



**CASE REPORT ON CURATIVE AND PREVENTIVE AYURVEDA TREATMENT MODALITIES AGAINST COVID**

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**ABSTRACT:**

COVID is an infectious disease caused by a newly discovered Corona virus. Most people infected with the Coronavirus will have symptoms of mild to moderate respiratory illness, fever, sore throat etc. Modern Western Medicine (MWM) is still in search of treatment which is specific to COVID. In the present case the patients after diagnosed of being COVID positive consulted for Ayurveda medications for the cure of moderate symptoms of corona and also as a preventive measure for their children. Both the patients had symptoms of high fever, severe body pain, tiredness and throat ache. The progress of the disease was arrested within a short period by Ayurveda medicines. And Ayurveda medicines also worked in a preventive aspect for the children who were the primary contact of the parents. This illustrates that there is a wide scope to explore the treatment measures for curative and preventive aspects for pandemics in Ayurveda literature which can be used rationally to suit every stage of the infectious diseases. Rationale of Ayurveda is different from Modern Western Medicine (MWM) is Ayurveda adopts holistic approach both for curative and preventive aspects of treatment. This article will encourage the health fraternity to seek Ayurveda both as curative and preventive medicine in present pandemic situation.

**Keywords:** Ayurveda, COVID, pandemic

## INTRODUCTION

Coronavirus disease (COVID) is a pandemic caused by a newly discovered coronavirus named severe acute respiratory syndrome coronavirus-2 (SARS-CoV-2). Most people infected with the coronavirus will experience mild to moderate respiratory illness, fever, tiredness, anosmia etc. *Ayurveda* [traditional medicine (TRM) of India as per WHO] is a holistic system of medicine which is practiced and utilized by Indians since centuries.

While going through the literature review in *Ayurveda* there is a clear cut description about pandemics and the treatment principle to be followed accordingly. This paper clearly attempts to prove the efficacy of *Ayurveda* treatment against COVID.

## CASE PRESENTATION

### Patient information

44 year old male working in MNC Mumbai had developed symptoms of tiredness, body ache, headache, fever 1010c, throat ache on 2/06/2020 and was diagnosed of infected with COVID 19 on 5/6/2020. Wife of the patient aged 39 year, developed symptoms of tiredness, headache, fever 1010c, and throat ache got infected with COVID on 5/06/2020.

### Present medical history

Patient on the first day of falling ill contacted allopathic physician in Mumbai on

the telephone for a consultation and was advised for COVID test and started allopathic medications for his complaints. He self-quarantined himself as per advice of Doctor. Later after three days his wife also developed similar symptoms and consulted same physician and she was identified infected with corona as per symptoms and contact history from husband. The couple has two daughters aged-16 and aged 13 they were advised to take *Ayurveda* medicine as a preventive measure.

### Diagnostic Tests

1. RT-PCR
2. COVID ANTIBODY IgG – ELISA[1]

### Past medical history

Male patient had a history of mild diabetes he was not taking any medicines for that he was under diet control and exercises.

### *Ayurveda* interpretation of the

**Patient's condition:** In this particular case, the diagnosis was initially made, based on his symptoms and test result of male patient. Patient exhibited symptoms of infectious fever which is classified as *Abhishanga jwara* (caused by the external organisms)<sup>[2]</sup>. The final diagnosis was arrived by symptomatic correlation of COVID diagnostic tests with literature review of classical *Ayurveda* literature.

### Pathophysiology (*Samprapti*)

Based on the above, Coronavirus disease can be correlated as *Abhishanga jwara* (caused by the external organisms) which is of *tridosha predominance* (caused by alteration of all three bodily humours as per *Ayurveda*).

### Etiology

According to MWM, the etiology of this illness is now attributed to a novel virus belonging to coronavirus (CoV) family. It is now named SARS-CoV-2 [3]. It is a highly

contagious disease. As per *Susruta Samhita* contagious diseases spread from person to person, by coming into contact with each other in many ways.[4]

### Therapeutic intervention

Medicines, diet and regimen were planned for the infected patients and also to the kids who were in direct contact with parents in preventive basis. The patients were self-quarantined from the first day of symptoms.

