



AN AYURVEDIC APPROACH TO FIGHT AGAINST CORONA VIRUS

[Priyanka Ganguly](#)¹, [V. Subhose](#)², [Shivanshu Mishra](#)³

¹Assistant Professor in Shalya Tantra Department, Belley Shankarpur Rajib Gandhi Memorial Ayurvedic College and Hospital, West Bengal, India

²Assistant Directors (Ay), Central Ayurveda Research Institute of Drug Development, Kolkata, West Bengal, India

³Final Year BAMS, Belley Shankarpur Rajib Gandhi Memorial Ayurvedic College and Hospital, West Bengal, India

Corresponding Author: dr_priyanka11@rediffmail.com

<https://doi.org/10.46607/iamj3808092020>

(Published online: September 2020)

Open Access

© International Ayurvedic Medical Journal, India 2020

Article Received: 03/09/2020 - Peer Reviewed: 16/09/2020 - Accepted for Publication: 16/09/2020



ABSTRACT

The Global Health Scenario has been changed at present due to unpredictable outbreak of pandemic novel Corona virus (SARS-Co V- 2) in the community of nation. The **coronavirus** has already transmitted the disease COVID - 19 all over **213 countries and territories** around the world. So as a resultant factor, 22,862,661 confirmed corona virus case already detected and among them 797,117 deceased cases noted as of August 21st, 2020. In spite of extensive efforts to resolve the pandemic conditions, transmission as well as their treatment modalities still now could not be established satisfyingly. The exact term Corona virus is not mentioned in *Ayurvedic* treatise but viruses as well as any micro-organisms and their preventive measures also illustrated in *Ayurvedic* manuscript in *Susrut Samhita Sutra Sthana* as *Jantu* or *Nisachara*. Even the pandemic situation also described in *Charak Samhita, Viman Sthana* as the term of “*Jana Pada Dhangsha*”. The classical medical science *Ayurveda*, already proven its efficacy over flu like condition as well as viral & respiratory distress in human being is having such of similarity with *Agantuja Sannipatika Roga* as well as highly contagious disorder, so for the purpose of breaking the chain of Corona virus transmission in human being, *Ayurvedic* preventive as well as protective measures could be beneficial.

Keyword: Corona, Covid-19, Ayurveda, Nirjantukaran, Nishachara, Janapada Dhangsa

INTRODUCTION

The gradual spiking of transmission of Novel Corona Virus infection leading pandemic situation in the whole worldwide whereas India already got 3rd position in the world on the basis of detected positive case of COVID 19. In terms of maintenance of personal hygiene and social distancing also not bestowing the entire satisfactory outcome in the nation so this recent pandemic scenario which is becoming a prime challenge in the world too. So, Other than modern science there is required of integration with other traditional as well as classical treatment protocol which will protect the nations from complete devastation by the invasion of novel viruses.^{1,6}

In Ayurvedic Science The reference of Corona virus is not mentioned but viruses as well as any micro-organisms is congruent in Ayurveda as Jantu or Nisachara and their preventive measures also illustrated in Ayurvedic manuscript, *Susrut Samhita sutra sthana*^{2,3,4}. Even the pandemic situation also described in *Charak Samhita, Viman Sthana* as the term of “*Jana Pada Dhangsha*”⁵. In 3rd chapter of *Vimana Sthana* of *Charak Samhita*, clearly mentioned that causative factors of *Janapada Dhangsa* or epidemic condition is based on four reasons-

Pollution of air; Pollution of water; Pollution of land; Alteration of seasonal effects

In present era Corona virus also affecting all above factors which leading this pandemic condition. In Ayurvedic Science, COVID-19 can be correlated as *Agantuja Sannipataja Jwara*, which is of *Vata-Kapha* predominant fever as well as communicable disorder in society. In Ayurvedic context, several beneficial preventive and protective modalities has been illustrated which will prevent further contamination by boosting the *Vyadhikshamatwa* or immunity power or fighting mechanism against any micro-organisms.^{6,7}. Hence, here an attempt is made to analysis the Ayurvedic preventive and protective approach to fight against Corona.

