

Therapeutic Management of Covid19 Pneumonia with Ayurveda- Case Series Report

Ghanshyam M. Dongare,^{1*} Yashashree V. Joshi ²

¹Ayurveda Practitioner, PhD. Scholar, Department of Samhita & Siddhant, Bharati Vidyapeeth, Pune, Maharashtra, India

²Ayurveda Practitioner, Department of Samhita & Siddhant, Bharati Vidyapeeth, Pune, Maharashtra, India

Abstract:

Infection of Severe Acute Respiratory Syndrome Corona virus 2 (SARS-CoV- 2) which causes novel corona virus disease (COVID-19) has put the world in a medical disaster. Scientists are taking vast efforts to contain the disease by finding a vaccine or clinically proven medicine. Despite the efforts there is no proven medication in any stream of medicine. Covid19 affects respiratory tract and causes pneumonia. Here we are presenting a case series report of patients who had developed Covid19 with subsequent pneumonia and approached for Ayurvedic treatment. All these patients were primarily diagnosed with Covid-19 by RT PCR and SAARS Covid-19 Antigen test. They had subsequently developed viral pneumonia. As per Ayurveda, patients had developed symptoms of vitiation of *Vata* and *Kapha Doshas* which affected *Rasavaha Srotasa* and *Pranavaha Srotasa*. Patients were treated uniformly with internal Ayurvedic medicines which were prescribed for median duration of 30days and had been analyzed clinically with pre and post chest X-rays. All the symptoms were relieved as well as haziness in chest was also cleared in all patients, which was confirmed with pre and post chest x-rays. This study will be an evidence-based example that Ayurveda can contribute in fight against Covid-19 successfully.

Keywords: *Ayurveda*, COVID-19, Pandemic, SARS-CoV-2, Pneumonia

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*CORRESPONDING AUTHOR:

Dr. Ghanshyam M Dongare

Ayurveda Practitioner, PhD. Scholar,
Department of Samhita & Siddhant, Bharati
Vidyapeeth, Pune, Maharashtra, India

E-mail : gmdongare@gmail.com

Introduction:

With rising burden of Covid-19, state governments allowed private clinicians to attend and treat Covid-19 patients as per government guidelines [1]. After July 2020, patients with suspicious and mild to moderate symptoms of Covid-19 started approaching our clinic for Ayurvedic treatment. Here, we are presenting a case series study of 8 patients who had developed subsequent pneumonia after Covid19 and treated successfully with Ayurvedic line of treatment. Main focus of this study is to see effect of Ayurvedic medicine on Covid-19 and after developed pneumonia.

Case History:

These patients mainly came with the complaints of dry cough, chest pain and fever since an average duration of 4 days. Then they were asked to do RT PCR to rule out Covid19. 5 out of 8 were confirmed positive for Severe Acute Respiratory Syndrome Corona virus 2 (SARS-CoV-2) infection on a Reverse Transcriptase Polymerase Chain Reaction (RT PCR) collected on a nasopharyngeal swab (Table-1). These patients were then home quarantined and treated accordingly with complete Ayurvedic medicines. Shortness of breath, dizziness and chest pain indicate lowered levels of oxygen in blood. Checking oxygen saturation was not possible for all patients as they were home quarantined. But they were asked to inform immediately if any of these symptoms occur or if there is increase in fever. In clinical findings patients have chief major complaints like dry cough, fever, chest pain, throat pain and tiredness. (Table-2) Other patients were found negative for RT PCR and SAARS Covid19 Antigen test but

their Chest X-ray images were showing chest congestion hence there were advised to do SARS-CoV-2 antibody test and they were found positive. It was an indication that these patients were having Covid-19 in recent past but were not completely relieved from the disease. Chest x- rays of all the patients were performed before and after the treatment.

Radiological findings:

Chest X-ray examination revealed slight to moderate haziness in both lungs of these patients. It was observed in base of both lungs and more on the right lung. Medicines were started accordingly considering dry cough and haziness in the chest.

