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RESEARCH ARTICLE

COVID19-AYURVEDIC PERSPECTIVE

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Abstract

Ayurveda is a well-established ancient science of medicine known to mankind. The purpose of Ayurveda is to promote health and to eradicate diseases. There are many ways to achieve health like Hitakara Ahara (beneficial diet), Hitakara Vihara (beneficial activities of body, mind), etc. The detail description of the diseases with its treatment is given in Ayurveda. The diseases which are new can be studied with the help of basic principles given in the Ayurveda. Such diseases can be named as Anukta. With the help of Uhana and Atidesha Tantrayukti one can find out the Nidanpanchaka of the diseases. Nowadays one such pandemic disease Covid 19 is spreading rapidly all over the world. The concept of Janapadodhvansa, Aupsargika Roga is well explained in Ayurveda. The aim of this article is to compile the information given in Ayurveda to study the disease Covid 19.

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Introduction:-

According to modern science Covid -19 is caused by corona virus 2, which is currently a most serious issue impacting on health of people all over the world. It is a rapidly spreading infectious disease. It was first introduced in 1960 amongst the children. In 2003 five more types of corona virus had been introduced. Initially it was known as SARS (Severe Acute Respiratory Syndrome – Corona virus). In 2019 it was reintroduced in 'Wuhan city of China' and since then it has been spreading worldwide.

On 11th February 2020 SARS –Cov 2 is renamed as Covid 19 by ICTV and WHO. The word Covid 19 is not directly mentioned in Ayurveda but after summarizing all scattered references on Janapadodhvansa, Maraka and Aupsargika Roga, Covid 19 can be studied under these mentioned terms of Ayurvedic literature. According to Ayurveda, Vitiated Doshas are the only cause for diseases. There are two types of diseases Nija and Agantu. Agantu Vyadhi ultimately turns into Nija by vitiating Dosh.

In this article efforts are taken to compare the available information of Covid 19 with the references which are found in Ayurvedic literature.

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Discussion:-**Hetu (cause):****Covid 19 is caused by virus named Corona virus 2:**

According to Ayurveda 'Adharma' (bad karma) is the root cause for Janapadodhvansa. Other causes are Avyapanna rutu (inappropriate season – rain in summer or winter season), Krutya (bad karmas), Abhishap (curse of animal, mankind), Rakshasa (viruses, bacteria), Pradnyaparadha (unethical behavior or thinking). Most importantly vitiation of common factor in all individuals, they are Dushta Vayu (air), Jala (water), Desh (land) and Kala (Season).

Sansarga (Modes of transmission):

Covid 19 is spreading through direct and indirect contact with infected person, utensils, clothes, gadgets, respiratory droplets, contaminated air, food substances, etc. Similar modes of disease transmission are observed in Ayurveda, when in contact with -

Dushta Vayu (vitiated air), Jala (water), Desha (place) and Kala (period or season), Gruha (house), Dar (stree), Shayan (bed), Vahan (vehicle), Mani-Ratna (ornaments), Prasanga (sexual contact), Gatrasparsha (touch), Nishwasa (breathing with infected person or expired air), Sahabhajana (having food with infected person), Sahashayya (sharing bed or seat), Vastramalyanulepan (sharing cloths, ornaments, cosmetics), etc.

Lakshana (Signs and symptoms):

Covid 19 shows symptoms like Cough, Fever, Breathlessness, Running nose, Headache etc. Complications of Covid 19 are ARDS(Acute Respiratory Distress Syndrome), Pneumonia, Kidney failure, etc.

Kushtha (all kind of skin disorders), Jwara (various types of fever), Yakshma (tuberculosis)

Netraabhishyanda (conjunctivitis) comes under Aupsargika Rogas.

They show their specific symptoms explained in Samhitas'. All together these symptoms are, continuous fever or fever with specific interval bodyache (Gatrasad), headache (Shirashool), loss of appetite (Agnimandya), earache (Karnashool), fever with chills, drowsiness (Tandra, Moha), pain in throat (Kanthakujaan, Kanthashul), chest pain (Hrudshool), weight loss, excessive thirst (Trushna), Dysuria (Mutrakrucchrata), hemoptysis (Saraktashthivan) etc. ultimately these all symptoms are almost similar with complications of Covid 19.

