

Effect of *Rasayana* In Covid-19 Cases: An Observational Study

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Abstract:

Aim: Evaluation of effect of *Rasayana* in COVID-19 Cases

Background: The pandemic of novel corona virus disease(COVID-19) created havoc worldwide. The global community is facing the rapidly spreading pandemic. WHO is trying hard to contain effects of COVID-19 to a minimum. At this moment whole world needs appropriate line of management. So, it needs to be seen that any significant leads can be procured through the intervention of Ayurveda. *Rasayana* is the rejuvenation therapy of body. It is one of the comprehensive disciplines of Ayurveda which consist of specialized use of herbs, herbo-mineral formulation, which target at *Dhatu Samya*.

Methodology: This is an observational study of 10 home quarantine cases of COVID-19 of age greater than 20 years. They were mild symptomatic who received only ayurvedic medicine. Graphically represented data is observed and analysed the improvement in symptoms and recovery from COVID-19. Data is graphically represented.

Result: 7 out of 10 patients in this study were relieved from symptoms within first 15 days of treatment exhibiting 70% recovery. 3 out of 10 patients in this study were relieved from symptoms after 15 days of treatment exhibiting 30% recovery.

Conclusion: The *Rasayana Chikitsa* mentioned in Ayurvedic text is sufficient to improve mild infection of COVID-19.

Keywords: COVID-19, *Rasayana*, Rejuvenation Therapy.

Introduction

The pandemic of novel corona virus disease (COVID-19) created havoc worldwide. It is caused by severe Acute Respiratory Syndrome corona virus-2 (SARS-Cov-2).^[1] The global community is facing the rapidly spreading pandemic. The corona virus primarily spread among the people during close contact, most often through small droplets produced by sneezing, coughing and talking. Less commonly infected by touching contaminated surface. Common symptoms include fever dry cough,

fatigue, anosmia, difficulty in breathing and tastelessness.^[2] Complication may include pneumonia and ARDS.^[3] WHO is trying hard to contain effects of COVID-19 to a minimum. At this time whole world needs appropriate line of its management. So, it needs to be seen that whether any significant recovery can be possible through the intervention of Ayurveda or not.

Rasayana is the rejuvenation therapy of body. It is one of the comprehensive disciplines of Ayurveda which consist of specialized use of herbs, herbo-mineral formulation, food articles and life style which aims at *Dhatu Samya*(homeostasis).^[4] *Rasayana* is of two types *Bheshaj* and *Abheshaja*. *Bheshaj Rasayana* is divided into two types 1. *Swasthasyaajaskar* which means it helps to improve immunity of healthy individuals.^[5] 2. *Aartasya Roganut means* to resolve disease condition.^[5] *Rasayana* helps to improve physical and mental strength by achieving homeostasis of seven *Dhatu*. Longevity, improve memory, grasping power, health, complexion and voice are the benefits of *Rasayana*.^[6] It delays the age by nourishing the body and promote longevity. Thus we can plan for *Rasayana* therapy right from birth which may be introduced in future immunization schedule.

Ministry of AYUSH in India has propagated use of traditional Indian system of medicine including Ayurveda for prophylactic use as well as an alternative system of medicine to provide an effective and holistic approach towards COVID-19. As per Ayurveda COVID-19 corelates with *Sannipataj Jwara*, one of the types of fever mentioned.^[7] It also bears analogy with

Rajyakshma (Shosha)^[8] and *Dushtya Pratishyaya*^[9] due to *Agnimandya*. This COVID-19 infection affects digestive system and hamper the immune system (*Oja Kshaya*). In Ayurveda it is said that the root cause of all disease is *Mandagni* which leads to insufficient immunity. Thereby, from this study we can say that the *Rasayana Chikitsa* mentioned in Ayurvedic text is sufficient to improve mild infection. The aim of this study was to evaluate the role of *Rasayana Chikitsa* in COVID-19.

Material and Methods

Study design: Observational Study

Study population

The present study conducted on 10 patients, irrespective of sex, religion. The medical data of 10 patients who received only Ayurvedic treatment between March-May 2021. These patients, after being confirmed as COVID-19 positive through RTPCR of nasopharyngeal & oropharyngeal swab samples, were isolated at their home. Clinically these cases were asymptomatic to mildly symptomatic in nature. None of these patients had of any international travel history. Consent had been taken. Primary outcome of this study was symptomatic resolution of COVID-19 Infection.

Inclusion Criteria –

1. Patients who receive only Ayurvedic treatment.
2. Age, 20-60 years
3. Asymptomatic to mildly symptomatic patients
4. RTPCR positive

Methodology

This was an observational study of ten COVID-19 patients. They were asymptomatic or mildly symptomatic, treated with only Ayurvedic medicine and were home quarantined. The data

included previous disease, symptoms of present disease, vital signs. Complete treatment received during quarantine period was recorded as well as analysed. The Ayurvedic medicine included only

Rasayana taken orally. The dosage were decided by their own physician. The patients were observed for symptomatic improvement.