Samprapti factors involved in Covid19 pneumonia as observed in this case series are as follows:

Agni - Vishamagni

Dosha – vitiated Vata & Kapha

Dushya –Rasa Dhatu

Sthana – Ura (Chest), Phupphusa (Lungs)

Srotasa – RasavahaSrotasa,

PranavahaSrotasa

Desha – Sadharana Desha

Kaala – Varsha Rutu

Vyadhi Marga – Bahya, Madhyama

Sadhyasadhyatva – Kashtasadhya

Therapeutic intervention:

Once diagnosed with these Ayurvedic parameters following treatment was given. These patients were home quarantined for 2 weeks and followed up with phone calls through a telemedicine platform over a median duration of 30 days (Table-3).

Table-1: Demographic details (showing confirmation of Covid19 by following tests):

Case No.	Sex	Age	RT-PCR	Antigen Test	Antibody Test
1.	M	66	-	-	✓
2.	M	47	✓	-	-
3.	M	34	✓	-	-
4.	M	59	✓	-	-
5.	F	35	-	-	✓
6.	F	38	✓	-	-
7.	M	54	✓	-	-
8.	F	36	-	-	✓

Table-2: Details about the symptoms:

Case No.	Sex	Age	Treatment period	Fever	Dry Cough	Chest Pain	Throat Pain	Tiredness
1.	M	66	28 days	✓	✓	✓	✓	✓
2.	M	47	30 days	✓	✓	✓	✓	✓
3.	M	34	14days	✓	✓	✓	✓	✓
4.	M	59	33 days	✓	✓	✓	✓	✓
5.	F	35	36 days		✓			
6.	F	38	7 days		✓	✓		
7.	M	54	30days		✓			
8.	F	36	29 days		✓	✓	✓	✓

Table -3: Therapeutic intervention:

Medicines	Dose	Timings
1. Treatment for fever (combined powders of following compounds)		
<i>Sitopaladi Churna</i> ^[3]	250 mg	3times a day
<i>Duralabhadi Churna</i> ⁴	250 mg	3times a day
<i>Dashmula Churna</i> ⁵	250 mg	3times a day
<i>Tribhuvankirti Rasa</i>	125 mg	2 times after meals
Hot water	As required	3 times a day
2. Treatment for Dry cough, chest pain etc. (combined powders of following compounds)		
<i>Sitopaladi Churna</i>	250 mg	3 times a days
<i>Duhsparsyadi Churna</i> ⁶	250 mg	3 times a days
<i>Dashmuladi Churna</i> ⁷	250 mg	3 times a days
<i>KantakariChurna</i>	250 mg	3 times a days
Sesame oil	1 tsp	3 times a days
Jaggery	1 spoon	3 times a days

1. Fever – Only no. 1 to 4 (as mentioned in table no 2) patients were presented with fever. Fever and weakness was subsided with medicines as mentioned in table no. 3 which was given for duration of 4 days.
2. For cough, chest pain, throat pain and tiredness medicines mentioned in table no. 3 were prescribed for 7 to 30 days. For those who had fever, treatment for cough and other symptoms was started immediately after fever was subsided.
3. Do's & Don'ts – Patients were advised to follow these instruction for entire duration of their treatment.
 - a. Apply Sesame oil on chest and back along with rock salt before bath in the morning. Bath was advised to avoid while having fever.
 - b. Hot water for drinking and gargling twice a day
 - c. 1 bowl (150 ml) chicken or mutton soup once in a day. Only one patient was vegetarian who was advised to take *Moong Dal* soup.
 - d. All the daily regular diet as per patient's routine.
 - e. Strictly avoid fried, junk, bakery food items.
 - f. Strictly avoid over use of TV, mobile, sleeping late night.

