



Therapeutic Management of Covid 19 through Ayurveda: A Case Study

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Type of Publication: Case Report

Conflicts of Interest: Nil

Abstract

Background:

This article represents a case study of an individual with the moderate covid-19 disease with no comorbidities but this patient has a history of chronic Sinusitis and mild cervical spondylosis.

Case Presentation:

A young individual of 25 years age, who has been diagnosed with the covid-19 disease by RT-PCR test. He had a fever, sore throat, loss of taste and smell sensation associated with headache and body ache. Though the patient did not have any major ailments he suffers from headaches and fever off and on. Treatment for Covid-19 had been started before arriving at the RT-PCR test report as COVID-19 positive. According to his presenting symptoms, the patient has undergone treatment for 10 days continuously and when he did his RT-PCR test after 20 days, he was tested negative.

Conclusion:

The patient was treated totally through Ayurvedic medication. In this case study, the treatment of this patient is shown step by step date-wise and found satisfactory results.

Keywords: Covid-19, Ayurveda, SARS-CoV2, Guduchi, Bhuin-Amla

INTRODUCTION

A new unique SARS-CoV-2 caused viral disease exhibiting flu or influenza-like illnesses created a global pandemic at the start of 2020, resulting in massive human death. The disease's epicenter is thought to be in China's Wuhan province.[1] The contagious disease's zoonotic transmission swiftly turned into a horizontal transmission, causing the disease's fast spread in a short period.[2]The World Health Organization (WHO) director-general had declared as a public health emergency and interim recommendations on the pandemic issue on January

30, 2020, became a worldwide concern on the pandemic issue.[3] In Ayurveda, there were numerous therapeutic herbs with antiviral properties. Some of these, if proven effective in suppressing the SARS-CoV2 virus, will represent a summum bonum for suffering humanity. Ayurveda is a Sanskrit word that describes a way of living as well as a science of life. It is believed to have originated in India.

It dates back more than 5,000 years. The description of therapeutic plants has been preserved since the Vedic period and is later found in various Ayurvedic

Nighantus. Many herbs in Ayurveda have antibacterial, antifungal, and antiviral properties that have been revalidated and proven by modern scientists through many studies. From generation to generation, we employed these herbs in everyday practice or as home remedies to treat a variety of viral ailments, such as viral fever and the common cold. The demand for Ayurvedic specialist remedies has skyrocketed in recent years. Many of the conventional medicine's treatment failure patients are seeking therapy at Ayurveda's various institutes in the hopes of recovering in this traditional system of medicine. The current single-case study will shed insight on the ayurvedic treatment of corona-positive patients' clinical circumstances.

Case Presentation

Patient Details:

The presenting case is of 25 years old male individual. He is a nutritionist and pharmacist by profession. He has a good physique with 177 cm height and 70 kg body-weight.

Present Medical History of Patient:

The patient had a fever, sore throat, body ache associated with a severe headache. He consulted an Ayurvedic physician of a government ayurvedic hospital, situated in Kolkata. On the suspicion of being affected with covid-19, he isolated himself at his residence on the 15th of June 2021 and started medication as advised by the physician.

Past Medical History

The patient did not have any kind of complications. He had undergone Ayurvedic treatment for Cervical Spondylosis and mild Gynecomastia three years ago. At present, the patient was not on any medication. He had a history of intaking some ayurvedic drugs such as Kaishore Guggulu 2 tab -BPDC, Kanchar Guggulu 2 tab-BDPC, Sunthi 5 gram- HW, extract of Aloe Vera at empty stomach in the morning for 3 months in the year of 2018 for previous diseases.

Pathophysiology

He was exhibiting symptoms such as jwara or fever, swasa or breathing difficulty, and Kasa or coughing throughout his current illness. The Abhyantara roga marga, one of the three roga margas or "pathways of sickness" outlined in Astanga Hrdayam, is responsible for these three key symptoms of COVID-19. This condition is known as Pranavaha sroto dushti (vimana sthana 5/7) because it causes significant respiratory distress along with other symptoms, which can lead to death.[4]

COVID 19 can be linked to Aguntuja sannipataja jwara, a jwara accompanied with predominating vata and kapha (Chikitsa Sthana, Astanga Hrdayam, 3/92, 3/128-129). This jwara is classed as agantuja (external) and is induced by Bhoota Abhishanga (chikitsa sthana 3/111, 3/114), an aggravation of all these three doshas. It's also known as sannipata because all trio-doshas are exacerbated.[4]

Diagnosis

The diagnosis for this condition was made first based on his complaints, signs, and present perspective. Later, RT-PCR test for SARS-CoV-2 was done to confirm the diagnosis of Covid -19.

Etiology

SARS-CoV2 causes COVID-19, a highly contagious disease. Infectious disorders can be transmitted from one person to another through sneezing, coughing, touching, eating in the same dish of a sick person, lying in the same bed, and contact with garments, decorations, and cosmetics, according to Susruta Samhita: Nidana Sthana, 5th chapter.

Therapeutic intervention

Medicines, diet, and regimen are considered to be the three main fundamentals of the therapeutic intervention. The patient kept himself in self-quarantine at home from the first day of fever. The patient's complete medication with his details of date-wise patient's symptoms, Test result, treatment, diet, and regimen are mentioned here in a tabular form (Table 1).

