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REVIEW ARTICLE

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AYURVEDIC TREATMENT PROTOCOL FOR COVID 19

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Abstract

The global community is facing pandemic COVID 19, which does not have a cure till date and thus needs to be contained with Ayurveda way of prevention by boosting the immunity and also following the guidelines of WHO. In Ayurveda this condition can be correlated with *Shvasanaka Sannipata Jvara*, caused by the *Tridoshas*. The fatality and prognosis of COVID 19 can be well understood by the concept of *Dhatupaka* explained in *Ayurvedic* classics in the context of *Jvara*. Considering the *Tridoshaja* nature of disease, it needs rigorous well planned treatment protocol and this protocol should be followed with the conventional medicine to pacify the infection, to stop the spread of infection to lungs, to enhance the recovery rate, and to reduce the dependency on oxygen and ventilator after phase 2 or phase 3 clinical trial.

Key words: COVID 19, prevention guidelines, treatment protocol, *Ayurvedic* intervention, herbal intervention

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INTRODUCTION

COVID-19 is a highly infectious disease caused by the SARS-COV-2 that can lead to severe respiratory distress and complications in some patients.^[1] Researchers around the globe are working hard to discover effective antiviral agents, immunity modulators and vaccines, but an effective remedy is not yet in sight.^[2] Despite worldwide efforts to contain it, the pandemic is continuing to spread for want of a clinically-proven prophylaxis and therapeutic strategy.^[3] Consequently, it is necessary that scientific community must draw on pluralistic knowledge systems available globally. Drawing on the original *Ayurveda* classics, contemporary scientific studies, and our experiential knowledge on similar clinical

settings, here we propose a pragmatic plan for interventions. We provide a graded response depending on the stage of infection and proximity with disease among individuals in a population. Notwithstanding the fact that no system of medicine has any evidence-based treatment for COVID-19 as yet, clinical interventions are being done worldwide. Similar strategy is required to be implemented by *Ayurveda* system of medicine. *Ayurveda* interventions become even more relevant by the fact that there is an elaborate description of causation and management of epidemic (*Janapadodhwamsa*) in *Ayurveda*.^[4]

This article discusses on prevention and treatment guidelines for the management of COVID 19.

AYURVEDIC GUIDELINES FOR PREVENTION OF COVID 19

General Guidelines

1. Take easily digestible, non-gas forming, non-constipating, nutritious and not too oily food.
2. Take gooseberry, apple, kiwi, orange etc. fruits
3. Avoid oily food, cold drinks, oily food, heavy food, staled food, stored food, stored meat etc.
4. Drink *Tulsi* leaves (10-20 per liter) added water.
5. Gargling with warm water, salt and turmeric for min 5-6 times per day.
6. Drink lukewarm water after meals.
7. Do regular *Yoga, Pranayama* and Meditation.
8. Sleep at least 6-8 hours.
9. Avoid too much day sleep, excessive exercise, excessive coitus.
10. Fumigate the house with

Dhoopa with powders of *Guggulu* (*Commiphora mukul*), *Neem* leaves, *Palasha* (*Shorea robusta*) leaves, *Vacha* (*Acorus calomus*), turmeric rhizome, and *Karanja* (*Pongamia pinnata*) leaves. If all not available then you can use 2 or 3 combination also.

11. Chant *Gayatri Mantra* for 108 times
12. Chant *Vishnu Sahasra Nama*

Simple home remedies

1. Take 50ml decoction of *Gudoochi* (*Tinospora cordifolia*), *Bharangi* (*Clerodendrum serratum*), *Yashtimadhu* (*Glycyrrhiza glabra*) *Shati* (*Hedychium spicatum*), *Pushkaramoola* (*Inula racemosa*), *Shunthi* (*Zingiber officinale*), *Maricha* (*Piper nigrum*), *Tulasi* (*Ocimum sanctum*), *Bhumyamalki* (*Phyllanthus urinaria*), *Kanthakari* (*Solanum xanthocarpum*), and *Kalamegha* (*Andrographis paniculata*). If all are not available then prepare with available drugs.
2. *Sudharshana Vati* 1 Tab 3 times

with water.

