



ISSN 2456-3110

Vol 7 · Issue 5

June 2022

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

**JAIMS**

An International Journal for Researches in Ayurveda and Allied Sciences



**Maharshi Charaka**  
Ayurveda

**Indexed**

# A review study of Covid-19 according to *Agad Tantra*

**Abhilasha**

Assistant Professor, Department of Agad Tantra & Vyavahar Ayurveda, G S Medical College & Hospital, Pilkhua, Hapur, Uttar Pradesh, India.

## ABSTRACT

*Agad Tantra* is the special branch of Ayurveda which deals with all types of poisons and their treatment. Poison is the any substance which acts deleteriously to the human body. From this definition we can compare Corona virus and Covid-19 as a poison and its disease. Henceforth according to *Agad Tantra* principles we can diagnose and treat successfully Covid-19 patients. Ayurveda is the ancient science of India. It not only cures, treat, prevent the diseases, but also it gives directions how to live long with happy healthy body and mind. In this review article efforts are made to evaluate causes, diagnosis, signs, symptoms, pathophysiology and appropriate treatment guidelines as per *Agad Tantra* perspective from various Samhitas. It will be certainly useful to treat and prevent Covid-19 patients globally.

**Key words:** Covid-19, Corona, Ayurveda, Agad Tantra, Pandemic, Visha.

## INTRODUCTION

The whole universe is now facing a new health challenge namely Covid 19 - a pandemic. Even a normal person's life is very much changed due to a small virus that is corona. Being a Ayurvedic practitioner we often questioned by the same sentence – has Ayurveda mentioned a disease Covid 19 and its treatment? Always I am very happy and confident to answer this question. Definitely the answer is yes. The science which was established 5000yrs back or even before that, there is no any such disease that haven't mentioned in our *Samhita's*. It is not directly mentioned

with Covid 19 name, but our Acharyas explained the term *Anukta Vyadhi*.<sup>[1]</sup> According to those principles we can treat each and every disease from Ayurveda successfully. *Charaka Samhita* says we cannot give every disease a name, since there are infinite diseases, but according to *Hetu* (cause of disease), *Adhishtan* (site of disease) and *Prakriti* (constitution of patient as well as disease) we can treat each and every disease. As per this principle of *Anukta Vyadhi* we can successfully treat covid 19 according to Ayurveda.

For newly upcoming diseases we have to find out the perfect solutions from samhitas, as it is not directly mentioned. This study has been carried out to view Covid 19, according to *Agad Tantra* principles from Samhitas. *Agad Tantra* is a special branch of Ayurveda, which is mainly concerns with *Visha* (poison). *Visha* is an any substance, which is deleterious to human being. *Charaka Samhita* defines *Visha* as '*Jagat Vishannam Tam Drushtwa Ten Asow Visha Sagyitaha*'<sup>[2]</sup> which is perfectly suitable for Corona, as the whole universe is suffering from it.

## AIM AND OBJECTIVES

1. To study in detail, the concept of Covid-19 according to *Agad Tantra*.

### Address for correspondence:

**Dr. Abhilasha**

Assistant Professor, Department of Agad Tantra & Vyavahar Ayurveda, G S Medical College & Hospital, Pilkhua, Hapur, Uttar Pradesh, India.

E-mail: drabhilasha29@gmail.com

Submission Date: 16/04/2022 Accepted Date: 19/05/2022

### Access this article online

#### Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

Published by Maharshi Charaka Ayurveda Organization, Vijayapur, Karnataka (Regd) under the license CC-by-NC-SA

2. Collection of references mentioned in various *Samhitas* of Ayurveda.
3. To give directions for further study and research.

## MATERIALS AND METHODS

Conceptual references were collected from authentic books of Ayurveda., especially *Charaka Samhita Chikitsa 23*, *Vishachikitsa Adhyaya* and *Sushrut Kalpastana* references are collected. All data was critically analyzed for the discussion and attempt has been made to draw some fruitful conclusion.

## REVIEW OF LITERATURE

First, we will learn about *Nidan Panchaka* of Covid 19, according to *Agad Tantra* aspect.

