

**A review of Covid – 19 Ayurvedic perspective and management**

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**ABSTRACT**

Knowledge of every aspect of life is hidden within *Ayurveda*. Irrespective of time and space, life science of human species has been the same. So even though COVID-19 is new disease, we can conquer this struggle by *Ayurved*.

This disease began in China from *Asatmya Ahar*. *Ahar* means food. And *Asatmya* means the food which doesn't adjust to our digestive system. *Pradnyaaparadh* is main cause behind this. It means besides knowledge of right and wrong, person tends to do wrong by his bad habits. *Asatmya Ahar* affects our digestive power. In *Ayurved*, every disease begins with *Mandaagni* (Diminished digestive power). By frequent intake of *Asatmya Ahar*, digestive power (*Agni*) gets too much affected that it digests improperly. In such condition Corona Virus get a chance to enter in body by crossing this barrier of *Mandaagni*. When such improper food was eaten in China,

Corona Virus started to infect *Aamashay* (part of digestive system). This started to develop symptoms like vomiting, nausea, diarrhoea. After this, virus gets entry in body, and gets located in *praanvah strotas* (Respiratory system). Due to some other factors like air pollution, smoking etc this *praanvah strotas* got weakened. Thus virus located there. In *Ayurved*, this process is known as *Sthansanshray* in *kha-vaigunya* part. It grew rapidly there and infected respiratory system (*praanvah strotas dushti*). Thus it started to show up symptoms like difficulty in breathing, cough, cold, fever, fast breathing, palpitations etc<sup>1</sup>.

As this virus located in *praanvah strotas*, it spread by cough. Thus by sneezing and coughing this viruses spread in air within aerosol (water droplet).

**KEYWORDS**

COVID-19, *Dushi vish*

## INTRODUCTION

Life is union of Body—senses—mind—soul. In this COVID-19 attacks mainly on body.

*Dosh dhatu mala mulam hi shariram ||*  
(Su. Su. 15/3)

Basic things of body are *Dosha* (*vaat, pitta, kaph*), *Dhatu* (seven *dhatu*s), and *mal* (waste products). When these things get imbalanced, disease occurs<sup>12</sup>. Besides, every *Sanhitakaar* (*Charak, Sushrut, Vagbhat*) has told that every disease can't be named specifically. *Anukta Vyadhi* – refers to those diseases which are not described in *Ayurveda*. For such diseases *Ayurved* told to treat by observing this things – *Dosh, Dhatu, Mal, Dushya, Satva, satmya, desh, bal, kaal, prakruti, vay*<sup>2,24,25</sup>. But before treatment, disease should be understood thoroughly. It is difficult to treat viral diseases. Why? Answer can be given by *Lok-purush Siddhant*. (What happens in universe is the same as what happens inside of body. what rules macro / mass is similar in micro / individual)<sup>3</sup>. According to it when terrorist attacks us directly from front, it is easy to defeat him. And we get clear result. This is what happens with bacteria. When bacteria enter in our body, our body produces antibodies. They fight with them and we get clear result. But when terrorist brainwashes our civilians (changes their mind) and make them Sleeper cell, then it is difficult to our soldiers to find them and fight. As they are our own civilians they can easily escape from soldiers. Same scenario happens when virus enters in our body. Virus doesn't attacks directly. They search for hosting cells. They enter in cell and changes D.N.A. of our cells.

Thus body can't differentiate such infected cells and these viruses grow fast in our body. They keep changing the cells. And our antibodies identify such virus when they become prominent. Thus treatments of viral diseases are difficult.

*Dushi Vish* is a concept in *Ayurved*, where a *Vish* (poison) is less powerful. So such *Dushi Vish* does not give immediate symptoms on body. But rather it slowly increases its power in our body. And when this *Dushi Visha* gets prominent they start to show up symptoms. While going through the origin of this disease we can understand how COVID-19 acts like such *Dushi Vish*.

## AIM AND OBJECTIVE

- To review of Covid – 19 *Ayurvedic* Perspective and Management
- To understand the mode of action of *Ayurvedic* Perspective and Management in Covid-19.

## MATERIAL AND METHOD

Textual reference is from *Ayurvedic* classic text and various journals, research articles and websites are referred.

## CONCEPT

In *Ayurved*, concept of *Dushi Visha* are as below.

