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## A CONCEPTUAL STUDY ON UNDERSTANDING COVID -19 AYURVEDIC VIEW

Review article

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### ABSTRACT

Coronavirus (Covid -19) is a highly contagious infectious disease declared as Pandemic by WHO in March 2020, caused by severe acute respiratory syndrome Novel Corona virus 2 also called as SARS COV-2, In *Ayurvedic Samhitas* there is a concept called “*Janapadodhwansa*” or “*Maraka*” with the help of these concept one can understand all epidemics or pandemics from modern science. *Adharma* (Unrighteousness), *Asatakarma purvakrutam* (Present life sins and past life misdeeds), *Pradnyaparadha* (Intellectual error) are the root causes for vitiation of *Vayu, Jala, Desh, Kala* which are Common etiological factors for epidemics have been mentioned in *Samhitas*, three *Avasthas* of *Sannipatik Jwara* have been mentioned which can be related to Covid-19. For *Janapadodhwansa* Treatment Preventive and Curative measures have been mentioned like *Ahara, Dincharya, Nidra, Achara-Rasayana, Sthanparityag*, have been mentioned in Preventive measures and for Curative measures *Langhana* (Fasting or light food), *Langhanapachan* (Fasting/ light food along with digestive medicines) and *Doshavsechan* (Removal of vitiated *doshas* from body) have been mentioned.

**Key Words:** Covid -19 Pandemic, *Pradnyaparadha, Janapadodhwansa, Maraka, rasayanachikitsa*.

**INTRODUCTION:** In Ayurveda Health is defined as an Equilibrium state of *Doshas, Agni, Dhatus, Malas* and Pleasant Mind, Soul and Senses. Any imbalance in these *Doshas, Dhatus and Malas* are cause of disease<sup>[1]</sup>. Diseases are infinite and giving nomenclature to each disease is very difficult, in Ayurveda its mentioned that diseases should be understand on the basis of involvement of *Doshas, Dhatus and Malas*<sup>[2]</sup>. Diseases are classified as *Nija* (Endogenous), *Agantuja* (Exogenous), *Manas* (Mental faculty) in Ayurveda, Under *Agantuja* category communicable diseases

are mentioned. Coronavirus disease 2019 (Covid -19) is a highly contagious infectious disease declared as Pandemic by WHO in March 2020, caused by severe acute respiratory syndrome Novel Corona virus 2 also called as SARS COV-2<sup>[3]</sup>, Covid-19 can be related as “*Janapadoshwansa*” explained by Acharya Charaka or “*Maraka*” explained by Acharya Sushruta.

*Janapadodhwansa* – All epidemics or pandemics from modern science can be included under this *Janapadodhwansa* concept.

According to Acharya Charaka in *Janapadodhwansa*<sup>[4]</sup>- *Janapada* means Community or large population and *Udhwansa* meaning Destruction hence Disease affecting and causing damage in large population or community is known as a *Janapadodhwanasa*.

In *Sushrut samhita* under context of *Ritucharya* (Seasonal regimen) “*Maraka*”<sup>[5]</sup> term is mentioned which can be related to epidemic. Covid -19 is an *Agantuja vyadhi*. It mainly involves *Vata- kapha dosha*. It primarily attacks *Kapha pradesh* (*Nasa, Kantha, Grasanika*), lungs, heart, blood vessels, joints.

**HETU (Causes):** According to Acharya Charaka-Common etiological factors for epidemics: *Vikruta Vayu* (Polluted Air), *Vikruta jala* (Polluted Water), *Vikruta desh*(Habitat), *Vikruta Kala* (Season). *Adharma* (unrighteousness), *Asatakarma purvakrutam* (Present life sins and past life

