya (Chi. 1/38) [4] (nasal congestion) Vamana Karma has been advised because of predominance of Kapha Dosha. Agnimandya (~impairment in digestive fire) can be noticed by patient too. The probable samprapti (~pathogenesis) of the disease involves abhishangaja jwara (Chi. 26/109) [5] primes to Kapha prakopa (~aggravation). This affect pranavaha srotasa avarodha (~obstruction of respiratory tract), Mandagni (~diminished digestive calibre) and swedavaha srotasa avrodha (~obstruction of sweat channels). Symptoms like loss of sense of smell, nasal congestion, fever, sore throat and other respiratory symptoms like breathlessness and difficulty in breathing when disease progresses, Vamana seemed to be the most appropriate intervention. Vamana was planned and prior to its finishing, the patient was counselled regarding the procedure. Due to the

aggravated state of biohumours, Snehapanas was not done. The patient was advised to take milk with jaggery on the night before. Vyaghryadi Kashaya is indicated in Jwara management because the contents have a suppressing effect on Kapha and Vata Dosha because Vyaghri (*Solanum xanthocarpum* Schrad. & Wendl) is said to possess anti-inflammatory and anti-tussive properties [5-6]. Relieving breathlessness because it acts as broncho-dilator [7]. Guduchi (*Tinospora cordifolia* Thunb.) is known for its antipyretic, anti-inflammatory, antiallergic actions. It is also known to possess immune-modulatory actions (Su.4/9). Shunthi (*Zingiber officinale* Roscoe) is one of the most potent drugs for Ama Pachana (~digestion of undigested food material). It is useful in headaches, abdominal pain and has digestive and carminative actions [8] It is also useful in a cold, hoarse voice and is a good appetizer. Recent studies have reported its antiinflammatory effects [9]. Pippali (*Piper longum* L.) was used in the form of fine powder in a dose of 500 mg with the Kashaya. It is known to act as a bio enhancer, increases the bio-availability of drugs by several folds, due to the presence of piperine [10]. The action of Pippali is the alleviation of Kapha and Vata which was the prime cause of pathology. Thus the decoction used after Vamana possessed properties of digestive, appetizing, anti-inflammatory, anti-tussive, mucolytic, antipyretic and immuno-modulatory actions.

### Conclusion

Corona virus is new to every pathy and even to Scientists too, specifically considering the modified approach for patients. The most noteworthy finding in this study was decreasing symptoms and negative RTPCR detection. This was also important because symptoms did not progress to severe stages. Hence the immediate vaman is effective in diseases like Corona.

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