



A CLINICAL CASE REPORT ON COVID19 CASE AND ITS MANAGEMENT THROUGH AYURVEDIC PROTOCOL

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ABSTRACT:

The patient received treatment recommendations that included medication, dietary advice, and behavioural therapy. Even though the patient had substantial COVID-19 symptoms, the patient healed with only *Ayurveda* medicine and does not have any Post-COVID-19 problems up to-date. Early healing and improved results suggests that *Ayurvedic* therapy is safe and effective. The Patient experienced fatigue, fever 100 °F, irritation in throat and myalgia. *Ayurvedic* assessment confirmed *Kapha-Vataj Jwara*. The current pandemic, current symptoms, prior sickness, comorbidities, season, fundamental body constitution, vitiated body *Dosha*, and *Ama* were considered when making the diagnosis (body toxins). *Kapha*, *Vata*, and adjunctive *Pitta* are dominant in the vitiated *dosha* configuration. *Rasa* and *Rakta Dhatu* are bodily tissues that are damaged; *Sweda*, *Mutra*, and *Purisha* are excretory products involved; and *Manovaha* and *Raktavaha srotas* were affected. *Pranvaha srotas* was the *Sthansanshraya* (Site of Disease Manifestation) (Respiratory system). Fever of the kind known as *Kapha-Vataja Jwara* was verified. Several types of fever have been described by *Ayurveda* depending on the participation of *Dosha*, *Dushya*, *Kala*, and causal factors. *Ayurveda's* multifaceted approach covers most infectious diseases and aids in the comprehension of newly appearing fevers. Many *Ayurveda* treatments are now being employed for a variety of *Kapha-Vataja* and *Sannipataja* (fatal combination of all three *Doshas*) *Jwaras*, some of which may be effective for COVID-19.

Keywords - COVID-19 patient, *Ayurvedic* treatment, Corona.

INTRODUCTION

The planet is through a devastating transformation, yet it still does not appear to be over. By the end of 2019, Wuhan, China, reported the discovery of the Corona virus illness (Covid19), which is brought on by infection with the severe variant of the coronavirus (SARSCoV2). It has rapidly spread over the world and been designated a pandemic by WHO on March 11, 2020. A highly contagious illness called COVID-19, which is brought on by the SARS-CoV2 virus, can leave some patients severely breathless and with life-threatening consequences. The COVID-19 is rapidly evolving. The World Health Organization (WHO) kept tabs on it and revised the data on its transmission, fatalities, and morbidities that were accessible. Western medicine has not yet discovered a cure for COVID-19.

The SARSCoV2 virus is a beta-corona virus type that has a positive sense of RNA that is distinct from other types. It is enveloped, has a spherical diameter of 60140 nm, and has around 912 nm-long spikes on the crown. These spikes oversee assaulting host cells and causing infection. It is intriguing to observe that COVID-19 appears to be a horribly and oddly selective illness. Just a few affected persons have serious illness. Although most Covid-19 patients were older or had

underlying medical conditions such and cancer, diabetes mellitus, hypertension, cardiovascular disease, or hyperlipidaemia, the virus nevertheless claimed the lives of several previously healthy people who were also very young.

Ayurveda has experienced dealing with epidemics like COVID-19. Classical textbooks give a detailed description of the character "*Janapadodhwansa*" in terms of its underlying mechanics (epidemic). Several sorts of epidemics are fully described in *Ayurveda*, including their causes (nidan), impact, management, and avoidance. According to *Charaka Samhita*, everyone is affected by the degradation of the air, water, environment, and seasons, which causes these epidemics to develop. Hence, this epidemic will impact everyone, regardless of how physically fit they are, and the degree of their suffering will be determined by their innate frailty. All *dosha* failures are attributed to *pragyaparadha* (intelligence misuse), which is also viewed as the primary cause of the pandemic known as "*Janapadodhwansa*". The *Ayurvedic* explanation of COVID-19 symptoms may not apply to the symptoms of a spectrum of clinical entities, such as mild illness (*jwara*), non-severe pneumonia (shwas poorvaroopa), severe pneumonia (shwasa

roga), acute respiratory distress syndrome (*pravridha shwas*), and sepsis or shock (*arisht lakshan*).

CASE REPORT

A Male Patient was enrolled voluntarily in this case study on *Ayurvedic* medication for the treatment of Covid -19 and its related symptoms (mild and moderate). The patient was having fatigue, fever 100 °F, irritation in throat and myalgia. Patient felt above symptoms three days after found COVID-19 positive.

