CORONA FROM THE EYES OF AYURVEDA

Concept of Epidemic Disease in Ayurveda:

Ayurvedic scholars and exponents of antiquity like sushruta and charaka recorded communicable and epidemic disease in their works as anupasargika roga and janapadodhvansa respectively.

The concept of janapadodhavansa mentioned in ayurveda refers to the situation where there is wide spread damage to environment as well as life forms.

Janapadodhvansa literally means destruction or annihilation of communities or settlements. Epidemics and outbreaks of highly communicable disease have blighted mankind since time immemorial.

Charaka Samhita’s reference about highly communicable disease, prevention tips: charaka samhita, vimana sathana, 3rd chapter

 **Thought provoking questions by Agnivesha**

How do all individuals having different physical constitution etc suffer from the same diseases, due to same set of causative factors? Common factors which often get adversely affected resulting in simultaneous outbreak of diseases having similar symptoms that destroy communities? Common factors which affect mass population are vayu(air), udaka(water), desh(land) and kala(season).

 Vaigunyam Upnanam Desh Kala Anilambhamsam , Griyashtavam Visheshen Hetumat Sampravakshtey (9)

Vatajallam Jalladesham deshat kalam savbhavtah , Vidyat Dushpriharyatvad Griyasataram Arthvita (10)

Vayvyadishu Yathoktanam Doshanam Tu Visheshvit , Pratikarashya Sokariye Vidhyalaghav Lakshanam (11) (Charak-Samhita, Vimansthana, Ch-3)

By nature air, water, land, and seasons are indispensable in their progressive order. One can guard himself against polluted air by keeping himself inside a closed (air tight) chamber but he cannot so easily avoid polluted water. Even polluted water can be avoided with a certain amount of care. But one cannot keep himself away from the land while living there because the very existence of human beings depends upon the land. One could somehow get away from that particular area to another part of the country in order to avoid the polluted land. But then one cannot guard himself of against the ill effects of factors, vitiation of which leads to the manifestation of epidemic disease.

**Mode of Transmission:**

It is well defined in Shushruta Samhita, Nidana Sthana, Chapter 5 as follows

Prasangat Gatra Samsparshat Nishwasa Sehbhojanat, Sahashayyaasanachapi Vastramalya Anulepnat (32)

Kushtam Jawarshch Soshch Netraabhishyanda Av Ch, Opsargik Rogasch Sankarman Iti Naranaram.(33)

Prasangat – Close interaction

Gatra Samsparshat – Physical contact with the disease individual

Nishwasa – Through inhalation, droplet infection

Sehbhojanat – Close contact such as sharing food

Sahashayya – Sleeping together

Asana – Using same sitting arrangement

Vastra – Using same clothes

Malya Anulepnat – Using same cosmetics, wipes, hand kerchief

It says that if the person is doing these above activities or come in contact with disease individual then they can get the infectious disease like kushta (Skin disorder), Jawara (Fever), Sosh (Tuberculosis), Netraabhishyanda(Conjuctivitis).

Understanding Corona through Ayurveda

**Samprapti Ghatakas – Pathology Blocks**

Dosa- In severe cases, all the three doshas(Vata, Pitta, Kapha) are vitiated with specific aggravation of Kapha Dosha.

Dooshya- Rasa Dhatu- Nutritious fluid form after digestion- Usually in all fevers Rasa Dhatu is directly involved

Agni- Manda- Low digestion strength

Ama- Sama- Symptoms of Ama- Altered digestion and metabolism are evident.

Strotas- Pranavaha Strotas- Respiratory tract, Rasavaha Strotas- Rasa channels

Strotodushti Prakara- Attipravriti and Sangha- Excessive flow and Blockage

Avastha- Atyayika avastha- Requires immediate care

Site of Origin- Udhbhava Sthana- Agantuja- External factor- Virus, Amashya- Stomach- Usually the site of origin of fever

Spread Area- Sanchara Sthana- Urdhawa Shareera- Upper part of the body

Symptoms exhibited area- Vyakta- Urdhawa Shareera- Upper part of the body, where Kapha is naturally dominant.

Symptoms of Corona Virus

**Three important symptoms are**:

Dry Cough

Fever

Chest pain, breathing difficulty

Recently many Covid 19 patients are loss of taste (anorexia) and lack of smell (anosmia). These two symptoms stay longer in the patients, even after fever and other symptoms have subsided.

