



A SINGLE CASE STUDY OF POST COVID COMPLICATIONS: AN AYURVEDIC APPROACH

Poonam Verma¹,

Ravi Sharma²,

Ruhi Zahir³

¹PG Scholar Kayachikitsa department, MMM Govt. Ayu. College, Udaipur

²Prof. & HOD, PG Department of Kayachikitsa, MMM Govt. Ayu. College, Udaipur

³Assitant Prof., PG Department of Kayachikitsa, MMM Govt. Ayu. College, Udaipur

ABSTRACT

Post-COVID is a condition characterized by long-term consequences that persist or emerge after a typical recovery period from COVID 19. Long-COVID-19 syndrome is also known as post-COVID-19 condition, post-acute COVID-19 squeal (PASC), or chronic COVID syndrome (CCS). A 42 year old man was reported on 25/6/2021 in Out Patient Department (OPD) of Govt. Ayurved Hospital Moti Chohatta, Udaipur. Patient reported left lower leg swelling, skin rashes with itching on the left swelled legs, bilateral chest pain, shortness of breath and general body weakness from past 2 months. Ayurvedic management given for 23 days and patient was fully recovered.

Key Words: COVID-19, Corona virus, Post COVID complications, Ayurvedic management

INTRODUCTION: Corona virus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus. Most people infected with the virus will experience mild to moderate respiratory illness and recover without requiring special treatment.¹ Most people who develop COVID-19 fully recover, some people develop a variety of mid- and long-term effects like fatigue, breathlessness and cognitive dysfunction (for example, confusion, forgetfulness, or a lack of mental focus and clarity). Some people also experience psychological effects as part of post COVID-19 condition.² We discuss about the effect of *Ayurvedic* treatment in post covid complications in this article. In this case, patient has symptoms like left lower leg swelling, Skin rashes on swelled area, bilateral chest pain, Shortness of breath, General body weakness. These are the symptoms of *Pranvaha Srotas*³ (Respiratory system), *Rasvaha Srotas*⁴ (Lymphatic system) and *Raktavaha Srotas*⁵ (Circulatory system) *Dushti* (vitiation). Symptoms are

suggestive of *Shwasa* and *Siraja Granthi* w.s.r. to bronchial asthma and deep vein thrombosis respectively. Patient got relief in symptoms by continuous *Ayurvedic* treatment which was given for 23 days.

Case summary: A 42 year old male patient came on 25/6/2021 in Out Patient Department (OPD) of Govt. Ayurved Hospital Moti Chohatta, Udaipur with presenting complaints of swelling in left lower leg, skin rashes and bilateral chest pain, shortness of breath and general body weakness from past 2 months. Patient took Allopathic treatment, but didn't get any relief.

Personal examination

Patient age – 42 years

Weight-72 kg

Height- 5 ft. 7 inch

Temp.-98.7F

Physical examination

Ashtavidha pariksha

Nadi (Pulse) - *VataKaphaj*

Mutra (Urine) - *Samyak mutra pravritti* (Normal urination)

Mala (Stool) – *Samanya* (Normal)

Jihwa (Tongue) – *Sama* (Coated)
Shabda (Voice) – *Tivra* (Sharp)
Sparsha (Touch) – *Samsheetoshna*
(Temperate)
Drika (Eye) – *Samanya* (Normal)
Aakriti (Physical structure) – *Madhyama*
(Medium)
Dasvidha pariksha
Prakriti (Physical constitution) -
Vatapittaja
Vikriti (Morbidness) – *Prakriti Sam Samveta*
Sara (Excellence of dhatus) – *Majjasara*
Samhanana (Compactness of organs) –
Madhyama (Medium)
Pramana (Measurements of the organs of
the body) – *Madhyama* (Medium)
Satmya (Homologation) – *Madhyama*
(Medium)
Satva (Psychic conditions) – *Madhyama*
(Medium)
Vaya (Age) – *Praudha* (Adult)
Vyayam shakti (Power of performing
exercise) – *Avara* (Decreased)
Aharshakti (Power of intake and digestion
of food) – *Avara* (Decreased)

• **Past history** – Covid Positive on
4/4/2021

This patient has symptoms of DVT in
common femoral vein and bronchial
asthma which originate as Post COVID
complications after 25 days of getting
Covid positive. According to *Ayurveda*
DVT can be correlated with *Siraja Granthi*
and bronchial asthma can be correlated
with *Shwasa*.