Treatment

Table 1: Recommended Daily Ayurvedic Treatment for COVID-19 Patient

Sr. No	Medicine	Dose and <i>Anupaan</i>
1	<i>Chyavanprash</i>	10 gm with milk/ Once a day
2	<i>Guduchi Ghanvati</i>	500mg twice daily with warm water 15 days
3	<i>Rasayana Churna</i> (<i>Gokshur</i> + <i>Aamalki</i> + <i>Guduchi</i>)	3gm powder twice daily with honey for one month
4	<i>Ayush Kwath</i>	15ml twice daily for 1 month

Table 2: Action of Ayurvedic Drugs

Sr. No	Medicine	Action
1	<i>Chyavanprasha</i> ^[10]	Anti-oxidant, Vit-C rich, Anti-bacterial, Antiviral, anti-inflammatory, antiallergic, vasodilator and <i>Rasayana</i>
2	<i>Guduchi Ghanvati</i> (<i>Tinospora cardifolia</i>) ^[11]	Anti-inflammatory, Anti-oxidant, Anti-microbial, Anti-allergic, Hepatoprotective, Immunomodulatory, Antipyretic, Anti-infective, Anti-Hyperglycaemic, Diuretic and <i>Rasayana</i>
4	<i>Rasayana Churna</i> ^[12]	Anti-depressant, Immunomodulatory, Anti-diabetic, Anti-hypertensive, Anti-inflammatory, Anti toxic effect, Anti-arthritis, Anti-microbial, Anti-oxidant
5	<i>Ayush Kwath</i> ^[13]	Immunomodulatory, Antiviral, anti-platelet, Anti-atherosclerotic, Hepatoprotective, reno-protective

Study completion Criteria- The study completion criteria included regaining normal body temperature, relief from cough, headache, fatigue, sore throat, nasal congestion. Alleviation of COVID-19 Symptoms were monitored for at least 72 hours to ensure no relapses were approved the study.

Observations

Patients evaluation

At baseline, the clinical symptoms of the patients such as body temp, cough, bodyache, headache, sore throat, nasal congestion were monitored. Subsequently, these parameters were

regularly tracked along with any visible symptoms or any side effects of the treatment.

Data Presentation

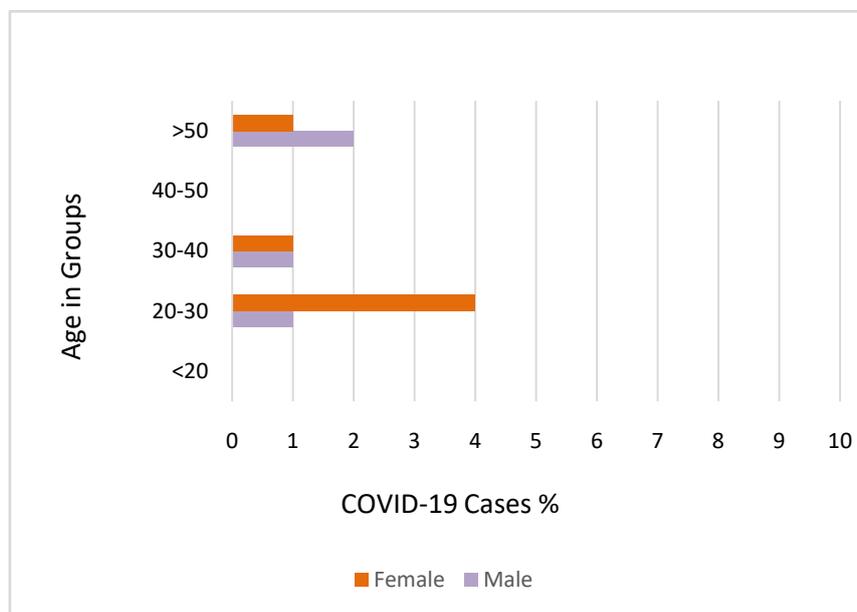
Overall and group-wise age distributions are represented as percent COVID-19 cases in different age range, genders distribution within each age group is shown as percent male / female of the total patients within that particular group and as shown as bar graphs. Gender distribution within study groups is represented as pie chart. Resolution of symptoms within 30 days to represented as proportional bar graphs. Percent

recovery within 30 days to represented as proportional line graphs. The trend in

recovery was observed.