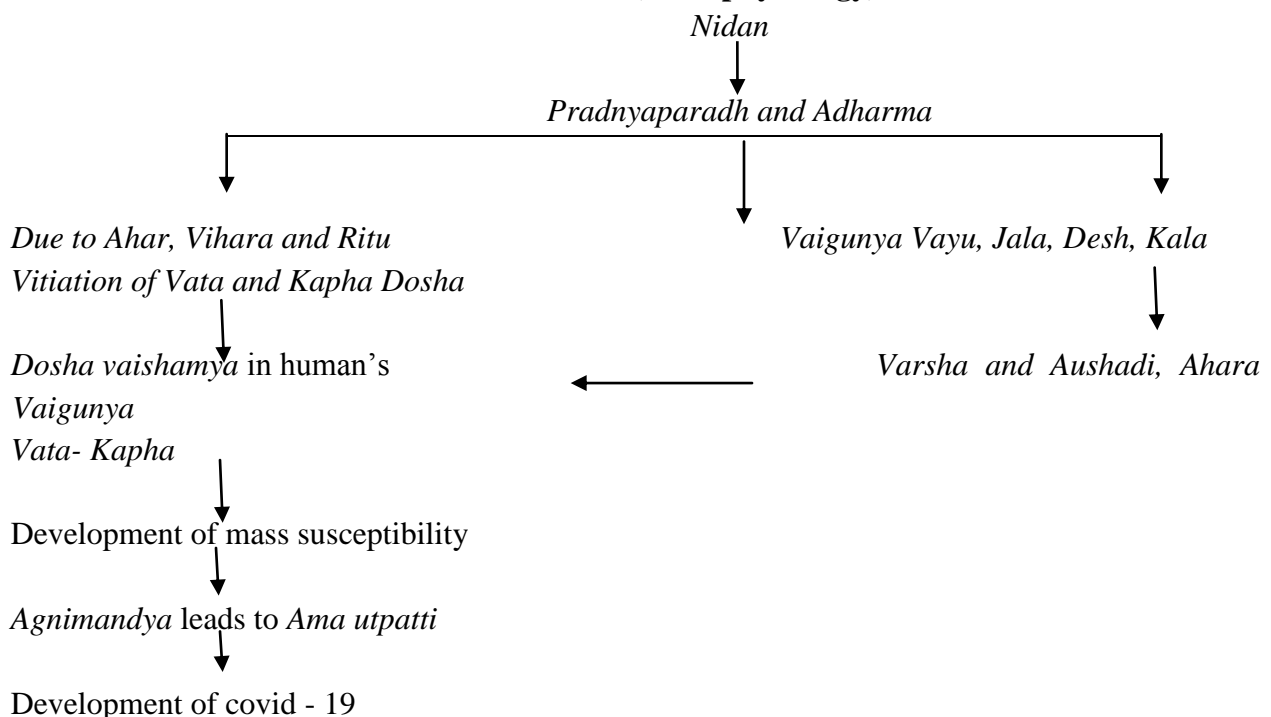
misdeeds), *Pradnyaparadha* (Intellectual error) are the root causes for vitiation of all these factors.

According to Acharya Sushrut causes mentioned for *Aupasargika roga*<sup>[6]</sup> (Communicable diseases) i.e. *Prasanga* (Close contact), *Gatrasansparsa* (Skin to skin contact), *Nihshwasa* (Close breathing), *Sahabhojana* (Eating meal with affected person), *Sahashaiyya* ( Sharing bed), *Asana* (Sharing bench), *Vastra* (Sharing clothes), *Malya* (Sharing wreath of flowers), *Anulepan* ( Sharing pastes application on body).

*Aniyat hetu* (Avoidable factors)- *Adharma* (Sinful act) in war form such as *Shastraprabhav*, Inconvenience caused by demons (*Rakshas*), *Abhishap* (Curse).

*Niyat hetu* (Unavoidable factors)- Astronomical events, Natural disasters.

**SAMPRAPTI<sup>[7-9]</sup> (Pathophysiology)**



**SAMPRAPTI VIGHTAN:** *Agantuja hetu-Vishanu sansarg* (Exogenous)

*Dosha- Vata, Kapha dosha* (Prime involvement).

*Dushya- Rasa, Rakta*

*Agni- Manda agni*

*Ama- sama roga*

*Udbhav sthna- Kantha* (oro-pharynx)

*Adhithana- Phupphus* (lungs)

*Vyakta sthana- Kapha pradeshi* (mainly in upper body) - Sinuses, lungs, heart, stomach, blood and joints.

*Sanchar sthana- Nasa, Kantha, pranavaha strotas.*

*Strotas- Pranavaha strotas, Rasavaha strotas*

*Strotodushti prakar- Atipravrutti* (excessive flow), *Sanga* (obstruction)

**LAKSHANA** <sup>[10-11]</sup> (**Sign and Symptoms**):

Covid -19 is a *Sannipataja vyadhi*, there are mainly three *Avasthas* are present.

