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Understanding of Covid-19 disease through Ayurveda

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ABSTRACT

The outbreak of novel corona virus provides an opportunity to revisit the ancient wisdom of Ayurveda for its prevention. As there is a severity of novel corona virus is high in global level hence there is a high consciousness in society about healthy living and its prevention. A novel corona virus that emerged in late 2019 and resulting COVID-19 disease, which has been labeled a public health emergency of international concern by the WHO. Now a physician has to know about its prevention, diagnosis and management. As Ayurveda says, even-though the disease is affecting the whole world with its severity, one need not to be afraid of disease if physician is assured of proper medicaments for treatment. Considering this disease is mainly affecting respiratory system and further involves other systems also, which can be correlated with vitiation of *Pranavaha Srotas* and *Rasavaha Srotas* in its pathogenesis. So starting with *Nidana*, *Purvaroopas*, *Roopas*, *Upasayas* and *Samprapti* the whole COVID-19 disease can be analysed.

Key words: COVID-19, Pandemic disease, Pranavaha, Rasavaha Srotas, Pathogenesis.

INTRODUCTION

Ayurveda is ancient medical system that deals with normal and abnormal health of a person along with spiritual mind. The term "Ayurveda" is not limited to medicine, cure or therapy, rather it implies an approach to life and living, and is guided by the *Praneshana*, *Dhaneshana*, *Paralokeshana*.^[1] In Ayurveda for leading the normal life it is essential to follow *Trayopasthambhas* i.e., *Ahara*, *Nidra*, *Bramhacharya*.^[2] Here *Ahara* has been given the prime place for happiness and unhappiness of life of an individual. According to Ayurveda most of the disease occurs due to the pathological changes in the

body. As disease are innumerable in number based on distinctive features like *Nidana*, *Samsthana*, *Lakshana*, *Vedana*, *Varna*.^[3] Hence it is left to physician *Yukti* to decide the diagnosis of disease and its treatment based on *Aptopadesha* knowledge found in Ayurvedic classics. The lack of previous experience with this virus is part of the reason public health officials are working so hard to control the spread of Corona Virus. So it is necessary to work on its origin and pathogenesis in detailed through Ayurveda.

OBJECTIVES

1. Review of Covid-19 disease as per modern medical science.
2. To review the involvement of *Pranavaha* and *Rasavaha Srotas* in the pathogenesis of Covid-19 disease as per Ayurvedic classics.

Modern view of Covid-19 disease

Causative organism ^[4]	RNA Beta corona virus
1 st case spotted ^[4]	On 31 st December 2019 in wuhanhubai province of China

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Source^[5]	Genetic analysis - the scaly ant eating pangolin was a prime suspect	
Transmission^[6]	Droplets, close contact	
Symptoms^[7]	Acute	Chronic
	Cough	Pneumonia
	Shortness of breath	SARS
	Fever	Kidney failure
Investigations^[8]	Sputum Swab Lavage Serum X-RAY & CT of chest RTPCR - (RNA analysis)	
Treatment^[9]	Symptomatic treatment Supportive care IV fluids Ventilation Tab. Remdesivir (Anti-viral drug - Ebola) Tab. Ritonavir (Anti HIV drug) Tab. Chloroquine (Anti malarial drug)	
*till there is no vaccine for Covid-19 disease		

Ayurvedic view of Covid-19 disease

Ayurveda is the knowledge of science, which ensures health and longevity. Ayurveda does not have a specific text as epidemiology, but the principle described in piece meal can be compiled, analyzed and interpreted in the light of modern theories of epidemiology. *Acharya Charaka* describes a concept called *Janapadhwamsa* that can be compared with epidemic, pandemic, endemic where "Adharma" is *Moolakarana* for *Janapadhwamsa Vyadhies*.^[10] Here *Adharma* means, the person who is not following *Dinacharya*, *Ritucharya*, *Aharavidhi* and

Sadvrutpalana will leads to *Vyadhi*. But also the things hampering the immunity of an individual.

