

# COVID-19, its prophylaxis and management in the light of Unani system of Medicine- A Review

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## Abstract:

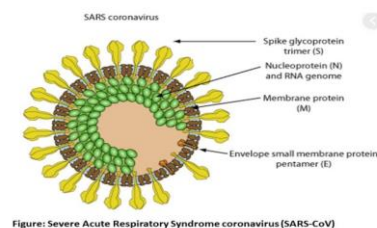
**Introduction:** Current emerging COVID- declared pandemic by World Health Organization manifests initially flue like symptoms i.e. cough, coryza soon progress in lower respiratory ailment as pneumonia, breathlessness produces respiratory distress. Respiratory distress further may cause respiratory failure and death. Corona viruses were first identified in the 1960s, includes many types, recent outbreaks MERS and SARS also caused by corona. As per the Unani concept before any epidemic (*Amraze Wabaiya*) there are noticeable changes in the atmosphere, changes in air wave, infective humidity, cloudy and dusty air indicates the “*fasid mizaj*” of the winter season. It is a foresight of the epidemic may equate with viral epidemic.

**The objective** of the present paper is to discuss in detail the management, treatment of epidemics in general and possible management of current Pandemics of COVID-19, its analysis in the light of ancient books by following certain principles of the Unani System of Medicine (USM).

**Methodology:** A thorough search from ancient Unani books about epidemics and its comparison with COVID- was attempted.

**Conclusion:** In this paper COVID-19 has been studied in light of ancient Unani medicine, correspondingly assigned to particular *su-i- Mizaj* according to its signs and symptoms. The treatment is guided by the particular *su-i- Mizaj* and time tested formulations.

**Keywords:** *Humma Wabaiya*, Corona, epidemic, COVID-19, immune response, MERS, SARS, Unani treatment.



## Coronavirus

### Introduction:

COVID-19 is a newly emerging disease, caused by corona-viruses were first reported in the 1960s, named corona because of crown shape. It is round or ovate, size (100-150 nm), cylindrical enlarged on one side, glycoprotein spike-shaped surface as shown in the picture. Corona-virus is the largest group of viruses, it is an RNA virus having a big range of natural hosts, it is a global threat for public health.<sup>1, 2, 3</sup>

There are many types of corona-viruses like Human corona-virus 229E (HCoV-229E), Human coronavirus-OC43 (HCoV-OC43), SARS-CoV, Human coronavirus-NL63 (HCoV-NL63, New Haven coronavirus), Human coronavirus HKU1, Middle East respiratory syndrome coronavirus (MERS-CoV), and HCoV-EMC. Some types of coronaviruses are dangerous, can cause severe and serious effects on humans. All these viruses belong to the family Coronaviridae and have four genera, Alpha- coronavirus, Beta- Corona-virus, Gamma- Coronavirus and Delta- Coronavirus. These viruses infect mammals and birds causing diseases of the respiratory tract, gastrointestinal tract, liver, kidneys, and nervous system.<sup>4,5,6,7</sup>

It affects both animals and humans, usually cause mild to moderate upper-respiratory tract illnesses, like the common cold. The symptoms may include runny nose, headache, cough, sore throat, fever, a general feeling of sickness, sometimes pneumonia, bronchitis and problem in pulmonary gas exchange, inflammation of lung tissue and cardiopulmonary disease<sup>2</sup>. It affects the immune systems of humans. The way of spreading is as other viruses like person to person, infected winds (*Fasid Hawa*), coughing, sneezing, touching infected things. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads<sup>7</sup>. The possible fecal-oral spread of the disease and for those that use cash... paper, money is the best means of transportation. HCoVs uses the host cell mechanism for their reproduction and spread. CoV infection gets attachment to specific host tissue receptors via the enzyme spike (S) protein. It transmits through the conventional endosomal route as well as through non-endosomal routes, or via both.<sup>8,9,10,11,12</sup>

