



## AYURVEDIC DRUGS USED IN CORONA VIRUS

## Ayurveda

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## ABSTRACT

COVID-19 is an illness caused due to Novel Corona Virus 2 now called as Severe Acute Respiratory Syndrome Corona Virus -2 (SARS COV 2).<sup>1</sup> Ayurveda considers it as a Janapadodhwamsa Vikara. In Ayurvedic view, we can compare virus with an aam. This aam produced virkut rasa dhatu. Ultimately it produced abnormal cell. This cell has abnormal DNA and gens. Protein synthesis occurs in RNA will be abnormal. at last gene which is itself protein molecules will be become abnormal. This genetic material made from abnormal protein is virus. The choice of medicine (single and poly-herbo-mineral preparations) used should be Kapha Pittahara, Tridosahara, Rakta Prasadaka / Shodhak, Agada (Vishahara), Jwarahara, Ashukaari, Bahukalpa Rasayana / Urjaskara (drugs having immune-boosting properties) and potent antimicrobial activities. Herbo-mineral agents possessing above activities which can be used as prophylactic as well as curative measure is been proposed in the study. Considering above concepts, a detailed review is done from Ayurvedic classics and a possible frame work is proposed in regard to Samprapti (pathogenesis), prophylactic and curative aspects of COVID-19 in the study. This review paper is one of the start to think about concept of virus in Ayurvedic view. it will be helpful to combine approach of Ayurved and modern science to think and solve genetic disease.

## KEYWORDS

Virus; Aam; Pathogen; An Ayurvedic View COVID-19, Ayurveda, Preventive Protocol, Curative Protocol, Bhutabhishanga, Aagantu Vikaara, Agada.

## Introduction

COVID-19 is an illness caused due to Novel Corona Virus 2, now called as Severe Acute Respiratory Syndrome Corona Virus -2 (SARS CoV 2). It was first reported from Wuhan City, China on 31<sup>st</sup> of December 2019. It was declared as a pandemic by WHO on March 11, 2020, as it has confirmed its presence in all continents except Antarctica.<sup>3</sup> In the wake of COVID 19, an infectious disease caused by a newly discovered coronavirus, entire mankind across the globe is suffering. Till date, no medicine or therapy has demonstrated promising results in either preventing the disease or improving its prognosis to prevent this infection. The best ways of preventing COVID19 infection are breaking the chain, enhancing an individual's body immunity, identifying the infection early and timely medical care. The Ministry of AYUSH is committed to help the nation with the large resource of time-tested traditional knowledge practiced in this continent for the benefit of mankind. The Ministry has already published a series of measures to improve individual's natural defence system (immunity) in addition to the personal hygiene and social distancing measures. Ayurveda documented epidemics/pandemics under the context of Janapadodhwamsa (conditions devastate the human settlements). Similarly, infectious diseases have been considered under Sankramika rogas. Pollution of air, water, climate and environment is responsible for the spread of diseases on such a large scale resulting in Janapadodhwamsa. Causes of vitiation of air, water, climate and place along with their

characteristics have been enumerated in classics<sup>4</sup>. Improper disposal of waste, distribution of polluted water, air pollution, indulgence in unhealthy and unwholesome activities, failure of judgment and misunderstanding of situation etc. also result in reasonable damage to the health of the society; ultimately leading to Janapadodhwamsa. Such conditions will manifest in symptoms like cough, breathlessness, fever etc. In Ayurveda, initial phases of the manifestation can be comparable to Agantuja Vata Kaphaja Jwara. Uncontrolled conditions, further vitiate other Doshas and other Rasa, Rakta, Mamsadi dushyas thus entering into Sannipataja condition. This document "Protocol for Ayurveda Practitioners" is a guideline for the use of registered Ayurveda Practitioners only. There are four sections covering the whole spectrum of COVID 19 infection management. The draft deals with the symptomatology in these three stages:

