

Management of COVID-19 Patients with Mild and Moderate Symptoms through Ayurveda: A Case Series

Pradeep K^{1*}, Reshma M A²

¹Associate Professor & HOD, ²Research Fellow

Dept of Kriyasarira, Govt. Ayurveda College, Tripunithura, Kerala, India

Abstract:

COVID-19 is a pandemic which has become life-threatening worldwide. Since no medicines have developed so far, many health care systems are in search of effective medicines for this pandemic. COVID-19 patients with mild and moderate symptoms can be effectively managed with Ayurveda. This case series is a piece of evidence for treating covid-19 patients with mild and moderate symptoms purely with Ayurvedic classical preparations. Patients presented with mild fever, cough, anosmia, myalgia, headache, indigestion etc, tested for COVID-19 (RTPCR) and diagnosed as COVID-19 positive. These cases were treated mainly with *Guluchyadi Kashayam Tablet* (Two tabs two times in a day) and *Sudarsanam Tablet* (Two tabs three times in a day). All the cases were recovered with less COVID-19 sequelae. All the symptoms like fever, cough, anosmia, myalgia, headache, indigestion etc. subsided within 7 days without any complications and they were tested negative (RTPCR). Ayurvedic medicines can be effectively used for COVID-19 patients with mild and moderate symptoms. COVID-19 sequelae was less in those who treated with Ayurvedic medicines.

Keywords: Ayurveda, COVID-19, *Guluchyadi Kashaya Tablet*, *Sudarsanam Tablet*

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***CORRESPONDING AUTHOR:**

Dr Pradeep K

Associate Professor & HOD- Dept of Kriyasarira
Govt. Ayurveda College Tripunithura, Kerala,
India

Email: drpradeep601@gmail.com

Introduction:

The world public health is under a tragic crisis with the emergence and spread of 2019 novel coronavirus (2019-nCoV) or the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The suggested prevention mechanism entails home isolation of suspected cases and those with mild illnesses, strict infection control measures at hospitals that include contact and droplet precautions etc.,^[1] The entire world has been striving to establish vaccines or treatment protocols for this pandemic. In the health care sector, every system, be it conventional or traditional is trying to find some solutions for this disease. Even though the case fatality rate is around 2 to 3%, the disease is troubling the day-to-day life of all individuals. The severity of the disease lies in the faster spread of the disease from human to human by direct contact or being exposed to small droplets or aerosols that stay in the air for several minutes or hours called airborne transmission. It's not yet known how common it is for the virus to spread in this way.^[2] Since no effective medicines are discovered so far for this pandemic, this study shows a success story of managing COVID-19 patients with mild and moderate symptoms with ayurvedic medicines. As far as the COVID-19 is considered, it is a viral disease with fever, cough, loss of appetite, vomiting etc. According to Ayurveda, COVID-19 can be considered as *Kapha Dosha* predominant *Jwara* which mainly affects the *Prana Vaha Srotas*, which starts with deranged *Agni*. So, when we treat the patient, we must consider the three *Doshas*, *Agni*, *Srotas* etc. In this case series, a few simple drugs were used which gave

successful results in mild and moderate COVID-19 without any side effects.

Case History:**CASE 1**

A male patient aged 38 years called me over the phone stating that he is tested COVID-19 positive (RTPCR) and was on home isolation. He was a patient, who was being treated for low backache a few months back. The patient was having symptoms like mild fever, cough, anosmia and mild body pain. He was advised to take *Guluchyadi Kashayam*^[3] Tablet 2-0-2, *Sudarsanam Tablet*^[4] 2-2 -2 for 10 days (Table 1). During the treatment on 5th day, he complained about some gastric irritation, for that he was advised to take lemon juice 30 ml daily. On 7th day, all his symptoms were subsided except anosmia. But on 10th day, he was perfectly alright with no symptoms and was tested negative. He was advised to take *Chyavanaprasa*^[5] (Table 2) for one week.