**Methodology:** Data generated from the literature of Unani medicine, Indexed Journals, Compendia, literature from Astronomy and Ethology. A thorough search from ancient Unani books about viral epidemics and its

comparison with the novel corona-virus was perused. Virology for testing: For the diagnoses PRC, RT-PCR, Nasopharyngeal swab, respiratory secretions by ELISA, Antibody detection from serum by ELISA.<sup>3,4,5,6</sup> We can predict by monitoring the astrological changes of stars, the waves of air, air pollution, and the behavior of animals are the favorable chances of an epidemic<sup>13, 14</sup>. As per the astrological changes, two planets come close to each other under a straight line in capricorn from December 019 through late February 2020 indicates that this type of situation will affect the earth.<sup>15</sup>

As per the latest Astronomy report in March 2020, there was an unusual change in the appearance of stars and galaxy ever witnessed before and the radiation pushed the gas and dust far away than it thought before, so it proves the theory of our ancient books that excessive shooting stars have its role in the viral epidemics.<sup>16</sup>

**Concept of Wabaiya Amraz (epidemics) in Unani System of Medicine:-** As per the Unani concept, it has been defined under the heading of an epidemic fever ( *Humma Wabaiya*), the symptoms are similar or resemble that of present nCoV/COVID-19 virus and other strains, Fever which seems to be low grade or mild but consequences are dangerous, a patient feels burning and excessive aggressiveness, having a foul smell, high pitch breath, and breathlessness, polydipsia, dry tongue, nausea, loss of appetite, pain in the upper part of the stomach or cardiac part of stomach, restlessness, and discomfort, sometimes dry cough and due to excessive weakness can cause shock, *Iqtillate aqel* (memory disturbance), peripheral paralysis like symptoms, insomnia, weakness, pink skin rashes which sometimes emerge quickly but vanish slowly, Oral mucositis or mouth ulceration, etc. people who live a dull life, hypersexuality and obese are more prone to the viral infection.<sup>10,11,12,13,14,17</sup>

**Observations:** The Unani System of Medicine often claim that prevention is better than cure. It emphasizes the effect of environment and localities on the health and threshold the power of maintenance of Eco balance as pure water, standard food and Air. In this context, it prescribes six essential principles known as *Asbab Satta Zaruriyya*:<sup>13, 14, 18</sup>

*Hawa*, ( Pure air).

*Ma'Kul-o-Mashrub* (Healthy Food and Drink ).

*Harakat-o-Sukun Badani* (Active Body movement and Repose).

*Harkat-o-Sukun Nafsi* (Peaceful Psychi movement and Repose).

*Nawm -o- Yaqza* (Proper Sleep and Wakefulness ).

*Istifragh wa Ihtibas* (Needful Evacuation and Retention), all these factors are needed for a healthy life.

The Unani treatment is based on the *humour* theory (*Akhlat*), which has four components, *Khun* (blood), *Balgham* (phlegm), *Safra* (Yellow bile) and *Sawda* (Black Bile). This theory presents the temperament of the

body, as blood is hot & moist, Phlegm is Cold and moist, bile is hot & dry, Black bile is cold & dry. On the characteristics of the *humour* theory, drugs have been arranged according to the temperamental grades and degrees of their effect on the human body.<sup>13,19</sup>

Principle of treatment: As per the Unani concept, the flow of *khilt* (*humour*) should be controlled and dried with the help of venation and diarrhea quickly. If the purification of *khilt* is incomplete (*istaferaagi khilt imtefna*) than go for phlebotomy/ venation (*fasd*).<sup>13, 14</sup>

Control and treatment of coronavirus, prediction of viral fevers and epidemics are based on ancient books and certain principles of the Unani System of Medicine<sup>13</sup>. Prevention by use of *Tiryaaq afeni* and other antiviral herbal substances, *itre* (Unani medicinal value scents) like *Musk* (*Moschus moschiferous*) Sundal wood (*santalum album*) Rose (*Rosa Damascena*), and *Serka* (*Vinegar*) *Musk* can get absorbed through the skin and Unani medicine for *khilt Safra*, *balghami* and *sawdave*.<sup>13,18,20</sup>

