

EXPLORING THE CONCEPTS OF *VISHOPADRAVAS* IN POST COVID CONDITIONS

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ABSTRACT

Agadtantra one among the *Ashtāngās* of *Ayurveda* definitely place an important role in fighting new emerging diseases. The threat of Covid pandemic is still remaining in our mind even though vaccine is developed. Covid-19 creates more severity to the patients with existing history of other disorders. For others it will show the symptoms similar to viral fever. *Agadtantra* which mainly deals with *visha* which is one among *Agantuja* classification, similarly this virus which can be incorporated under *vishaja krimi* can be taken as *aganthu roga* itself. **Objectives of the study** – To study the concept of *vishopadravas* in post Covid conditions and exploring the management given for concerned *vishopadravas* for post Covid conditions. **Materials and Methods** – Literature regarding *vishopadravas* and post Covid symptoms are collected from *Ashtangasamgraha* and few journals. **Discussion** – *Ayurveda* has an excellent approach for protecting the health as well as preventing the diseases. In the present era the branch *Agadtantra* concepts and management can be applied in most of the new emerging diseases. Due to the lifestyle changes and polluted atmosphere so many toxins are getting accumulated in our body leading to depletion of immunity power. *Vishopadravas* and their management are well explained by *Acharya vridha vagbhata*. **Conclusion** – It's the time to understand the concept of *Agadtantra* in new emerging cases. This article highlights the incorporation of *vishopadravas* with post Covid conditions and their management through *vishopadrava chikitsa*.

Key words: *vishaja krimi*, *visha upadravas*, post Covid conditions

INTRODUCTION: *Ayurveda* the holistic science provides vast knowledge about both *roga* and *swasthya*. Among *rogas jvara* place the first in *nidana* of *ashtangahrudaya*. It is mentioned as *sarvarogadhipati*.^[1] Leads to death of the patient. *Ashtavidha* classifications are explained by *Acharya*, among them the last one *agantuja* can be considered here.

^[1]*Agantu jvara* is again classified in to 4^[2]

1. *Abhighataja* 3. *Abhishangaja*

3. *Abhisapaja* 4. *Abhicharaja*

Abhishanga is mainly due to *grahavesa*, *oushadhi*, *visha*, *krodha*, *bhi*, *soka* and *kamaja*.^[3] So *visha* is also a cause for *agantuja jvara*. *Vagbhatacharya* while describing *prakriti* formation itself it is said that *visheneva vishakrime* as a simile.

^[4] That can be interpreted as *visha krimis*

are originated from *visha* itself. In *ashtangahrudaya uttarastana* while explaining the *visha samprapti* the *visha* after entering the body first vitiates the *rakta dhatu* then leads to *dosha dushti* in the following order *kapha*, *pitta* and *anila*. Last it reaches all the *asayas* and reaches the *hridaya*, *chetana sthana* and *deha nasa* occurs.^[5] All type of viruses can be included under *vishakrimi* certainly they are creating toxic effects in the body. The toxic effects that resulting will definitely depends on the strength of the *roga* causing agent and strength of *rogi*. Strength of the *rogi* means *bala* or *ojas* according to *Ayurveda*. When the immunity power is decreasing it will lead to the entry of microbe's inn to the body easily. Also we are familiar with the concept that *visha* is

having the opposite qualities of *ojas*. As like *visha* fatality is depending up on the *prakriti, kala, anna, and dosha dushyadi sangama*.^{[6][7]}

Considering this *vishopadravas* are also explained by *vridha vagbhata* in *ashtangsamgraha*. There are sixteen diseases that are resulting as a complication of *visha*. Among them also first one is *jvara*.^[8] Coronavirus disease is an infectious disease caused by the SARS-CoV-2 virus. Most people infected will show mild to moderate respiratory illness and sometimes recover without treatment. Some will become seriously ill and require emergency management. The peoples suffering from medical conditions like cardiovascular disease, diabetes, chronic respiratory disease, or cancer are more likely to develop serious illness. Anyone can get sick with COVID-19 becomes seriously ill or die at any age and affects different persons in different ways.^[9]

The most common symptoms are fever, cough, tiredness, loss of taste or smell. Less common symptoms are sore throat, headache, aches and pain, diarrhea, a rash on skin, discoloration of fingers or toes, red or irritated eyes. Serious symptoms include difficulty breathing or shortness of breath, loss of speech or mobility, or confusion and chest pain. The post COVID-19 conditions can be occurring in individuals with a history of probable or confirmed SARS-CoV-2 infection, usually 3 months from onset of COVID-19 with symptoms that last for at least 2 months and cannot be explained by an alternative diagnosis. Common symptoms include fatigue, shortness of breath, cognitive dysfunction but also others and generally have an impact on everyday functioning. Symptoms may be new onset following recovery from acute attack or persist from initial illness. Symptoms may also fluctuate or relapse over time.^[9]