CASE 2

A male patient aged 26 who was tested COVID-19 positive (RTPCR) on home isolation called me on phone seeking advice for taking ayurvedic medicines. He was having symptoms of fever, sore throat, headache and belching. The patient was advised to take *Guluchyadi Kashayam Tablet 2-0-2* and *Sudarsanam Tablet 2-2-2* for 10 days (Table 1), and lemon juice 30 ml daily for 10 days was given. Turmeric powder in saltwater was given for gargling. All the symptoms were subsided after one week and the patient was alright. He was tested negative on 10th day. He was advised to take *Pachanamrtha Kashayam*^[6] for one-two weeks since his

Agni was deranged. Then he was given *Chyavanaprasa* (Table 2) (for one week).

CASE 3

A COVID-19 positive (RT-PCR) male patient aged 45 years with mild symptoms on home isolation contacted over phone seeking ayurvedic treatment. The patient was having mild fever, nausea and cough. He was advised to take *Guluchyadi Kashaya Tablet 2-2-2*, *Sudarsanam Tablet 2-2-2* (Table 1) and 30-ml lemon juice 30 ml daily for 10 days. He was tested

negative on the 10th day with no symptoms persisted. He was advised to take *Chyavanaprasa* (Table 2) for one week.

Methodology/ Treatment given:

In all the 3 cases the same medicines were given by considering the basic concepts of Ayurveda. Along with the medicines, patients were told to take easily digestible food like rice soup and advised not to take cold items like juices which are stored in the refrigerator. They were advised to take freshly prepared lemon juice 30 ml daily.

Table-1: Treatment given:

| Name of medicines | Dose | No of days |
|--|---|------------|
| <i>Guluchyadi Kashayam Gulika 100 mg</i> | Two tablets twice a day with lukewarm water | 10 days |
| <i>Sudarsanam Gulika 50 mg</i> | Two tablets three times a day with lukewarm water | 10 days |

Table-2: Medicines given for post-COVID-19 management- After tested Negative:

| Name of medicines | Dose | No of days |
|---|--------------------------------------|------------|
| <i>Chyavanaprasha</i> | 1 teaspoon twice daily | 2 weeks |
| <i>Pachanamrutha Kashaya</i> (In patients with <i>mandagni</i>) | 15ml twice a day with lukewarm water | 2 weeks |

Table-3: Ingredients of *Sudarsanam Gulika*:

| Sl no | Sanskrit name | Latin name | Family |
|-------|--------------------|--------------------------------|---------------|
| 1 | <i>Kirata</i> | <i>Andrographis paniculata</i> | Acanthaceae |
| 2 | <i>Haritaki</i> | <i>Terminalia chebula</i> | Combretaceae |
| 3 | <i>Vibhitaki</i> | <i>Terminalia bellerica</i> | Combretaceae |
| 4 | <i>Amla</i> | <i>Emblica officinalis</i> | Euphorbiaceae |
| 5 | <i>Rajani</i> | <i>Curcuma longa</i> | Zingiberaceae |
| 6 | <i>Daruharidra</i> | <i>Berberis aristata</i> | Berberidaceae |
| 7 | <i>Brhati</i> | <i>Solanum indicum</i> | Solanaceae |
| 8 | <i>Kantakari</i> | <i>Solanum xanthocarpum</i> | Solanaceae |
| 9 | <i>Sathi</i> | <i>Hedychium spicatum</i> | Zingiberaceae |
| 10 | <i>Sunti</i> | <i>Zingiber officinale</i> | Scitaminae |
| 11 | <i>Pippali</i> | <i>Piper longum</i> | Piperaceae |

