



ISSN 2456-3110

Vol 8 · Issue 10

October 2023

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**

## To evaluate the relevance of Panchakarma Sutra "Jwarmukte Virechanam" by estimating the status of Doshas in post covid patients

Kirti<sup>1</sup>, Arun Gupta<sup>2</sup>, Ankit Dabas<sup>3</sup>

<sup>1,3</sup>Post Graduate Scholar, Post Graduate Department of Panchakarma, Ch. Brahm Prakash Ayurved Charak Sansthan, Khera Dabar, New Delhi, India.

<sup>2</sup>Professor and Head, Post Graduate Department of Panchakarma, Ch. Brahm Prakash Ayurved Charak Sansthan, Khera Dabar, New Delhi, India.

### ABSTRACT

Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), is an infectious disease and is commonly called Covid-19. It affects the human respiratory system causing difficulty in breathing. It is a contagious disease and has been spreading across the world like wildfire. The virus was first identified in 2019 in Wuhan, China. In March, WHO declared Covid-19 as a pandemic that has been affecting the world. Most of the infected patients have recovered from the disease. However, many cases are suffering from various symptoms after recovery from the disease which are different from covid-19 symptoms and can be called as post covid symptoms. *Jwar* is one of the major symptoms of covid 19 disease. A major treatment principle of *Jwar* is given by *Acharya Bhava Prakash* which is "**Jwarmukte Virechanam**" which means after the recovery of *Jwar*, *Virechana* should be given. **Aim:** To evaluate the incidence of *Dosha Prakopa Lakshan* and its relevance in post covid management. **Objective:** To evaluate the incidence of *Dosha Prakopa Lakshana* in patients recovered from Covid-19 and to perform *Virechana Karma* in 15 patients recovered from Covid-19 and assess the status of *Dosha* before and after administering *Virechana*. **Methods:** It is Interventional, Prospective, Single arm study. Total of 100 complete patients met the criteria of the clinical study, selected for observational study to find the *Dosha Prakopa Lakshan* and out of these 100 patients, 15 are selected randomly to perform *Virechana Karma* and to assess *Virechana Karma* effect in post covid condition. **Result:** *Dosha Prakopa Lakshan* were statistically analyzed and mean of *Pitta Prakopa Lakshan* in Post covid symptoms is significantly high. *Virechana Karma* shows significant improvement in *Vata*, *Pitta* and *Kapha Prokopa Lakshan* but results are more significant in *Pitta Prakopa Lakshan*. **Conclusion:** Patients recovered from covid - 19 exhibits symptoms of *Pitta Pakopa Lakshan*. *Virechana Karma* was found effective in reducing *Dosha Prakopa Lakshan* irrespective of *Dushti* in post covid patients.

**Key words:** *Jwar*, Covid-19, Post Covid Symptoms, *Virechana Karma*

### INTRODUCTION

In January 2020, during the most current pneumonitis outbreak, the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) was found in Wuhan, China.<sup>[1]</sup> Patients with SARS-CoV-2 infection may

exhibit moderate to severe symptoms, while a considerable proportion of carriers are asymptomatic. The majority of people (83%), cough (82%), and shortness of breath (31%), respectively, report having a temperature.<sup>[2]</sup> Chest X-rays of pneumonia patients typically exhibit numerous mottling and ground-glass opacity.<sup>[3]</sup> In between 2 and 10% of COVID-19 patients, gastrointestinal symptoms such vomiting, diarrhea, and abdominal pain are reported, and in 10% of patients, diarrhea and nausea appear before fever and respiratory symptoms.<sup>[4]</sup> Similar to other respiratory viruses, SARS-CoV-2 spreads primarily through the respiratory route with great efficiency and infectivity. The most popular method of transmission is by droplets; however, aerosols may also be a significant one.<sup>[5]</sup>

Numerous projects have been launched in India to take use of Ayurveda's enormous potential in this epidemic.

#### Address for correspondence:

Dr. Kirti

Post Graduate Scholar, Post Graduate Department of Panchakarma, Ch. Brahm Prakash Ayurved Charak Sansthan, Khera Dabar, New Delhi, India.

