

Management of Neurological Manifestations in Covid-19 through Ayurveda

Dr. (Vaidya) Ravi Sharma

Professor & HOD, Kaya Chikitsa Department, Madan Mohan
Malviya Govt. Ayurved College, Udaipur, Rajasthan, India
Office Incharge, Govt. Ayurved Hospital, Motichohatta, Udaipur, Rajasthan, India

ABSTRACT

Ayurveda is a system of traditional Indian medicine which is based on sound therapeutic principles and has a proven history of empirical use. It is one of the world's oldest holistic healing systems. According to the Ayurvedic system of medicine, a healthy person should have a stable equilibrium (congenial homeostasis) of *Doshas* (*Vata*, *Pitta*, *Kapha*—psycho-biological rhythms), *Agni* (metabolism/digestion), *Dhatu* (body tissues/elements that provide them nourishment) and *Mala* (excreta), and the well-being of senses, mind and soul. Every individual has a unique combination of these constituent elements, which is known as the individual's *Prakruti* or unique mind-body constitution (Ashtanga Hridaya, Sharira Sthana, Chapter 3, Verse 83). When an imbalance occurs in this equilibrium, it causes disease, and the Ayurvedic system of medicine seeks to remove this imbalance, to regain a healthy state.

Ayurvedic clinical profiling of COVID-19 is a pre-requisite to develop standalone and integrative treatment approaches. At present, Ayurvedic clinicians do not have access to COVID-19 patients in clinical settings. In these circumstances, a preliminary clinical profiling of COVID-19 based on review of modern medical and classical Ayurvedic literature with inputs from Allopathic clinicians treating COVID-19 patients assumes significance. It is extreme important for survival at this time to develop a body status with a good immune response for prevention and limiting severity of the disease. For this purpose the principle of daily regime, night regime and seasonal regime are to be followed. Special emphasis is to be given to healthy and nutritious diet, and immune boosting drugs should be incorporated as a part of life style in forms of various formulations like juice, lickables, decoctions, teas, tonics etc. The various examples of such immunoboosting formulations for general population are *Chyawanprasha*, *Tulsi* (*Ocimum basilicum* L.), green tea, Ginger tea, Cinnamon tea, Turmeric milk, etc. According to Ayurveda concepts, there will be *Dhatu-Kshaya & Agnimandya Avastha* Post-COVID 19 infection. Hence, *Dhatuposhana* and administration of *Rasayana* drugs like *Draksha* (*Vitis vinifera* L.), *Amalaki*, *Gudhuchi*, *Vasa* (*Justicia adhatoda* L.) for at-least 45 days and to combat the residual effects of the virus on the body – *Vishaghna chikitsa* with *Shirisha* (*Albizia lebeck* (L.) Benth.) recovery. *Deepana Pachana* drugs like *Shadanga Paneeya* may be used in case of Diarrhoea, vomiting or loss of appetite. Depending on

the condition of *Dhatu* and *Dosha*, *Shamana* in the form of *Brimhana chikitsa* can be adopted to restore the function of *Tridosha* beside this *Satvavajaya Chikitsa* (ayurvedic or *Haridra churna* (*Curcuma longa*) is suggested after clinical psychotherapy) *Sadvritta*, and *Achara Rasayana* (behavioural therapy) can play an important role to manage post covid symptoms these are the non pharmacological approach aimed to maintain mental health. Regular practice of *yogasana* and *pranayama* with *achara rasayana* is useful for mental stability.

How to cite this paper: Dr. (Vaidya) Ravi Sharma "Management of Neurological Manifestations in Covid-19 through Ayurveda" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-5 | Issue-5, August 2021, pp.110-114, URL: www.ijtsrd.com/papers/ijtsrd43778.pdf



Copyright © 2021 by author (s) and International Journal of Trend in Scientific Research and Development Journal. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0>)



INTRODUCTION

Ayurveda is unique in its approach as a healing science, rather than merely a medical science. It is rightly considered as science of life and it gives due

importance to all the aspects of treatment. The word Ayurved is comprised of Ayu + Ved. Ayu denotes the healthy and happy life where as Ved is derived from

vid dhatu which means the knowledge. Hence Ayurveda should be considered in true sense as Knowledge system about healthy and happy life. This article “Protocol for Ayurveda Practitioners” is a guideline for the use of registered Ayurveda Practitioners only. There are four sections covering the whole spectrum of COVID 19 infection management. The draft deals with the symptomatology in these three stages:

1. 1st stage – *Swasa-Kasa* symptoms with *Jwara* (COVID 19 positive or negative with mild symptoms)
2. 2nd stage – *Vata-Kapha pradhan Jwara* (Fever) (COVID 19 positive with specific symptoms at moderate level)
3. 3rd Stage – *Vata-Kaphaja Sannipatika Jwara*(Fever)(COVID 19 positive with severe symptoms with respiratory distress etc.)

