COVID 19: SCOPE OF AYURVEDA TO MAKE SWASTHA BHARATA

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Coronavirus disease (COVID-19) is an infectious disease which is caused by a newly discovered coronavirus. Most of the people infected with the COVID-19 virus experiences mild to moderate respiratory illness and recover without requiring special treatment. However, Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness. Coronavirus spreads primarily through droplets of saliva or nasal discharges when an infected person coughs or sneezes. At present time, there are no specific vaccines or treatments available for COVID-19.

Ayurveda is a science of dynamic equilibrium. It came into existence, since the world came into existence and will last forever till the world end permanently. It is an eternal science which provide knowledge of being healthy and at the same time to cure any disease.

Is COVID - 19 described in Ayurveda?

"प्रत्यक्षम हि अत्यम अनाल्पमप्रत्यक्ष्मस्ति यदागमानुमानयुस्तिहिरुपलभ्यत ेः || (च. सू. ११/७)

According to Aacharya Charaka, the existence of Pratyaksha (that can be seen with eyes) things in the world are very less, as compared to Apratayaksha (that can’t be seen with our eyes). But with the help of Pramanas (specific tools) like Agama, Anumana and Yukti we can acquaintance with the Apratayaksha things.

Pramana is the tool for scientific investigation, it’s an ancient method of research to acquire adequate knowledge. Although, Ayurveda is a holistic approachable science comprising ample knowledge but still the Samhitas (Textbooks of Ayurveda) are described in concise and compact form because according to Ayurveda, it is not necessary to elaborate every statement, some should be researched on the basis of Anukta. Anukta means unsaid, undocumented, unheard, unuttered topic.

According to Aacharya Charaka,

"विकारनामाकुशलो न जिहीयात कदाचन क न हि सर्वविकाराणानामतोस्तिस्त्रुताः स्थितिः .... (च. सू. १८/४५)

Above reference states that with the gradual alteration in time, there may be commencement of many newly diseases and a doctor should never feel ashamed of not knowing all the diseases as it is not possible to diagnose every disease.

Treatment plan for Newly Detected Diseases as per Ayurveda:
Ayurveda has a unique method of approaching these newly detected diseases. Rather than focusing on the microbiological etiology, Ayurveda embraces a holistic technique for elaborating the details of the disease at hand. Aacharya Charaka enlisted three pointed approach in the elaboration of an unknown disease.

- The natural history of the disease (Vikara Prakriti)
- The site of the pathological process (Adhishthana)
- Etiological features (Samuthaana Vishesham)

**JANAPADODHWAMSA:**

In Ayurvedic texts, another term called “Janapadodhwamsa” is described in the context of Epidemic and Pandemics. Janapadodhwamsa literally means destruction or demolition of communities. Janapadodhwamsa can be grouped under the class of Agantuja Vikara with special reference to the class of Bhootabhishangajam (i.e. of microbiological etiology).

Ayurvedic interventions become even more relevant by the fact that there is an elaborate description of causation and management of epidemic (Janapadodhwamsa) in Ayurveda.

While describing more about Janapadodhwamsa, Aacharya Charaka Stated that “....तस्य मूलमध्यः: तत्त्वूलं वास्कल्यं पूर्वकः; तयोद्वार एव” \( (च. वि. ३/२०) \) i.e. the root cause behind any epidemic or pandemic is Adharma (Unrighteousness) or Purvakrit Asatkarma (evil karmas done in Previous birth). Both these are derived from Pragyaparadha (~intellectual Blasphemy).

**Samprapti Ghataka:**

- **Dosha:** - Predominantly Kapha with both Vata and Pitta secondarily affected to varying degrees.
- **Dushya:** - Rasa Dhatu (blood plasma)
- **Agni:** - Mandagni
- **Srotas:** - Pranavaha Srotas, Rasavaha Srotas.
- **Srotodushti Prakara:** - Sanga, Atipravritti
- **Sthana:** - Urdhava sthana
- **Vyakta:** - manifests in the upper body primarily in Kapha regions (lungs, sinuses, stomach, heart, joints).