The necessary measures were taken throughout the Ayurvedic assessment for present symptoms. Irritation in the neck (*Kapha* vitiation), myalgia, fatigue (*Vata* domination), and fever (*Kapha-Vata* dominated *Jwara*) (*Kapha* and *Vata* vitiation).

An *Ayurveda* diagnosis of *Kapha-Vataj Jwara* results from all findings.

On the day that the COVID-19 RT-PCR swab test came back positive for the illness, it was suggested to the patient. According to the instructions of the concerned doctor from the government-approved COVID Centre, the patient quarantined themselves at home or govt. covid centre. After isolating themselves, all the patients telephoned an Ayurveda doctor. The family stress was reduced by the dialogue and comfort, and then Ayurveda therapy was started. It was suggested and urged to isolate oneself at home, practise good hygiene, and monitor blood pressure, heart rate, and peripheral oxygen saturation. *Ayurveda* treatment and case report publishing required the patient's written informed permission, which was obtained.

Treatment and Follow Up-

Timeline - Disease symptoms, Diagnostics & Treatment course summaries.

Date/Day	Symptoms	Investigations	Treatment ^{1,2}
08/01/23- Day 1	Fatigue, Fever 101 °F, Throat irritation, Myalgia	Reverse transcription polymerase chain reaction (RTPCR) = Positive at Government authorized center.	<ul style="list-style-type: none"> ● <i>Sitopaladi Churna</i> with Honey 2 g thrice daily with Honey or as directed by Ayurveda physician ● <i>Vyoshadi vati</i> Chew 1-2 pills as required or as directed by Ayurveda physician ● <i>Chyawanprasha</i> 10 g with warm water / milk once a day ● <i>Vasavaleha</i> 10 g with warm water or as directed by Ayurveda physician ● <i>Kutaja Ghana Vati</i> 500 mg - 1 g thrice

			<p>daily or as directed by Ayurveda physician</p> <ul style="list-style-type: none"> • <i>Kanakasava</i> 10 ml with equal amount of water twice a day or as directed by Ayurveda physician 5 gm Morning & Evening. • <i>Nagaradi Kashaya</i> 20 ml twice a day or as directed by Ayurveda physician
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09/01/23- Day 2	Severe fatigue, Fever102 °F Cough, Myalgia, Tastelessness and Anosmia, Headache		Same medicines continued
10/07/23 Day 3	Severe fatigue Fever100.6 °F Mild cough, Mild myalgia, Mild headache, Tastelessness & Anosmia continued		Same medicines continued
11/01/23- Day 4	Fatigue Fever100.1°F Mild cough, Mild myalgia, Headache, Tastelessness and Anosmia continued		Same medicines continued
12/01/23- Day 5	Mild Fatigue, Mild Myalgia,		Same medicines continued

	No cough but throat irritation persists No Fever, No Headache, Taste and Smell sensation partially restored.		
13/01/23- Day 6	No body ache, No fever, Most of symptoms disappeared, Taste and Smell sensation partially restored.		Same medicines continued
14/01/23- Day 7	Partially tastelessness		Same medicines continued
15/01/23- Day 8	Partially tastelessness		Same medicines continued
16/01/23- Day 9	Asymptomatic		Same medicines continued
17/01/23- Day 10 - 25/01/23- Day 25	Asymptomatic		<ul style="list-style-type: none"> Day10-Day25 1) <i>Sitopaladi Churna</i> with Honey 2 g thrice daily with Honey or as directed by Ayurveda physician
26/01/23- Day 26 - 30/01/23- Day 30	Asymptomatic	RT-PCR= Negative Govt. authorized laboratory	<ul style="list-style-type: none"> <i>Agnitundi vati</i> 2-0-2 after lunch and Dinner for 15days.
31/01/23- Day 31	Patient offered physical visit		<ul style="list-style-type: none"> <i>Agnitundi vati</i> 2-0-2 after lunch and Dinner for 15days.

	at clinic. Found physically and psychologically healthy.		
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Table 2 Therapeutic intervention- Ayurvedic treatment protocol.

