

AYURVEDA AND YOGA PROTOCOL FOR COVID- 19

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➤ **Abstract :**

The world is facing a global crisis and health emergency of COVID-19. Under standing of COVID-19 Pathogenesis in Ayurvedic host centric feamework is prerequisite for apt use of Ayurveda. The pathology of COVID-19 is primarily that of *SanipataJwara* (fever) with involvement of Respiratory system. The pandemic of Novel Corona Virus₂ (SARS COV-2) This is the first known case of a Corona virus disease positive patient treated entirely with Ayurveda . So far in modern medicine, no cure has been found which is specific to COVID-19. The only literature relevent to treatment of corana virus disease. The patient reported with predominatly moderate system of COVID-19 and the management approch was personalized and holistic in nature in corporating diet, life style and *Samshamana Aushadha* along with *Satavajaya Chikitsa* (Psychotherapy).

➤ **Keywords :** Ayurveda, SARS COV-2, Pathogenesis, Host, Complimentary medicine, Yoga, Protocol.

➤ **Introduction :**

The world is facing a never like pandemic of COVID-19 with its implication at economical ,psychological and more level in society .Pragmatic strategies are being proposed for possible role of Ayurveda in management of COVID-19.[1]The new Corona Virus epidemic(SARS -COV-2)(COVID-19) strated in the city of Wuhan in Hubei province in China on December 8, 2019. It was spreading quickly in China, causing death by ten circles and then exported to their Asian countries (South Korea etc.).[2] The COVID-19(SARS-COV-2) pandemic spreading as rapidly as uncontrolled bushfires .It can infect the respiratory, gastrointestinal, hepatic and central nervous system of humans livestock and many other wildlife.[3] It has been declared as a pandemic by the World Health Organization (WHO) since March 11,2020.[4]

COVID-19 can be correleted to *Agantuj Jwara* with sepecial reference to *Vata –Kapha* dominant *Sannipatika Jwara*, Furthur manifested as the consequense of *Janapadonwamsa*.

➤ **Mode Of Transmission :**

The most common mode of transmission of COVID-19 encountered is inhalation of infectious aerosols and contact with saliva droplets or nasal secretion from a positive persons.

➤ **Incubation Periods :**

Its incubation periods remains in the rang of 3 to 14 days, but researchers have been able to demonstrate that its median incubation period was 5 days.

➤ **Samprapti (Pathogenesis) :**

Exposer to virus/close contact with virus infected person (**Hetu**)



Inhalation of virus by respiration or by touching the nose, eyes or mouth with infected hand.



Viruses settled in throat and mouth mucosa and in pharynx strats theirs replication. (**Sanchaya Awastha**) ↓

Virus damage the mucosa and enters in blood circulation cause sore throat and dry cough. (**Prakopa Awastha**)



Viruses moves towards lower respiratory tract and settled in larynx produce *vrana shopha at kantha pradesh* then patient peresent with throat congestion ,fatigue, mild fever, excessive dry cough. (**Prasara Avastha**)



Viruses moves towards lower respiratory tract and settled in trachea and bronchus and produces *vrana shotha* in them and high grade fever, chest congestion ,shortening of breath etc. (**Sthana Sanshrya Avastha in chest**)



Viruses moves towards lungs and produces *varna shotha* in Alveoli, patient persent with breathlessness and pneumonia. (**Vyakt Avastha**)



Viruses infection invades Yakrit and Koshtangas produces anorevia, vomiting, diarrhea and multi organ involvement that produces multi organ failure lead to death. (**Bheda Avastha**)

➤ **Samprapti Ghatka :**

Dosh predominance – Vata-Kapha pradhana

Dushya (≈vitiated body tissue) : Rasa

Srotas (≈body channels)involved : Rasavaha ,Swedavaha and Pranavaha

Srotodushti : Sanga and Vimarga gamana

Adhithana : Amashaya

Agni : Manda

Svabhava (≈Nature of disease): Ashukari (Acute)

➤ **Symptoms Of COVID-19 :** The symptoms may appears 2-14 days after exposure to the virus .

- Fever
- Dry Cough
- Shortness of breath or Difficulty in breathing
- Chills
- Repeated with shaking with chills
- Headache.
- Sore throat.
- Loss of taste and smell.
- Diarrhea .

❖ These symptoms may becomes more severe in some people.

- Trouble breathing.
- Confusion or inability to arouse.
- Persistent pain in the chest.
- Bluish lip and face.
- Excessive drowsiness.

➤ **Complications :**

The most serious complication of COVID-19 is a type of pneumonia called the Novel Corona Virus infected pneumonia (NCIP). Following complication in people WHO developed COVID-19 .