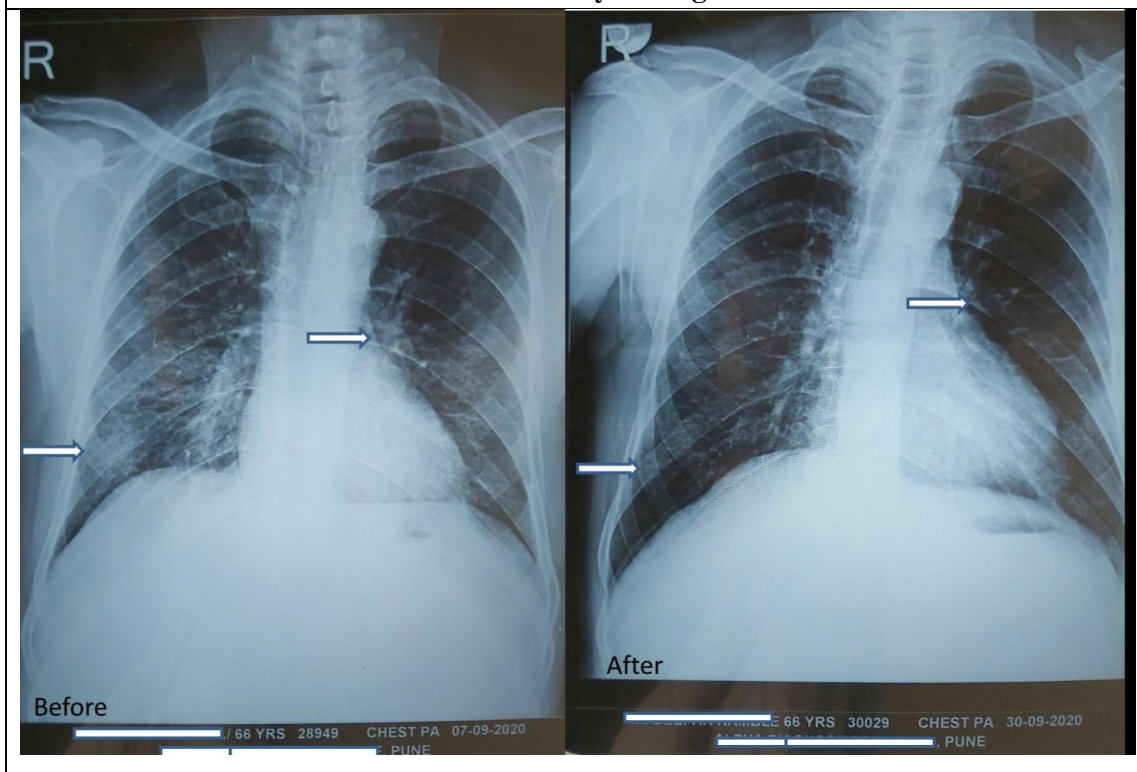
Results:**Outcome on the basis of clinical assessment:**

1. Only 4 patients presented with low grade fever and other 4 complaints.
2. Fever was subsided within a median duration of 1 – 3 days. Medicines stated in table no. 3 were prescribed for fever to these four patients.
3. Dry cough was present in all the patients. It was subsided within a median duration of 1 – 10 days. Medicines stated in table no.3 were prescribed for all the patients. Same medicines were advised for chest pain, throat pain and tiredness. Tiredness was the symptom which took a longer duration to get cured. It took almost 21 – 30 days.