	Stage 1-Jwara –Sama Avastha (Fever accompanied with Aama) Day 1–9	Stage2-Kapha Ksheenavastha (Low Kapha state) Day 10–24	Stage 3 (For enhancing Agni and Bala) Day 25–40.
Medicine	<ul style="list-style-type: none"> ● <i>Sitopaladi Churna</i> with Honey 2 g thrice daily with Honey or as directed by Ayurveda physician ● <i>Vyoshadi vati</i> Chew 1-2 pills as required or as directed by Ayurveda physician ● <i>Chyawanprasha</i> 10g with warm water / milk once a day ● <i>Vasavaleha</i> 10g with warm water or as directed by Ayurveda physician ● <i>Kutaja Ghana Vati</i> 500 mg - 1 g thrice daily or as directed by Ayurveda physician ● <i>Kanakasava</i> 10ml with equal amount of water twice a day or as directed by Ayurveda physician 5gm Morning & Evening. ● <i>Nagaradi Kashaya</i> 20 ml twice a 	<ul style="list-style-type: none"> ● <i>Sitopaladi Churna</i> with Honey 2g thrice daily with Honey or as directed by Ayurveda physician 	<ul style="list-style-type: none"> ● <i>Agnitundi vati</i> 2-0-2 after lunch and Dinner for 15days.

	day or as directed by Ayurveda physician	
Diet	<ul style="list-style-type: none"> ● Liquids from a freshly prepared diet are applauded. ● During fasting, it is best to eat light. ● Cereals: <i>Rajgira</i> (Amaranths) laddoo, pearl millet, aged wheat, and barley are favoured. ● Pulses include lentils, green gramme, pigeon peas, red lentils, and horse gramme. ● Vegetables: Ridge gourd, snake gourd, white goosefoot, spine gourd, bottle gourd, drumsticks, eggplant, okra and pumpkin. ● Spices: You can use a tiny quantity of garlic, onion, ginger, coriander, cumin, turmeric, black pepper, dried ginger, cinnamon, and mustard seeds when cooking. ● While cooking, use cow ghee rather than oil. ● The following fruits should be consumed: <i>Amla</i>, Dried Fig, Black Raisins, Pomegranate, Wood Apple, Orange, and Sweet Lime. ● It is advised to consume foods that taste <i>tikta</i> (bitter), <i>katu</i> (pungent), and <i>kashaya</i> (astringent). ● Honey ● Also forbidden are fresh cereals, curd, cold beverages, and similar items. 	Regular diet
Regimen	<ul style="list-style-type: none"> ● Avoid resting during the day and staying up late. ● Avoid strenuous exertion. ● Practice deep breathing and <i>pranayama</i> for 1–5 minutes. ● Abstinence 	<ul style="list-style-type: none"> ● Avoid day time sleep ● Sleeping late night. ● Avoid heavy exercise. ● Practice <i>Pranayama-</i>

		Deep breathing 1–5min.
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DISCUSSION

The term "pandemics" comes from the *Ayurvedic* term "*Janpadodhwansa*," which refers to illnesses with similar symptoms that affect a large population and may result in death. The primary causes for *Janpadodhwansa* are referred to as abnormal situations of air, water, topography, and time. Despite all, this area continues to remain the primary foundation of disease transmission. Personal and social ethics, cleanliness, and manners have all been carefully examined and perfectly align with WHO prevention recommendations. We face new dangerous illnesses around every ten years on average. *Ayurveda* has demonstrated that it has therapeutic and preventative benefits. There are trillions of bacteria everywhere around us, and the "survival of the fittest" principle holds true for all of them. All kinds of life continue to evolve. Although it stresses the host idea, which is strengthened by *Sadvritta* (Way to Carry On), *Dinacharya* (Daily Routine), *Ritucharya* (Seasonal Routine), exercise, dietary restrictions, and decorum, *Panchakarma*, and *Rasayana*.

The Patient experienced fatigue, fever 100 °F, irritation in throat, myalgia. *Ayurvedic* assessment confirmed *Kapha-Vataj Jwara*. The current pandemic, current symptoms, prior sickness, comorbidities, season, fundamental body constitution, vitiated body *Dosha*, and *Ama* were considered when making the diagnosis (body toxins). According to *Ayurveda*, the prognosis for COVID-19 is *Jwara (Kapa Vata Fever in this case)*, *Rakta-pitta (Kapha-Vata-dominant haematological diseases)*, *Shwasa*, and *Kasa* (Severe respiratory distress – KaphaVata dominance), emergence of a new illness in the context of an existing one. The chapters are explained in the same way in *Ayurveda*. Several pathologies of fever have been described in the diagnostic section, putting *Rasa dhatu* in the spotlight. *Pitta* is the primary motivator of *Jwara*, which is a crucial component of *Rakta-pitta*. The bulk of the time, blood disorders are caused by persistent fever. The production of thrombus, which may be regarded as coagulopathies in COVID-19, is caused by vitiated *Vata* and *Kapha*. *Ayurveda* diagnosis was particularly difficult due to the restrictions of patient examination at the time. It was difficult to interpret Covid

pathophysiology, prognosis, and therapy in an *Ayurvedic* fashion. It was crucial yet challenging to maintain the patient's spirits throughout the process. *Ayurveda* medications, nutrition, and routine were suggested by considering this. Three steps of the procedure were planned:

Stage 1: *Amapachana* and *Doshapachana* treatment (Digestion of indigested body toxins),

Stage 2: After achieving *Kapha ksheen* stage (low *Kapha*)-Vata and Pitta pacification treatment,

Stage 3: For enhancing *Agni* (Digestion) and *Bala* (Strength). In *Samaavastha* (Indigested toxins), *Amapachana* and *Doshapachana* was aimed.

For the purpose of choosing a medication, patient's symptoms, *Doshavastha* (condition of vitiated *Dosha*), and prognosis were taken into consideration. Given the prevalence of *Kapha* and *Vata*, medications with balancing effects on these three doshas were favoured. A deadly *Jwara* known as *Kanthakubja Sannipat* mentions COVID-19 for its near symptoms and prognosis. As a well-known treatment for the same condition, *Kanakasava* decoction has been mentioned. The ingredients in the *Kanakasava* decoction have a favourable affinity for the *Pranavaha Srotas* and are useful in the treatment of

Ama and *Doshapachana*. Given that this *Nagaradi Kashaya* decoction has been chosen, *Dwidoshaj Jwara* may prove lethal and transform into *Sannipataj Jwara* (a fatal combo of all three Doshas). Several fevers caused by extrinsic causes are described by *Agantuj Jwara*. This has led to the selection of *Nagaradi Kashaya*. Moreover, *Vasavaleha* is listed in AYUSH's COVID-19 recommendations for *Ayurvedic* practitioners. *Jwara* therapy for *Aampachana* (digesting bodily toxins) and Pitta maintenance mentions *Agnitundivati*. Hence, prognosis prevention was proved to be useful.^{3,4}

Only *Sitopaladi Churna* was maintained in the second stage after *Amapachana* (Digestion of Undigested Body Toxins) in order to increase *Agni* and *Dhatu* power. In *Ayurveda*, this medication is classified as *Rajayakshama* and is typically administered for conditions including TB, viral respiratory infections, pneumonia, bronchitis, and chest and pharyngeal congestion. *Sitopaladi Churna* is often a fan of *Pranavaha Srotas* (Respiratory system). Therefore, it could be helpful for pulmonary issues following COVID. *Agnitundi Vati* and *Sitopaladi Churna* have been chosen to maintain *Pitta dosha* considering the patient's body constitution (*Vata Pitta Prakriti*), past complaints, current *Varsha ritu*

(Rainy season) and related *Pitta dosha sanchaya* (natural accumulation of *Pitta dosha*), as well as the upcoming season (*Sharad - Pitta Prakop kala*). The damaged organ, or *Vyadhi sthana*, has been the focus of treatment thus far. One of the most popular treatments for conditions of the respiratory system is *Agnitundi Vati*. Through cytokine production inhibition, lung function improvement by reducing allergen-induced bronchial hyper responsiveness, and blocking the release of inflammatory cellular infiltration (eosinophil, lymphocytes, and neutrophils) into airways, it has demonstrated efficacy against the ongoing inflammatory process underlying respiratory problems. The main components of *Ayurvedic* medicine, in addition to the actual treatment, are dietary and behavioural regimen. A controlled eating plan was suggested in order to correct imbalanced *Agni, Bala, and Dosha*.^{5,6}

The *Jwara* therapy was followed by the diet. Sutrās are easy to digest, energising for the body and mind, and useful for reviving the digestive fire. *Pranayama* strengthens the respiratory system and effectively uses the diaphragm and abdominal muscles. Seven days later, the patient had healed, and despite the presence of hypertension, the infection had not become worse. Considering

the *Ayurveda* treatments as stated in case of traditional Chinese medicine, it can thus be argued that the duration of the illness was probably shorter. Scan results and related studies indicated a successful recovery. Peak expiratory flow rate (PEFR), measured Post-Covid with a peak flow metre, revealed lung function within the normal range.⁷

CONCLUSION

These medications were seen to be effective in various COVID instances not only symptomatically but also through diagnostic and prognostic testing. This opens the door for further investigation into how these and other *Ayurvedic* medicines work when used to treat COVID, a disease described in *Ayurvedic* classical literature. .

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