**Treatment of Janapadodhwamsa According to Aacharya Charaka:**

1. **Panchakarma** (VAMAN AND VIRECHAN)
2. **Rasayan** Drugs (IMMUNE BOOSTERS)
3. Prevention (Sadvritta, maintaining hygiene, good karmas, non-violence)

**Clinical stages of Janapadodhwamsa Vis-à-vis Covid 19:**

**Stage 1:** Kapha Vata Sannipataj Jwara.

**Stage 2:** Aggravation of the already existing situation.

**Stage 3:** Initiation of Dhatu Paka, due to unchecked activity of the Pitta Dosha.

**Stage 4:** Dhatu Paka proceeds and Shwasa (Breathlessness) coming forward as an Updrava.
Stage 5: Sannipataj Jwara titled as Vispharakam and become fatal needs technological support along with Aatyayika Chikitsa.

Stage-wise Management Protocol:

Stage 0

Advice the patient with the community prevention protocols.

1. Drinking water made up of Shadanga Kashaya (Ch. Chi. 3); one teaspoon boiled in two litres of water can be used as drinking water.
2. Tulsi coffee made by Tulsi (holy basil), Shunthi (ginger), Maricha (black pepper) and jaggery or sugar.
3. Vasa (Adathoda vasica)/ Guduchi (Tinospora cardifolia)/ Kachoori (Galanga) also can be taken in the form of decoction according to the condition – three to four times a day.
4. Steam inhalation – with Tulsi (holy basil) and or with Haridra (Turmeric).
5. Gargling – Water boiled with Haridra (Turmeric)/ Triphala & Yashtimadhu/ Lavana.
6. Rub Rasnadi Choorna over Vertex to prevent Vata aggravation.

Stage 1

Kashaya:


Panajalam (Medicated drinking Water) and gruel:

1. Dasamoolakatuthrayam – (Sahasrayogam Swasakasa Prakrana)- Kaphanubandham
2. Shadanga – (Ah. Ci 1/15) – Pittanubandham

Gutika:

1. Vettumaran – (Sahasrayogam Gutika Prakrana)- Kapha Vata Shamanam
2. Mukkamukkadukadi – (Sahasrayogam Gutika Prakrana)- Kapha Shamanam

Choorna:

1. Taleeshadi choorna – (Ah.Ci.4/58 – 60-) Kapha Vata Shamanam
2. Sitopaladi choorna – (Bh. Rt. 14/27-28) – Pitta Vata Shamanam
3. Vyoshadi Vatakam – (AH. Ut. 20/4-5)- Kapha Vata Shamanam

Arishta:

1. Amritharishtam – (Sahasrayogam Arishtaprakaranam) – If Jwara is dominant.
2. Vasarishtam – (Sahasrayogam Arishtaprakaranam) – If Kasa is dominant.
3. Kanakasavam – (Sahasrayogam Arishtaprakaranam) – If Shwasa is dominant
Stage 2

Kashaya:

1. **Balajeerakadi Kashayam** (*Sahasrayogam Swasakasa Prakrana*)– *Vata Kapha* with *Pittanubandham*.
2. **Abhayapippalimooladi Kashayam** (Ah.Ci.1/55)-*Anulomanam Vata-Kapha haram*.

Gutika:

1. **Tribhuvana Keerti Rasa** (Bh. Rt.)- *Vata Kapha Haram*

Stage 3

Kashayam:

1. **Dusparsavasadi Kashayam** (*Sahasrayogam - Rajayakshma*)
2. **Bharngyadi Kashayam** – (*Sahasrayogam – Jwara*)

Rasa preparation:

1. **Hingula Bhasma** (*Rasaratna samucchaya*)
2. **Abhraka Bhasma** (*Ras tarangini 10/39–42*)

Arishta:

1. **Kanakasavam** (*Sahasrayogam – Arishta yogas*)

Stage 4

Kashayam:

1. **Darunagaradi Kashayam** (*Sahasrayogam - Jwara*)

Rasoushadhi:

1. **Siddhamakara Dhwajam** (*Rasa Tarangini*)

Arishta:

1. **Sapthachchada Rasam** (Ah. Chi. 4/33)

Stage 5

1. **Navapaashana kettu** (Siddha) – a variant of Pottali Kalpana in Rasa Shastra

Some other formulations:

1. **Agastya Rasayana** (Ah. Ci. 3/127 - 132)
2. **Chyavanaprasam** (Ah. Ut.39/33 - 41)
3. **Kushmanda Rasayana** (Ah. Ci. 3/144 - 117)
4. **Indukantam Ghrita** (*Sahasrayogam – Ghrita yogas*)
5. **Bharangi gudum**.

Above mentioned treatment protocol is not the treatment of the pandemic Covid-19 instead these are the protocols mentioned by our Aacharyas for respective Symptoms in a disease.