### Hetu

For causes of Covid 19 or such type of pandemic conditions, the references from *Sushrut Sutrasthana 6 Ritucharya Adhyaya* and *Charaka Samhita Janapadodhwansa Adhyaya* gives very informative guidelines.<sup>[5]</sup> These situations are due to *Rituvikriti* which is a result of *Adharma* (Uncontrolled and irresponsible behavior of human being). One more cause is mentioned that is due to poisonous atmosphere these situations may arrive. Corona is a type of virus and toxins liberated by it in human bodies causes various types of symptoms, thus we can correlate corona as a *Jangam Visha* (Animal poison). As in *Alarka Vishaktata* (Rabies) it is transmitted through infected organisms, same can be applied for covid 19, because it is also a virus transmitted through infected bats. Also, we can correlate covid 19 to *Kita Visha* (Insect poisoning). *Ashtanga Hridaya* mentions very important term as a *Visha Sankata*, which is exactly applicable for Covid 19 and such type of pandemic. It is defined as when *Visha Prakruti*, *Visha Kala*, *Visha Anna*, *Visha Dosha*, *Visha Dushya* etc. mix to form *Visha Sankata* situation, in which 1 person may live among 100 peoples.

**Visha Prakriti** - As the properties of *Visha* are similar to *Pitta Dosha* it is seen that corona patients are most of *Pitta Prakriti*.

**Visha Kala** - Rainy season is considered as *Visha Kala*, because as like jaggery, *Visha* also melt and spread all over the body due to moisture in atmosphere.

**Visha Anna** - Intake of *Katu*, *Lavana*, *Amla Rasa* increases poisonous conditions.

**Visha Dosha** - The diet, atmosphere, life style which causes increase in *Pitta Dosha*, ultimately responsible to aggravate the poisonous conditions.

**Visha Dushya** - Factors which are responsible to impure the blood causes increase in poisons conditions, such as day sleeping, eating bakery products etc. These all conditions can be applicable for covid 19. *Sushrut Kalpastan* also gives one more reference, in ancient days for mass destruction in war the army may use *Visha Vayu*<sup>[2]</sup> (Poisonous gas), poisonous water or poison may have applied on soil as a bio-weapon similarly as corona virus. The death rate is now very much controlled but due to irresponsible behavior of people the condition may worsen.

Visha Ghataka	Meaning in Tika	For Covid 19
<i>Visha Prakriti</i>	<i>Pitta Prakriti</i>	More affected people are of <i>Pitta Prakriti</i> .
<i>Visha Kala</i>	<i>Varsha</i>	It is seen that in rainy season covid patients found more in numbers.
<i>Visha Anna</i>	<i>Katu, Lavana, Amla</i>	Properties of this types of food similar to <i>Visha</i> , so more prone for covid
<i>Visha Dosha</i>	<i>Pitta</i>	Whenever increase in <i>Pitta Dosha</i> patient's condition may get aggravated.
<i>Visha Dushya</i>	<i>Rakta</i>	Impure blood quality may worsen covid 19 disease.

### Purvarupa, Rupa (Signs and Symptoms)

In *Sushrut Samhita Sutrastana Ritucharya Adhyaya* and *Kalpastana Jangam Visha Vighyaniam* explains the effects of poisonous air as it causes cough, asthma, nausea, vomiting, headache eye irritation etc. which

are directly similar to covid 19 symptoms.<sup>[7]</sup> As mentioned in *Charaka Chikitsasthana* 23 chapter sleepiness, weakness, burning sensation, edema, diarrhea are some general symptoms seen in *Jangam Visha* (animate poison) which are similar for Covid-19.

### Upashaya Anupashaya

As like in *Kita Visha* corona is *Manda* (mild) type of *Kita Visha*, so warm treatment is suitable like *Swedana* and the condition may worsen (*Anupashaya*) in AC environment and cold diet. Also, symptoms may aggravate in frightened and mentally weak persons like in *Shanka Visha*.<sup>[2]</sup>

### Samprapti (pathophysiology)

*Samprapti* type is *Pradhanik* (*Pradhaniko Vishadi*)

Corona infection like *Jangama Visha*



Virus and toxins circulate through blood



*Tridosha Prakopa*



*Pranavaha, Raktavaha, Majjavaha Srotas Vikriti*



Symptoms appear



Covid 19 disease.