*Avastha -1: Jwara, Kasa, Gala Shoth, Angamard.*

*Avastha-2: Shwas, Raksthivana, Raktapitta*

*Avastha-3: Jwara, Dhaatupaka.*

**TREATMENT:** Treatment can be done in 2 ways-

1) Preventive

2) Curative

Preventive- Acharya Charaka mentioned that *Adharma* is basic reason for epidemic hence Truthfulness, humanity for others, worshiping god, Honesty practice, Trans equality, precautionary protection of one's, residing in wholesome country, Celibacy and following it, religious scriptures discussions, seeking one's own good, constant alliance of righteous, well-disposed and those which are approved by our elders

all these have been termed as a medicine to protect life<sup>[12]</sup>.

According to Acharya Charaka, people should start taking medicines which increases immunity, so increasing immunity is important hence one must follow-

1) *Ahara- Ahara* increasing *Vyadhikshamatva* must be taken.

2) *Dicharya-* Proper daily regimen mentioned in Ayurveda one must follow.

3) *Nidra*

4) *Achara rasayana.*

*Rasayana dravyas evum* therapies: *Rasayana dravya* potentiate *oja* hence boosting immune system.

Acharya Sushruta for epidemic diseases have preventive measures such as- *Sthanparityag-* Leave the infected place.

*Home- dhoop sevan* – Purifying atmosphere by fumigation,

Acharya Vaghbhat have mentioned for Disinfection sunrays plays important role.<sup>[13]</sup>

*Niyam-* Cleanliness, *Daivavyapashraya chikitsa* - Chanting prayers.

Curative- As per *Samhitas Janpadodhwansa* treatment includes *Langhana* (Fasting or light food), *Langhanapachan* (Fasting/ light food along with digestive medicines) and *Doshavsechan* (Removal of vitiated Dosha from body).

*Langhana-* since Covid- 19 is a *Vyadhi* in which there is *Aam* formation which leads to *Agnimandya* and further disease progression so it is important to do *Langhana*.

*Langhana* pacifies vitiated Dosha along with *Jathragni* stimulation because of which there is *Agni Deepan* and *Amapachan* which helps in *Sharir Laghavata* and helps for good appetite.

*Langhanapachana*- When vitiated *Dosha* are in moderate quantity or moderately strong there should be combination of *Deepan* and *Pachana* therapy administration.

*Deepan* therapy will evaporate moderately aggravated *Dosha* just like sun and breeze evaporates water, *Deepan* therapy will not only boost digestion but will also boost appetite and *Pachana* therapy maintains *Aahara* digestion and stimulates digestive power.

*Doshavsechana*- When severely aggravated *Dosha* are present *Doshavsechan* should be done i. e. *Shodhan* (Purification) therapy should be done which involves elimination of vitiated *Dosha* from body.

*Dosha* should be eliminated from nearest site as mentioned by *Acharya Vagbhat* and since Covid – 19 is an *Pranavaha strotasa* involving *vyadhi* and *Prana vayu's Moolsthana* is *Murdha* and *Acharya Sushruta* have mentioned for *Urdhvajatrugata vyadhi Nasya* is the most appropriate *shodhan* therapy.

**DISCUSSION:** Covid- 19 is a Pandemic caused by novel corona virus.

In Ayurveda Covid-19 can be understand on the basis of *Janapadodhwansa* or *maraka* concepts, Coronavirus disease can be correlated as *Agantuja Sannipataja Jwara* of *Vata- Kaphaja* Predominance.

In *Ayurvedic samhitas* its Causes, Pathophysiology, Clinical Features and Treatment have been mentioned, as far as the treatment is concerned role of *vyadhikshamatva* is mentioned.

Following proper daily regimen, *ahara*, *vihara*, *achara rasayana*, good morals have been mentioned.

As per *Ayurvedic Samhitas Langhana* (Fasting or light food), *Langhanapachan* (Fasting/ light food along with digestive medicines) and *Doshavsechan* (Removal of vitiated *doshas* from body) have been also mentioned for curative purpose.

**CONCLUSION:** Maintaining a good outlook and a healthy body are the sources of contentment in the pandemic, and contemporary and traditional management can work together to improve the health of an individual as well as society.

As a result, leading a stress-free lifestyle with a holistic perspective, a healthy diet, *yoga*, *pranayama*, meditation, coupled with *achar rasayan* and *sadvritta*, can show to be a successful management strategy for COVID 19.

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