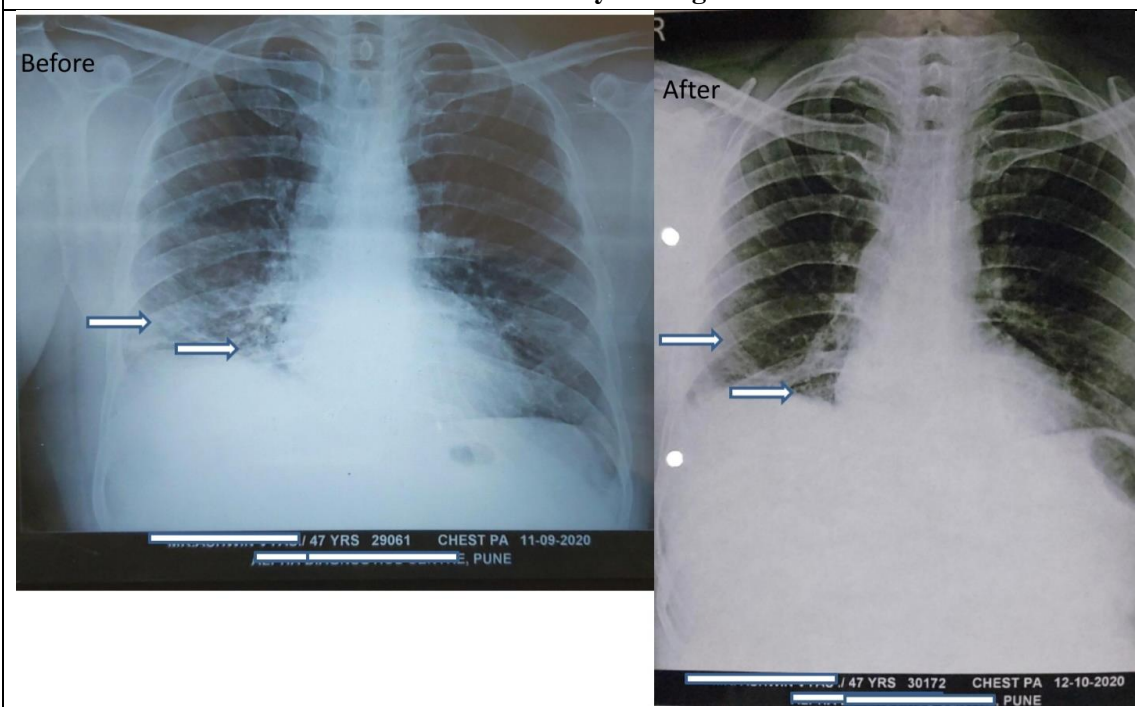
Outcome on the basis of Radiological assessment:

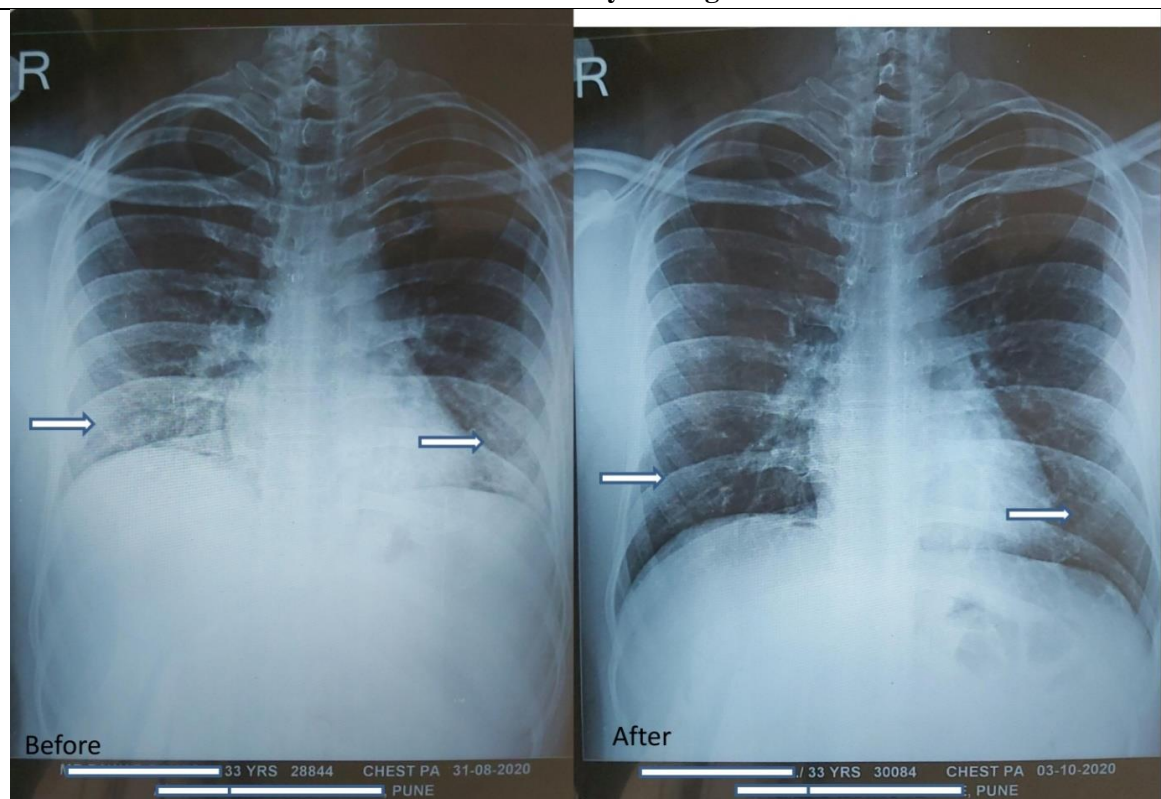
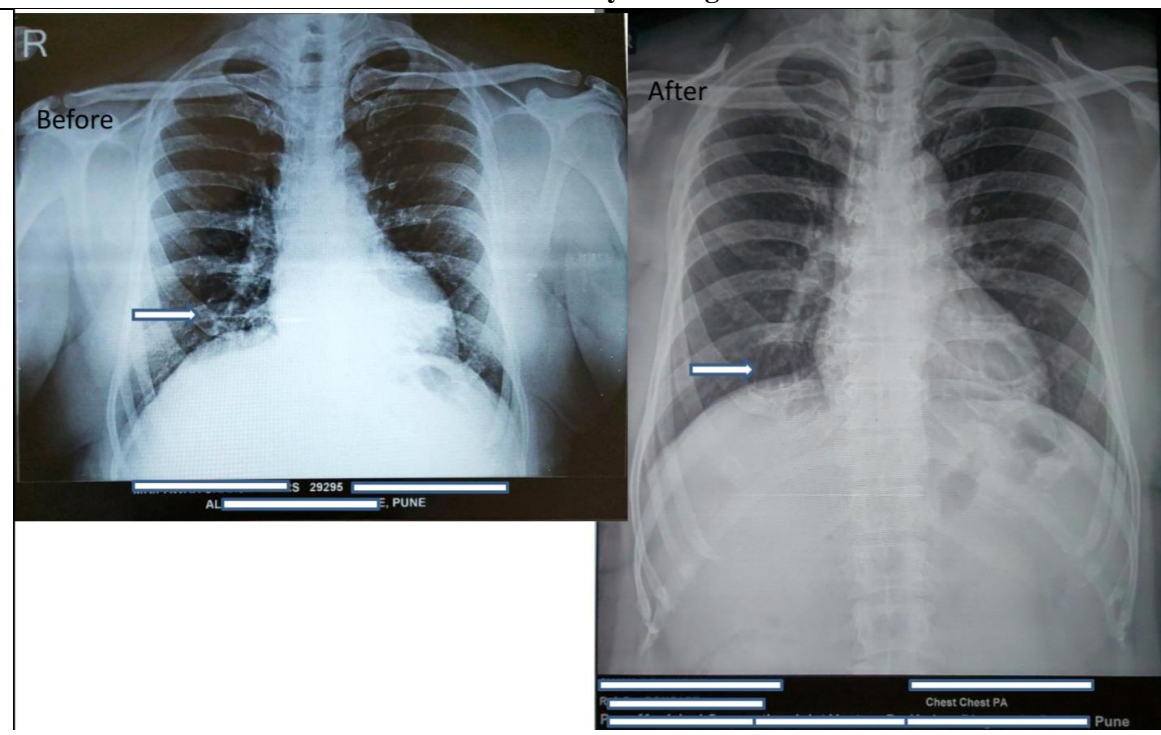
1. Chest X-ray examination was performed of all the patients before and after the treatment. Chest x-rays before treatment revealed slight to moderate haziness in both lungs of these patients. Chest congestion was cleared after treatment. Changes seen in these chest x-rays can be seen in the images given below