Preventive measures through Ayurveda:

According to Modern Science, isolation of patient and suspected one, personal hygiene such as frequent hand washing, avoiding direct or indirect contact with infected one is the only best way .

According to Ayurveda, Aupsargika Rogas can be prevented by:

1. Sthanaparityaga (leaving contaminated places and stay isolated)
2. Shantikarma (maintain peace)
3. Ijyanjali (sacrifice bad habits)
4. Mangaljapa (keep your mind busy in prosperous things).
5. FollowingDinacharya (daily regime), Rutucharya (seasonal regime)
6. Pratimarshya Nasya -Covid 19 is a respiratory disease. Hence Pratimarshya Nasya explained in Dincharya and Rutucharuya can be most useful as a preventive major. This Nasya procedure can be done with Siddha Taila (medicated oil), Ghruta, Swarasa (juice), Kwatha (decoction), etc. Anutaila, Panchendriyavardhanataila, Shadbindu Taila, Tulsi swarasa can be used for Nasya.
7. Dhupana- Camphor (Cinnamomum camphora), Guggul (Commiphora mukula), Krumighna gana can help to purify air and also to clear air pathway.
8. Ahara (diet) - should be according to Dvadash Ahara pravichaar and Ashtau ahara vidhivisheshayatana to boost immunity. Koshna jalpaan (lukewarm water) is advised in Janapadodhvansa.
9. Dravya (medicinal plants) -Use of dravya such as Maricha (Piper nigrum), Tulsi (Oscimum sanctum), Yashtimadhu (Glycerrhiza glabra), Ashwagandha (Withania somnifera), Guduchi (Tinuspora cordifolia), Amla (Phyllanthus emblica), Adraka (Zingiber officinale), Haridra (Curcuma longa). These things help human body to be well immunized to avoid diseases.

Chikitsa- (Treatment) :

There is no specific treatment available for Covid -19 in modern science as of now. The basic principles of Chikitsa given in Ayurveda may be useful to treat Covid -19.

Nidanparivarjana (avoiding risk factors) :

One should avoid all the causative factors of such diseases as well as those which helps in transmission of diseases.

Yuktivyapashraya Chikitsa :

Panchakarma and Rasayana karma may be beneficial according to the condition and severity of the diseases.

1. **Rasayana karma** –It is a treatment which promotes positive health and longevity. Rasayana drugs such as Agastya Haritaki and Chitrak Haritaki having main content Terminalia Chebula are most effective Rasayana Dravya for respiratory diseases. Chyavanprash Avaleha is another most effective Rasayana to boost immunity and to avoid respiratory diseases. Guduchi satva having main content Tinospora cordifolia which is a medhya (memory and brain boosting) drug also have immunity boosting properties. Achara rasayana is another type of Rasayana where specific kind of disciplined and ethical behavior are important. This Rasayana implies moral, ethical and benevolent conduct, truth, non violence, personal as well as public cleanliness, mental and personal hygiene, devotion and yogic lifestyle, such concepts bring about rejuvenation in body –mind system and reverse the disease process and stay in balance.
2. **Panchakarma** –As Panchakarma helps to eliminate vitiated Doshas by nearest way from body and thus cures and prevents the diseases. Vamana, Virechana, Niruha, Anuvasana, Nasya , Raktamokshana these all should be done with accurate medicines at particular time or season as a preventive and curative purpose. Mrudu Virechana, Laghu Vamana these minor procedures can be done with repeated intervals.

Daivavyapashraya Chikitsa:

Ritual behavior such as Homa, Japa, Mangala Acharana, Swastivachan, Vishnu sahastranam mentioned in Jwara chikitsa .

Satvavajaya Chikitsa:

Practice of Yoga and Sadvrutta can be useful to control mind and to avoid negative thoughts.

So in short for the treatment of such diseases, all types of Chikitsa (treatment) such as Yuktivyapashraya, Daivavyapashraya and Satvavajaya should be used.

Conclusion:-

Direct references of Pandemic and epidemic diseases are not mentioned by their names in Ayurveda. Anukta Vyadhi is a well-known term in Ayurveda for understanding new diseases. With the help of basic principles of Ayurveda, Tantrayukti, etc. these diseases can be studied.

Covid 19 is not directly mentioned in Ayurveda. But it can be compared with Janapadodhvansa, Maraka and Aupsargika Vyadhi (diseases). Principles given in these diseases can be applied to prevent and cure these diseases.

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