Table 1 *vishopadravas* and post Covid symptoms

Sl. No.	<i>Vishopadravas</i> ^[8]	PostCOVID-19 conditions
1	<i>Jvara</i>	Cough
2	<i>Kasa</i>	Shortness of breath
3	<i>Vami</i>	Fatigue
4	<i>Svasa</i>	Head ache
5	<i>Hidhma</i>	Palpitation
6	<i>Thrishna</i>	Chest pain
7	<i>Athimoorchanam</i>	Joint pain
8	<i>Viso bhedam</i>	Physical limitations
9	<i>Athi katinyam</i>	Depression
10	<i>Anaham</i>	Insomnia
11	<i>Vasthi ruk</i>	Abdominal pain
12	<i>Murdha ruk</i>	Altered smell/taste
13	<i>Svayathu</i>	Anxiety
14	<i>Pootha damsatvam</i>	Blurred vision
15	<i>Rakthasrava</i>	Intermittent fever
16	<i>Vishanila</i>	Gastrointestinal issues(diarrhea,constipation, acid reflux) et
		Sleep disorders
		Tachycardia

Among the *vishopadravas* the first one itself is *jvara* and intermittent fever is there in the post COVID-19 conditions. The symptoms like cough, shortness of breath, headache, diarrhea, constipation and abdominal pain can be correlated with the *vishopadravas* like *kasa*, *svasa*, *murdha ruk*, *visobhedam*, *visoatikatinyam* and *anaha*.

MATERIALS AND METHODS

Ayurveda classical text books, published articles,,Lakshanika comparison through principles of Ayurveda classics

DISCUSSION

In the present life the healthy life is maintained through healthy food. Due to polluted environment and toxicity in food several new diseases are evolving. When we search the history of origin of corona virus, it is from bats. Thus the corona viruses behind Middle East respiratory syndrome and severe acute respiratory syndrome got started.^[9] SARS-cov2 made the jump to humans at one of Wuhan's open-air "wet markets". They're where customers buy fresh meat and fish, including animals that are killed on the spot. The virus entered to humans from animals. So it can be considered as an *agantuja roga*.^[10]

When the virus enters our respiratory system through air particles, we know that oxygen is transported by hemoglobin in red blood cells to all the organs and tissues. So easily the virus spreads our circulatory system and affects most severely to the patients already having other diseases. Coming to the ayurvedic view generally this virus can be considered as *visha* itself or *vishaja krimi* since it is producing immediate action on the body which becomes fatal. Also when we consider the *visha samprapti* the *visha* will first vitiate *rakta* then *kapha*, *pitta* and *vata* and leads to the deterioration of the *asayas*. Like-

wise, this virus is also affecting the *rakta* and leads to the deterioration of other organs through circulation.^[5]

We know that this virus is leading to death of humans based on the strength of variant as well as the health of the person affected by that virus. Sometimes certain symptoms like severe, moderate and mild or symptom less patients are also there. Reduced peripheral capillary oxygen stimulation (SpO2) below 90% is also a risk indicator in apparently mild cases.^[11] So after the attack of this corona virus most of the patients are having certain mild to moderate complications. After corona virus affected in the post COVID conditions there is also chance of appearing new symptoms or previous symptoms may get exaggerated in the concerned person. When we consider this virus as *vishaja krimi* the symptoms are manifested like *vishaja jvara lakshana*. That is *murcha*, *atisara*, *asya syavata*, *daha* and *hridgada*.^[3] The symptoms of COVID-19 also mainly fever associated with diarrhea, thirst affecting cardiovascular system and respiratory problems. *Vishopadravas* can be correlated with the *lakshanas* of COVID as well as the post COVID conditions. Virus like external factors can be included under *agantuja vyadhi*, here most likely correlation in *Agadtantra* perspective as *vishaja jvara* leading to *vishopadrava* like symptoms in post COVID conditions. We can also incorporate the simple *yogas* mentioned by *vridhavagbhata* in *vishopadravas* to the post COVID conditions. For *jvara raavrikshadi kvatha*, for *kasa Krishna pippali*, *drksha*, and *nagara* along with *madhu* and *sarpi*, for *svasa drakshadi yoga* with *kshoudra*, for *thrishna* and *murcha* cold infusion and *lepa* in *siras*, for *atisara bhunimbadi*

panam, for *murdha ruja kakolyadi nasyam* etc. [8]

CONCLUSION: In this corona world even though laboratory reports show that covid negative the patients are usually affected with mild and moderate complications as a part of the corona virus. These complications are mostly similar to our *vishopadravas*. The corona virus in terms of *vishaja krimi* can be considered and post covid conditions to *vishopadravas*. We should try to incorporate the *vishopadrava* treatment to this conditions.

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