**Other symptoms**- stuffy nose, pharyngitis, malaise, myalgia, diarrhea, headache, bodyache, finger joints and joints pain especially associated with fever, shortness of breath

**Symptoms in severe cases**- pneumonia, severe acute respiratory syndrome, kidney failure

Generally more than 80% of the infected cases develop mild form of disease. A little above 10% develop severe form.

Treatment for Communicable Disease as per Ayurveda

**Panchkarma-** Five elimination therapies (viz; emesis, purgation, enema- niruha and anuvasana types and errhines or nasya) are considered the best.

**Rasayana Chikitsa-** (rejuvenation treatment with anti aging, immune boosting medicines)

**Symptomatic Treatment-** according to patient

**Non medicinal Treatment:**

Truthfulness, compassion for living beings, charity, sacrifices, worship to God, observance of right conduct, tranquility, prophylactic protection of oneself and seeking one’s own good, residing in a wholesome country, service to those observing Brahamcharya(celibacy) and following it.

Discussion of religious scriptures, constant association with the righteous, the well disposed and the one who are approved by the elders- all this with a view to protecting life has been termed ‘medicine’ to those who are not destined to die in that critical time.

Possible principles of corona management with Ayurveda

**Treatment based on condition of Patient and Dosha**

Durbala- with less strength- improving strength and immunity

Balwan- good strength- panchkarma detoxification procedure, as the patient strength is good, he can tolerate strong procedures

Kaphaadhika- cough is increased- Vamana panchkarma

Vataadhika- Vata is more- Basti- Enema treatment

Kaphaadhika and Balwan- panchkarma and rasayana prayog (rejuvenating medicines)

Durbala and Vataadhika- Weak and Vata aggravated condition- Tarpan- Nourishing treatment

**Principles of management of corona**:

For the conditions affecting Pranavaha Strotas one has to adopt Swasa Chikitsa- treatment recommended for breathlessness and related disorder.

**Management of Shwasa** **(Breathlessness):**

Main emphasis is on Vata Kapha

With an emphasis on Pitta Sthana

External message with karpooradi taila or lavana taila- sesame oil mixed with rock salt

Followed by nadi sweda (sweating treatment through pipes)

Prastar (exposing to hot materials and inducing sweating) and Shankar sweda (bag of heated herbs used for sweating)

This treatment helps to open up clogged respiratory tract.

This also enables the easy movement of Vatta Dosha in respiratory tract.

**Management of Dry Cough:**

Snehana (supplementation of oleaginous material) with medicated Ghrita

 Oil or fat Enema

 Medicated herbal Milk Eg: garlic milk, long pepper milk

Fat rich diet mixed with spices

Administer foods like barley, kodo millet, finger millet, Oats

Yoosh- soups added with Trikatu (ginger, pepper, long pepper)

**Management of Fever:**

The type of fever considered here is Agantuja jwara- Fever due to external causes- Virus

Here the emphasis is on Vata Dosha

Langhana or fasting (light diet) initially

Followed by antifever medicines

**Dhoompana- herbal smoking:**

When Doshas are aggravated in minute quantity in respiratory tract, then they may produce a discomfort with mild wheeze (with the block in the airway there is a typical musical sound that is produced) heard.

In such instance herbal smoking is very useful in reliving the block and congestion in the respiratory tract.

This is from **Astanga Hrudaya Jwara Chikitsa**- Treatment for Fevers-

Aparajita Dhoom- to win over all agantu factors (external factors)- Germs, Viruses etc

Puradhyama Vachasarjanimbharkagurudarubhih ,

Dhupo Jwareshu Sarvesu Karya Yam Aprajitah (163)

Pura (guggulu), dhyama, Vaca (Acoras Calamus), Sarja, Neem, Arka (Calotropis), Agarwood, Devdaru may be used for fumigation in all types of fevers. This is known as Aparajita Dhoom.

Just get as many of them as possible, dry it, burn it in open air and take the fumes in all parts of home.

**Method of herbal smoking:**

Turmeric, castor leaves

Laksha (laccifer lacca)

Devdaru (cedrus deodara)

**Do it yourself –**

Take turmeric and neem powder- 1 tablespoon. Mix it with a teaspoon of ghee. Burn it on hot pan and expose yourself to the fumes coming out of it.