- As diseases are innumerable based on *Prakrti, Adhistana, Linga, Ayatana, Vikalpa, Vishesha*.^[11] So a physician has the liberty to classify the disease according to his *Yukti*.
- As *Charaka* says each individual differs in physical constitution, food habits, strength, immunity, age. They do gets affected with disease which are wide spread manifestation in community.
- Susrutha* explains the way of disease transmission by *Prasangath, Gatrasamsparsath, Niswasath, Bhojanath, Sahasayaashanath, Vastramalyanulepanath*. More over the modern text of communicable disease epidemiology describes similar mode of disease transmission. He also given examples of some diseases that spread through all these modes. Such as *Kushta, Jwara, Rajyakshma* etc.^[12]

Nidana Panchaka

Nidana Panchaka is a great tool for diagnosis of disease in Ayurveda. The Ayurvedic diagnostic approach is of two types

- Rogapariksha*
- Rogipariksha*

Among them *Rogapariksha* gives us the complete knowledge about a disease starting from the etiological aspects to the actual manifestation of disease.

Nidana

While explaining the *Nidana* of *Vyadhi*, *Acharyas* classified into two division broadly as;

- Nija Vyadhi*
- Agantuja Vyadhi*
 - Nija Vyadies* involves *Aharaja* and *Viharaja Nidana* which directly leads to *Dosha* vitiation.
 - Ahantuja Vyadhies* involves *Abhighataja, Abhishangaja, Abhisapaja, Abhicharaja Nidanans*

which causes *Vyadhi* first then leads to *Doshic* vitiation.

- As *Ahara* is one among the *Trayoupasthamba*, which is *Ayatana* for both *Roga* and *Arogya*. In parallel with *Ahara*, *Vihara* also plays an important role in prevention and management of disorders as it has impact on physical, mental, as well as social health of an individual.

Ahara Vihara

Vataja

Ahara : Excessive intake of *Rooksha*, *Laghu*, *Sheeta* *Ahara*, *Vishamashana*.

Vihara: *Vegasandharan*, *Abhighata*, *Udvega*.^{[13],[14]}

Pittaja

Ahara : Excessive intake of *Ushna*, *Amla*, *Lavana*, *Katu*, *Vidahi*.

Vihara : *Teekshna Aatapaagni Santapa*, *Shrama*, *Krodha*.^{[15],[16]}

Kaphaja

Ahara : Excessive intake of *Snigdha*, *Guru*, *Abhisyandi*, *Madhura*, *Pichila*, *Sheeta*.

Vihara : *Divaswapna*, *Avyayama*.^{[17],[18]}

Purvaroopo

The good knowledge of will help the physician to curb a fourth coming disease in its early stages. Because treatment at this stage would require minimal or simpler modalities.

Samanya Poorvaroopo

Alasya, *Nayanarava*, *Jrumba*, *Klama*, *Jwalana*, *Atapa*, *Bhaktadvesha*, *Avipaka*, *Aasyavairasya*, *Balavarnahani*, *Sheelavaikrut*, *Shookapoorna Gala*, *Kantakandu*, *Bhojana Avaroda*.^{[19],[20]}

Roopa

The knowledge of *Roopa* will help for planning of specific treatment.

Samanya Roopa

Santapa, *Trishna*, *Aruchi*, *Angamarda*, *Hrud Vyatha*, *Shirashoola*, *Svarabheda*, *Suska Kanta Uraaasya*, *Suskakasa*, *Swasa*, *Daha*, *Mandagni*, *Peenasa*.^{[21],[22],[23]}

Upasaya

Upasaya means relieving factors of a disease. It helps in a therapeutic to plan and implement proper *Ahara* and *Vihara* practice which are ideal for treating the *Vyadhi*. This shows that approach towards diagnosing the disease, planning and implementation of treatment was absolutely correct.

In Ayurveda, maintenance of healthy by one's own ethical code of conduct is called "*Swasthavritta*" which includes *Dinacharya*, *Ritucharya*, *Sadvritta*.

- Dinacharya* starts with *Brahmamuhurta*, *Mala Visharjana*, *Snana*, *Dantadavana*, *Gandusa*, *Kavala*, *Anjana*, *Nasya*, *Dhoomapana*, *Abhyanga*, *Vyayama*, *Pada Prakshala*, *Padatradarana* are the habits which has to followed to maintain healthy living and to prevent the occurrence of disease.^[24]
- Following the regimen according to seasonal regimen is called *Ritucharya*. According to the changes in *Ritu*, it is necessary to adopt regimen to maintain the health.^[25]
- Sadvritta* is a code of conduct for keeping good and balanced condition of body and mind. Here all types of conducts like ethical, social, physical, moral in detail for the benefit of person in keeping healthy life and prevention of disease is explained.^[26]
- To attain the healthy life Ayurveda concentrates on various rules and regulation in diet.
- One who is following *Ashta Ahara Vishesh* *Ayatana*, *Ahara Vidhi Vidhana* properly, it helps to increase health and enhance the life span.^[27]
- Vegadharana's* explained in Ayurveda helps to prevent the disease occurrence.^[28]
- In Ayurveda the mode of transmission of disease is explained as;