Aim and Objective

1. To evaluate and discuss the various measures to boost up Immunity power or *Vyadhikshamatwa*.

2. To understand the basic principle of *Raksha Karma* or protective measures against corona invasion
3. To analysis and discuss the application of different preventive measures against corona invasion.

Material and Method: All reference of *Vyadhikshamatwa, Janapada Dhangsa, Raksha karma* and *Nirjantukarana* are collected and compiled from various classical books, *Charaka Samhita, Sushruta Samhita* and other Ayurvedic classics.

Literature Review: The specific concept of the *Jana Pada Dhagsa, Nirjantukarana, Vyadhikshamatwa, Raksha Karma* has been taken from the text of a scholarly paper, which includes the current knowledge including substantive findings, as well as theoretical and methodological contributions to a particular topic from the following literature

1. *Susrutsamhita, sutrssthana*, chapter 5th *Agrapaharaniya Adhyay*
2. *Susrutsamhita, sutrssthana*, chapter 19th *Vranitopasaniya Adhyay*
3. *Charaka samhita, Vimana sthana*, chapter 3rd, *Janapadadhvamsaniya Adhaya*

OBSERVATION:

Pathogenesis or *Nidana-Samprapti*

In Ayurvedic Science the Corona virus and their pathogenesis is not figured out precisely but based on similarity of all the symptomatic features of Corona virus affected disease can be correlated as *Agantuja Sannipataja Jwara*, which is of *Vata-Kapha* predominant fever with all the specific trait of a *Janapadodhwamsa vikara*. A contagious disease which transmitted from person to person is described in *Susruta Samhita: Nidana Sthana* as *Vata Kapha* Predominant Fever. “Dermal infection, fever, consumption, conjunctivitis and all the contagious diseases transmitted from one person to another by somatic contact such as breathing, consumption of food from others plate, sharing of same bed, same seating arrangement, garments, ornaments, and cosmetics.”

So, the pathogenesis of corona virus invasion can be signified as follows-



The *lakshana* appears as *Jwara, Swasa, Kasa*

COVID-19 formed Leading to death

Janapada Dhangsa

Clinical Features or *Lakshana*

This COVID-19 disease can be congruent with the similar clinical feature of the disease of *Abhyantara Roga Marga* affection. Such as-

- ✓ *Jwara* (fever)
- ✓ *Svasa* (respiratory distress)
- ✓ *Kasa* (cough)

Treatment Modalities

Ayurveda is having main aim to maintenance the health for healthy person by preventive as well as protective measures and cure the already ill person by curative measures.

Therefore, establishing the *Vyadhiksamattva* or uplifting the immunity power as well as *Raksha Karma* or protective measures accord the natural fighting mechanism against any micro-organisms.

Vyadhiksamattva

Ayurvedic context emphasized over the *Vyadhiksamattva* or boosting immunity which is entirely depending upon the *Dhatu Poshana*

Dinacharya And Ritucharya

Acharya Charaka, Susruta and Vagbhata all *Acharyas* emphasized over the daily regimen or *Dinacharya* and seasonal regimen or *Ritucharya* which are indirectly boosting up the fighting mechanism against any disease by following the proper *Ahara, Vihara, Pathya, Rasayana, Ausadha, Yoga* and *Panchakarma*.

Ahara, Pathya And Rasayana

- The term of maintenance of *Dhatu Poshan*, protein and zinc rich diet helps to promote immunity by proper *Ahara Sevana*. So, protein rich food, such as nuts, beans, soybeans, kidney beans, lentils, pumpkin seeds, milk, mushroom are highly effective to promote immunity in human body.
- *Ushna, Tikshna Guna Vardhak* as well as *Ushna* and *Tikshna Virya* or potency based *Ahara* which are entirely opposite character of corona viruses

which are usually accelerated itself in cold provinces, should be selected such as- Herbal tea or *Kwatha* which is prepared by hot water boiled with

