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A cross sectional study of the effect of certain Ayurvedic formulations on Post Covid Syndrome

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ABSTRACT

In the first wave of the covid-19, crores of the people in India were badly affected by the corona virus and contracted the disease. It is widely reported that even after the recovery from the disease and after becoming negative for the RT PCR test various types of signs and symptoms remained unresolved for a long period in many patients. Persistence of the sign and symptoms in the covid patient is regarded as post covid syndrome, which badly affected the routine life of the population. Viewing in the emerging of the patients of post covid syndrome and with the aim to relieve in the severity of the post covid syndrome, a unit of post covid care was established in the hospital premises of the MMM Government Ayurvedic College, Udaipur, (Rajasthan) named as *Sanjeevani Post Covid Care Unit*, where the patients of post covid syndrome were registered and treated with some Ayurvedic formulations (Sanjeevani Kit) according to the category of sign and symptoms of the patients. A team of the doctors and PG scholars of the collage were deployed in the unit.

Key words: Covid-19, Post Covid Syndrome, Ayurvedic formulations, Sanjeevani Kit, Post Covid Care Unit.

INTRODUCTION

In the first wave of the covid-19, crores of the population of India were badly affected by the deadly virus, the virus had its different impacts on different types of the population, the effect of the virus were also in different ways in the different regions of the world as well as in the country also.

Apart from the casualties, many people suffered with

mild to severe symptoms of the disease. With the time most of the people recovered from the disease, nevertheless many of them were remained with various sign and symptoms even after recovery from the disease, they became negative by the RT PCR test but had been feeling some sign and symptoms of post covid syndromes, they were suffering physically as well as psychologically due to the disease simultaneously.

In the Udaipur city of Rajasthan many people were continuously coming with the complaint of the post covid syndrome in the hospitals.

By viewing in the surge of the patients of post covid syndrome, the administration of mmm government ayurvedic College Udaipur had decided to set up a post covid care unit separately in the premises of the college hospital to treat such patients by the Ayurvedic medicines.

Apart from the ayurvedic treatment a proper counselling were also designed for the psychologically affected patients of the post covid syndrome.

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For this some formulations of Ayurvedic medicines were prepared in the pharmacy of the college by the advice of the expert panel of the college.

The *Post Covid Care Unit* was inaugurated by the ADM city and the Principal of the college on 21st December 2020, a team of the doctors and PG scholars of the college were deployed in the unit.

For appropriately conducting of the unit a list of covid-19 patients was procured from the CMHO'S office of Udaipur district. The patients of covid-19 were contacted on their given contact number according to the list by the team of the unit to search out of the patients of post covid syndrome, approximately 3300 patients or their attendants were contacted till March 2021, among them 45 patients of post covid syndrome were registered in the unit and were treated with the ayurvedic medicines, apart from the medication they were well counseled by the expert doctors in the unit.

The medicines were given to the patient for 15 days according to their category and type of the post covid symptoms. The sign and symptoms were recorded as before treatment and after treatment simultaneously. Thereafter the results of the effect of the medicines were achieved accordingly. Broadly saying various encouraging results of the medication as well as of the counselling were found in this study.

AIMS AND OBJECTIVES

1. To rehabilitate the patients of post covid syndrome.
2. To alleviate the severity of the post covid syndrome.
3. To conduct the counselling of the patients who were psychologically affected from the post covid syndrome.
4. To observe the clinical effects of some ayurvedic formulations on various sign and symptoms of post covid syndrome.

MATERIALS AND METHODS

This cross-sectional study was carried out in the patients, who were suffering from the post covid

syndrome. Most of the patients were from the Udaipur district of Rajasthan state. Patients who were affected from psychological symptoms along with other symptoms of post covid-19 were counseled properly and some yoga and diet plan were also prescribed to them along with the ayurvedic medications.

Assessment Criteria^[16-17]

The registered patients for the study were assessed for the specific features and followed up according to the criteria on day 15.

Following features were recorded and assessed for post covid syndrome.