प्रसङ्गाद्वात्रसंस्पर्शात्रिश्वासात्सहभोजनात् ।

सहशय्यासनाच्चापिवस्त्रमाल्यानुलेपनात् ॥

Here by sexual intercourse, close contact with other persons, breathing, eating together, sharing bed, and

exchanging of clothes, garlands, cosmetics can cause transmission of disease from person to person. Hence it is necessary to avoid these things to prevent spreading of disease.

Samprapti

Samprapti gives the knowledge regarding provoking Dosh, route of disease, involved Dhatus and affected Srotas and here is the probable Samprapti of COVID-19 disease.

- Nidana - Nijanidana (Mithyaaharavihara) and Agantujanidana (bhootabhishak) → Agnidusti (Jataragnimandya and Rasa Dhatwagnimandya) → Amautpatti → Amarasa formation → Uttarottaradhatu Kshaya → Ojakshaya → Khavaigunya → Vikrutadosha Stanasamsraya in particular Srotas.
- Simultaneously Amautpatti → Doshavikruti (Vata, Pitta, Kapha, Raja and Tama) → Doshadoosha Sammurchana → Vikrutadosha circulates all over the body → Stanasamsraya in particular Srotas.
- The above both Samprapti leads to Srotodusti → Sanga → Rasavaha and Swedavahasrotodusti → Sarvadehasantapa → Jwara.
- Simultaneously Samprapti leads to Srotodusti → Sanga, Vimargagamana → Pranavahasrotodusti → Urdvagamana of Udanavayu, Vikrutadosa takes Stanasamsraya in Urah, Kantha → Kasa, Swasa.
- These Lakshana Jwara, Kasa, Swasa → COVID-19

DISCUSSION

In Ayurveda the disease explanation is done through Nidana Panchaka which include Nidana, Purvarupa, Roopa, Upasaya, Samprapti, which further helps in planning of treatment. As this disease comes under pandemic disease, where this concept is explained by Acharya Charaka under the title of Janapadhwamsa, here it is explained that Adharma is the Moolakarana for this Vyadhi. As Nidana of Vyadies are broadly classified into two types i.e. Nija and Agantuja. Here Nija includes Mithyaahara Vihara and Agantuja includes Bhutabhishakjanya Nidana. These Nidana

hampers Agni which will leads to Ama formation in body. Because of presence of Ama the Vikruta Rasotpatti takes places. Simultaneously which leads to Doshaprakopa in the body. As there is absence of Prakrutarasa, Uttarottara Dhatu Kshaya takes place which results in Ojakshaya. Hence this disease is commonly seen in immuno suppressed person. Prakopita Doshas will circulate all over the body and get lodged in particular Srotas because of Kha Vigunyata, result in Srotodusti of particular Srotas. As this disease involves Pranavaha, Rasavaha, Svedavahasrotas, Srotodusti of these Srotas will be seen in the form of Sanga and Vimargagamana. The Sanga and Vimargagamana of the Pranavaha Srotas leads to Urdhwagamana of Udanavayu and makes the Vikruta Dosh gets Stanasamsraya in Urah, Kantha Pradesha leads to Kasa, Swasa. Simultaneously Sanga of Swedavaha and Rasavaha will leads to Sarvadeha Santapa and result in Jwara.

CONCLUSION

Ayurveda, the traditional medicine of India which focuses on predictive, preventive and managing measures. Considering this disease as a global threatening, so the attention has to be given in all the aspect to prevent and manage the condition with controlling the transmission of disease. In public health problem and infectious diseases, Ayurveda undoubtedly a boon to readdress these with classical mode of treatment. This study is reviewed on the concept of understanding novel Covid-19 disease through Ayurveda in brief and its probable Samprapti. But the above said narrations can also be further studied to find out the relevant and suitable way of prevention and management of newly emerging public health problems in present era.

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