



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.ⁱ It is multi-factoral and multy systems disease viz-Pulmonary system, Endocrinal system, gastrointestinal system, cardiovascular system, circulatory system, nephrological system, neurological system, psyciatics all involved.ⁱⁱ 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.ⁱⁱⁱ 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 sensorineural 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.^{iv} Acute transverse myelopathies, Short duration epileptic seizure, Encephalopathy, delirium, Alopecia (rare), mast cell activation syndrome,^vdeep vein thrombosis, , dermatological/ mucocutaneous symptoms, bacterial infection, fungal infection.^{vi}

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%

ⁱ <https://www.Ncbi.nlm.nih.gov/pmc/article/PMC8151752/>

ⁱⁱ <https://www.frontiersin.org/article/10.3389/fmed.2021.653516/full>

ⁱⁱⁱ <https://www.nature.com/article>

^{iv} <https://www.bmj.com/content/372/bmj.n693>

^v <https://www.idsociety.org/disease-manifestation-complication/post-covid-syndrome/>

^{vi} <https://www.journals.plos.org/article>

^{vii} <https://www.thelancet.com>

^{viii} Sharangdhara samhita of Pandit sarangdharacharya, annotated with 'DIPIKA' Hindi commentary by Dr. Bhrmhanand Tripathi, Madhyama Khand, 2nd chapter, 143-145, pg-102

^{ix} Bhaishjya ratnavali edited "siddhiprada" Hindi commentary by prof Siddhinand Mishra, Chaukhambha ekadamy, 2021, pg-1018

^x Bhavaprakasha niganti, commentary by padmashri prof. K.C. Chuneekar, edited gangasahaya pandey, chaukhambha ekadamy, 2015 Guduchyadi varga, 189 pg-379

^{xi} Dravyaguna Vigyan volume-2, prof. P.V. Shurma, chaukhambha ekadamy, 2017, pg-545.

^{xii} Ashtang hridaya of Srimadvagbhata edited with 'Nirmala' Hindi commentary by Dr. Brahmanand Tripathi, chaukhambha ekadamy, 2015, Uttarasthana chapter-39/159, pg-1202.

^{xiii} <https://www.Ncbi.nlm.nih.gov/pmc/article/PMC3252722>

^{xiv} <https://www.researchgate.net/publication/327764956>