



### ***Covid 19: Ayurvedic approach***

**Aarti S. Buddhadeo,**

Associate Professor, Rachana Sharir Dept.,

KDMGs Ayurved College and Research centre,

Chalisingaon, Dist. Jalgaon, Maharashtra.

Author Correspondence: [draartibuddhadeo@gmail.com](mailto:draartibuddhadeo@gmail.com)

#### **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 *samprati-bhang vichar* with reference to common drugs available.

#### **Keyword:**

*Covid-19, Ayurvedic Samprati, 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 Samprati vichar*. This paper deals with *Ayurvedic samprati 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 Stro-dushti*.

*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:

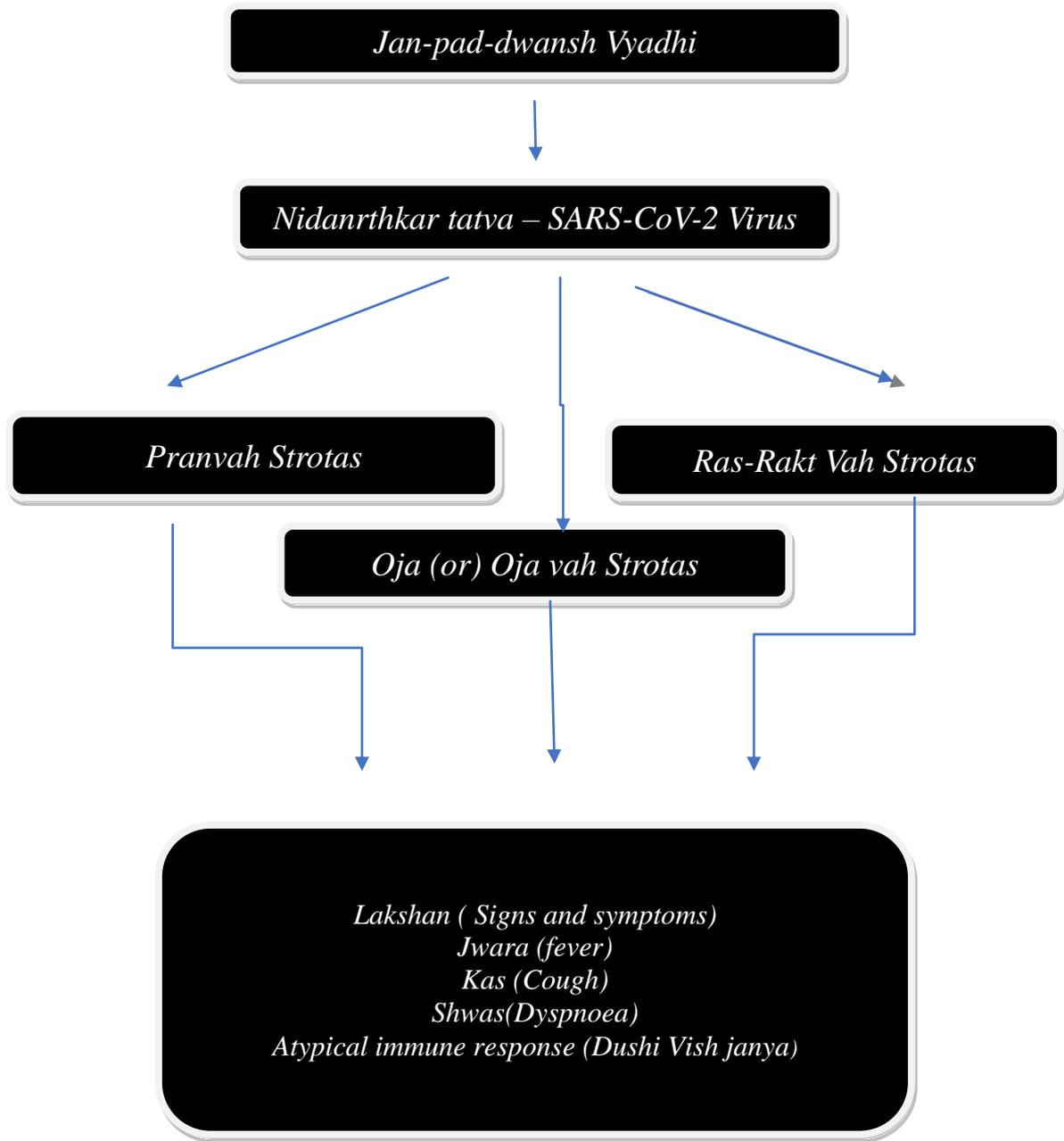
As per *samprapti* explained in chart.

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 pratighatak* 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 *Pranvah Strotas 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. *Yashti*

All reference collected from  
*Charakokt Kashay*.

**Ethical committee permissions details:**

Not applicable

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