Ayurveda's intensive information on preventive care drives through the vastness of Dinacharya (daily regime) and Ritucharya (Seasonal regime) to maintain healthy life. The simplicity of awareness about oneself and the harmony each individual can achieve by uplifting and maintaining their immunity is highly emphasized across Ayurveda's classical scriptures. Further, Ayurveda emphasizes on prevention first. In that direction *Svastahitadravyas* (recipes for healthy) have been indicated in the form of *Rasayana&Vajikarana*. Ojus is considered as responsible for *Vyadhikshamatva* (immunity). It is achieved by two approaches viz., *VyadhiBala Virodhitva&Vyadhyutpadaka Pratibandhakatva*. Among them *Vyadhibalavirodhitva* is achieved by improving the immunity of an individual's body, while *Vyadhyutpadaka Pratibandhakatva* is created by using recipes which are specific in preventing disease. Measures for ‘Conservation of *Agni-bala*’, ‘Attainment of *Rakta- Pitta-Prana* homeostasis and ‘Protection of *Tri-Marma* i.e. vital organs’ can be important Host based strategies for reduction in the mortality in COVID-19 and for better clinical outcomes.

Fundamentally *Ayurveda* classifies diseases as *Nija* (from Intrinsic Causes), *Agantuja* (Extrinsic causes) and *Manasa* (Psychosomatic) *Aupsargika* (Infectious) and *Sankramak* (Contagious) are mentioned by Sushruta (7th century BC). The concept of infectious diseases is explained under five chapters *Jwara*, *Krimi*, *Visha*, *Janapadodhwamsa* and *Ritucharya* (Seasonal regimes). *Jwara* (Hyperthermia) is cardinal symptom in many of infectious diseases. *Krimi* is all encompassing term used for parasites, worms and microbes. Arundatta the commentator of *Ashtang*

Hridaya clarifies that pathogen of the blood is totally invisible to the human eye, their existence can be inferred.

Ayurveda therefore proposes the paradigm shift from Ayu to Deeraghayu, Deeraghayu to Sukhayu and Sukhayu to Hitayu. Factors which are common to the community like air (*Vayu*), water (*Jala*), habitat (*Desha*) and seasons (*Kala*) are responsible for 'Janapadodhwamsa'. These factors prove to be true even today in perspective of different Pandemic situations like COVID. COVID 19, according to Ayurveda is caused by vitiated *Vayu* (droplets) and vitiated *Desha*. Thus, Herbal Fumigation (*Hawan*) with ghee and *Vayu shuddhikara* drugs was advocated and was found useful.

Health management system in Ayurveda. Successful management depends on availability and best qualities of for segments i.e. *Vaidya* (physician) *Parichayak* (para medical and supporting staff) *Ayushdha* (Medicines) and *Rogi* (well aware and convinced patient).

Ayurvedic medicines, especially *Ashwagandha* (*Withania somnifera* (L.) Dunal, WS), may be beneficial in the management of COVID-19. WS is a widely prescribed Ayurvedic botanical known as an immunomodulatory, antiviral, anti-inflammatory, and adaptogenic agent. The chemical profile and pharmacological activities of WS have been extensively reported. Several clinical studies have reported its safety for use in humans.

DISCUSSION

Mild and Moderate symptoms. Co-morbid and immune compromised conditions

- A. Mild symptoms -(fever , nasal congestion, sore throat , headache, body ache)
 1. *Tribhuvankirti Ras* - 250 mg T.D.
 2. *Sitopaladi Churna* 2 Gram + *Yashtimadhu* churna 500 mg + *Pushkarmula Churna* I Gram + *Godanti Bhasma* I Gram - mixed with honey in 3 divided doses per day.
 3. *Amrutarishta* -30 ml 2 times with equal amount of Luke warm water after food.
- B. Moderate symptoms -(Fever, breathlessness breathing more than 40 per min, SPO2 less than 90)
 1. *Laxmivilas Ras* 250 mg + *Shwaskuthar ras* 250 mg + *Talisadi chura* 2 Gram + *Pushkarmula Churna* I Gram - with ginger juice & honey in 3 divided doses per day.
 2. *Vishanbhasma Yog* (*Rasasindur* I part + *Shrunga Bhasma* 8 to 16 part) - I Gram 3 times.
 3. *Tribhuvan Kirti Rasa* - 250 mg 3 times with hot water

4. *Aroryavardhini* - 500 mg 3 times with hot water.
5. *Kanakasava*- 30 ml 3 times with equal amount of Luke warm water after food
6. *Vyaghriharitaki / Chitrakharitaki Avaleha*- 5 to 10 gm once in the morning with luke warm water

C. Immuno Compromised Conditions -

1. *Laghmalini / Madhumalini / Suvarnamalini vasanta rasa* 125 mg two times with water after food.
2. *Chyavanprash*- 10 to 20 grams empty stomach in the morning
3. *Choushasti Prahar Pippali Rasayan* - (Tablet) 250 mg once daily with honey or luke warm water.