Result

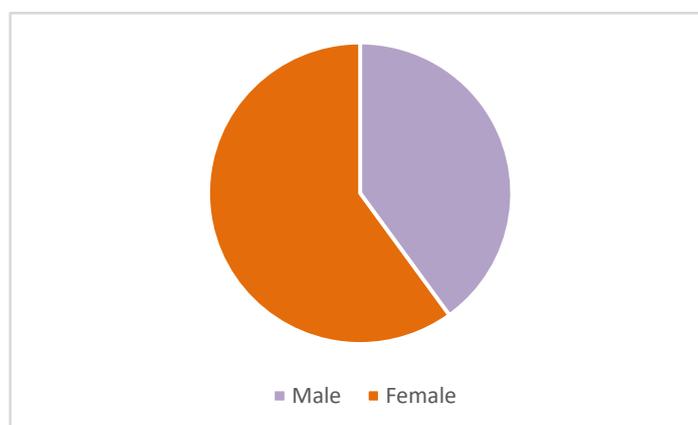
Fig.1 Age distribution among the observed Patients.



In this study 50% population is from age group 20-30 years out of which 25% is male and 66% is female. 20% population is from the age group 30-40 years out of

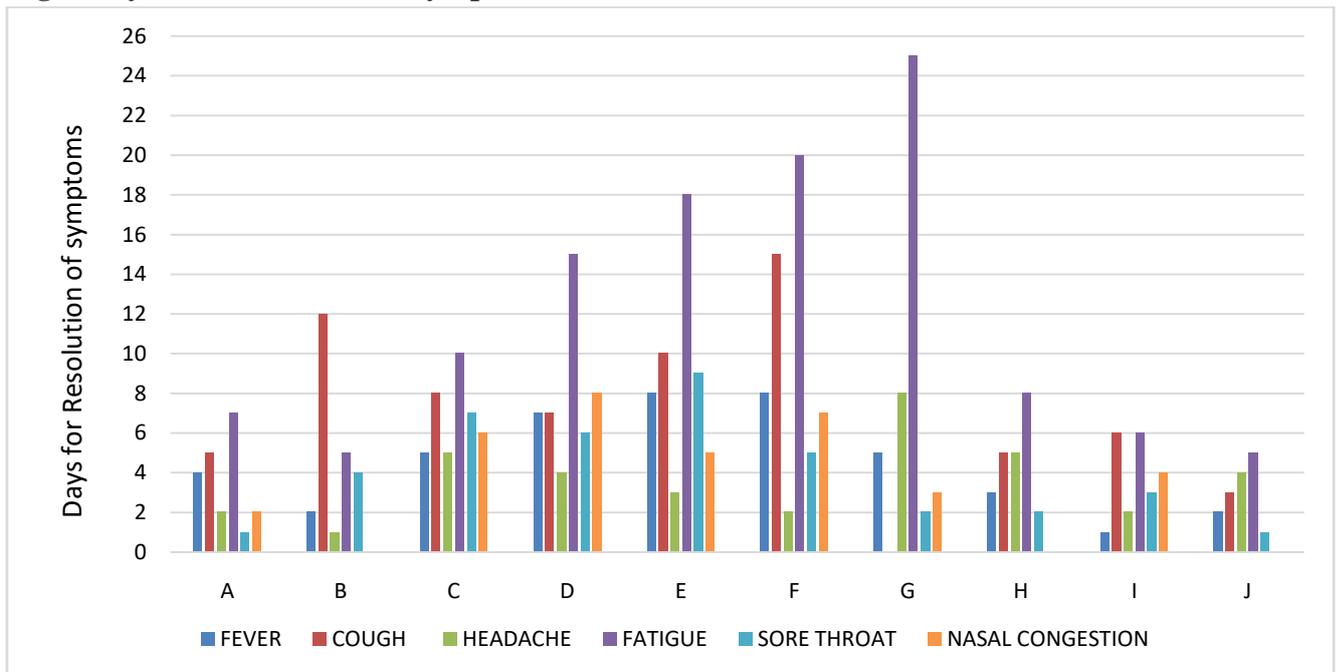
which 25% belong to male and 17% belongs to female. 30% population is belongs to age group greater than 50 years out of which 50% is male population and 17% is female population.

Fig.2 Gender Distribution



In this study 60% population belongs to female and 40% belongs to male.