- Acute respiratory distress syndrome (ARDS)
- Irregular heart rate arrhythmia
- Cardiovascular shock
- Severe muscles pain
- Heart damage and heart attack

➤ **Ayurveda management of COVID-19**

➤ General and physical measure:

1. Follow physical distancing, respiratory and hand hygiene, wear mask
2. Gargle with warm water added with a pinch of turmeric and salt, water boiled with *triphala* or *vashtimadu* can also be used for gargling.
3. Nasalinstillation application of medicated oil(Anu taila or shadbindu taila) or nasal application of cow's ghee once or twice a day especially before going out and after coming back to home.
4. Steam inhalation with Ajwain (trachy spermumammi) or pudia (minta spicata) once a day.
5. Adequate sleep 6 to 8 hours.
6. Moderate physical exercise

➤ **Dietary measures:**

- 1) Use warm water or boiled with herbs like ginger (*zingiber officinale*) or coriander (*coriandrum sativum*) or cumin (*cuminum cyminum*) seeds etc. for drinking purpose.
- 2) Fresh , warm, balanced diet.
- 3) Drink golden milk add half tea spoon haldi (*curcuma longa*) powder in 150 ml hot milk once at night.
- 4) Drink Ayush Kwath or kadha once a day.

➤ **Specific Measures/ Syntoms Mangement :**

Clinical Severity	Medicine	Dose And Time
Prophylatic care (High Risk Population Primary Contact)	<p>Ashwagandha (Aqueous extract of <i>Withania Somnifera</i>) or its powder.</p> <p>Guduchi Ganavati (Sanshamni vati) or powder of <i>Tinospora Cardifolia</i>.</p> <p>Chyawanaprasha</p>	<p>500mg extract or 1-3 gm powder twice daily with luke warm water for 15 days or one month.</p> <p>500mg extract or 1-3 gm powder twice daily with luke warm water for 15 days or one month.</p> <p>10 gm with warm milk/ water once a day.</p>

Clinical severity	Clinical presentation	Medicine	Dose And Time
A Symptomatic COVID-19 Positive	For prevention of disease progression to syntomatic and severe formand to improve recovery rate	<p>Guduchi Ganavati (Sanshamni vati or Giloy vati havingn Aqueous extract of <i>Tinospora cardifolia</i>) or the powder of <i>Tinospora cardifolia</i>.</p> <p>Guduchi + Pippali (Aqueous extract of <i>Tinospora cardifolia</i> and <i>Piper longum</i>)</p> <p>AYUSH 64</p>	<p>500mg extract or 1-3 gm powder twice daily with luke warm water for 15 days or one month.</p> <p>375mg twice daily with luke warm water for 15 days.</p> <p>500mg twice daily with luke warm water for 15 day .</p>

Clinical severity	Clinical presentation	Clinical parameter	Medicine	Dose And Time
Mild COVID-19 positive	Symtomatic Management Fever, Headach, Dry Cough, Sore throat, Nasal Congestion, Tiredness	Without evidence of breathlessness or hypoxia (Normal Situation)	Guduchi + Pippali AYUSH 64	375 mg twice daily with warm water of 15 day. 500mg twice daily with warm water for 15 days.

➤ **Yoga Protocol for Primary Prevention of COVID-19 :**

❖ **Objective :**

- To improve Respiratory and Cardic efficiency.
- To reduce Stress and Anxienty .
- To enhance Immunity.

S.R	Practice	Name of Pactice	Duration (Minutes)
1.	Prayer	-	1
2.	Loosening Practice	Neck Bending	2
		Shoulder's Movement	2
		Trunk Movement	1
		Knee Movement	1
3.	Standing Asana	Tadasana	1
		Pada-hastasna	1
		Arada Chakraasana	1
		Trikonasana	2
	Sitting Asana	Ardha Ushtraasana	1
		Sasakasana	1
		Uthana Mandukasana	1
		Simhasana	1
		Marjariasana	1
		Vakrasana	2
	Prone Lying Asana	Makarasana	1

		Bhujangasana	1
	Supine Lying Asana	Setubandhasana	1
		Utthanapadasana	1
		Pawana Muktasana	1
		Marktasana	1
		Shavasana	2
4.	Kriya	Vata Neti 2 rounds (30 sec each with 30 sec relax)	2
		Kaphalabhati (2 rounds, 30 strokes each)	2
5.	Pranayama	Nadi Shodhana (5 rounds)	2
		Surya Bhedhana Pranayama (5 rounds)	2
		Ujjayee Pranayama (5 rounds)	2
		Bhramari Pranayama (5 rounds)	2
6.		Dhyana	5
7.		Shanti Patha	1
		Total Duration for Each	45

➤ **Conclusion :**

Thus from above discription it can be conclude that the disease COVID-19 can be correlated with *SannipatikJwara* explained in classic text of Ayurveda. The disease can be prevented with the help of diet , regime, Ayurvedic medicine and Yoga. Yoga is actively sought to achieve reduced anxiety and stress so that improve sleep may positively impact immunity .India is in a position to use the wealth of knowledge available in the Indian System Of Medicine ,to cure this disease and control the epidemic.This is also an invaluable apportunity for demostrating the efficacy of Ayurveda.

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