E-mail: kirti29yadav11@gmail.com

Submission Date: 16/08/2023 Accepted Date: 27/09/2023

Access this article online

Quick Response Code



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

DOI: 10.21760/jaims.8.10.7

A collection of recommendations for improving immunity and taking self-care actions based on Ayurvedic principles has been made public by the Ministry of AYUSH.<sup>[6,7]</sup>

The majority of the affected patients have made a full recovery. Another RTPCR or RAT test, the lack of symptoms for many days, or both might attest to this recovery. However, many individuals experience a variety of symptoms following the disease's recovery that are distinct from covid-19 symptoms.

Fever is one of the major symptoms of covid 19 disease which can be correlated with *Jwar* in *Ayurveda*. *Acharya Charak* describes *Jwar* as "Santaapo Deha Mansa".<sup>[8]</sup> *Jwar* is considered as supreme among all diseases by the *shloka* "Sarvarogagrajo Bali."<sup>[9]</sup> A major treatment principle of *Jwar* is given by *Acharya Bhava Prakash* which is "Jwarmukte Virechanam"<sup>[10]</sup> which means after the recovery of *Jwar*, *Virechana* should be given. *Virechana* is one of the *Panchakarma* therapies wherein purgation is induced by drugs and is specifically aimed at the elimination of excessive *Pitta Dosh* from the body. Vitiating *Dosha* is the basic factor in the manifestation and progress of any disease. *Panchakarma* therapy, specifically the *Sanshodhana* like *Vamana* and *Virechana*, is a treatment of its kind that tries to get rid of vitiating *Dosh*s from the body so that sickness can be avoided or, if pathology has already set in, treated in the best way possible.

According to the *siddhanta* "Jwarmukte Virechanam" it seems that there may be vitiation of *pitta dosha* after *Jwara* which gets cured by doing *Virechana karma*. In this survey, if it is found that post covid patients exhibit symptoms of *Pitta Dushti*, then it will aid in developing treatment protocols for post-covid disorders. In this research, *Pitta* and another *dosh* such as *Vata* and *Kapha Prakopa Lakshan* will be assessed in patients and among them *Virechana Karma* will be performed to assess *Dosha Prakopa Lakshana* before and after *Virechana Karma*. *Dosha Prakopa Lakshana* will be assessed on the basis of the *Lakshan* given by *Acharya Vagabhatta* in *Ashtanga Hridaya Sutra Sthana Doshbhediya Adyaya*.<sup>[11]</sup>

In this study, *Jwarmuktawastha* will be considered after 14 days of covid positive report and also presence

of good appetite experienced by patients as *Acharya Sushruta* given this as a symptom of *Jwaramukta*:<sup>[12]</sup> Considering above facts an attempt has been made to evaluate *Dosha Prakopa Lakshan* in post covid patients and effect of *Virechan Karma* in same.

## MATERIALS AND METHODS

Research is essential for diagnosis of disease, development of new treatment and gives the latest information. It often leads to effective treatment that helps people to improve the quality of life. Keeping this in mind the present study was taken into consideration. A study was planned to evaluate *Dosha Prakopa Lakshan* in post covid patients and effect of *Virechan Karma* in post covid symptoms. 100 Post covid patients were selected from OPD of Chaudhary Brahm Prakash Ayurved Charak Sansthan.

IEC Certificate No. CBP-IEC/2020/PK-01/MD/16

CTRI No. CTRI/2022/03/041093

### Plan of Study

**Pre-Clinical screening:** Complete medical history of patients was done.

**Clinical screening:** A detailed case history proforma was specially prepared for this purpose. All the following mentioned points were recorded in this proforma before the initiation of the trial. A total of 100 post covid patients fulfilling the inclusion criteria were taken for the study

### Eligibility Criteria

#### Inclusion criteria

- Patients diagnosed (in past) with COVID-19
- Patient who had fever as major symptom of covid-19
- Patients above 18 years of age
- Patients of either sex.