- ✓ *Tulsi* leaves (*Ocimum sanctum*)- 4 parts
- ✓ *Dalchini* (*Cinnamomum zeylanicum*)- 2 parts
- ✓ *Sunthi* (*Zingiber officinale*)- 2 parts
- ✓ *Krishna Marich* (*Piper nigrum*)- 1 part
- ✓ *Ela* (*Elettaria cardamomum*)-1 part
- ✓ *Lavanga* (*Syzygium aromaticum*)-1 part
- The vitamin c rich food promoting the fighting mechanism, therefore citrus fruit as Amla (Indian gooseberry), lemon or lime, oranges are effective along with room temperature water.
- Milk is the good source of zinc as well as good *Rasyana*. *Haridra* (cumin) having antibacterial property as well as *Ushna* property based *Kesara* (saffron) and zinc rich grounded almonds, dates, and raisins mixed as well as boiled along with milk, boosting immunity against any micro-organism's invasions
- Salads preparing by garlic, onion, tomato and dressing by *Sarshapa* (mustard) oil and black pepper having benefit to promote fighting mechanism as garlic and onion having anti-microbial property as onion is having sulphur. *Sarshapa* is having *Katu*, *Ushna Guna* and *Virya* which are empowering over organism by its opposite *Guna*.
- Indian spices such as *Dhany* (coriander) *Zeerak* (cumin,) *Garam Masala*, *Sarshapa*, *Haridra*, *Mirchi*, *Ela*, *Dalchini* are accelerating immunity.
- *Haridra* along with *madhu* intake promoting immunity due to anti-bacterial or antiviral property in *Haridra* as well as *Ushna* property of honey.

Vihara

- Daily waking up in *Brahmmo Muhurta* leading all *Doshas* in equilibrium conditions so indirectly promoting immunity
- Bath with lukewarm water instead of cold water and hot water drink within some intervals protecting respiratory system from cold territory accelerating virus.
- Practice *Pranayam*, *Asana*, *Yoga*, *Dhyan* (Meditation) at home.

Yoga

- Immunity has a big role in combating Covid-19. It is seen that people with good immunity can fight back this disease well. We all can follow the simple steps to improve our immunity which are as follows –
- Daily practicing of *Yoga Asana* strengthening the respiratory system which fight against any invasion of micro-organisms, such as *Suryanamaskaran*, *Ustrasana*, *Chakrasana*, *Matsyasan*, *Dhanurasana*, *Anulom Vilom*, *Kapalbhati*.

Panchakarma

- *Vaspa* or steam inhalation through nasal and buccal portion is very effective in case of viral localization in oro-pharynx and naso-pharynx area.
- *Kavala* with hot water boiled with *Haridra* and salt as well as *Gandusa* with *Sarsapa Taila* or *Tila Taila* for 20 minutes promoting healthy buccal and oropharynx area, free from organisms.
- *Nasya Karma* along with sesame oil, *Anu Taila*, *Dasamoola Taila* are effective
- The person who are prone to catch cold, cough or chronic patient of asthma can inhale *Vaspa* prepared by *Pippali*, *Kantikari* as broncho dilator, *Yasthimadhu*, *Tajapatra* with the help of bio equipment nebulizer.
- *Urah Vasti* is beneficial for strengthening respiratory system as well as strengthening fighting mechanisms against corona
- **Raksha Karma And Nirjantukarana**
- *Acharya* Susruta has illustrated the *Raksha Karma* or protective measures for *Agara* or ward as well as residing places and air which is polluted by invasion of virus or *Jantu* or *Nisachara*.
- Fumigation or *Dhuman* procedure would be performed to promote *Dhupan* or smoke with the help of *Guggulu*, *Agaru*, *Sarjarasa*, *Goura Sarshapa*, *Nimbapatra*, *Saindhava Lavana* and *Ghritha* and twice in a day evacuating the rooms and wards from living micro-organisms.

Ausadha

As being *Ayurvedic* doctor, its duty and responsibility to practice of medicine for the patient based on their constituents or *prakriti* instead of in general prescribe

of medication .So based on *Prakriti* of the patient, the medication can be selected for the treatment of similar symptoms of COVID-19:

- *Rasa ausadhi* (125-250mg) - *Swas Kasa Chin-tamani Rasa, Kafaketu Rasa.*
- *Vati* (250mg)- *Giloy Ghana Vati, Tulsi Ghana Vati, Swasari Vati, Sudarshan Ghana Vati, Aswagandha Ghana Vati.*
- *Churna* (3-6gm)- *Sudarshan Churna, Talishadi Churna, Nimbadi Churna, Aswagandha Churna, Sitapaladi Churna*
- *Kwath*(15-30ml)-*Amritadi Kwath, Dasamuladi Kwath*
- *Avaleha* (3-6gm)-*Draksha Avaleha, Kanthakari Avaleha, Chavana Prasha.*

DISCUSSION

COVID-19 is congruent in *Ayurvedic* science as *Abhyantar roga marga* occupied disorder which causing the *Pranavaha Srota Dusti* due to the invasion of *Bhoota Abhisanga*.