Fatigue	Cognitive Impairment
Dyspnea	Diabetes
Cough	Stress
Chest Pain	Headache
Myalgia	Hepatic Complication
Arthralgia	Olfactory Dysfunction
Depression	Gustatory Dysfunction
Anxiety	Sleep Deregulation

The patients were also assessed for the date on which they declared (by any of the laboratory investigations) positive for the disease covid-19, and the day on which they were declared negative for the same. What type of symptoms they had experienced during the covid-19 disease, whether it was mild, moderate or severe. What type of the symptoms they had experienced mostly during the disease? Were they hospitalized or admitted to the ICU? And what type of the medication they were given to treat the disease ? All these parameters were recorded in their case sheet along with their covid-19 positive report ID number.

Drug detail

For this study following formulations of ayurvedic medicines were prepared

1. *Brahmimaansyadi Yoga (Powder)*^[1-5,10,11]

- a. *Brahmi (Bacopa monnieri)* whole plant used
- b. *Madhuyashti (Glycyrrhiza glabra)* part stem used

c. *Jatamansi* (*Nardostachys jatamansi*) rhizome used

d. *Vacha* (*Acorus calamus*) part root used

2. *Ashwagandhadi Yoga* (Powder)^[1,12,18,19]

a. *Ashwagandha* (*Withania somnifera*) part used root

b. *Sunthi* (*Zingiber officinale*) part used rhizome

c. *Pippali* (*Piper longum*) part used fruit

d. *Maricha* (*Piper nigrum*) part used fruit

3. *Dhatryaadi Yoga* (Powder)^[1,13-14,18-19]

a. *Dhatri* (*Embllica officinalis*) fruit rind used

b. *Amruta* (*tinospora cordifolia*) stem used

c. *Nisha* (*curcuma longa*) rhizome used

4. *Ashtaang Kwath* (decoction)^[1-2,6-9,18-19]

a) *Haritaki* (*Terminalia chebula*) fruit rind used

b) *Vibhitaki* (*Terminalia bellerica*) fruit rind used

c) *Amalaki* (*Embllica officinalis*) fruit rind used

d) *Madhuyashti* (*Glycyrrhiza glabra*) stem used

e) *Karkatshringi* (*Pistacia integerrima*) gall used

f) *Bharangi* (*Clerodendron serratus*) root used

g) *Vasa* (*Adhatoda vasika*) leaf used

h) *Kantakari* (*Solanum virginianum*) whole plant used

5. *Mansyadi Yoga* (Powder)^[1,3,12,18-19]

a) *Jatamansi* (*Nardostachys jatamansi*) rhizome used

b) *Ashwagandha* (*Withania somnifera*) root used

c) *Khurasani Ajwain* (*Hyoscyamus niger*) seed used

6. *Sunthibharangyadi Kwath* (Decoction)^[1,7]

a) *Sunthi* (*Zingiber officinale*) root (rhizome) used

b) *Bharangi* (*Clerodendrum serratum*) root and leaf used

7. *Vasakantakari Kwath* (Decoction)^[1,6,8-9]

a) *Vasa* (*Adhatoda vasika*) leaf used

b) *Kantakari* (*Solanum virginianum*) whole plant used

8. *Nasya Bindu Taila* (Oil) - Nasal Drop^[15,18-19]

Til Taila (sesame oil) processed with: *Manjistha*, *Haldi*, *Lodhra*, *Motha*, *Nalika*, *Amalki*, *Bahera*, *Haritki*, *Ketki* flower, *Vatankur* and *Hwiber*.

9. *Mukh Shodhak Yoga* (Mouth Wash)^[1-2,14]

a) *Vibhitaki* (*Terminalia bellerica*) fruit rind used

b) *Madhuyashti* (*Glycyrrhiza glabra*) stem used

c) *Haridra* (*Curcuma longa*) root rhizome used

d) *Saindhav Lavan* (rock salt)

1 to 5 yoga (formulations) of above medicines were given to the patients according to their condition.

Sample Size

Approximately 3300 patients of covid-19 according to the list provided by the CMHO 'S office Udaipur were contacted by the team. Among them 45 patients of post covid syndrome were registered in the study. The patients were counselled and medicines were given to them according to their sign and symptoms and followed up on the 15th day of the trial.