*Dushitam desh kaal anna divaswapne abhikshnasha |*

*Yasmad dushayate dhatun tasmad dushivisham smrutam ||* (Su. Ka. 2/33)

This can be translated as if impure area, impure season, impure food, and improper daily regimes gets repeated for longer time, it will ultimately make body

impure. This is known as *Dushi Visha*<sup>16</sup>. *Arundatta* – commentator of *Ashtang Hruday* told us that if such factors affect *dhatu* of our body then such factors should be considered as *Dushi Visha*<sup>26</sup>. Out of this, Corona virus arised from factor – Impure Food and Impure Area. This Corona Virus can be assumed to be the *Dushi Vish*. *Dushi Vish* is a concept in *Ayurved*, where a *Vish* (poison) is less powerful. So such *Dushi Vish* does not give immediate symptoms on body. But rather it slowly increases its power in our body. And when this *Dushi Visha* gets prominent they start to show up symptoms. While going through the origin of this disease we can understand how COVID-19 acts like such *Dushi Vish*.

Description of *Dushi Vish* in *Ayurved*<sup>15</sup>

*Jirnam vishaghn aushadhi bhi hatm vaa davagni vaatatap shoshitam va/*

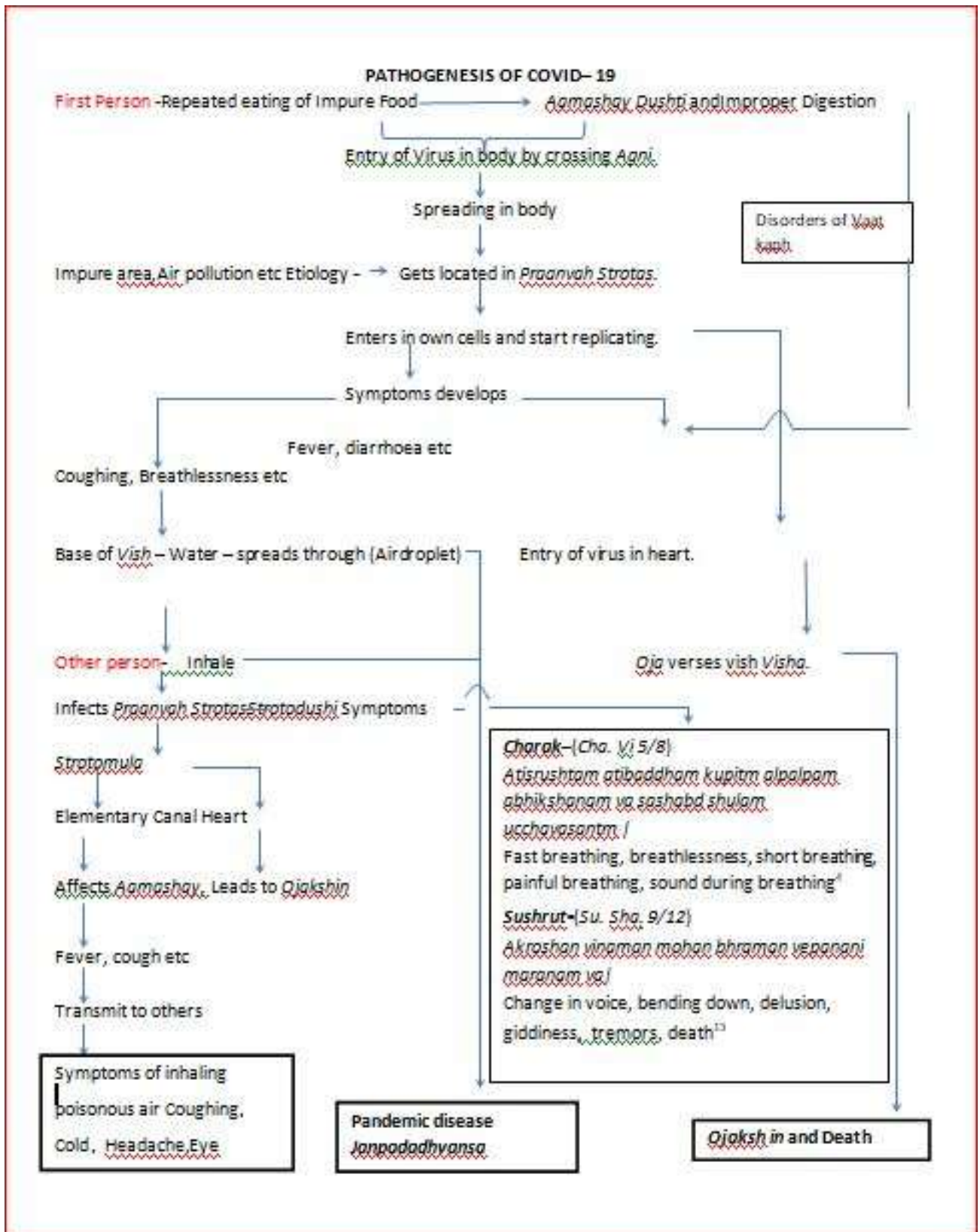
*Swabhavto va gun viprahin visham hi Dushi vishatam upaeeti //*