#### Exclusion criteria

- Patients referred from CBPACS hospital to higher center.
- Patients less than 18 years of age.

Total of 100 complete patients met the criteria of the clinical study, selected for observational study to find the *Dosha Prakopa Lakshan* and out of these 100 patients, 15 are selected randomly to perform *Virechana Karma* and to assess *Virechana Karma* effect in post covid condition.

**Group A** - Observational study to evaluate *Dosha Prakopa Lakshan*

**Group B** - Intervention of *Virechana Karma* on 15 patients

**Procedure** - As per standard operative procedure of *Virechana Karma*

**Duration of study** - 12 months

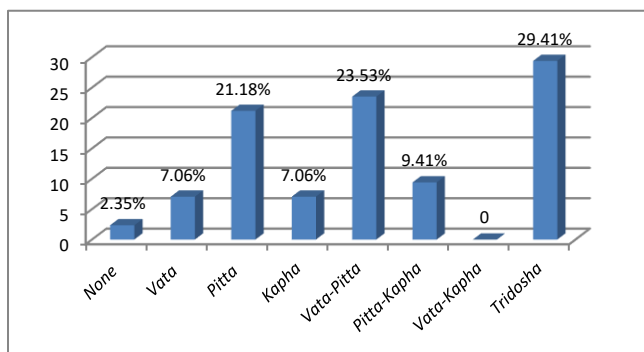
**Study design** - Interventional, Prospective, Single arm study

**Assessment Criteria**

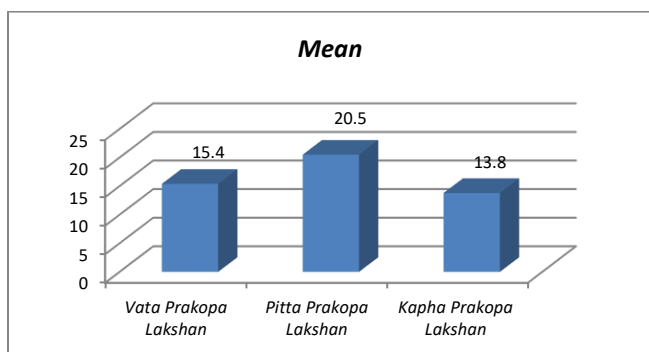
Based on questionnaire prepared on the basis of *Dosha Prakopa Lakshan* mentioned by *Acharya Vagbhata* in *Ashtanga Hridya Sutra Sthana Doshabhediya Adhyaya*.

**OBSERVATION AND RESULTS**

**Graph 1: Showing *Dosha Prakopa Lakshan***

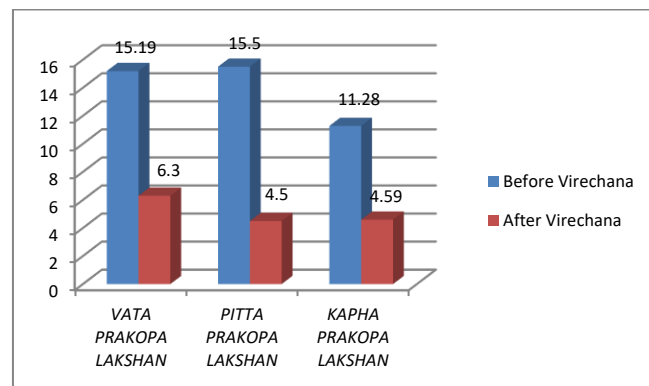


**Graph 2: Shows assessment of *Dosha Prakopa Lakshan* in Group A on the basis of mean values**



From the above data it is observed that *Pitta Prakopa Lakshan* have maximum mean value (20.5) followed by *Vata* (15.4) and then *Kapha Prakopa Lakshan* (13.8)

**Graph 3: Showing combined effect of *Virechana Karma* in group B**



P-Value for *Vata Prakopa Lakshan* is less than 0.05, for *Pitta Prakopa Lakshan* is less than 0.05, for *Kapha Prakopa Lakshan* is less than 0.05. From the above data, it is observed that *Virechana Karma* is more effective in *Pitta Prakopa Lakshan* in post covid patients.

