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## A CASE STUDY- POST COVID COMPLICATION MANAGEMENT ACCORDING TO AYURVEDA.

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#### ABSTRACT:

People who have been infected with the virus that causes COVID 19 and can experience long term effects from their infection, is referred to as POST-COVID CONDITION (PCC) or LONG COVID.<sup>i</sup> It is multi-factoral and multy systems disease viz-Pulmonary system, Endocrinal system, gastrointestinal system, cardiovascular system, circulatory system, nephrological system, neurological system, psyciatrics all involved.<sup>ii</sup> The pathogenesis of Post covid syndrome is multi-factoral and more than one mechanism may be implicated in several clinical manifestations. In modern science treatment given as per which system is involved. In Ayurveda Rasayana, Vatahara properties having drugs are preferable.

KEY WORDS: POST COVID COMPLICATION, AYURVEDA, RASAYANA, VATAHARA DRUGS.

#### INTRODUCTION:

Post covid syndrome is divided according to base on initial symptoms, Time of onset, duration of the symptoms: LONG COVID, LONG-HAUL COVID, POST ACUTE COVID-19, POST ACUTE SEQUELAE COVID-19, POST ACUTE SEQUELAE of SARS Co V-INFECTION (PASC), CHRONIC COVID. It is also categorised as per duration: more than 3 weeks from the onset of the disease. (>3 month and < 12 weeks) considered in chronic Post covid complication. It is not only found in person who had severe illness but also in moderate and mild symptomatic people. It is observed in wide range on going health problems which last weeks, months or years. Following disease are observed in post covid complications:

Major symptoms include Fatigue, dyspnoea, Fever, Dry cough, rhinorrhoea, anosmia, ageusia, Myalgia, joint pain, chest pain, chest tightness, sore throat, vomiting, diarrhoea, nausea, depression, anxiety, obsession, disturbed sleep, memory loss, compulsion reduced social activities, poor concentration, aggression, irritability, substance of use and cognitive deficit.

Major disease include Hypertension, Cardiac arrhythmia, Ventricular ejection fraction decrease, Diabetes mellitus, obesity ischemic stroke, haemorrhage, Cerebral vasculitis, sudden irreversible sensoneural hearing loss, ARDS, Pulmonary function abnormality, pulmonary fibrosis, pulmonary hypertension, bronchiectasis, pulmonary thrombosis, avascular necrosis.

Less commonly disease found are- Alzheimer disease, guillain barre syndrome, opsoclonus myoclonus syndrome, Parkinson's disease. Acute transverse myelopathies, Short duration epileptic seizure, Encephalopathy, delirium, Alopecia (rare), mast cell activation syndrome, deep vein thrombosis, dermatological/ mucocutaneous symptoms, bacterial infection, fungal infection.

#### **CASE STUDY:**

A 45 year/male patient approached to O.P.D no-5, Panchakarma department at Akhandanand with the chief complains- bilateral orbital pain, headache and paroxysmal facial pain last 1 year. No another co-morbidities was found.

#### Past history:

In may 2021, Patient suffered from fever, dry cough and cold, weakness. So he went to hospital. Doctor investigated and found patient was covid - 19 positive. Patient was prescribed IV intervention, anti-viral, anti biotics, multivitamins medicine for 1 month but Weakness was persistent. On further that facial pain, headache, bilateral orbital pain were started and persistent for 9 months. Patient didn't get relief so he approched to Akhandanand Ayurvedic hospital.

Potential mechanism contributing to the pathophysiology of post-acute COVID-19 include: 1. Virus-specific pathophysiological changes 2.Immunological aberrations 3. Inflammatory damage in response to infection 4. Expected squeals of post covid. vii

In panchakarma department following Ayurvedic treatment was started:

- (1) Pathyadi kwath 20 ml/2 times with castor oil.viii
- (2) Shirah shuladi vajra rasa 2 tab/ 2 times<sup>ix</sup>
- (3) Ashwagandha churna-1 gm<sup>x</sup>

Kalamegha churna- 1 gm<sup>xi</sup>

½ tea spoon/2times

Rasayana churna- 1 gmxii

**OBSERVATION OF THE TREATMENT:** 

| symptoms               | 0 day (23/5/2022) | 7 day<br>(30/5/2022) | 15 day<br>(7/6/2022) | 21 day<br>(14/6/2022) |
|------------------------|-------------------|----------------------|----------------------|-----------------------|
| b/l orbital pain       | +4                | +3                   | +2                   | +1                    |
| headache               | +4                | +3                   | +2                   | +1                    |
| peroxysmal facial pain | +4                | +3                   | +2                   | +0                    |

#### PROBABLE MODE OF ACTION OF FOLLOWING DRUGS:

#### Pathyadi Kwath:

It has Tikta rasa, Ushna virya. It is Vata-Kapha hara, Deepana-pachana, Amadoshahara, Vibandha hara. It is used Ajirna janita shiraha shula. It is indicated in Vishama Jwara, Jirna jwara.

#### Shirah shuladi vajra rasa:

It has Tridoshaja shamaka, Deepana-pachana, rasayana, dhatu pushtikara, Raktashodhaka. So it is Purify blood and digests toxins from the body, dilate vessels and decrease intra luminal pressure and relieve pain.

#### Ashwagandha churna:

Ashwagandha has Tikta-Kashaya rasa, Ushna virya, Sothahara, Kshya hara, rasayana, Vata-Kaphahara, Balya, Vrushya. After covid there are many inflammatory markers aggrevated which inflamed epithetlial surface of the organs as well as capillaries. Ashwagandha Through its properties reduced inflammatory markers and maintain homeostasis in the body. It works on Brain and cns to improve memory and stress relaxant. It also improves cell mediated immunity by its anti-oxidant properties.<sup>xiii</sup>

#### Kalamegha Churna:

It is Tikta rasa, Ushna virya, Laghu, Ruksha Guna, Deepana, Sweadakara, Krimighana, Pittasaraka. Due to its properties, it pacifies Vata-pitta dosha, decrease Ama and Piitarechana. It has immune-stimulatory, anti-bacterial activity, Hepato-protective action, anti-oxidant properties.<sup>xiv</sup>

#### Rasayana Churna:

It is used as a Rasayana, Balya, Vrushya, Vatahara properties. So improve immune systems.

#### **OBSERVATION:**

In Ayurveda Rasayana, Balya, Vrushya, Dhatupushtikara, Raktasodhakadka Raktaprasadaka, Pittarechaka properties having drugs are used. In present study above medicine show more effective in post covid complication.following result was found in present study:

| symptoms               | relief (%) in 21 days |  |
|------------------------|-----------------------|--|
| b/l orbital pain       | 75%                   |  |
| headache               | 75%                   |  |
| peroxysmal facial pain | 100%                  |  |

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