BT and AT Chest x-ray findings of Case-1

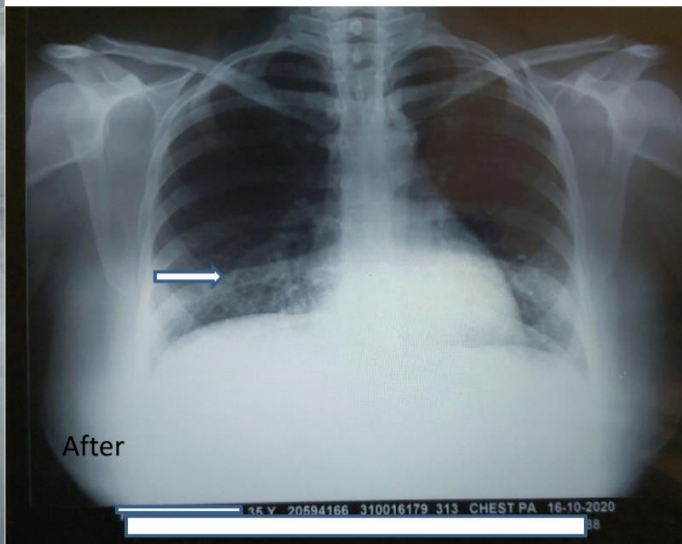
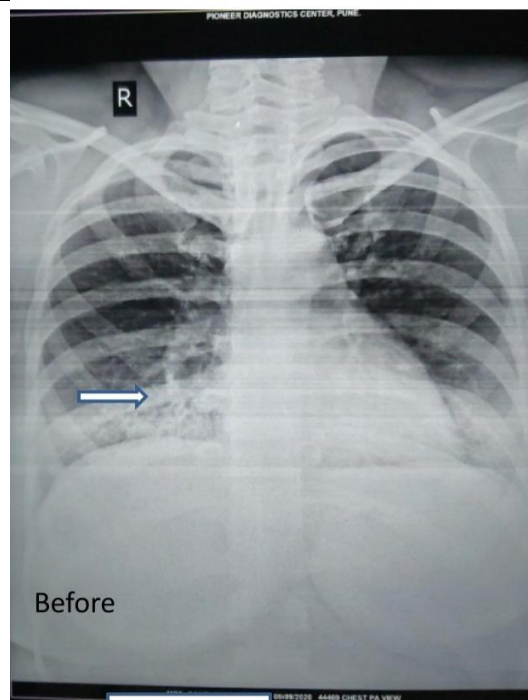


BT and AT Chest x-ray findings of Case-2

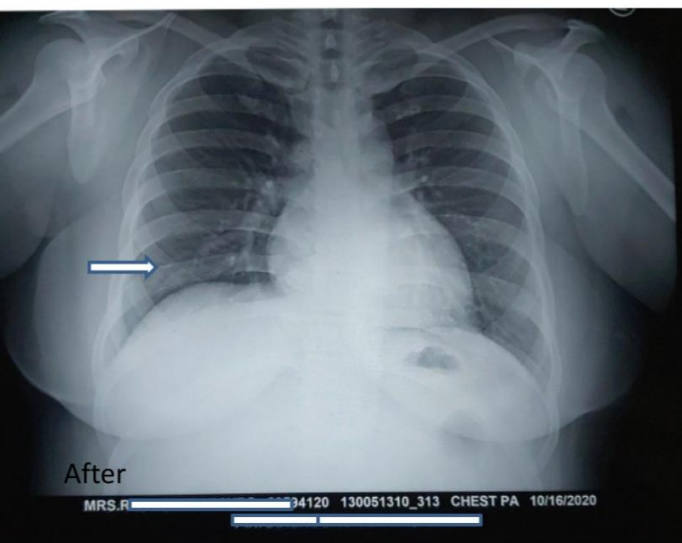
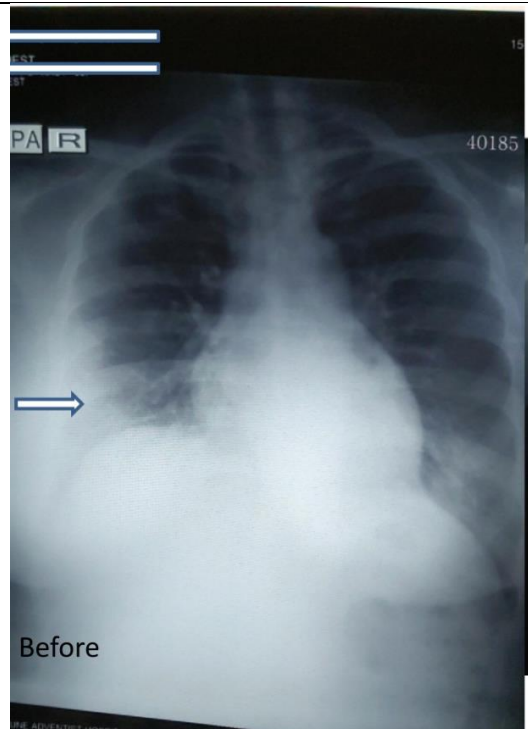