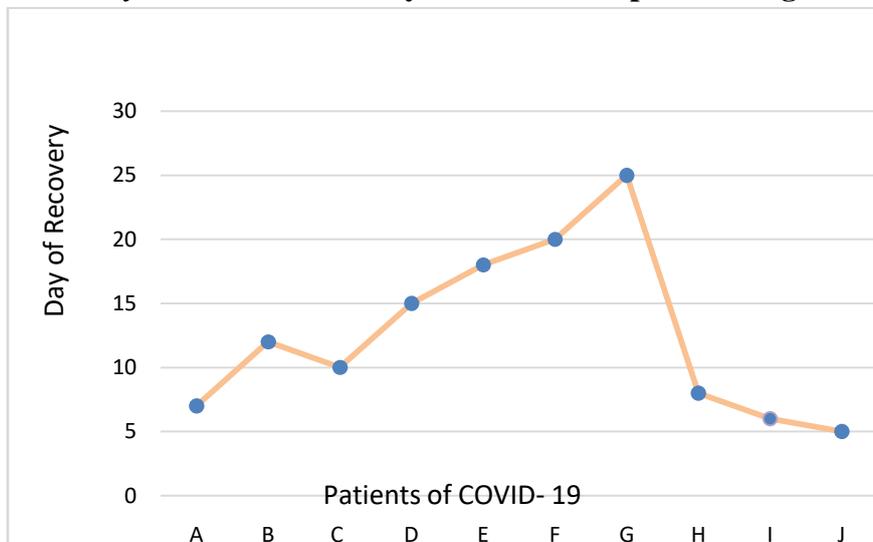
Fig.3 Days for Resolution of symptoms



70% case recovered from fever up to 5th day. 60% cases recovered from cough up to 7th day. 70% case recovered from headache up to 4th day. 60% case recovered from fatigue up to 12th day.

70% case recovered from sore throat up to 5th day. 57% case recovered from nasal congestion up to 5th day.

Fig.4 Effect of Rasayana on the recovery of COVID-19 patients regarding time.



7 out of 10 patients in this study were relieved from COVID-19 symptoms

within first 15 days of treatment exhibiting 70% recovery. 3 out of 10

patients in this study were relieved from COVID-19 symptoms after 15 days of treatment exhibiting 30% recovery.

Result

Primary outcome of this study was the Symptomatic relief from COVID-19. Data Collected Over the Period of 3 Months, shows that patients exhibited symptomatic relief within first 30 days of Treatment. No visible adverse effects were observed. This indicates safe symptomatic resolution among those treated with *Rasayana* alone.

Discussion

The main aim of the study was to evaluate the potential of Ayurvedic medicine against COVID-19 infection. Ayurveda has traditional roots and it is well documented. The medicines taken by the patients in this study were based on the information from Ayurvedic texts and WHO recommendation. This was an observational study to check the hypothesis that the medicine used in Ayurvedic treatment can improve asymptomatic to mild symptomatic cases of covid-19. No critical and co-morbid case was included. All the patients of COVID-19 receiving only Ayurvedic medicine were completely recovered within 30 days of treatment. A regular intake of *Chyavanprash* strengthens the trachea-bronchial tree and hence improves the immunity and functioning of the respiratory system. It helps to treat respiratory infections, allergic cough, asthma, bronchospasm, rhinitis, seasonal or nonseason respiratory disorders, common cold, and tuberculosis, and thus strengthens the respiratory system. It is also used as antitubercular drugs to augment their bioactivity and prevent their side effects. *Guduchi Ghanvati* was effective in viral clearance and reducing

hospital stay compared to standard care. Its usage as an immunomodulator, antioxidant, anti-microbial and anti-cancer properties made it an interesting focus for Covid-19 management. It has feasible efficacy of *Guduchi Ghanvati* against coronavirus in general and SARS-CoV-2 specifically. The effect of *Rasayan churna* mentioned in *Ashtanghrudaya* has a property like it is used in maintenance of sexual Vigor (*Vrushya*), it provides Stability (*Sthiratva*), it is used in peacefulness and for eradication of diseases (*Shant Vikar dukkham*), it maintain Balance (*Samahatva*), also acharya mentioned that if it is used regularly it can provide long healthy life (*Shatam Jivati*). *Rasayan Churna* and its contained we can use it as a best rejuvenation therapy, as it has a property like, anti-depressant, Immunomodulatory, Anti-diabetes, antihypertensive, anti-inflammatory, Anti-toxic effects, Anti-arthritis, Anti-cancer effects, Anti-microbial effect, and Anti-oxidant effect. So it should be taken in day to day life during Covid -19 outbreak for the protection of the health and to reduce the stress level in normal individual. And in symptomatic and in asymptomatic patients it is used as immunomodulant to boost the immunity. *Ayush Kwath* due to its antiviral, immune-modulatory, antioxidant, anti-inflammatory, anti-platelet, anti-atherosclerotic, hepato-protective, reno-protective properties; seems to be effective in regulating immunity for the prevention and reduction of viral disease complications. The observation that only Ayurvedic medicines were capable of safe symptomatic improvement of COVID-19.

Conclusion:

Patients with mild symptoms of COVID-19 were symptomatically relieved safely by *Rasayana* medicine treatment.

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Conflict of Interest:

Non

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