Keep patient in the cold place, in ventilated cold air houses, and purify or detoxify the air with cold temperamental scents and herbs (*fawaka*, *sabool*, *baidmush*, *Gul bunafsha*), use perfume based on camphor (*kafoor*), *sandalwood* and *arq Gulab* (rose water) and use room freshener spray based on rose, *arq badisaada*, *arq neelofer*. Medicine *quras kafoor*, *rabooob barida*, *aabi doog*, *chaachia* (*lasi* without cream) and cold vinegar with water. To lower the body temperature use a wet cloth and gives *injeer* (*figus carica*) as food. In case of rigor use woolen cloths. Use fruits and food with having a higher quantity of vitamin C or include sourness of different fruits in fluid and food. pickle with vinegar and vinegar with *Hilteet* (*asafoetida* 200 mg) also uses full to keep infection away. Use disinfectants based on vaniger and *Hilteet* (*asafoetida*) better to add *Sundal*, *kafoor*, *posti anar*, *aas*, *behi*, *abnoos*, *saaj*, *jaow* with disinfectants and apply it in every house.<sup>13,14,21</sup>

Prescription: *Alwa* (*Aloes- Aloe barbadensis*) 125-500mg dried powder or juice 10-20ml 2parts + *Zaafraan* (*crocus sativus*) 20-50 mg, *Murmaki* (*Commiphora myrrha*) 1-2 gm, 01part each in powder form and make tablets in *arq Gulab* (rose water) 3 gm or mix with *tulsi* alcohol or alcohol 2-3 gm is a single dose.<sup>18,19,20,21,22</sup> The *Aloe barbadensis* contains anthraquinone glycosides known as aloin, acemannan which enhances the immune system potentiators and activates the macrophages increases interferon production and T cell function. The *Zaafraan* (*crocus sativus*), *saffron* contains a volatile oil composed of terpenes, terpene alcohol, and esters, picrocrocine, crocetin, carotenoids, riboflavin, and thiamine<sup>23</sup>. The *Murmaki* (*Commiphora myrrha*) has antiviral properties, contain acidic polysaccharides, volatile oil, heerabolene, eugenol, furans sesquiterpenes alcohol, monoterpenes, carbohydrate, proteins, steroids, resin, gum, aluminum, iron, magnesium, calcium, zinc, isolinalyl acetate, 3-epilupenyl acetate, lupenone, 3-epi- $\alpha$ -amyrin,  $\alpha$ -amyron,  $\beta$ -eudesmol acetate-soluble extractive-commiferin<sup>23,24</sup>.

The latest research found that the extract of *Liquorice* (*Glycyrrhiza glabra*) broke down the envelope of the virus having high fighting power against viruses. *Glycyrrhiza glabra* is the well-known herb in Kashmir known

as *Shangir* is the native herb of the Kashmir, other names are *Asl-us-soos*, *Mulethi*, *yashtimadhu*. It is used from hundreds of years against common flu, bronchitis, dry cough, respiratory infection, catarrh, tuberculosis, anti-allergic, anti-inflammatory and now used in the viral infections and epidemic fevers, SARS or Coronavirus like symptoms. Peel off the herb before use, Dosage: 2-4grams powder with hot water.<sup>20</sup> The other useful Unani medicine is: *Gul-e-surkh*, *kishneez khushik* (*Coriandrum sativum* Linn) dried ripe fruit, *sandal safaid*, *tukhm-e-kharfa*, *tabasheer* each 15gram *kaharba Shami*, *basdi Ahmar*, *abreeshum Kham mukhsher*, each 7 grams *mushik Khalis* 01gram, *nabati safaid* 300gram, keep all ingredients in water for full night and boil in the early morning and use filtered extract along with *arq Gowzaban* 75ml or *BadiMushik* 35ml. or use *Dawaul Misk Barid* 5gram-10gram with *arq gowzaban* 75ml or *arq Badi mushik* 35ml.<sup>20,21,22,23,24,25</sup>

**Preventive measures:** The general public is advised to use scents of the above-mentioned medicines, masks, or any type of sterilized cloth during sneezing or coughing, covering the nose and mouth using handkerchief/towel. Do frequent hand washing with soap and water. Isolation for the suspect and patients are a must for 14days, but sometimes symptoms develop after 27days as reported in China, so people are quarantined for 28days. Those who are reporting of completing 28 days under home isolation should consult the doctors in their PHC areas/ or the Doctors who have advised for Home isolation to decide whether the home isolation period is over. Restricted travel to other places.<sup>7,26</sup>