BT and AT Chest x-ray findings of Case-3**BT and AT Chest x-ray findings of Case-4**

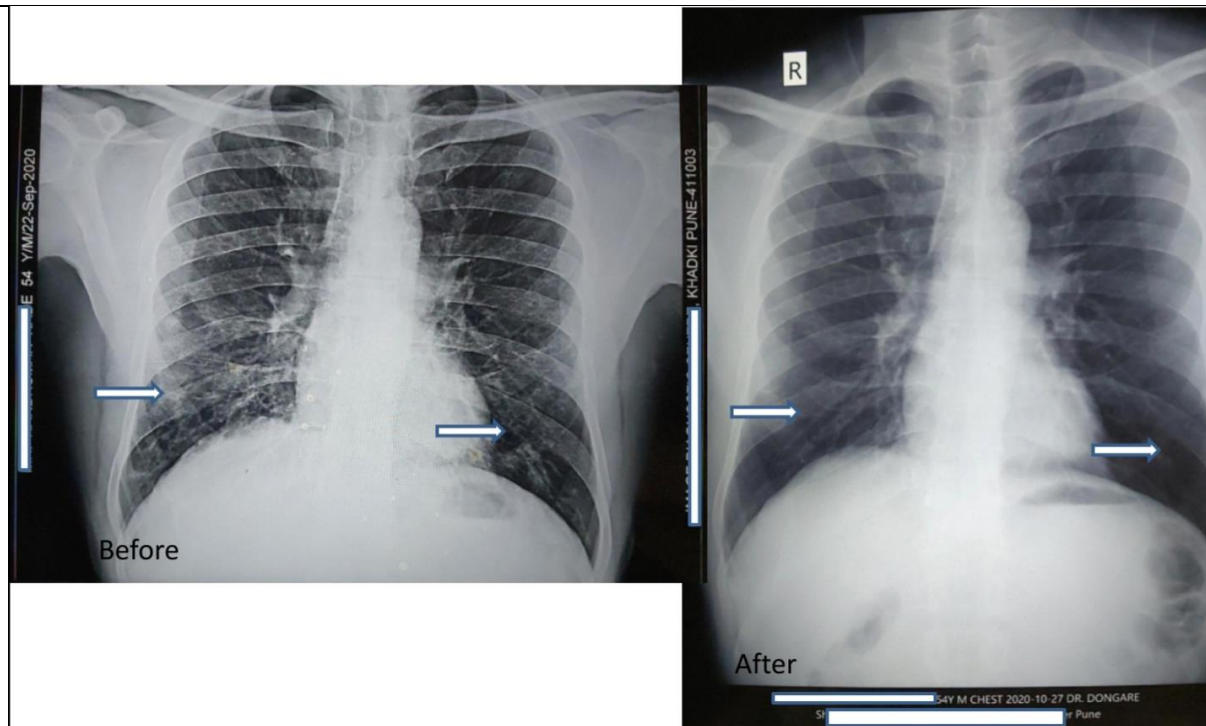
BT and AT Chest x-ray findings of Case-5