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|----|---------------------|------------------------------------|----------------|
| 12 | <i>Marichi</i> | <i>Piper nigrum</i> | Piperaceae |
| 13 | <i>Granthika</i> | Root of <i>Piper longum</i> | Piperaceae |
| 14 | <i>Murva</i> | <i>Marsdenia tenacissima</i> | Asclepiadaceae |
| 15 | <i>Guduci</i> | <i>Tinospora cordifolia</i> | Menispermaceae |
| 16 | <i>Dhanvayasa</i> | <i>Fagonia Arabica</i> | Zygophyllaceae |
| 17 | <i>Katuka</i> | <i>Picrorrhiza kurroa</i> | Sropularaceae |
| 18 | <i>Parpata</i> | <i>Fumaria parvifolia</i> | Fumariaceae |
| 19 | <i>Musta</i> | <i>Cyperus rotundus</i> | Cyperaceae |
| 20 | <i>Trayamana</i> | <i>Getiana kurroa</i> | Gentianaceae |
| 21 | <i>Valaka</i> | <i>Coleus vettiveroides</i> | Lamiaceae |
| 22 | <i>Nimba</i> | <i>Azadiracta indica</i> | Meliaceae |
| 23 | <i>Pushkaramula</i> | <i>Inula racemosa</i> | Asteraceae |
| 24 | <i>Madhuyashti</i> | <i>Glycyrrhiza glabra</i> | Fabaceae |
| 25 | <i>Vatsaka</i> | <i>Holarhena antidysentrica</i> | Apocyanaceae |
| 26 | <i>Yamani</i> | <i>Tachyspermum ammi</i> | Umbelliferae |
| 27 | <i>Indrayava</i> | <i>Hollarhena antidysentrica</i> | Apocyanaceae |
| 28 | <i>Bharngi</i> | <i>Clerodendrum indicum</i> | Verbianaceae |
| 29 | <i>Sigrubija</i> | <i>Moringa pterigosperma</i> | Moringaceae |
| 30 | <i>Surastraka</i> | <i>Alum</i> | |
| 30 | <i>Svadamstraka</i> | <i>Tribulus Terrestris</i> | Zygophyllaceae |
| 31 | <i>Vacha</i> | <i>Acorus calamus</i> | Araceae |
| 32 | <i>Tvak</i> | <i>Cinnamomum zeylanica cortex</i> | Lauraceae |
| 33 | <i>Padmaka</i> | <i>Prunus puddum</i> | Rosaceae |
| 34 | <i>Usira</i> | <i>Vetiveria zizanoides</i> | Graminae |
| 35 | <i>Candana</i> | <i>Santalum album</i> | Santalaceae |
| 36 | <i>Ativisa</i> | <i>Aconitum heterophyllum</i> | Ranunculaceae |
| 37 | <i>Bala</i> | <i>Sida cardifolia</i> | Malvaceae |
| 38 | <i>Saliparni</i> | <i>Desmodium gangeticum</i> | Fabaceae |
| 39 | <i>Prstaparni</i> | <i>Uraria picta</i> | Fabaceae |
| 40 | <i>Vidanga</i> | <i>Embelia ribes</i> | Myrsinaceae |
| 41 | <i>Tagara</i> | <i>Valeriana wallichii</i> | Valerianaceae |
| 42 | <i>Citraka</i> | <i>Plumbago zeylanica</i> | Plubagenaceae |
| 43 | <i>Devadaru</i> | <i>Cedrus deodara</i> | Pinaceae |
| 44 | <i>Cavya</i> | <i>Piper Chaba</i> | Piperaceae |
| 45 | <i>Patolapatra</i> | <i>Tricosanthes cucumerina</i> | Cucurbitaceae |
| 46 | <i>Jivaka</i> | <i>Malaxis acuminata</i> | Orchidaceae |
| 47 | <i>Rsabhaka</i> | <i>Malaxis mucifera</i> | Orchidaceae |
| 48 | <i>Lavanga</i> | <i>Syzygium aromaticum</i> | Myrtaceae |
| 49 | <i>Vamsalocana</i> | <i>Bambusa arundinaceae</i> | Poaceae |
| 50 | <i>Pundarika</i> | <i>Nelumbo Nucifera</i> | Nelumbonaceae |
| 51 | <i>Kakoli</i> | <i>Fritillaria roylei</i> | Liliaceae |

| | | | |
|----|--------------------|---------------------------|---------------|
| 52 | <i>Patraka</i> | <i>Cinnamomum tamala</i> | Lauraceae |
| 53 | <i>Jatipatra</i> | <i>Myristica fragrans</i> | Myristicaceae |
| 54 | <i>Talisapatra</i> | <i>Abies webbiana</i> | Pinaceae |