### Samprapti Ghataka

*Dosha - Tridosha*

*Dushya - Rasa, Rakta, Majja*

*Srotas - Pranavaha, Raktavaha, Majjavaha Srotas*

*Adhishthana - Phupphusa, Hridaya, Mastishka Upadrava* (Complications)

*Charak Samhita* explains *Visha Upadrava* (complications) as *Mada, Murccha, Vishada, Hridayadrava*.<sup>[2]</sup>

In *Ashtanga Samgraha* mentioned 16 types of complication such as fever, cough, vomiting,

breathlessness, hiccough, polydipsia, unconsciousness, diarrhea, constipation, abdominal distention, lower abdominal pain, headache, edema, putrefaction of bite site, bleeding and mental disturbances which are exactly similar to post covid complications.

### Chikitsa of Covid-19 according to Agad Tantra - (Treatment principles)

The reference<sup>[7]</sup> from *Ashanga Hridaya Visha Chikitsa* *Adhyaya* gives useful guidelines for the treatment of poisoning patient, it says patients *Prakriti, Satmya, Ritu, Adhishthana, Vega, Bala, Abala* etc. should be keenly observed while treating patients. The treatment exactly opposite to the *Visha Gunas* will be giving such as cow ghee, cow milk. Treatment of Covid-19 can be divided into external and internal categories.

#### External treatment

For preventive as well as curative purpose external treatment *Vishaghna Dhuma* mentioned in *Charaka Samhita Chikitsasthana* 23 is very useful for fumigation of patient's room, hospitals and accessories which patients use. *Vishaghna Lepa* can be applied over skin for prevention as well as treating covid patients with skin infections. Overthinking, anxiety, sadness, depression all causes of *Ojakshaya*. Due to *Ojakshaya* poisonous conditions may get aggravated as *Oja Gunas* are exactly opposite of *Visha Gunas*. Hence, while treating covid patients *Ojovardhaka Chikitsa* will be helpful. *Yoga, Pranayama*, meditations, motivational thoughts, interested hobbies aid to restoring and maintaining peaceful mind.

#### Internal treatment

While treating chronic conditions of covid, in which post covid complications without fever are there, principles of *Dooshi Visha* are effective. *Dooshi Visha* is a cumulative type of any poison which is accumulated in deep tissue and causes metabolic disturbances in the body. If corona virus and its toxins can't totally have irradiated from body, its remnant causes *Dooshi Visha* like symptoms. In these situation according to *Rugna Prakriti, Bala, Kala, Panchakarma* with *Purva* and *Paschat Karma* can be carried out by scientific procedures. After *Shodhana Karma* use of specific

Agad Kalpas mentioned in Brihatrayee such as Dooshivishari Agad,<sup>[10]</sup> Garavishari Agad, Padmaka Agad, Ksharagada etc. gives dramatic results in covid patients. Use of Suvarna Kalpas like Mahalaxmi Vilas Rasa, Suvarna Sootshekhar, Swaskaschintamani have drastic results in Atyayik Chikitsa (emergency treatment), as Suvarna (gold) is very much known as Garavishanashaka (antipoisonous drug). In acute respiratory distress conditions use of Dhattura, Bhallataka, Vatsanabh like Vishadravyas acts as Prativisha, hence, treating patients with these type of Prativisha and Kalpas give considerable results. Treatment for Kitavisha explained in various Granthas can also yields good results.

### Rasayana Kalpas

After treating acute condition in covid patients use of appropriate Rasayana Kalpas are useful to treat hidden cause of disease and also strengthen the bodies immunity system to stop recurrence and other complications e.g., Dwitiya Brahma Rasayana, Haritakyadi Rasayana, Iaindra Rasayana, Endrokta Rasayana are mentioned in Charaka Chikitsa Pratham Adhyaya to treat root cause of poisonous conditions.

### Upadrava Chikitsa

Upadrava (complications) can be treated according to Ashtanga Sangraha Uttartantra Adhyaya 47.

**Preventive measures** - for prevention of such type of communicable diseases, Acharya Sushruta gives very informative guidelines in Kushtha Adhyaya. Unnecessary touching, sexual contacting, sharing diets, beds, cloths, ornaments etc. should be avoided. Strictly following of Ritucharya, Dinacharya, hygienic precautions and social ethics will definitely improve health and ultimately prevents such type of pandemics.

## DISCUSSION

Nidan Panchaka of Covid-19 according to Agad Tantra

Hetu - Jangama Visha like Alarka Visha, Kita Visha

Purvaroop - Jwara, Shwasa, Kasa Purvaroop

Roopa - Jangam Visha Lakshana

Upashaya, Anupashaya - Cold environment  
Anupashyaya.