Deep vein thrombosis (DVT, also called
venous thrombosis) occurs when a

thrombus (blood clot) develops in veins
deep in body because veins are injured or
the blood flowing through them is too
sluggish.⁶

- Swelling in one or both legs
- Pain or tenderness in leg, ankle, foot or
arm. It might feel like a cramp or charley
horse that you can't get rid of. Leg and foot
pain might happen only when you stand or
walk.
- Warm skin on leg
- Red or discoloured skin on leg
- Veins that are swollen, red, hard, or
tender to the touch that everyone can see.⁷

Bronchial asthma consists of increased
responsiveness of bronchial tree, which is
characterized by frequent attacks of
dyspnoea due to generalized bronchial
constriction.⁸ According to *Ayurveda*,
Shwasa Vyadhi is disease of *Pranavaha*
Strotas. The origin of *Pranavaha Strotas* is
Hridaya as well as *Rasvahinis*.⁹ *Shwas* is
mainly *Kapha* and *Vata* dominant in
nature. It originate at the site of *Pitta*
(upper part of stomach).¹⁰ By its etiological
factors the *Vata* gets aggravated in the
Pranvaha Srotas and deranges the *Kapha*
situated in the chest region producing
lethal blockage of *Pranvayu*.¹¹

Laboratory Findings

- D-Dimer-2406.30ng/mlFEU
(16/5/2021)
- CRP-126.80mg/L (16/5/2021)

Table.1 Treatment protocol

S.no.	Aushadh	Matra	Aushadh Sevan Kala	Anupaan
1.	<i>Rajah pravartni vati</i>	2tab	Twice a day (after food)	Lukewarm water
2.	<i>Mahavaatvidhvansak ras</i> <i>Godanti bhasma</i> <i>Trikatu choorna</i> <i>Manjishtha choorna</i> <i>Avipattikar choorna</i>	250mg 250mg 500mg 1gm 3gm	Twice a day (before food)	Honey
3.	<i>Kaishor guggulu</i>	2tab	Twice a day (after food)	Lukewarm water
4.	<i>Mahamarichyadi tail(Dabur company)</i>	For local application	2/3 times a day	
5.	<i>Vasakantakari kwatha</i> <i>Shothahar kwatha</i>	50ml	Twice a day (empty stomach)	Lukewarm water

All Above medicines was selected from MMMGAC, Udaipur pharmacy.

Mahamarichyadi tail(Dabur company)

DISCUSSION: In above mentions treatment protocol, all the medications were used to treat Post Covid complications. *Vasakantkari Kwatha*- It has special properties which is helpful in cough, chest pain, Breathlessness. It works as expectorant. *Shothahar kwatha*- This *kwatha* has special properties like, it reduces swelling, pain and work as *Tridoshshamak*. *Mahamarichyadi tail*- It has properties to cure skin problems Example Severe Itching and also help in proper blood circulation by gentle massage in upward direction. *Kaishor guggulu*¹²- It has blood purifying and *Shothahara* (anti-inflammatory) properties so it can be useful in blood coagulation. *Rajah pravartani vati*¹³- It has the contents which modulate the immune system and effect immunity & reducing muscle pain and spas. *Mahavaat Vidhvansak ras*¹⁴- It has a special property to cure *Sannipaat avastha* Specially *Vata Shaamak* in painful condition like chest pain. *Godanti bhasma*¹⁵- It has a property of anti-

inflammatory, anti-pyretic, analgesic cures complications of chronic fever. It also useful in *Shawas-Kasa*. *Trikatu choorna*¹⁶- It has property of *Deepan* (carminative)-*Paachan* (digestive), *Lekhan* (scrapping), *Kaphaghan* (anti-phalgamatic), Improves blood circulation and cures skin diseases. *Manjishtha choorna*¹⁷- Mainly it has *Shothahara*, *Deepana-Paachana*, *Rakta Shodhak* (blood purifier), *Rasayan* (rejuvenator), *Jwarghan* (anti-pyretic), *Kaphaghan*, *Khushtaghan*, *Vishaghan* (anti-toxic) property. It also has appetizer and digestive property. *Avipattikar choorna*¹⁸- *Pitta and Rakta* have *Aashrya-Aashryi* relation, therefore *Shaman* of *Pitta* also beneficial in *Rakta Vikaras*. As *Mridu Virechak* (mild purgative), it works as *Shothaghan*. It is also work as *Deepan-Paachan*.