*Virya alp bhavat na nipatayat tat kaphavrutam varshgananubandhi //*  
(Su.Ka 2/25)

Which can be translated as below –  
These can considered as *Dushi Visha* as per *Ayurved* –

- Old poison
- Poison which get affected by anti-poison medicines
- Poison gets affected by air, fire and sunlight for longer time
- Low power poison

These *Dushi visha* are less powerful thus they can't kill individual immediately. They gets covered by *kaph dosh* in our body. They remains in our body for longer time (years) Thus when this virus spreads, due to contact with air and sunlight, its power decreases slowly. That's why Corona Virus cannot remain active outside of body for longer time. Now at this stage, virus spreads through breath directly. And when normal person, who has good quality of *Agni* (digestive power), inhales such contaminated air, Corona virus enters in body directly by infecting *praanvah strotas* (Respiratory system). Thus all the symptoms of inhaling poisonous air (*Vishyukt Vaayu Sevan*), started to shown up by this virus like – cough, cold, headache, eye disorders<sup>15</sup>. In *Ayurved*, poisons of animals are known as *Jangam Visha*, while poisons of plants are known as *Sthavar Visha*. Corona is *Jangam Visha*. But it shows symptoms like *Sthavar Visha*. Because even if it is *Jangam Visha* it enters in body through mouth, and not directly in blood like other *Jangam Visha*. Eg.- Snake Bite. Also it doesn't show any symptoms when it present on skin because it is low power poison. Now, when this virus enters in body through respiration, it affects *Praanvah strotas*. Thus it also affects its *strotomul* (Main area of *Strotas*). i.e. *Hruday* (Heart), and *Mahastrotas* (Alimentary canal)<sup>4</sup>. Thus it ultimately enters in *Aamashay* (Part of digestive system) and it leads to show symptoms like *Aamashay gat Dushi Visha* i.e. *Vaat-Kapha* disorders<sup>15</sup>. So we found *Vaat-Kaphaj Jwar* (One of type of fever) in COVID-19<sup>5</sup>.



### Prodromal symptoms ( *Purvaroop* )<sup>15</sup>

- *Nidra* (Excessive sleep)
- *Gurutva* (Heaviness in body)

- *Jrunbha* (excessive yawning)
- *Vishlesh* (uneasiness during movement)



- *Romharsh* (Repeated Goosebumps)
- *Angamard* (Pain in all body)

### Complications (*Upadrava*)<sup>17</sup>

- *Jwar* (Fever)
- *Daah* (Excessive Heat)
- *Hikka* (Hiccup)
- *Aanah* (Distention of abdomen)
- *Shukra sankshay* (Decreased sperm count)
- *Shoph* (Swelling)
- *Atisaar* (Diarrhoea)
- *Murccha* (Unconsciousness)
- *Hrudrog* (Diseases of heart)
- *Jathar* (Ascites)
- *Unmad* (Mental imbalance)
- *Vepathu* (Tremors)

### Very important about COVID – 19

As we know corona virus is one of *Dushi Visha* And *Dushi Visha* has base (*Yoni*) of water.

Also in *Ayurved*

### Preventive measures

- To strengthen *Praanvah Strotas*. – Yoga, Meditation, *Pranayam*.
- *Dhupan*– *Laksha* + *Haridra* + *Ativisha* + *Abhaya* + *Ela* + *Kushta* + *Guduchi*<sup>19</sup>
- *Hruday Raksha* (protection of heart)- milk / ghee / curd / honey / sugarcane juice<sup>8,21</sup> Increase digestive power – *Deepan* / *Pachan*
- Increase immunity – *Chyawanpraash awaleh*<sup>9</sup>.