3. Syrup *Amritarishta* 10ml three times after food with double quantity of water.
4. Take herbal tea prepared from *Shunthi*, *Ashwagandha*, *Yashtimadhu*, *Tulasi*, Cinnamon, Cumin seeds, black pepper. (black pepper should be avoided in heat body persons)
5. Nasal application – instill 1-2 drops of *Anu Taila* in both the nostrils (*Pratimarsh Nasya*) - two times per day.

Medicines for increasing immunity In General

–

Take any 1 or 2 of the following

1. *Chyavana Prasha Leha* 1 tea spoon 2 times per day with warm milk
2. *Bharangyadi Kashaya* 30-50 ml twice a day with lukewarm water
3. *Indukanta Kashaya* 10ml twice a day with lukewarm water
4. Turmeric milk

For Vata Prakriti (body type) –

Brahma Rasayana, *Ashwagandha Rasayana*

For Pitta Prakriti (body type) –

*Amalaki Rasayana, ChayavanaPrasha
Leha*

For Kapha Prakriti (body type) –

*Agastya Haritaki Rasayana, Pippali
Rasayana (leha), Vasavaleha.^[5]*

TREATMENT PROTOCOL FOR COVID 19

1. VATAPRADHANA SHWASANAKA

SANNIPATAJA JWARA

1.1 Mild – Vatapradhana Shwasanaka

Sannipataja Jwara

1. *Mrityunjaya Rasa* 1-1-1
2. *Sudarshana Ghana Vati* 2-0-2
3. *Dashamula Kashaya / Vyaghryadi
Kashaya (S.Yo.)* 10ml-10ml-10ml
4. *Lavangadi Vati*, for chewing 1 pill,
3-4 times
5. Steam with Halin capsule
(*Nagarjuna*) 2 times
6. Gargling with luke warm water +
salt + Turmeric (4-6 times)
7. *Pratimarsha Nasya / Nasal
smearing with Anu Taila* (2 times)

1.2 Moderate - Vatapradhana Shwasanaka

Sannipataja Jwara

1. *Mrityunjaya Rasa* 1-1-1
2. *Sudarshana Ghana Vati* 2-2-2
3. *Sitopaladi Churna – 50 gm
+ Haridra Khanda – 50 gm
+ Yasthimadhu Churna – 50 gm
+ Samirapannaga Rasa – 2.5 gm
+ Svarnamakshika Bhasma – 5 gm
+ Abhraka Bhasma(100 Puta) –
3gms
+ Yashada Bhasma – 5 gm*

+ *Godanti Bhasma – 5 gm*

4-6 gm TID with Honey

4. *Lavangadi Vati*, for chewing 1 pill,
3-4 times
5. Steam with Halin capsule
(*Nagarjuna*) 2 times
6. Gargling with luke warm water +
salt + Turmeric (6-8 times)
7. *Pratimarsha Nasya / nasal smearing
with Anu Taila* (4 times)
8. *Dhuma* with *Varti* prepared from
*Jyotishmati + Tejapatra + Haridra +
Guggulu.*
Or Varti prepared from
Haridrakhanda and *Ghritha*
Or Tejapatra smeared with
Haridrakhanda dipped in *Ghritha*. (2
times)

1.3 Severe - Vatapradhana Shwasanaka

Sannipataja Jwara

1. *Brihata Kasturi Bhairava Rasa* 1-1-1
2. *Mrityunjaya Rasa* 1-1-1
3. *Sudarshana Ghana Vati* 2-2-2
4. *Sitopaladi Churna – 50 gm
+ Haridra Khanda – 50 gm
+ Yasthimadhu Churna – 50 gm
+ Samirapannaga Rasa – 2.5 gm
+ Svarnamakshika Bhasma – 5 gm*

+ *Abhraka Bhasma*(100 Puta) –
3gms

+ *Yashada Bhasma* – 5 gm

+ *Godanti Bhasma* – 5 gm

4-6 gm TID with Honey with

Dashamula Kashaya / Vyaghryadi

Kashaya / Amrutaristha.