The above are purified appropriately and then powdered and made into a wick with ghee or oil and then dhoompana is done.

**Simple combination for herbal smoking:**

If only a few ingredients are available then use them accordingly. It’s simple and effective. we can use turmeric and along with cinnamon, cardamom and clove.

Powder the above and mix them well and then smear them on a thin cotton dip it in a little of sesame oil or ghee and then use it for dhoompana .

**Swedana – sweating treatment:**

Local fomentation through various means when there is a cold nose and chest congestion.

Fomentation can be in the form of dhara (pouring warm or hot liquids or oil).

Bags of some monocots, dicots and legumes can be used for fomentation. Eg : sesame, horse gram, black gram, wheat etc can be used dry or wet immersing them in amla dravya (kanji, dhanyamla, buttermilk)

Ayurvedic Prevention Remedies for Corona

**Common methods to prevent infection spread**

Regular hand wash.

Covering the mouth and nose while coughing and sneezing with arm.

Avoiding contact with who are showing symptoms of coughing or sneezing.

Social- distancing. Stand at least 1.5 meters away from any other suspected person.

**Precaution for roots of entry**

The roots of entry are from where virus enters in the body. These areas have to be secured and there is primary reference for this in Ayurveda in terms of Dincharya- Healthy Daily Regimen

Vamana- Kapaha Kala- Spring season

Anjana- Eye collyrium

Nasya- nasal medication administration

Dhoom- Medicated smoke

Kavala Gandoosha- oil pulling or gargle

Karna poorana- for the ear

Abhyanga- oil massage regularly

Dhoopana- fumigation of the environment

**Vamana – Kapha Kala**

March-April according to Ayurveda is Basant Ritu and the time when Kapha dosha accumulates. As Kapha accumulated in excess can always predispose to the disease of respiratory tract and precisely the COVID-19 has an affinity to respiratory tract.

Therefore if Kapha is in excess one has to eliminate the Kapha as per the eligibility of the patient.

**Anjana- For Eye**

The eye salve is very useful.

You may use the eye-drops as mentioned in Ayurveda – Souveeranjana.

**Nasya- For Nose**

Anuthaila Nasya is mentioned for regular use but one may use this as per the requirement. One or two times a day at least.

**Dhoom- For Mouth**

Medicated smoke inhaled through mouth and exhaled through mouth is the method mentioned in ayurveda.

Kavala Gandhoosa- Oil pulling or gargle

These are methods of mouth rinse or gargle with appropriate material like decoction, oil, ghee etc.

**Karna Poorana- For Ear**

Application of appropriate oil to the ears. Eg : Kshara thailam, Vacha lehsunadi thailam, Marichadi thailam

**Abhyanga- For Body**

Doing oil message regularly is a very important maneuver which is to be done with slight modification.

**Dhoopana- Fumigation**

Aparajitha (Clitorea ternatea) dhoopa is a very good treatment for disinfecting the environment.

Collect a handful of below items in an iron or steel pan. Put it on fire. Expose all parts of home or any place where you want to fumigate with its fumes.

Garlic skin, Onion skin, Mustard,Rock salt, Neem leaves, White dammar, Shallaki, Vacha, Guggulu, Sarja, Raala (ral), Agarwood (Agaru), Cidarwood (Devadaru)

This fumigation method is simple, effective, natural and harmless. The chemicals used in modern fumigation methods are harmful for environment and living organisms too. They can enter the food chain through water, soil, air and even directly.

**Diet and exercise advise-**

Avoid cold, processed and frozen food.

Include more fresh and home cooked organic food which is been grown in the same place where you live.

Seasonal fruits and vegetables are the best to recommend.

One can add Tulsi (Holy Basil), Ginger, Guduchi (Tinspora cordifolia) and Turmeric in diet.

One should practice yoga specially pranayama and meditation for the healthy respiratory system and mental health of yourself. This is the opportunity when one should go inside of their body and feel that bliss and positive energy which they need at this critical time.

All above measures help to boost immunity (Ojus) of our body and increase Prana Shakti in the body.

Sarve Bhavantu Sukhinah, Sarve Santu Niramaya

Sarve Bhadrani Pashyantu, Ma Kaschit Dukh Bhag Bhavet.

Happiness be upon all, perfect health be upon all.

May all see what is good, may all be free from suffering.