

Ayurved treatment protocol for prevention of Covid-19 infection in front line workers- A case Report

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Abstract:

This is to report a single case experiencing benefit of Ayurveda in Covid-19 pandemic as preventive and supportive medications. Covid-19 (SARS-CoV 2) a viral disease by novel Corona virus impacted 220 countries. The numerous attempts have been made for management and prevention of covid-19. The experience of one case reported here showed the effect of *Panchakarma-Vaman*, *Raktmokshan* and *Nasya karma* that helps in prevention of covid-19 infection. As SARS - Covid-19 virus mostly affect the lungs first and then it affects the blood parameters (changes in D- Dimer, WBC etc). In this case the *vaman* and *Raktmokshan karma* purify these two things respectively and patient free from symptoms. This case was treated mainly with panchakarma (*Vaman*, *Nasya*, *Raktmokshan*, *Basti*, *Snehan* and *Swedan* as *shodhan chikitsa*) and *Mahasudarsan ghanwati* 250mg Tablet (One tab two times in a day) *Chawanprash 10mg* (two times in a day) as *shaman chikitsa*. It is found that patient doesn't have any symptoms of covid 19 regardless working in Covid ward for about three months.

Keywords: Ayurveda, Covid-19. *Panchkarma*, Pandemic, *Raktamokshan*. *Vaman*

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Introduction:

No doubt covid-19 is one of novel pandemic. As considering all risk factors and post covid complication in first wave, second wave and in future third wave if it is. Studies regarding efficacy of preventive (Ayurveda) *panchakarma* a practical investigation. This is a golden opportunity to take self-experience as front-line worrier for our society and to prevent the third wave and new birth of future pandemic. (To root out the cause of future pandemic) Prevention is better than cure. *Charaka samhitha* is dated 5000 years back and in its 'vimanasthana' 3rd chapter explains in detail about contagious diseases. In *Sushruta Samhita* also the *Aupasargika Vyadhi*, are described with their sign and symptoms.

In previous review paper also highlighted about the infectious diseases mentioned in Ayurveda wsr to Covid -19.^[3] As treatment mentioned in *Charak Samhita vimansthan* chapter 3rd for janapadodhwans (contagious diseases) is *panchakarma (shodhan)* and we decided to use it as mentioned. The site of disease manifestation is the lung fields and which is the seat of *kapha* and *vata doshas*^[10]. Both *doshas* are having similar 'sheetaguna' so that I used *ushna*, *tikshna*, *snigdha guna dravya* for *panchakarma*.

Case History:

In this case study a male patient of 23 years age old student of BAMS final year visited OPD of Shalya Tantra, Shri K R Pandav Ayurved College and Hospital, Nagpur. He had past history of episodes of high-grade fever since 2002 and suffering from Grahani Vyadhi (IBS) since 2018. Patients had h/o contact with COVID-19 - positive patient on 08/06/2020 and he is working in Covid ward in second wave in 2021. He had reported about vaccination first dose of Covishield vaccine on 23/06/2021. Presently he had no any on complaints 28/07/2021. The student was

treated with his willingness to avoid the contamination of covid-19 in second wave as he is working in the covid-19 ward as his duty scheduled.

Before starting the treatment investigations like CBC, KFT, LFT, ESR were done and all were found within normal limit. The patient's RT-PCR report was also negative which was done on 18/06/2021.

Treatment given:

The patient was treated with holiastic approach including the *panchakarma*^[4], *raktamokshan* and *pathyapathya* as mentioned in table-1. The *panchakarma* procedures have been done following standard gudielines of *poorvakarma* *pradhankarma* and *pachtya karma /sansarjana karma*. Before *panchakarma* *deepan* and *pachan* has been done with *Chitrakadi wati* 250mg tab (two tabs two times a day)

Line of treatment- *Snehan*, *Swedan*, *Vamana*^[5], *Nasya*, *Raktamokshan*, *Basti*.

Abyantar snehan was done with *triphalaghruta* for 5 days (30ml, 60ml, 90ml, 120ml, 150ml in early morning an empty stomach). *Bahya Snehan* or *sarnvang abhyanga* was done with *mahanarayan tail* for 3 days followed by *sarwang swedan*.

Sarwang swedan was done by *bashpa petiswed* (Wooden steam box) as per *rugna bala*.

