A review of Covid – 19 Ayurvedic perspective and management

Kshama R. Kawle¹, Brijesh Mishra², Harish J. Purohit³

1. PG Scholar
2. Professor and HOD
3. Associate Professor and Guide

Post Graduate Department of Basic principle of Ayurveda and Samhita,
Shri Ayurved Mahavidyalaya, Nagpur, Maharashtra, INDIA

*Corresponding author: kshamakk9.kk@gmail.com

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 etc¹.

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 dhatus), and _mal_ (waste products). When these things get imbalanced, disease occurs. 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_. 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). 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\textsuperscript{16}. Arundatta – commentator of Ashtang Hrudaday told us that if such factors affect dhatu of our body then such factors should be considered as Dushi Visha\textsuperscript{26}. 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 Vish 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\textsuperscript{15} –

\begin{quote}
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)
\end{quote}

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 (Vishyukta Vaayu Sevan), started to shown up by this virus like – cough, cold, headache, eye disorders\textsuperscript{15}. 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)\textsuperscript{14}. 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\textsuperscript{15}. So we found Vaat-Kaphaj Jwar (One of type of fever) in COVID-19\textsuperscript{5}. 
Prodromal symptoms (Purvaroopa)\textsuperscript{15}

- \textit{Nidra} (Excessive sleep)
- \textit{Gurutva} (Heaviness in body)
- \textit{Jrunbha} (excessive yawning)
- \textit{Vishlesh} (uneasiness during movement)
• Romharsh (Repeated Goosebumps)
• Angamard (Pain in all body)

Complications (Upadrava)¹⁷

• Jwar (Fever)
• Daah (Excessive Heat)
• Hikka (Hiccup)
• Aanah (Distention of abdomen)
• Shukra sankshay (Decreased sperm count)
• Shoph (Swelling)
• Atisaar (Diarrhoea)
• Murccha (Unconsciousness)
• Hrudro (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 + Guduchi¹⁹
• Hruday Raksha (protection of heart)- milk / ghee / curd / honey / sugarcane juice⁸,²¹ Increase digestive power – Deepan / Pachan
• Increase immunity – Chyawanpraash awaleh⁹.

Treatment modalities (Chikitsa Sutra)¹⁶
DushivisartamSusvinnamurdhvam 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 essential⁶. 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 Visha- plant poison). According to Ayurved, Sthavar visha and Jangam visha has exact opposite direction. So they can be used to treat each other’s poisoning⁷. 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. 

Preventive measures

• 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 Vagbhath. (Suddhadamrabhasma + honey)²³
• Suvarna bhasma²³ – 3gm- 500mg tablet T.I.D for 2 days.
• Anagni Swed- Gurupravaran
• Dushi VishariAgad – Pippali+dhyamak+jatamansi+lod ra+vanyak+svurchika+suksma ela +hriber+survarnamakshik²⁶
• AmrutGhrut⁷
• Dhumapan(Medicated Smoke Inhalation)
• Shirish Churna + milk at vyaaankala\textsuperscript{10,11}
• Sthavar Visha – Vatsanabh – Tribhuvankirti ras (In fever)\textsuperscript{27} (Bhai. Ra. Jwaradhikar - 374)
• Gandush / Kavala– Ushir + Chandan + Padmakasht + katfal +Talispatra +Guduchi +Tagar\textsuperscript{22}.
• Light diet.

Apathya\textsuperscript{20}
Not to do list for COVID-19 patient–
Divaswapnamvyavayamchvyayamkrodha 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\textsuperscript{8}.
And in Ayurved, Viruddhagunasannipate hibhuyasaalpamavajiyaite || (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\textsuperscript{4,22}.
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 Rutu. It means after rainy season from August end to October\textsuperscript{9}.

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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