Details of the Treatment were given in **Table -1,2 and 3**

**Table- I. Symptom and intervention chart patient chart – Male patient**

Sl. no	Date	Symptoms	Interventions
1	5/6/2020	Tiredness, headache, fever 101 <sup>0</sup> c, Throat ache	<p>Azithromycin(500mg) 1-0-1</p> <p>2. Paracetamol(500 mg) 1-1-1</p> <p>3. Vitamin –C tablet (500mg) 1-1-1</p> <p>4. Vitamin D<sub>3</sub> (60000IU) od.</p> <p><i>Ayurveda</i> medicines</p> <p>1. <i>Jwarahara kashayam</i>(decoction for fever) 48 ml twice daily before food in empty stomach.</p> <p>2. <i>Ayush-64</i> (500mg) 1-1-1<sup>[5]</sup>.</p>

			3. Salt water gargle with hot water sudation tid.
2	06/6/2020 - 27/6/2020	Tiredness, headache, fever 101 <sup>0</sup> c ,Throat ache	Advised all medication along with <i>Pranayama</i> <sup>[6]</sup> for 15 mts daily.
3	5/7/2020	Advised for IgG Elisa	COVID negative

**Table- II. Symptom and intervention chart patient chart –Female patient**

Sl. No	Date	Symptoms	Interventions
1	02/6/2020 03/6/2020	-Body ache, headache, fever 101 <sup>0</sup> c ,throat ache	1. Azithromycin(500mg) 1-0-1 2. Paracetamol(500 mg) 1-1-1 3. Vitamin –C tablet(500mg) 1-1-1 4. Vitamin D <sub>3</sub> (60000IU) od.
2	4/6/2020	Body ache, headache, fever 101 <sup>0</sup> c ,throat ache	Continued allopathic medications along with <i>Ayurveda</i> medicines 1. <i>Jwarahara kashayam</i> (decoction for fever) 48ml twice daily before food in empty stomach. 2. <i>Ayush-64</i> (500mg) 1-1-1 <sup>[5]</sup> . 3. Salt water gargle with hot water sudation tid.
3	07/6/2020 17/6/2020	-Body ache, headache, fever 101 <sup>0</sup> c ,Throat ache, Temperature reduced to 98.3 <sup>0</sup> c ness, Nausea,	1. <i>Jwarahara kashayam</i> (decoction for fever) 48ml twice daily before food in empty stomach. 2. <i>Ayush-64</i> (500mg) 1-1-1 <sup>[5]</sup> . 3. Salt water gargle with hot water sudation tid .

4	18/6/2020 25/6/2020	-Tiredness	1. <i>Jwarahara kashayam</i> (decoction for fever) 48ml morning before food in empty stomach. 2. Ayush-64 (500mg) 1-0-1 <sup>[5]</sup> . 3. Salt water gargle with sudation with hot water thrice daily. 3. Advised to practice <i>Pranayama</i> <sup>[6]</sup> for 15 mts daily.
5	25/06/2020 - 30/06/2020	Symptomless	1. Salt water gargle with sudation with hot water twice daily 2. Advised to practice <i>Pranayama</i> <sup>[6]</sup> for 15 mts daily.
6	1/07/2020 5/7/2020	-Advised for IgG Elisa	COVID negative

**Table- III. Medicine and advice chart for daughters as preventive measure**

Sl. no	Date	Symptoms	Interventions
1	05/6/2020- 5/7/2020	Symptomless	1. <i>Jwarahara kashayam</i> (decoction for fever) 48ml twice daily before food in empty stomach. 2. <i>Ayush-64</i> (500mg) 1-0-1 <sup>[5]</sup> . 3. Salt water gargle with hot water sudation tid. Advised to practise <i>Pranayama</i> <sup>[6]</sup> for 15 mts daily.