1<sup>st</sup> stage – Swasa-Kasa symptoms with Jwara (COVID 19 positive or negative with mild symptoms) 2nd stage – Vata-Kapha pradhan Jwara (Fever) (COVID 19 positive with specific symptoms at moderate level) These drugs can be used for covid 19

Amla

Haridra

Tulasi

Ashwaga

Jeerak

Shunthi

Marich

Pippali

*Tinospora cordifolia* is an herb used in Ayurveda to enhance vitality. It is being researched for a variety of health effects, including its effect on diabetes, glucose metabolism, inflammation, immune system support, and neurology. *Tinospora cordifolia* supplementation improves the ability of macrophages, an immune system cell, to consume their targets, though this effect is not immunostimulatory. Supplementation can also ward off allergies. One study suggests *Tinospora cordifolia* is as potent as [Spirulina](#) as an anti-allergic supplement.

Preliminary evidence suggests *Tinospora cordifolia* may provide benefits for people with diabetes. Supplementation of *Tinospora cordifolia* can reduce the body's absorption of sugar-derived carbohydrates, and it may also play a role in reducing the pathologies associated with diabetes, like retinopathy and nephropathy. There is currently no human evidence for these effects. *Tinospora cordifolia* may be a monoamine oxidase (MAO) inhibitor, which means it may raise catecholamine levels. The plant may also contain phytoandrogen, which means it can protect against DNA damage induced by the environment and radiation therapy. Finally, *Tinospora cordifolia* may have [Adaptogen](#)-like properties. Guduchi<sup>5</sup> Consuming 500 to 1000 mg of aqueous extract of Guduchi (*Tinospora cordifolia* (Thunb.) Miers

**Amalaki** is renowned for its immunity and antiaging benefits and is an excellent supplement during the fall and winter seasons. According to Ayurveda, fall and early winter are characterized by Vata Doshha. In Vata Doshha there is a predominance of cold, dry, rough, light, mobile, subtle, clear, dry and astringent qualities, all of which can be harsh on the system. Furthermore, aggravation of Vata can spread easily to the other two Doshas and lead to lower immunity and resilience, which is the pathway to disease and aging. Prevention is the primary approach emphasized in Ayurveda to stay in balance during this seasonal transition, and Amalaki is the most popular ancient ally from Ayurveda for health and vitality.

Amla<sup>6</sup> Consumption of fresh Amla fruit (Indian gooseberry – *Embilica officinalis* L/ *Phyllanthus emblica* L) or Amla candy is also advisable.

### Description of haridra plant

It is a rhizomatous herb, with a cluster of tilted leaves. Its botanical name is *Curcuma longa*. It's useful part is its rhizomes which is golden yellow colour. It is either used in fresh or dry form. It can be used orally, nasally, over skin etc. Its active ingredient (chemical constituent) is curcumin which is both preventive and curative property. Locally it is known as 'manjal' in almost all south Indian states. In Hindi it is known as Haldhi.

### Haridra as an immunity booster

What beautifies haridra is its ability to prevent diseases by enhancing the immunity system, so becoming anti-allergic. One should never wait for a disease to occur to take care of ourselves rather it is necessary to promote health. Some people have got good ability to fight against allergic substances making them less resistance to diseases while some have very less immunity making them suitable to allergic disorders relating to respiratory and skin conditions. Haridra thus avoids frequent cold and cough, respiratory ailments during seasonal changes, cures sore throats, relieve hiccups. Haridra<sup>7</sup> Gargling with warm water added with turmeric powder (*Curcuma longa* L) and a pinch of salt or Turmeric (*Curcuma longa* L)

**Tulsi** or Holy basil is a widely known herb in the family Lamiaceae. It is native to India and vastly cultivated throughout Southeast Asia. Tulsi has proved to be highly effective in protecting our body from various infections and diseases of heart, liver, skin, kidney etc. [1] So, Tulsi is rightly called the '**Queen of Herbs**'. Tulsi has a special place in Ayurveda as well as the home of Hindus in India. It is considered sacred by Hindus and worshipped by them. Three main types of Tulsi are seen growing in India:

Bright green leaves called Ram Tulsi

Purplish green leaves called Krishna Tulsi

Common wild Vana Tulsi.

