



Case Study

AYURVEDIC MANAGEMENT ON COVID-19: A CASE REPORT

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ABSTRACT

Severe acute respiratory syndrome, also known as SARS-Cov-2 or Covid-19, first emerged in march 2020. It has many of the same symptoms as influenza, including a dry cough, headache, body ache, mild increase in body temperature, trouble in breathing, low oxygen levels, nausea, and vomiting. Clinical results of early-stage Covid-19 patients receiving Ayurvedic treatment. *Ashwagandha ghan vati* and *Giloye ghan vati* with herbal immune tea or *Kahda* of *Tulsi* leaves, ginger, *Haladi*, *Giloye*, and *Mulaithi*, among other ingredients, were used as the first line of treatment. This conventional approach lasted for seven days and included a liquid diet of fresh mosambi and fresh coconut water as well as complete bed rest. The improvement of the Covid -19 afflicted patient's greatest recovery was successfully discovered with the use of a 7-day protocol therapy. Deep breathing exercises, *Bhastrika*, and *Anuloma-Viloma* in particular, gave the lungs the vigour they needed to enhance the respiratory system.

INTRODUCTION

In India march 2020, severe acute respiratory syndrome which was earlier having symptoms like influenza and later known as SARS- Cov-2 or Covid -19 viral infection. Due to this India undergo pandemic & several numbers of patients died during this pandemic. Hon'ble Prime Minister of India Sh. Narendra Modi announced the entire lockdown in all over country. Resulting this SARS- cov-2 (Covid-19) challenged the entire health system world wise. Total about 125 million cases included 2.7 million of deaths have been reported by March 2021. Most of the patients affected with Covid-19 infection developed with mild illness that required hospitalization and oxygen support with Intensive care unit due to mild respiratory syndrome. Much symptomatic treatment provided to the patients. Earlier the symptoms were developed like Influenza, therefore the majority of the drugs used during treatment world fall under anti-viral, anti-malarial, anti-inflammatory, monoclonal antibodies were

used due to the symptoms appear like moderate rise in body temperature, dry cough, body ache, fall of oxygen level, difficulties in breathing, nausea and vomiting.

In India traditional medicines Ayurveda is being explored for the prevention and treatment of Covid-19. *Rasayana* unique concept of Ayurveda linked with the immunity may play an important role in the management of Covid-19. The ministry of AYUSH Govt. of India released an adversary detailing Ayurveda based preventive measure for the management of covid-19 cases. Some states in India formally initiated the use of Ayurveda treatment along with modern medicine treatment for Covid -19 cases earlier then the release of the national protocol for the management of Covid-19 including Ayurveda. Covid -19 being a new disease, sufficient reports and record of the Ayurveda treatment in its management is not available for the other system of medicines. Therefore, the study was conducted to evaluate the clinical outcomes of Ayurveda treatment exposure as a conventional care in the early stage of Covid-19 patients.

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Case Report

Age: 48 Years

Sex: Male

Religious: Hindu

Socio Eco status: Middle Class

Marital status: Married

Occupation: Shopkeeper

Chief Complaints: Dry cough, moderate body temperature, body ache, difficulty in breathing, fall of oxygen level, loss of taste/smell, nausea and vomiting etc.

History of Present Illness: A 48 years of male was asymptomatic before 3 days suffering initially with dry cough, moderate body temperature, body ache, difficulty in breathing, fall of oxygen level, loss of taste /smell, nausea and vomiting etc. SPO2 level less than 93 in oximeter with fatigue, as he was present in the clinic after diagnosed the above sign and symptoms. An Ayurvedic treatment started with following medicines and diet plan before going to start treatment following examination of the patients has done.

Physical Examination Day- 1

Blood pressure: 160/100mmHg

Body temperature: 102°F

Pulse rate: 108/min

Respiration rate: 24/min.

SPo2 level: less than 93 as per oximeter

Body weight: 70kg

Asthavidha Pariksha

1. *Nadi: Vatta-Pitta*
2. *Mala: 2/day*
3. *Kostha: Mridu*
4. *Jivah: Ruksha*
5. *Twaka: Prakrita*
6. *Sparsha: Ushna*
7. *Drik: Prakrita*
8. *Akriti: Madhyama*

On the basis of above diagnosis and examination advise further for RT-PCR test which was found positive after 24 hours.