Table 1: Detailed course of the disease

Date	Symptoms	Test/Result	Treatment	Diet	Regimen
15.06.2021	1.Fever 101° F 2.Sore throat 3. Severe Headache 4. Bodyache	NA	1.Tab <i>Tribhuvan kirti ras</i> + Tab <i>Sanjivani vati</i> + Tab <i>Mahasudarsan vati</i> Above all of 1Tab, each twice daily after breakfast and tiffin. 2.Ayush kwath½Tsf with a cup of lukewarm water in the morning and evening.	Healthy and Non-spicy nutritious diet along with fresh fruits was advised to take.	1.Pranayam for 30 minutes in the morning 2. Sleeping during the day and late-night staying up were forbidden
16.06.2021	1.Fever 100° F 2.Sore throat 3.Mild coughing 4. Loss of smell 5. Loss of Taste	Swab given For COVID-19. Nasopharyngeal Test: Real-time- PCR test at Lasco Medicare Private Limited	1.Same as above 2. <i>Guduchi churna 1 TSF + Bhuiamla churna one-fourth TSF before lunch and dinner.</i>		

Date	Symptoms	Test/Result	Treatment	Diet	Regimen
17.06.2020 to 19.06.2021	1.Fever and sore throat subsided	NA	Same as above; 1. <i>Anu tailam nasya</i> two drops		

	2.Bodyache persisted 3.Loss of smell 4.Loss of taste		in each nostril, twice daily for the loss of smell.		
20.06.2021 To 02.07.2021	Same	Advised RT-PCR test for SARS-CoV-2 On 02.07.2021	1.Tab Guduchi 1 tab BDPC 2. Ayush Kwath ½ TSF with Luke warm water in morning and evening. 3. Ashwagandha churna 3 gm two times with Luke warm milk after lunch and dinner for general weakness		

Date	Symptoms	Test/Result	Treatment	Diet	Regimen
03.07.2021 to 04.07.2021	All symptoms are subsided. loss of taste and general weakness persisted	RT-PCR test for SARS-CoV-2 was done on 03.07.2021 and detected negative on 04.07.2021	1.Aswagandha churna 3gm BD with a cup of milk. 2.Rinse mouth with <i>Triphala</i> churna with lukewarm water for 10 minutes twice daily		

3.Patient’s perspective on treatment received

While practicing I came in contact with many positive patients and somehow got affected by the virus. After developing fever and severe body ache I consulted with Dr. D Ghosh, Superintendent of Viswanath Ayurved Mahavidyalaya and Hospital on 15th June 2021, and when my report came, I was tested positive

for covid-19 on 16 June 2021. I had done my test at Lasco Medicare Private Limited. As I was unable to consult physically with Dr. Debasish Ghosh so he analyzed my symptoms and prescribed medicine over the telephone and on 16th June 2021 I sent him my positive report. Dr. D. Ghosh heard my problems patiently and after diagnosing my symptoms he gave me ayurvedic medicines and advised me some vital

preventive measures to follow so that my family does not get affected. He also advised me to isolate myself at home and told me to report to the local health body. I was continuously in contact with Dr. D. Ghosh and after going through his treatment I finally tested negative on 3rd July 2021.

I am very much grateful to him for his treatment and valuable suggestion. He also encouraged me emotionally to fight the disease.

Declaration of patient consent

All the authors certify that they have obtained all the appropriate and important patient consent forms from the patient. The patient has given his consent for his clinical information to be reported in the journal. The patient is well aware that his name and initials will not be published and every effort will be made to conceal his identity from publication.

Discussion

Limitation

It is an individual's case study but it can be used as a major sample of study before we have any proper standard protocol for the treatment of Covid-19. The treatment was done over telephonic discussion and Video conferencing. The physician did not get a chance to examine the patient physically.

Strengths

The patient's health did not deteriorate as a result of the ayurvedic treatment. Even the patient's symptoms progressively faded away one by one.

The vata-kafa & sannipatajwara disorders may be similar to COVID-19 diseases. In Ayurveda, Maha Sudarsan and Sanjivani Vati are often used to cure vata & sannipatajwara. As a result, these medications were effective. The immunomodulatory and antiviral properties of guduchi (*Tinospora cordifolia*) and bhuiamla (*Pyllanthus niruri*) have also been established. As a result, these herbs were employed in this trial to treat COVID-19. For the restoration of taste and fragrance, Anu taila & Triphala churna were both employed. Ashwagandha has brain-calming, blood-pressure-lowering, and immune-system-strengthening effects. Ashwagandha is an adaptogen that is used to treat stress disorders. It also aids in the restoration of the body's lost strength. Ashwagandha contains natural Zinc and Vitamin C, as

well as a variety of other therapeutic components that were employed to treat the patient's general weakness.

Conclusion

Although this is a single case study, it may provide a glimmer of hope for developing a standard approach for treating highly infectious COVID-19 disease. However, more research with larger sample size is required to produce an Ayurvedic standard methodology for the management of the condition. Based on this clinical case study, future researchers may research on the ayurvedic line-up treatment.

On behalf of the listed authors, the corresponding author declares that there was not any kind of financial and non-financial conflict of interest among authors regarding the subject materials mentioned in this case study.

Availability of data

All the necessary information and available data are given in supplementary files

Code availability

Not applicable

Authors' contributions

Conceptualization: [Debasish Ghosh], [Rajdeep Ghosh]; Methodology: [Debasish Ghosh], [Rajdeep Ghosh]; Formal analysis and investigation: [Debasish Ghosh], [Rajdeep Ghosh]; Writing—original draft preparation: [Rajdeep Ghosh], [Debasish Ghosh]; Writing—review and editing: [Gourav Bhattacharjee]; Funding acquisition: [N/A]; Resources: [N/A]; Supervision: [Debasish Ghosh]

Ethics approval

Not applicable

Consent to participate

All the authors mutually agree to take part in this case study.

Consent for publication

All the authors mutually agree that they will send the manuscript for publication and will do the needful.

Acknowledgements

The authors did not have any kind of funding support from any organizational or institutional level for this case study.

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