**Conclusion:** In Unani medicine, an emerging disease is studied according to its signs and symptoms and correspondingly assigned to particular *su-i- Mizaj* disease categories. The treatment is also guided by the particular *su-i- Mizaj*. The significant decline can be recorded by our preventive measures and advisory control over the *Asbab Satta Zaruriyya* and immunity, Treatment of *khilt mizaj balghami*, *khilt-i- mizaj safravi*, *khilt-i mizaj sawdavi*. we can predict by monitoring the astrological changes of stars, the waves of air, air pollution, and the behavior of animals. Treatment of coronavirus infection depends upon the immune response. **Causes:** First and far are belonging to the sky and the very near cause is some situation of the earth. Compare the old concept of virology symptoms with newly emerged coronaviruses, follow the advisory of Unani books and the traditional treatment for better results. Use of formulations given in different qarabuddin and in different Unani books<sup>13,14,17,20,21</sup>

## Highlights

- ☐ The incubation period for the virus for 14 days.<sup>27,28</sup>
- ☐ The treatment of coronavirus infection depends upon the immune response, a maladjusted immune response can cause immunopathology<sup>4</sup>.
- ☐ Inflammation response induced by a coronavirus and its rectification with immune busters<sup>1, 29, 30</sup>.
- ☐ Essential to maintain food and nutrition to save the patient otherwise patient will die<sup>14</sup>.



- Avoid alcohol, heavy exercise, and *Hamam*<sup>13</sup>.
- Adequate infrastructure facilities ensured at all designated isolation facilities<sup>6</sup>.
- Facilitating the training programs conducted in each panchayat, encouraging and supporting those under home isolation and providing psychosocial support to the families of suspected persons<sup>6</sup>.
- Foul smell patients mostly die<sup>14</sup>.
- The contamination of the virus remains live on metal for 12hours, copper 04hours, cardboard 24hours, plastic 3days, and stainless steel up to 72hours.<sup>32,33,34</sup>
- Hot temperatures can kill the Virus<sup>35</sup>.

### Discussion;

Mantiq wa falsafa (logic and philosophy) that excessive shooting stars indicate that epidemics especially in autumn predict the presence and cause of viral fever, we cannot ignore that virus comes through the dust of the shooting stars. There will be episodes of shooting stars in autumn and episodes of fire in air or flam seen in the air, this indicates the epidemic. Our logic is supported by the latest Astronomy report in march 2020 that there was an unusual change in the appearance of stars and galaxy ever witnessed before and the radiation pushed the gas and dust far away than it thought before, so it proves the theory of our ancients books that excessive shooting stars have its role in the viral epidemics. when the winds in the early morning and early evening will blow from the south they are called *shatameen dukhan* and *tarhari*, infective humidity in the air, polluted air looks like cloudy and dusty which contaminate the winter season or causes *fasid mijaz* of season, it foresight the viral epidemic. The situation is more dangerous in case of the summer season. Excessive cold nights and hot days for a week, due to less rain in spring harvest (*rabi*) season, then excessive waves of air tend to flow from the southern direction with an impurity of air for some days, cloudy and dusty air will produce heat which indicates epidemic with viral fever, smallpox variola or other types of smallpox, changing of winds many times during the day with impurity and dusty sun rays also indicate the viral diseases or epidemics.

The excessive birth rate of frogs or over a reproduction of frogs, animals that live inside the wholes of earth, left their wholes because of the epidemics and they suffer from diminishing eye vision, they are not able to recognize their wholes. Habitat change in birds: The whit crow which remains only in Himalaya mountains especially in snow-covered areas of glaciers, has been seen in Madhya Pradesh state in March, this evidence supports our claim that during the epidemics there is a change in the behavior of the animals. Keep the patient in a cold place in cold ventilated air. Keep houses cold with cold scented herbs like *Gul-e- banafsha*, *Badi mushk*, *neelofer*, *roses*, *kafoor*, *sandalwood* branch of a cold tree.

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