Sampraptee - Pradhanika type

### Chikitsa (treatment) of Covid 19 according to Agad Tantra

**External treatment** - Vishaghna Dhuma, Vishaghna Lepa, Ojovardhaka treatment.

**Internal treatment** - Shodhan, Shaman treatment, Dooshivisha treatment, use of various Agad Kalpas, Prativisha treatment, Suvarna Kalpas (gold preparations).

**Agada Kalpas** - Vishaghni Peya, Dooshivishari Agada, Garavishari Agada, Amruta Grita, Ajeya Grita, Kalyanaka Sarpi, Panchashirisha Agada etc.

**Rasayana treatment** - various Rasayana Kalpas mentioned in Brihatrayee. Eg. Dwitiya Brahma Rasayana, Haritakyadi Rasayana, Iaindra Rasayana, Endrokta Rasayana.

**Upadrava (complications) treatment** - As per Ashtanga Samgraha Uttartantra 47.

**Preventive measures** - Follow Ritucharya, Dinacharya, hygienic precautions, social ethics.

**Visha Mukta Lakshana** - Every patient of Covid-19 after treatment should have appropriate hunger, urination, skin complexion and soundness of sleep, then only it is said that the person is Visha Mukta and ultimately good treated according to Ayurveda.<sup>[5]</sup>

One more important reference is found in Sushruta Kalpasthana 6 Dundubhiswaniya Adhyaya.

In ancient era various anti poisonous formulations was prepared and pasted it on large flags, Drums, Dundubhi<sup>[5]</sup> (large musical instrument) etc., by playing these instruments creates huge noise, that will destroy poisonous environment through anti poisonous drug dusting through sound waves. These types of experiments can be carried out for healthy atmosphere.

## CONCLUSION

Covid patients can be treated successfully according to Agad Tantra principles, but when its causes, pathophysiology and signs and symptoms are keenly observed from Ayurveda perspective. Agad Tantra is



the special important branch of Ayurveda concerns mainly about *Visha* (poison), besides it is very much neglected branch while treating upcoming new diseases. Since whenever we study in detail principles mentioned in various *Samhitas* about *Agad Tantra*, we will definitely succeed in treating and preventing covid patients and ultimately establishing good health worldwide.

## REFERENCES

1. Acharya Sidhinandan Mishra, Vd. Harishchandra singh Kushwaha, Charaka Samhita with chakrapani tika, sutrasthana, 2-24, 18: 44-46.
2. Acharya Sidhinandan Mishra, Vd. Harishchandra singh Kushwaha, Charaka Samhita with chakrapani tika, Chikitsasthana, Rasayan Adhyaya Pratham pad1/58-61, 1/77, Tritiya pad 3/24-29, Chaturtha pad 4/13-26, first edition, Varanasi, Chaukhamba Orientalia, 2009; 10(13): 29-42.
3. Acharya Sidhinandan Mishra, Vd. Harishchandra singh Kushwaha, Charaka Samhita with chakrapani tika, chikitsasthana, 23(17), 31: 98-99.
4. Vd. Yadavji Trikamji Acharya, Sushrut samhita of sushruta with the Nibandhasangraha Commentary of Dalhanacharya, Sutrasthana, 9: 6-18.
5. Vd. Yadavji Trikamji Acharya, Sushrut samhita of sushruta with the Nibandhasangraha Commentary of Dalhanacharya, Kalpasthana adhyaya adhyaya, 6, 3-7, 28, 32: 2-50.
6. Acharya Priyavrata Sharma, Ashtanga Hridayam sutrasthana Adhyaya Adhyaya, 7-28, 11-39.
7. Acharya Priyavrata Sharma, Ashtanga Hridayam uttartastra, 35-60, 65, 69.
8. Textbook of Toxicology – J.P.Modi, Covid 19 –long term effects. www.mayoclinic.org
9. Vishaghna Yogas in Charak Samhita, a review article published in www.iamj.in august, 2018.

**How to cite this article:** Abhilasha. A review study of Covid-19 according to Agad Tantra. J Ayurveda Integr Med Sci 2022;5:48-52.

**Source of Support:** Nil, **Conflict of Interest:** None declared.

\*\*\*\*\*