### Treatment modalities (*Chikitsa Sutra*)<sup>16</sup>

*Dushivisartam* *Susvinnamurdhvam cha adhaschashodhitam* |

*Tad varshasu ambu yonitvat sankled gudvat gadam* / *Cha. Chi. 23/7*

Means in rainy season, *Visha* spreads faster. Thus to eliminate COVID-19 before rainy season, from world is very essential<sup>6</sup>. Also current patients of COVID-19 may get *Upadrava* in upcoming rainy season. Like headache, joint pain, fever. Etc.

### TREATMENT

Only for registered ayurvedic practitioner.

Hydroxychloroquine–extract of cinchona plant (It is like *Sthavar Vish-* plant poison). According to Ayurved, *Sthavar visha* and *Jangam visha* has exact opposite direction. So they can be used to treat each other's poisoning<sup>7</sup>. May be this *gati* is known as P.H. to allopathy.

Ayurved has lots of medicinal formulations which has *Sthavar Visha* as component. Might be they also shows better effect on COVID-19 than that of Hydroxychloroquine.

*Paayayedagadmnyamemamdushivishap aham* || *Su. Ka. 2/50*

- In *Dushi visha*, *Shodhan* should be done. But in COVID-19 this should be done only if *Sadyovaman Awastha* present. If it is not there, do *HrudiShoadhanas* per Vagbhat. (*SuddhaTamrabhasma* + *honey*)<sup>23</sup>
- *Suvarna bhasma*<sup>23</sup> – 3gm- 500mg tablet T.I.D for 2 days.
- *Anagni Swed- Gurupravarana*
- *Dushi VishariAgad* – *Pippali*+*dhyamak*+*jatamansi*+*loder*+*vanyak*+*suvarchika*+*sukshma ela* +*hriber*+*survarnamakshik*<sup>26</sup>.
- *AmrutGhrut*<sup>7</sup>
- *Dhumapan* (Medicated Smoke Inhalation)

- *Shirish Churna* + milk at *vyaankala*<sup>10,11</sup>
- *Sthavar Visha* – *Vatsanabh* – *Tribhuvankirti ras* (In fever)<sup>27</sup> (*Bhai. Ra. Jwaradhikar* - 374)
- *Gandush / Kavala*– *Ushir* + *Chandan* + *Padmakashth* + *katfal* + *Talispatra* + *Guduchi* + *Tagar*<sup>22</sup>.
- Light diet.

### Apathya<sup>20</sup>

Not to do list for COVID-19 patient–  
*Divaswapnamvyavaymchvyayamkrodha*  
*maatapam /*  
*Suratilkulathachvarjayetdhivishatur //*  
*Su. Ka 6/31*

- Day time sleep
- Sex
- Exercise
- Anger
- Avoid traveling and sunlight
- Alcohol
- Acidic diet

**Why alcohol base sanitizer is beneficial but drinking alcohol is prohibited?**

We know that corona virus is *Jangam Visha* while alcohol is *Sthavar visha*. So they are opposite to each other in direction<sup>8</sup>.

And in Ayurved,

*Viruddhagunasannipate*  
*hibhuyasaalpamavajiyate // (Cha.*  
*Vi.1/14)/(A.H.Su 8/24)*

\Which means when two opposite things comes in contact then one who has more power will defeat the other. And then its power increases more<sup>4,22</sup>.

In sanitizer, alcohol percentage is more than 65%. And outside of body, power

of virus is less. So virus get defeated by Alcohol sanitizer.

But inside of our body, corona virus grows up rapidly. And the beverages we used to drink has less percentage of alcohol. Thus inside of body, Virus has more power than alcohol. So virus defeat power of alcohol and starts to grow more rapidly.

**At which season this virus losses its potency?**

At Sharad Ritu. It means after rainy season from August end to October<sup>9</sup>.

### **Conclusion**

All this says that, corona virus is nothing but *Dushi Visha* in *Ayurved*. So it has same prodromal symptoms and complications as per *Dushi Visha*. As Vaidya, we should check all this symptoms. In allopathy, these symptoms may get neglected.

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