Inclusion Criteria

1. Age - patients of any age
2. Sex - patients of either sex
3. Positive to negative declared patients for covid-19 (by any of the laboratorial investigations) and still having any sign and symptoms of covid-19 as post covid syndrome.

Exclusion Criteria

1. Pregnant women
2. Patients of deteriorating conditions of any illness.
3. Patients of HIV positive, cancer and other serious ailments.

OBSERVATION AND RESULTS

In this study there 66.66% patient were male while female patients were 33.33%. According to the age no patient below the age of 20 years were found in this study. While patients between the age of 21 years to 40 years were 51.11%, 40% patients were of the age between 41 years to 60 years and 8.88% patients were found above the age of 60 years.

When we come to the criteria of severity in sign and symptoms during the disease of the registered patients, 88.88% patients complained that they had experienced mild to moderate severity. 6.66% patients had been suffered from severe symptoms, while 4.4% patients were asymptomatic hence, they were feeling some health related problems after post covid. Only one patient among all the registered patients was admitted to the ICU.

The data of the sign and symptoms the registered patient had experienced during the covid-19 disease are as follows: 84.4 % patients had fever, 48.8 % from subjective fever (felt feverish), 46.6% patients suffered from running nose, 57% patient affected from sore throat, 42.2 % from dry cough, 33.33 % from shortness of breath, 28.8 % from chest pain, 57.7% from muscle ache, 37.7% had experienced the symptom of loss of smell, 35.5% patients had lost the taste, 53.3% patients were affected from the symptom of cough, 20% of nausea, 11.1% of vomiting 15.5% of the diarrhoea, 2.2% of skin rashes, 6.6% of redness in eyes, 31.1% patients experienced chill and shivering, headache penetrated the 57.7% patients, fatigue was in 68.8 % patients and delirium were found in 8.8% patient.

The results of the effect of the trial of the Ayurvedic drugs in various sign and symptoms of the patients of post covid syndrome are found as follows:

87.5% relief observed in the symptom of fatigue, 66.67% improvement in dyspnea, 90.47% in cough, 60% in chest pain, 18.18% in myalgia, 16.66% in arthralgia, 75% relief in depression, 63.63% in anxiety, 64.28% in stress, 88.46% in headache, 100% improvement in loss of taste, 76.47% in sleep dysfunction, no improvement were observed in the

cognitive impairment, only 1 patient was registered of the cognitive impairment in the study, there were not very significant results were found in controlling the blood sugar of the patients of post covid syndrome.

DISCUSSION

In this study where patients of post covid syndrome were treated with some ayurvedic formulations. 9 formulations were there in the Sanjeevani Kit, among them one formulation was of nasal drop for Nasya Karma, it was given to almost all the patients for improvement and enhancing the immunity of their respiratory system. The formulation of mouth wash was specially given to the patients having symptom of loss of taste and in the results all the patients were benefited by the medicine. Patients of anxiety, stress depression, sleep dysfunction and cognitive impairment were given the combination of the medicines like *Brahmimansyadi Yoga* or *Mansyadi Yoga* along with *Ashwagandhadi Yoga* and nasal drop. The patients having symptom of cough, dyspnea, chest pain and headache were given the combination of the medicines like *Ashtang Kwath* or *Sunthibharangyadi Kwath* or *Vasa Kantakari Kwath* along with *Dhatryadi Yoga* or *Ashwagandhadi Yoga* with the nasal drop and *Mukhshodhak Yoga* very encouraging results were found in these symptoms. Patients of arthralgia, myalgia, and of fatigue were given the *Ashwagandhadi Yoga* or *Mansyadi Yoga* with nasal drop, satisfactory results were found in these symptoms.

After being contacted with the 3300 patients or their attendants in accordance with the list of covid-19 patients provided by the CMHO'S office of Udaipur district, many of those patients reported that they had recovered completely from the disease. Many of them besides having complaint of post covid symptoms didn't approached to the post covid care unit. Some patients approached with only few insignificant psychological symptoms, they were only counseled, without giving the medication. Finally 45 patients among them were registered for the medication and counselling.

No hazardous or adverse effect of any medicine is found in this study.

Eventually very encouraging and enthusiastic results of the effect of the Ayurvedic medicines on various sign and symptoms of the post covid syndrome were found in this study.

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