**DISCUSSION**

**In Group A**

Out of 100 patients - Patients mainly displayed *Dosha Prakopa Lakshan* as follows:

**Table 1: Showing *Dosha Prakopa Lakshan***

<i>Dosha Prakopa</i>	No. of Patients	Percentage
None	3	3
<i>Vata</i>	8	8
<i>Pitta</i>	24	24
<i>Kapha</i>	7	7
<i>Vata-Pitta</i>	20	20
<i>Pitta-Kapha</i>	8	8
<i>Vata-Kapha</i>	3	3
<i>Tridosha</i>	27	27

From the above data, it is concluded that maximum patients i.e., 27% showed *Tridosha Prakopa Lakshan*. 20% showed *Vata- Pitta Prakopa Lakshan*, 24% showed *Pitta Prakopa Lakshan*, 8% showed *Pitta-Kapha Prakopa Lakshan*, 8% showed *Vata Prakopa Lakshan*, 7% showed *Kapha Prakopa Lakshan* and 3% showed *Vata-Kapha Prakopa Lakshan*.

**Table 2: Doshā Prakopa Lakshan in Group A on the basis of mean values**

Doshā Prakopa	N	Mean	SD
Vata Prakopa Lakshan	100	15.26	10.50
Pitta Prakopa Lakshan	100	18	10.87
Kapha Prakopa Lakshan	100	12.55	9.71

From above data, it is observed that *Pitta Prakopa Lakshan* had maximum mean value i.e., 18, *Vata Prakopa Lakshan* had 15.26 mean value and *Kapha Prakopa Lakshan* had 12.55 mean value. Hence it can be concluded that post covid patients had more *Lakshanas* of *Pitta Prakopa*.

#### In Group B

Effect of *Virechana Karma* on *Vata Prakopa Lakshan* - p value is less than 0.05, a considerable difference between mean BT and mean AT has been found. Hence it is concluded that *Vata Prakopa Lakshan* is decreased significantly i.e., *Virechan Karma* decreased *Vata Prakopa Lakshan* significantly.

Effect of *Virechana Karma* on *Pitta Prakopa Lakshan* - p value is less than 0.01, a considerable difference between mean BT and mean AT has been found. Hence it is concluded that *Pitta Prakopa Lakshan* decreased highly significant i.e., *Virechan Karma* decreased *Pitta Prakopa Lakshan* highly significant.

Effect of *Virechana Karma* on *Kapha Prakopa Lakshan* - p value is less than 0.05, a considerable difference between mean BT and mean AT has been found. Hence it is concluded that *Kapha Prakopa Lakshan* is decreased significantly i.e., *Virechan Karma* decreased *Kapha Prakopa Lakshan* significantly.

**Table 3: Overall Effect of Virechana Therapy as per Statistical analysis**

SN	Parameters	BT Mean	AT Mean	Comparison (Paired t test)
1.	Vata Prakopa Lakshan	15.12	6.30	Significant
2.	Pitta Prakopa Lakshan	15.50	4.50	Highly significant
3.	Kapha Prakopa Lakshan	11.47	4.59	Significant

#### Interpretation

Mean of *Pitta Prakopa Lakshan* in Post covid symptoms is significantly high. We should reject the null hypothesis and accept  $H_1$  i.e., Patients recovered from covid - 19 exhibits symptoms of *Pitta Prakopa Lakshan*.

In group B of 15 patients, *Virechana Karma* shows significant improvement in *Vata, Pitta* and *Kapha Prakopa Lakshan* but results are more significant in *Pitta Prakopa Lakshan*. The result of this thesis showed that *Ayurvedic Panchakarma* therapy is effective in challenging post covid symptoms. Post covid symptoms exhibits *Pitta Prakopa Lakshan* predominantly and *Virechana Karma* is effective in these *Doshā Prakopa Lakshan*. Hence, *Sutra - Jwarmukte Virechanam* is relevant in post covid symptoms and *Virechana Karma* is also effective in *Jwar Mukta* which showed that any disease can be treated by considering the basic *Siddhant* of *Ayurveda*.