CONCLUSION: After 23 days of treatment from the use of above mentioned Ayurvedic drugs.

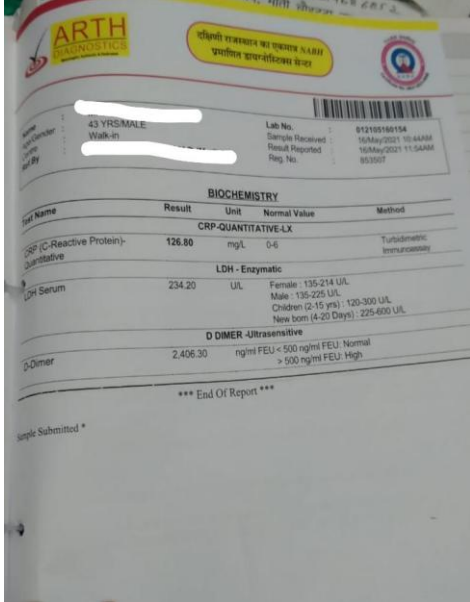
- D-Dimer-396.80ng/mlFEU (17/7/2021)
- CRP-7.20mg/L (17/7/2021)

In these 23 days of Ayurvedic medications, Patient did not take any

Before Treatment

(Fig. 1)

Fig. 1

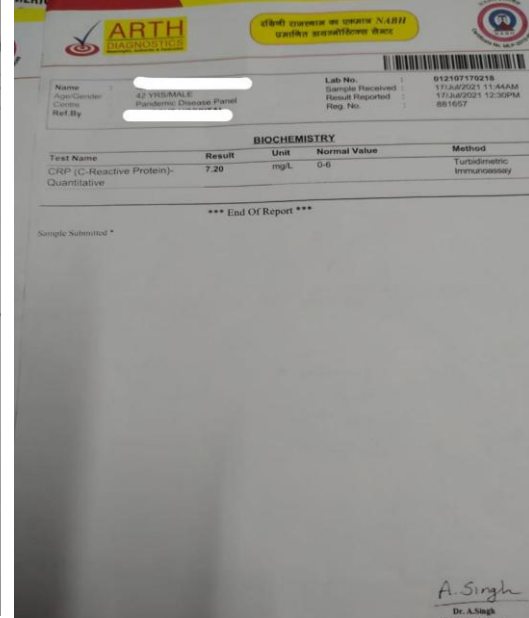
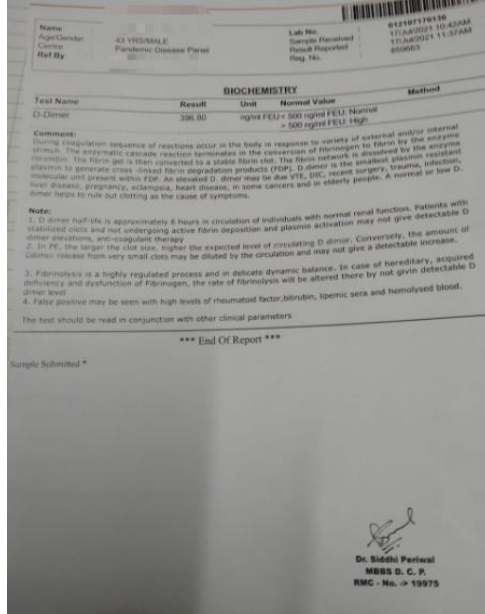


concomitants medications.

After Treatment

(Fig. 2 & Fig. 3)

Fig. 3



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Corresponding Author: Dr. Poonam Verma, PG Scholar Kayachikitsa department, MMM Govt. Ayu. College, Udaipur

Email: drpoonamhiteshverma09@gmail.com

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