The following *pathya* and *apathy* were advised during the treatment period and two months after treatment as per AYUSH protocol.^[6-7]

Pathya

1. Turmeric milk at night 1 glass for 30 days.
2. Hot water steam HS for 15 days.
3. Use of mask and sanitizer.

Apathya

1. Avoid heavy diet
 2. *Ratrijagaran* and *diwaswap*
- Vaman* is followed by *sansarjan krama* as mentioned in table-2.

Table-1: Treatment protocol

	Procedure	Medicines used
24/03/2020	Vaman	With Madana phala & Yastimadhu Fant
	Nasya	Anu tailam two drops in each nostrils for 15 days (After sthanik snehan with bala tail and swedan)
10/08/2020	Raktmokshan ^[8-9]	20ml Blood at a time by Sira vyadh with 24G Scalp Vein (for 3 times at an interval of 30 days)
24/03/2021	Basti	With Dashmula sneha Basti and Niruh basti for 7 days alternate anuvasan and niruh.
	Mahasudarshan ghan vati 250mg ^[10-11]	1 tab of 250mg two times a day for 30 days
	Chavanprash ^[12]	10gm two times a day for 30 days (Every six month)

Table-2: Sansarjan Krama after vaman

Day	Morning (1 st Annakala)	Evening (2 st Annakala)
1	-----	Peya
2	Vilepi	Akrutyush
3	Krutyush	Mansrasa
4	Normal & lite diet	Normal diet

Results:

The result was assessed based on the improvement of subject. He regained his appetite and was mentally fit and confident than before. He did not report any form of adverse effects or discomfort with the Panchakarma therapy. RT-PCR test was negative and overall improvement in haematological and biochemical profiles. SGOT before panchakarma 30 IU/L and after it was 26 IU/L SGPT before 24 IU/L after it was 24 IU/L Hb% before it was 11.6gm/dl and after it was 14.5 gm/dl. No any abnormality detected. Feeling of lightness in chest. Samatva and normalized function of dosh, dhatu, mala and agni. No any COVID like symptoms during pandemic. Till date no COVID sign and symptoms. In Ayurveda Panchakarma is considered as one of the best efficacious treatments. After Raktmokshan

secretion of natural steroids is stimulated and their by the bodies is strengthened to fight allergic diseases miraculously.^[14]

Discussion:

Covid 19 is a viral infection of pandemic in nature caused by a novel corona virus. It is transmitted through droplets from cough or sneezing from an infected subject, and recently aerosol transmission also has been reported.

As in this case student was willing to take treatment for prevention of covid 19 infection in second wave and in Charak Vimansthan chapter 3rd Panchakarma specifically indicated not only as prevention but also treatment in contagious diseases (Janpadodhwans). When shodhan is done in normal person it is only preventive for future diseases.

COVID-19 is a disease caused by a viral infection, with symptoms of fever, cough,

sneezing, anosmia etc while considering these symptoms we can consider this as *Aagantuj Jwara* (*Aupasargika vyadhi* due to viral infection) with *Kapha* and *Pitta* predominance. In case of *Vaman ushna tiksha guna dravya* removes metabolic waste (*Dusta kapha*) at the site of manifestation of disease (Lung) and normalize the proper function of *kapha dosha* and prevent the etiology of disease.

Basti is a multidimensional therapy, the purpose of *Basti* is elimination and palliation of *Dosha*, nourishment and rejuvenation of *Dhatu* (tissues). In this study *dashmul dravya* was used for *basti* to eliminated and normalize the *vata dosha* (*Vata-anuloman*) results in improved digestion and *sharir bala*.

Mahasudarshan ghanwati (250mg tab. BD) advised to improve the *Agni* and as preventive remedy against fever, cough, cold, allergy, flu, indigestion. It stimulates the liver promotes the detoxification and tones up the digestive system.^[13]

Raktmokshan improves blood circulation and reduced congestion due to the presence of carboxypeptidase A inhibitors, Histamine like substances and acetylcholine. Hirudin residue anticoagulant proteins present in leech prevents the clotting of blood, which has diuretic and antibiotic properties.^[14]

Chyavanaprash is advised to patient (10mg BD) as it nourishes and rejuvenate the *dhatu* (tissues) and has immunomodulatory effect. Covid 19 infection occurs through nasal cavity *Nasya* eliminates vitiated *Dosha* accumulated in the body, especially in *Utthamanga* (*Nasa, shir*, etc) . *Anu tail* is *tridosha shamaka*, anti-inflammatory and gives strength to the nerves. It is usefull in *vata pitta kapha* imbalance.

Conclusion:

Panchakarma is beneficial to fight any pandemic as preventive treatment. It can be fruitful for immunity booster. Considering above result politely we can say *panchakarma* may be the best alternative to vaccination for any pandemic. If it is done properly person to person, it can develop long lasting immunity in

society and itself become covishild for COVID-19. Really our ancient Indian science Ayurveda can be scientific art of living with corona.

Limitation of study:

As this is single case study so the same treatment protocol should be tried in front line workers involved in covid hospital for its validation.

Consent of patients:

The written informed consent has been taken from the patient before staring the treatment as well as for the publication of data without disclosing the identity.

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