#### CONCLUSION

In group A of 100 patients, mean value of *Pitta Prakopa Lakshan* was 18, *Vata Prakopa Lakshan* 15.26 was and *Kapha Prakopa Lakshan* was 12.55. Post covid patients shows *Doshā Prakopa Lakshan* as follows: *None* - 3%, *Vata* - 8%, *Pitta* - 24%, *Kapha* - 7%, *Vata-Pitta* - 20%, *Pitta-Kapha* - 8%, *Vata-Kapha* - 3%, *Tridoshaja* - 27%.

*Virechana Karma* was found effective in reducing *Doshā Prakopa Lakshan* irrespective of *Dushti* in post covid patients. In 15 patients, effect of *Virechana Karma* is Mean of *Pitta Prakopa Lakshan* before



*Virechana* is 15.50 and after *Virechana* is 4.50. Mean of *Vata Prakopa Lakshan* before *Virechana* is 5.12 and after *Virechana* is 6.30. Mean of *Kapha Prakopa Lakshan* before *Virechana* is 11.27 and after *Virechana* is 4.59.

## REFERENCES

- Zhou P, Yang XL, Wang XG, et al. A pneumonia outbreak associated with a new coronavirus of probable bat origin. *Nature*. 2020;579(7798):270–273.
- Wang D, Hu B, Hu C, et al. Clinical characteristics of 138 hospitalized patients with 2019 novel coronavirus-infected pneumonia in Wuhan, China. *JAMA*. 2020;323(11):1061.
- Zhu N, Zhang D, Wang W, et al. A novel coronavirus from patients with pneumonia in China, 2019. *N Engl J Med*. 2020; 382(8):727–733.
- Wang D, Hu B, Hu C, et al. Clinical characteristics of 138 hospitalized patients with 2019 novel coronavirus-infected pneumonia in Wuhan, China. *JAMA*. 2020;323(11):1061.
- Leung NHL, Chu DKW, Shiu EYC, et al. Respiratory virus shedding in exhaled breath and efficacy of face masks. *Nature Med*. 2020; 26(5):676–680.
- Golechha M. Time to realise the true potential of Ayurveda against COVID-19. *Brain, behavior, and immunity*. 2020;87:130–131.
- Ministry of AYUSH. Ayurveda Protocol for COVID-19. Available at: <https://www.ayush.gov.in/docs/ayush-Protocol-covid-19.pdf>
- Agnivesha, Shashtri KN (Ed.). *Charak Samhita*. Varanasi, India: Chaukhamba Sanskrit Sansthan; 2006. Jwarachikitsa Adhyaya. P. 75.
- Agnivesha, Shashtri KN (Ed.). *Charak Samhita*. Varanasi, India: Chaukhamba Sanskrit Sansthan; 2006. Jwarachikitsa Adhyaya. P. 70.
- Vagbhatta, Mishra BS (Ed.). *Bhav Prakash*. Varanasi, India: Chaukhamba Prakashan; 2018. Vol. 2. Jwaradhikara. P. 4.
- Sushruta, Gupta KA, Upadhyaya YN (Eds.). *Ashtangahridayam*. Varanasi, India: Chaukhamba Prakashan; 2018. Doshabhedhiya Adhyaya. P. 126.
- Sushruta M, Shastri AD. *Jwaraprtishedha*. Varanasi: Chaukhamba Sanskrit Sansthan; 2014. (Reprint-2014, Kashi Sanskrit Series; vol. 2). P. 270.

**How to cite this article:** Kirti, Arun Gupta, Ankit Dabas. To evaluate the relevance of Panchakarma Sutra "Jwarmukte Virechanam" by estimating the status of Doshas in post covid patients. *J Ayurveda Integr Med Sci* 2023;10:48-52. <http://dx.doi.org/10.21760/jaims.8.10.7>

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

\*\*\*\*\*