
Ayurvedic Treatment Protocol for Management of Covid 19- Case Report of 2 Patients

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Abstract:

Ayurveda science is sufficient and enough to handle not only corona cases but also any pandemic diseases. There are few classically explained Ayurvedic herbal drugs executed, formulated and are being used and considered for treatment of corona virus disease (Covid-19). For this one supportive medicine combination given along with curative medicines is proven that it is highly preventive. This could be evidently seen when two kids with the age of 1.5 and 3 years were not affected by coronavirus even if they were very much closely associated with corona affected persons who are their parents. The objective was to develop evidence based, frequently updated practice guidelines on treatment's effectiveness and efficacy intended is to support patients, to other Ayurvedic doctors as well as all other medical systems and to have amendment regarding Anti-pandemic act made by government and followed so far in case of treatments and management of patients with Covid19 by Ayurvedic science. In this case patients were treated with Tab Corimmune (one tab two times a day), Tab Trideva (one tab two times a day) Liq. Codonil (15 ml two times a day) and medicated herbal inhaler for 15 days and found effective.

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Introduction

Corona Virus Disease 2019 (Covid 19) caused by the attack of Sars Cov 2 virus is acute respiratory syndrome is considered as pandemic outbreak and spread all over the world. This was announced as global pandemic in March 11th 2020 by the WHO.^[1] The first case of corona in India was reported on January 30, 2020, which is originated from China. Thereafter, India has the largest number of confirmed cases in Asia and the third highest number of confirmed cases in the world after U S and Brazil.

Covid 19 when it spread all over India has been treated according to the protocol which is followed and implemented by government .This plan contains the quarantine system and symptomatic Allopathic treatment method by using medicines. Ventilation is also utilized when patient gets very complications such as severity in respiratory system and respiratory tract. The Remdesivir and Chloroquine as well as plasma therapy is found effective in cases of covid-19.^[1-2]

Charaka samhitha is dated 5000 years back and in its “*vimanasthana*” 3rd chapter explains in detail about contagious diseases.^[3] In Sushruta Samhita also the *Aupasargika Vyadhi*, are described with their sign and symptoms.^[4] Usually depending on the situation the diagnosis of each patient’s confirmation of diagnosis had been undergone rt PCR test or Rapid Antigen tests. The site of disease manifestation is the lung fields and which is the seat of *kapha* and *vata* doshas. Both *doshas* are having similar ‘*sheetaguna*’. So there is chances of exhibiting symptoms of cough, cold, heaviness of head, fever, sneezing. Most of the cases showed the

symptom of loss of smell and taste perception. It indicates all three *doshas* get imbalanced. Due to the onset of fever, loss of appetite, vomiting, aversion towards food etc. in patients indicates *Agnivaigunya* is also to be considered.

Ayurvedic system of medicine could do miracles by administrating few formulated herbal drugs in very simple manner without side effects. Even though the basic nature of approach of Ayurveda science is on their way, I consider and execute medicines on the basis of antiviral, anti-inflammatory, antipyretic, anti-infectious. Same time action on respiratory system as well as some sensory centres too. The result shows more effective when it comes to excellent combination.

Case details:

Case Study-1: A female patient of 47 years k/c of T2DM under treatment, Hypothyroidism under treatment visited OPD on June 28 with rt PCR test positive. She complaints of headache and numbness on both sides of forehead, dryness of mouth, sore throat, tiredness, vomiting. On examinations vital are Appetite - reduced sleep - reduced micturition – normal bowel - H/O loose motion BP -120/70 mm of Hg MC- profuse bleeding for 20 -25 days with 40 days of interval. The following medicine stated and the relief in symptoms was started after 4 days and day by day she recovered. Within first week she was comfortable with relief in all symptoms except throat pain.

Case no-2: A female patient of 32 years had complaints of cough, mild fever and tiredness since 2 days. She had mild fever along with severe associated complaints

like severe dry cough, breathlessness, reduced sleep, cold, mild fever, loss of smell and taste, severe tiredness, heaviness on both sides of forehead. Covid positive case with positive rt PCR test result. She had H/o Allergic complaints since childhood and H/o PCOD.

She started following medicines with her husband and kid. She exhibited severe cough with breathing difficulty and tiredness. For one more week she was with almost all persisted complaints except few complaints like loss of smell and taste, fever, tiredness, insomnia etc. were all got cured gradually within followed 5 days and she completely recovered from all symptoms after 15 days. Her appetite was proper and used to have proper food in proper time.

Treatment prescribed in both case:

1. Tab Corimmune one tab two time after food with plain water for 15 days
2. Tab Trideva one tab two time after food with plain water for 15days
3. Decoction of a single drug named as codonil - (medicinal part used is leaf)
4. Medicated herbal Inhaler with the combination of 5 drugs with antiviral

Diet: They were also recommended vegetarian diet, plenty of water, fruits especially pomegranate and guava considering guava has a nature to prevent and kill virus same time pomegranate increases natural immunity and antipyretic too. The patient also advised to follow all the guidelines as per WHO released time to time. ^[5]

Result and Discussion:

Within 7-8 days all typical severe symptoms had been subsided and these patients cured completely within two weeks. On 15th day positive Covid diagnosed cases showed negative in test results of rt PCR. The drug Tab Corimmune contains *katu* and *tikta rasa katu vipak* and *ushna virya* properties. These properties help to improve *deepan* and *pachan* as well as help in improvement in symptoms when gets affected in upper respiratory infections.

Ingredients of Tab. *Trideva* with main ingredients like *amalakki*, *methi*, *vasa* etc which help in improve immunity of an individual. Liq. Codonil 15 ml is help to decongestion and relief in the cough with main ingredients like *haridra*. pepper, *manjishta* etc 12 herbal medicines. Medicated herbal Inhaler is found effective to normalize the nasal and throat mucosa and helps in early recovery in nasal discharges and sneezing, and throat pain.

Mode of Action of Drugs used:

All drugs are selected on the basis of action on respiratory system with the nature of antiviral and anti-inflammatory properties. So when drugs administered the powder form of the drug helps to absorb very easily and after digestion only the *Prabhava* and *Veerya* of drug helps to act on subtle level on concerned organs or system after circulates all over the body when it moves it helps to remove swelling, inflammations, infections etc different actions. When all the medicines in the combination form it helps to kill the virus and arrest all associated complaints. And in case of inhaler, the different 7 drugs with properties of *kaphanashaka*, antiviral makes to help to

get rid of virus from nasal-pharyngeal area and thus stop further invading and spreading

Conclusion:

Administering pure specifically formulated Ayurvedic herbal medicines are found effective enough for symptomatic relief of Covid 19 patients.

Limitations of study:

The used medicine need to be tried in more number of cases and create evidence based document adopting standard treatment protocols for its validation which is under trial.

All the medicines need in these two cases to be evaluated scientifically since this kind of examination is not done so far due to the lack of facilities.

Consent:

The consent has been taken from both the patients for publication of report without disclose the identity of patient as per medical ethics.

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