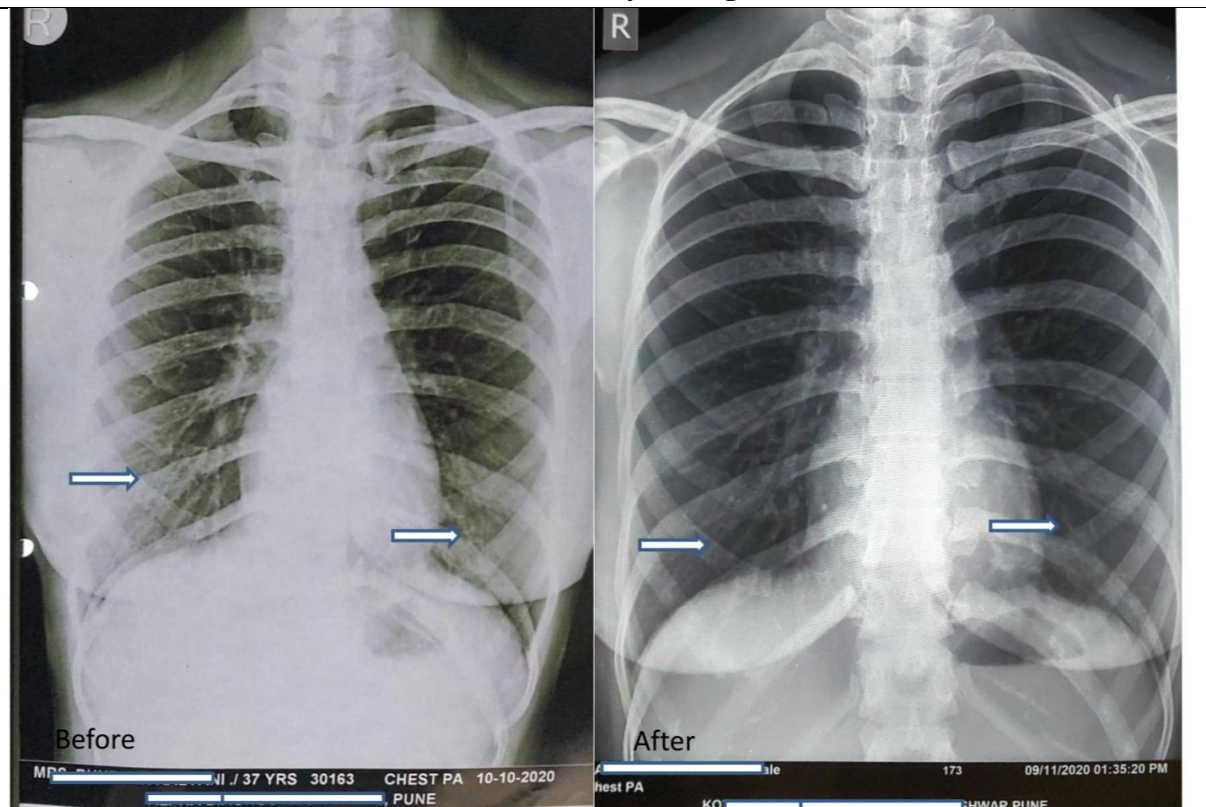
BT and AT Chest x-ray findings of Case-6



BT and AT Chest x-ray findings of Case-7



BT and AT Chest x-ray findings of Case-8



Discussion:

Pneumonia is an acute illness of lungs caused by viruses, bacteria, and fungi. Here in this study patients had developed Pneumonia caused by the new Corona virus known as SARS-CoV-2 infection. In Pneumonia, alveoli of lungs are filled with fluid which leads to formation of hazy image of lungs when seen on X-ray films. Fever, dry cough and tiredness are the most common symptoms of Pneumonia. According to Ayurveda these symptoms are mainly related with vitiated *Vata* and *Kapha Dosha*.

As Covid19 is recently evolved disease, very few facts about the disease are known till date. *Charaka* has given guidelines to diagnose and treat those diseases which are not mentioned in *Samhitas* or which are not documented or are newly evolved^[2]. Thorough analysis of *Doshas* and *Dhatus* involved in disease makes *Vaidya* diagnose and treat the disease accordingly. Here as well we diagnosed the patients with the analysis of *Doshas* and *Dhatus* involved.

Conclusion:

This case series study showed that COVID19 Pneumonia with mild and moderate symptoms can be effectively managed with Ayurvedic line of treatment. None of these patients have reported any adverse or after effects till date which signifies importance of taking Ayurvedic medicines.

This study is a small attempt to generate the evidence that Ayurveda can treat diseases like COVID19 Pneumonia where no definite treatment or protocol is proven to be effective till date.

Consent of Patients:

Author has undertaken the consent of all patients to publish this case series.

Limitation of Study:

Study is conducted in small number of cases. This treatment protocol need to be tried in

more number of cases so as to create evidence based document adopting standard treatment protocols for its validation.

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