**TABLE- IV . Drugs and Prescribed as per Ayurveda for preparation of *Jwaraharakashaya*(decoction for fever) with its Pharmacological action**

S No	I.Sanskrit name	Botanicalname	Family	Par used	Quantity used
1	<i>Musta</i> <sup>7</sup>	<i>CyperusrotundusLinn</i>	Cyperaceae	Rhizome	10 part
2	<i>Pippali</i> <sup>8</sup>	<i>Piper longumLinn</i>	Piperaceae	Driedfruit	3 part
3	<i>Maricha</i> <sup>8</sup>	<i>Piper nigrumLinn</i>	Piperaceae	Driedfruit	3 part

4	<i>Shunti</i> <sup>9</sup>	<i>Zingiber officinalis</i> <i>Rosc</i>	Zingi beraceae	Rhizome	3 part
5	<i>Parpataka</i> <sup>10</sup>	<i>Oldelandia coymbosia</i> <i>Linn</i>	Rubiaceae	Wholeplant	10 part
6	<i>Kiratatikta</i> <sup>11</sup>	<i>Andrographis paniculata</i> <i>Burm.F</i>	Acanthaceae	Wholeplant	10 part
7	<i>Katuki</i> <sup>12</sup>	<i>Picrorrhiza kurroa</i> <i>Royle exBenth</i>	Scrophulariaceae	Rhizome	1 part

**Preparation of decoction: Common protocol of Kwatha churna preparation was followed as per API.<sup>[13]</sup>**

**Outcome:** Patient was tested negative for COVID on 5/7/2020 and were symptomless. The symptoms resolved very quickly, and there was no progression of disease to a severe stage. Two daughters were living with the couple in the same home and were taking care of the parents. They both started *Ayurveda* medication *Jwarahara Kashaya*(decoction) and tablets along with parents without any other medications as a preventive measure. And both did not develop any symptoms of COVID even by close contact. They continued *Ayurveda* medications till 21 days and never got symptoms of COVID.

## DISCUSSION

### Limitations

Since this is a single case study, it needs for a larger sample to be studied for developing a standard protocol for COVID.

Since patient used both treatments in initial 4 days we can't generalize the results to *Ayurveda* alone.

As per state govt norms in India there was no provision for testing non-symptomatic cases even for documentation. So testing of children was not permitted.

### Strengths

It can be assumed that the management of symptoms of COVID with the given *Ayurveda* medicines arrested the progress of the disease to a more serious state. Despite the patient having severe headache, throat ache and fever more than 101<sup>0</sup>C, the patient condition did not worsen and develop severe complications. Both the patient had recovered in 12 days. Hence it can be said that the duration of disease was presumably shorter because of *Ayurveda* medicines. This aspect needs to be studied and documented further.

There are COVID patients who test positive, but with mild to moderate symptoms. Here in this case the patient had symptoms of tiredness, body ache, headache, fever 101<sup>0</sup>C, throat ache which can be considered under mild to moderate case.

The regulated medicine with regimen played an important supportive role in the cure. Normal light diet using gruels, vegetable soups non spicy and oily foods also helped in easy management. Strict diet control following same diet of the parents with the medicines and regimen helped the children in the preventive aspect.

We report this case to show that COVID is a condition where usage of *Ayurveda* medicines with proper regimen have contributed to the cure of the case and the case did not turning critically ill. And following *Ayurveda* medicines with proper regimen was found highly beneficial in the preventive aspect against COVID.

## CONCLUSION

COVID is responsible for causing a large number of deaths particularly in medically and technologically advanced countries. This is presumably there is no specific treatment protocol in Modern Western Medicine to address this COVID. Therefore this case report is to show that if proper *Ayurveda* treatment is given in COVID it may prevent the worsening

of the disease into a more critical condition. Here both patients exhibited moderate symptoms of COVID. However they didn't become critically ill owing to *Ayurveda* intervention and following proper Ayurvedic regimen. And both the children who were with the COVID parents didn't develop COVID symptoms. *Ayurveda* being the great Indian wisdom has to be projected in this aspect which will be helpful for the whole mankind.

## Declaration of patient consent

The authors confirm that they have acquired a patient consent form, in which the patient or caregiver has granted permission for the publication of the case, including accompanying images and other clinical details, in the journal. The patient or caregiver acknowledges that their name and initials will not be disclosed, and sincere attempts will be undertaken to safeguard their identity. However, complete anonymity cannot be assured.

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