Table-4: Ingredients of *Guluchyadi Kashayam*:

| Sl no | Common name | Botanical name | Family |
|-------|---------------------|-------------------------------|----------------|
| 1 | <i>Guduchi</i> | <i>Tinospora cordifolia</i> | Menispermaceae |
| 2 | <i>Padmaka</i> | <i>Prunus cerasoides</i> | Rosaceae |
| 3 | <i>Arista</i> | <i>Azadirachta Indica</i> | Meliaceae |
| 4 | <i>Dhanyaka</i> | <i>Coriandum sativum</i> | Umbelliferae |
| 5 | <i>Raktacandana</i> | <i>Pterocarpus santalinus</i> | Fabaceae |

Result and Discussion:

All the 3 patients got relief within 7 days by taking ayurvedic medicines. The symptoms were reduced and they got tested COVID-19 negative with RTPCR. They were having weariness after the viral bout, so they were advised to take *Chyavanaprasam* for two weeks. One patient with less digestive fire (*Agni*) was advised to take *Pachanamrutha Kashaya* to improve the *Agni* for two weeks.

COVID-19 is a disease caused by a viral infection, with symptoms of fever, cough, sneezing, anosmia etc while considering these symptoms we can consider this as *Jwara* (due to viral infection) with *Kapha* and *Pitta* predominance.

Guluchyadi Kashaya (Table 4) *Tablet* is an antipyretic drug with immunomodulatory effect and it is *Pitta Kapha samana*. It is a proven drug in antiviral diseases like malaria and will increase the digestive power. In COVID-19 we can see that the patient has got a fever, caused by a viral infection with reduced digestive power with symptoms like cough, anosmia etc. So *Guluchyadi Kashaya Gulika* is a good drug of choice in COVID -19.

Classical indications of *Guluchyadi kwatham* in literature advise the use of this

medicine in *Pitta* and *Kapha* aggravated conditions, Fever and diseases of the gastrointestinal system. [7] Indications of the ingredients suggest the use in diseases of the respiratory system and *Rakta* (Blood) vitiated conditions. It is extensively used in influenza attack and various hepatic viral infections by Ayurvedic practitioners all over India. It has also been used in a different stage of HIV, Dengue fever and H1N1 infection. Various pharmacological and biological activities reported by the drugs supports the use of this formulation in viral diseases that affect the respiratory system [8].

Swertia chirata is a key ingredient in *Sudarshan Churna* [9]. The Aqueous extracts of *Sudarshan churna* were evaluated for antipyretic activity using two models including hyperpyrexia-induced in rats by brewer's yeast and another one hyperpyrexia induced in rabbits by Typhoid-Paratyphoid A, B vaccine. Like Paracetamol (100 mg/kg, p.o.), *Sudarshan Churna*, showed a significant reduction in elevated body temperature at 200 mg/kg, *Sudarshan Churna* is used traditionally as antimalarial, antipyretic, antiviral and antidiabetic formulation. It is

recommended for all types of fever including bone fever and common cold etc.^[10]. All ingredients have different therapeutic uses which support to treat all types of fevers and are useful for rejuvenating the body. *Swertia chirata* is specifically antimalarial and antipyretic herb *Sudarsana Gulika* (Table 3) is a drug with *Kapha Pittahara* properties. Lemon juice is a good supplement of vitamin C. It is widely used in common cold, flu, H1N1, stomach upset, vomiting^[11] etc

Conclusion:

This case series study showed that COVID-19 patients with mild and moderate symptoms can be effectively managed with classical Ayurvedic medicines. The advantage of taking these medicines is that the COVID-19 sequelae are less in patients treated with ayurvedic medicines. We can manage the COVID-19 sequelae effectively with ayurvedic medicines through follow up treatments also.

Limitation of the study:

Since the patients were on home isolation systemic examination was not done. As this case series study was conducted in a smaller group of patients, to make Ayurvedic treatment Evidence-Based in COVID-19, the same protocol has to be employed in a bigger group of patients.

Consent:

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

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