OBSERVATION AND RESULT

Sr.no.	Symptoms	1 st day	2 nd day	3 rd day	4 th day	5 th day	6 th day	7 th day
1	Body temp	102°F	100°F	99°F	97°F	98°F	98°F	98°F
2	SPO2 Level	93	94	95	96	97	98	98
3	R/R/min	24	22	20	19	18	17	16
4	Pulse/R/Min	108	100	95	90	85	75	74
5	B.P. mmHg	160/100	140/90	140/90	130/85	130/85	120/80	120/80
6	Heart rate /min	90	90	90	85	83	75	74

History of Past Illness: Earlier this person was suffering with life style disease having type-II diabetes with mild hypertension. As he was regular under an Ayurvedic treatment by advised medicines *Mukta vati*, *Arjun ghan vati* for hypertension and *Madhumeah hari yog*, *Shilajeet vati*, *Parmeha gaj kesri* for the managements of diabetes with lifestyle, diet plan, *Yogic kriyas* specially *Mandooka asana*, *Anuloma -villoma*, *Bhramri* etc. The patient felt well and his diabetes and high blood pressure is under control hence dose of medicines given reduced accordingly.

Treatment Protocol

A. A total 7 days treatment protocol is given to the Covid -19 affected patients & resulting find the best recovery.

Ashawgandha ghan vati: 375mg BID given for 7 days

Giloeye Ghan vati: 375mg BID given for 7 days

Kalmegh asawa: 2 TSF with ¼ glasses of warm water T.D.S. for 7 days

Vitamin C: 250mg every after 2 hours. Q. I. D for 7 days

B. Diet Plan

1st day: 7 glasses of fresh moambe juice in every alternative hour

7 glasses of fresh coconut water in every alternative hour

2nd day: 4 glasses of fresh moambe juice in every alternative 2 hours

4 glasses of fresh coconut water in every alternative 2 hours

3rd day: 2 glasses of fresh moambe juice in every alternative 4 hours

2 glasses of fresh coconut water in every alternative 4 hours

4th day: Only green salad of cucumber & tomato 700 gm BD

Add on black salt, black pepper & lemon as per taste.

5th day: Onwards *Dalia*, *Khichri* in liquid diet to be taken for next one week.

C. Yoga & Pranayama

Bhastrika (deep breathings), *Anuloma –Viloma* for the improvements of respiratory system daily 15-20 minutes in evening & morning.

DISCUSSION

In this case combined effects of *Chikitsa* along with management of diet & *Yogic Kriyas* shown the best result and benefits to improve the illness of patient affected with Covid- 19.

Giloye: *Giloye* is a strong immunity booster anti-toxic, anti-inflammatory, anti-pyretic and anti-oxidant. This classic medicine has an ultimate result to improve health. It is use full in all types of acute and chronic fever.

Ashawgandha: *Asawgandha* is one of the most important herbs in Ayurveda medicine. It is helpful to reduced stress and anxiety. It also increases the body strength and immunity. It is also an anti-inflammatory & anti-oxidant herb.

Tulsi leaves: *Tulsi* is also known as the queen of the herbs. It is rich in vitamin A, C & K with calcium, magnesium, phosphorus, iron, zinc & potassium which help to provide the micro nutrients in the body. It also works as an immunity booster in the body. It improves the cell activation and boosts the immune system, also helpful to reduce fever and cough. It is anti -bacterial herbs which helps to improve the respiratory system.

Haridra/Haldi: *Haldi* is also an anti-inflammatory herb, help to reduce the pain and inflammation. It is also an immune booster, activate the body cells and act as a anti body. It also reduces the LDL from the body

Ginger/Shunthi: It increases the gastro intestinal motility, it is anti-oxidant in nature, reduce stress, vomiting and nausea.

Mulethi: *Mulethi* is helpful in respiratory and digestive disorder due to immunity booster it also controls the cholesterol level in the body and helpful to cure cough and cold.

CONCLUSION

The combined treatment of the integrated approach can be evaluated from the study. Internal medicines given to increase the immune system where as the liquid diet prescribed help to improve the nutritional and water-soluble vitamins with vitamin-C which again boosted the immunity of the Covid-19 affected patients. *Yogic kriyas* helped out to improve strength to the respiratory. This is the 7 days Ayurveda protocol gives best improvement to a Covid-19 affected patient.

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