Usually In this disorder all the *Doshas* get aggravated and leading *Agantuja Sannipataja Jwara* where specially *Vata* and *Kapha* getting more aggravated, so it's becoming transmissible as well as communicable disease in the society. So, maintaining the proper prevention and social distancing are significant method to break the chain of contamination to cease the pandemic situation. Therefor as preventive measures the following guideline we may obtain for maintaining healthy life.

- Avoid touching nose, mouth and eyes frequently.
- Covering nose and mouth while coughing and sneezing.
- Washing hands routinely along with soap or with 70 % alcohol-based hand sanitizer.
- Wearing mask is must while going outside in the society.
- Keeping a distance of 1-3meters from people outside in the society.
- Mental strength is required to fight against this long-standing pandemic situation, so avoid unnecessary panicking environment, keep mind cheerful with positive thinking and stress less

- The aged Person whose age is beyond 60 years should be cautious and home quarantine-based life maintain.
- The persons who are in comorbid conditions- Such as High Blood Pressure, Heart Problems, Diabetes, Asthma, Cancer must take more precaution and care to avoid any fatality.
- Health worker also should wear the proper mask, face shield and personal protective equipment and not to be panicked to handle helpless corona affected person in the society as it's now becoming a stigma for society to avoid any unwell person due to fear of contamination.

CONCLUSION

In present epoch, COVID-19 becoming an unavoidable factor in the society. Until now the vaccination method couldn't be established further, so, prevention and improving immunity are the effective methods to avoid transmission in the society as well as restrict the aggression of corona virus by fighting mechanism in body. *Ayurvedic* approach may prevent the further transmission; boosting the self-immunity power as well as *Ayurvedic* intervention and formulation intercept the degradation of the disease into a censorious condition. So, *Ayurveda* help to find out the method of preventive and curative management for recent pandemic situation of COVID-19.

REFERENCES

1. P.L.T. Girija and Nithya Sivan, Ayurvedic treatment of COVID-19/SARS-CoV-2: A case report, 2. Science Direct. <https://www.sciencedirect.com/science/article/pii/S0975947620300425>
2. K.R. Srikantha Murthy, Sushruta Samhita, Chaukhambha Orientalia, edition 2017, Sutra Sthana, chapter 5 sloka 18, page 32
3. K.R. Srikantha Murthy, Sushruta Samhita, Chaukhambha Orientalia, edition 2017, Sutra sthana, chapter 19, sloka 28-31, page 141
4. Agnivesa, Charaka samhitha by Revised by Charaka & Dridhabala with Ayurveda Deepika Commentary of Chakrapani datta edited Acharya Jadavji Trikamji Published by Chaukamba Prakashan Varanasi, reprint 2007.Vimana Sthana, chapter 3, Sloka 6.

5. K.R. Srikantha Murthy, Sushruta Samhita, Chaukhambha Orientalia, edition 2017, Nidana sthana, chapter 5 sloka 33,34, page 502
6. Sanjeev Rastogi, Deep Narayan Pandey and Ram Harsh Singh, COVID-19 pandemic: A pragmatic plan for ayurveda intervention <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7177084/>
7. Rastogi S., Srivastav P.S. Ayurveda in critical care: illustrating ayurvedic intervention in a case of hepatic encephalopathy. *Ayu.* 2011; 32:345–348. doi: 10.4103/0974-8520.93911. [PMC free article] [PubMed] [CrossRef] [Google Scholar]

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Priyanka Ganguly et al: An Ayurvedic Approach To Fight Against Corona Virus. *International Ayurvedic Medical Journal* {online} 2020 {cited September, 2020} Available from: http://www.iamj.in/posts/images/upload/4535_4540.pdf