5. *Lavangadi Vati*, for chewing 1 pill
chewing 4-6 times
6. Steam with Halin capsule
(*Nagarjuna*) -6 times
7. *Pratimarsha Nasya /* nasal smearing
with *Anu Taila* (4 times)
8. Gargling with luke warm water +
salt + Turmeric (6-8 times)

2. KAPHAPRADHANA SHWASANAKA SANNIPATAJA JWARA

2.1 Mild – *Kaphapradhana Shwasanaka* *Sannipataja Jwara*

1. *Mrintyunjaya Rasa 1-1-1*
2. *Sudarshana Ghana Vati 2-0-2*
3. *Dashamula Katutraya Kashaya /*
Bharangyadi Kashaya, 10ml-10ml-10ml
4. *Vyoshadi Vati*, for chewing 1 pill, 3-
4 times
5. Steam with Halin capsule
(*Nagarjuna*) 2 times
6. Gargling with luke warm water +
salt + Turmeric (4-6 times)
7. *Pratimarsha Nasya /* Nasal
smearing with *Anu Taila* (2 times)

2.2 Moderate – *Kaphapradhana Shwasanaka* *Sannipataja Jwara*

1. *Mahalakshmi Vilasa Rasa 1-1-1*
2. *Sudarshana Ghana Vati 2-2-2*
3. *Talisadi Churna* – 50 gm
+ *Haridra Khanda* – 50 gm
+ *Yasthimadhu Churna* – 50 gm
+ *Samirapannaga Rasa* – 3 gm
+ *Svarnamakshika Bhasma* – 5 gm
+ *Abhraka Bhasma*(100 Puta) – 5
gm
+ *Yashada Bhasma* – 5 gm
+ *Godanti Bhasma* – 5 gm
+ *Tankana Bhasma* – 10 gm
4-6gm with honey and 10-20 ml
Dashamula Trikatu Kashaya or
Bhanragyadi Kashaya
4. *Vyoshadi Vati*, for chewing 1 pill, 5-
6 times
5. Steam with Halin capsule
(*Nagarjuna*) 4-6 times
6. Gargling with luke warm water +
salt + Turmeric (6-8 times)
7. *Pratimarsha Nasya /* nasal smearing
with *Anu Taila* (4 times)
8. *Dhuma* with *Varti* prepared from
Jyotishmati + Tejapatra + Haridra +
Guggulu + Vacha + Maricha **or** *Varti*
prepared from *Haridrakhanda* and
Ghrita **or** *Tejapatra* smeared with
Haridrakhanda dipped in *Ghrita*. (2
times)

2.3 Severe – *Kaphapradhana Shwasanaka*

Sannipataja Jwara

1. *Mahalakshmi Vilasa Rasa* 1-1-1
with Honey
2. *Mrintyunjaya Rasa* 1-1-1
3. *Sudarshana Ghana Vati* 2-2-2
4. *Talisadi Churna* – 50 gm
+ *Haridra Khanda* – 50 gm
+ *Yasthimadhu Churna* – 50 gm
+ *Samirapannaga Rasa* – 3 gm
+ *Svarnamakshika Bhasma* – 5 gm
+ *Abhraka Bhasma(100 Puta)* –
3gms
+ *Yashada Bhasma* – 5 gm
+ *Godanti Bhasma* – 5 gm
+ *Tankana Bhasma*-5gms
5. 4-6gm with honey and 10-20 ml
Dashamula Trikatu Kashaya or
Bhanragyadi Kashaya
6. *Lavangadi Vati*, for chewing 1 pill
chewing 4-6 times
7. Steam with Halin capsule
(*Nagarjuna*) -6 times
8. *Pratimarsha Nasya* / nasal smearing
with *Anu Taila* (4 times)
9. Gargling with luke warm water +
salt + Turmeric (6-8 times)
10. *Dhuma* with *Varti* prepared from
Jyotishmati + Tejapatra + Haridra +
Guggulu + Vacha + Maricha or *Varti*
prepared from *Haridrakhanda* and
Ghrita or *Tejapatra* smeared with
Haridrakhanda dipped in *Ghrita*. (2
times.

CONCLUSION

The pandemic COVID 19 has put new challenges to the Ayurveda fraternity. Mild and moderate cases of COVID 19 if managed as per the principles of Ayurveda it can be best prevented and cured. AYUSH Department

needs to expedite the process of getting ICMR permission for carrying out scientifically designed clinical trials and standard treatment protocol for different categories and different stages.

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