Covid 19: Ayurvedic approach
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Abstract:
Covid 19 is pandemic disease. There is no certain treatment available for it. For any disease to have definitive treatment we need to understand pathophysiology of that disease. In this paper, we are trying to represent Ayurvedic Samprati Vichar of Covid19 disease. We are also discussing broad samprapti-bhang vichar with reference to common drugs available.

Keyword:
Covid-19, Ayurvedic Samprapti, Rakt dahtu, Oja dhatu, Ras dhatu, Pran vah Strotas, agad vichar, Janpad dwansh Vyadhi, dushi vish

Introduction:
Covid 19 is disease caused by SARS-CoV-2 virus of Corona virus family. It originated from Central china from December 2019. Soon it reached pandemic level across 200 nations.

Major symptoms of Covid 19 are
- Fever
- Cough
- Difficulty in breathing
- Also other systemic symptoms may involve on occasion.

Diagnostic method is real time PCR. Rapid Antibody test are also awaiting approval.

Aims and Objects:
To propose Ayurvedic treatment we need to establish Ayurvedic Samprapti vichar. This paper deals with Ayurvedic samprapti vichar w. s. r. to modern pathophysiology
Materials and Methods
As it is theoretical and hypothetical process, we have used research paper and material available on internet and journals

Observation:
Modern Patho-physiology:
Sars-CoV-2 is respiratory virus. Although it affects respiratory system, its pathological consequences are complex. It involves immunity system and haematological system.
Its Atypical immune reaction is called ‘cytokine storm’.
After attachment to respiratory epithelium, the immunity of host responds it by two antibody response.
That is Ig-M-D0 and Ig-M-D5 antibodies are generated in first few days.
Consequently, they are converted into Ig-G-D0 and Ig-G-D5.
This is the basis for Antibody screening test.
Also Sars-CoV-2 virus affects haemoglobin. So hypoxia is generated way before pneumonia or respiratory complications.

Result:
Proposed ayurvedic samprati
As it is Janpad-dwansh vyadhi, this disease is affecting everyone despite of individual Prakruti and Oja.
So just like ‘Dushi Vish’ is ashukari, the Covid 19 disease is ashukari.

Like said in modern pathology, it affects Pranvah strotas and Raktvah strotas at the same time.
Also according Ayurveda lungs are formed due to Rakt fen (foam of blood).
Hence raktvah strotas dusthi is inevitable.
It generates atypical response from Ojvah strotas or Oja itself.
As per pursham pursham vikshati nyay, individual response from Oja is different in every individual.
Pranvah strotas dusthi occurs in later phase which results in ‘Shwas Lakshan’
Jwara (Sannipatik Jwar) is present in majority patients hence ‘Rasvah Strodushti.
Kal (Time) is also important parameter in this vyadhi.
Majority patient suffer with mild to moderate symptoms over a period of time.
As per Shat-kriya kal, it may take 2 to 14 days for first signs and symptoms to arrive.

Discussion:
As per samprapti explained in chart.
This is janpaddwansh vyadhi affecting everyone despite of prakruti or oja.
Although not every one exhibit signs and symptoms.
10 to 15% of patients may need intensive care.
But majority of patients will show mild to moderate symptoms
There we can use this samprapti for treatment.
**Conclusion:** Broad line of treatment is

1. **Vyadhi pratighata** which will be taken care of modern science by Anti-viral treatment
2. **Stroto dusthi lakshan** can be treated by ayush method along with modern method
3. **Ras-Rakt Strotas vichar** and **Pran vah Stotas vichar** are important
4. Also **Agad Vichar** as this disease is **Agantuj Jwar** not dependent on patients **Dosha dushya.**
5. So **Ayush** drugs acting on these system shall be put forth while treating the patient
Proposed Common dravya
1. Haridra
2. DaruHaridra
3. Manjishta
4. Guduchi
5. Vasa
6. Pippali
7. Sariva
8. Yashthi

All reference collected from Charakokt Kashay.

Ethical committee permissions details:
Not applicable

References:

Conflict of Interest: Non
Source of funding: Nil

Cite this article:
Covid 19: Ayurvedic approach
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