### Nutritional Value:

Tulsi leaves are rich in vitamins A, C and K and minerals like calcium, magnesium, phosphorus, iron and potassium. It also has a good amount of protein and fibre.

### Research-Backed Benefits of Tulsi are:

#### Natural Immunity Booster:

Tulsi is rich in Vitamin C and zinc. It thus acts as a natural immunity booster and keeps infections at bay. It has immense anti-bacterial, antiviral and anti-fungal properties which protect us from a variety of infections. Tulsi leaves extract increases the T helper cells and natural killer cells activity, boosting the immune system.

Tulasi<sup>8</sup> Frequent sipping of water processed with Tulsi (basil leaves – *Ocimum tenuiflorum* L Merr (synonym *Ocimum sanctum* L) is advised.

Ashwagandha, also known as 'Withania Somnifera', was originally used in traditional Indian Ayurvedic medicine. This herb is becoming increasingly popular in the west and is most well known for its ability to reduce stress and promote a calmer and happier sense of being. A growing body of evidence is being collated around this powerful herb herb with an impressive variety of health benefits..

**Ashwagandha** is an adaptogenic meaning it can adapt to your body's needs by balancing out levels, such as hormones and immune cells, to create stability in the body and support our immune system. Here are 5 key health benefits of this powerful adaptogenic:

It has also demonstrated excellent immune-boosting effects on our immune system. has been shown to encourage anti-inflammatory and disease-fighting immune cells that help to ward off illness. As Ashwagandha has potent anti-inflammatory properties it is very useful in painful conditions such as arthritis. As the herb is rich in iron it also contributes to red blood cell count.

Ashwagandha root powder 3-5gm twice a day with warm milk or water/ ashwagandha extract 500mg twice a day with warm water<sup>9</sup>

**Boosts immunity:** Not just potassium, jeera is also packed with iron,

which is important for normal functioning of the immune system. Iron is the key mineral required for the production of red blood cells. Jeera is also rich in antioxidants, which helps in fighting free radicals and lowers your risk of infections. Hence, make sure you drink a glass of jeera water to boost your immunity.

*Tri* means three, *Katu* means pungent. 3 pungent or heating herbs which contains Black pepper, Ginger and Long pepper.

Help to clear excess kapha or mucous from the body

Support respiratory functions

Helps to rekindle Agni, the digestive fire

Supports digestion and Boosts metabolism

It works like scraping action on excess fat tissue. So helps in weight management.

It helps to take out excess impurities or ama from the body

Trikatu is recommended to be used along with other Ayurvedic herbs to support and enhance the bioavailability of those herbs. Trikatu supports respiratory function by getting rid of excess Kapha Trikatu churan helps in improving the immunity.

### CONCLUSION

Virus is one genetic material without capsid. There are many question in-front of us like Virus is enter in our body from outside or its generated in our body? Modern science give different theory regarding virus. In Ayurved abnormal aahar rasa called as Ama. This Ama is cause Which turn into virus and other pathogen. This concept will useful to us to recognize heredity disease. Ayurveda documented epidemics/pandemics under the context of Janapadodhvamsa (conditions devastate the human settlements). Similarly, infectious diseases have been considered under Sankramika rogas. Pollution of air, water, climate and environment is responsible for the spread of diseases on such a large scale resulting in Janapadodhvamsa. Causes of vitiation of air, water, climate and place along with their characteristics have been enumerated in classics<sup>1</sup>. According to Ayurveda all viruses or diseases already exist in environment but it attacks whom Vyadhikshamatva is low. All viruses will not attack when there will be high immunity power. So I have summarized some Ayurvedic drugs which improve immune power eg guduchi, ashwagandha, haridra, trikatu etc

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