Comorbid conditions -

A. Diabetes

1. *Nisha Amlaki chura* -5gms with warm water on empty stomach.
2. *Vasanta kusumakar Rasa* 125 mg 2 times with water after food

B. Cardio vascular disease

1. *Hrudayarnav rasa*-125 mg after food 2 times
2. *Arjunarishta* 15 to 20 ml two times with water after food
3. *Ashwagandha churna* 3gm + *Arjuna churna* 3gm two times with milk before food.
4. *Sarpagandhavati* 250 to 500 mg two times with water for hypertension.

C. Renal disease -

1. *Chandraprabha Vati*- 500 mg 3 times after food
2. *Varunadi Kwath* 30 to 40 ml two times.
3. *Sarvatobhadra vati* - 250 mg two times

Ancient records (from as far back as the 1200 BC *Atharvaveda*) and, more recently, small-scale clinical studies have hinted that various properties of the *Ashwagandha* plant could be beneficial in fighting off viral infections. The root, the smell of which is commonly likened to that of a horse (and hence the name *ashwa*, which means horse in Sanskrit), is an analgesic that soothes the nervous system in case of pain response. It also contains a natural chemical (Withaferin A) which has been shown to demonstrate anti-inflammatory and immunomodulating effects. After decades of use as an addition to milk or tea, the plant's properties will, for the first time, are being examined in a scientific setting. Studies indicate that the patients recovered from COVID-19 face different health issues. This has made the post-COVID treatment of paramount importance. *Ayur Bethaniya* offers post Covid treatment

As Coronavirus primarily attacks the respiratory system and lungs, the post COVID treatment will

begin from the respiratory system. The patient will be subjected to ayurvedic treatments for improving respiratory function, which will have a duration of 14 days. Additional medicines will be prescribed for consumption for a duration of 03 months.

RESULTS

Studies indicate that the patients recovered from COVID-19 face different health issues. This has made the post-COVID treatment of paramount importance. *Ayur Bethaniya* offers post Covid treatment. By implementing healthy practices to improve metabolic activities and the absorption of nutrients, the body will resist attacks from antigens. We are elaborating here the course of Post COVID-19 treatment followed at *Ayur Bethaniya*. This has been prepared under the guidance of experienced doctors and medical professionals at the hospitals. Based on the studies undertaken by various national and international medical organizations and the observations and analysis made thereby.

This will consist of the following treatments:

1. **Agni Deepana and Ama Pachana (1-3 days)** – This method is for correcting the metabolism and digestive system.

Choice of Internal Medicines:

- *Pachanamritam Kashayam*: If the patient has low digestion with heartburn, but regular bowel motion
- *Amruthotharam kashayam*: If the patient is weak and feels feverishness.
- *Gandharvahasthadi kashayam or Chirubilvadi kashayam* -If the patient has improper bowel movement with distension of abdomen.

2. **Udvarthanam (Powder massage – 1-3 days)** – Rooksha kind of treatment, whole-body massage with medicated powder.

3. **Snehapanam (4-10 days)** – Medicated ghee consumption for bringing vitiated doshas from various body parts to GIT.

Choice of Internal Medicines for snehapana:

- *Indukantham ghritham*: If the patient is weak with low digestion and weak immunity and presenting with dry cough.
- *Shatphala ghrutham*: If the patient is having more respiratory symptoms, with productive cough etc
- *Thikthakam ghritham*: If the patient is having a low digestive system with heartburn but with normal bowel motion.
- *Gulguluthikthakam ghritham*: In chronic issues. High graded or deep rooted diseases.

4. **Oil Massage + Steam Bath (11th day)** – Helps rejuvenation of the body and expulsion of toxic waste through skin.
5. **Vamanam (Emesis)/ Virechanam (Purgation) - 12th day** – Purification of the body by expelling the doshas through upward movement or downward movement.

Choice of Internal Medicines:

- *Dasamoolam katutravam kashayam: If still cough persists*
- *Nayopayam kashayam: GIT involvement along with cough or any respiratory issues.*
- *Vyaghryadi kashayam: If feverishness persists or in case of a productive cough.*

6. **Sirodhara /Thakra Dhara – 13-14th day** – This treatment involves pouring of oil/medicated buttermilk on the head. This treatment method is done for pacifying vitiated doshas from the nervous system.

7. **Internal medicines with Rasayana therapy for 3 Months after discharge** - To rejuvenate and modulate immunity system and to prevent further complications

Rasayana medicine:

- *Chyavanaprasam*
- *Kooshmanda rasayanam*
- *Dasamula haritaki lehyam*

The following are a few guidelines that every asymptomatic, mildly symptomatic and also people suffering from post-covid complications must follow thoroughly.

- Drink at least 3 to 4 litres of warm water every day.
- Take immunity-boosting ayurvedic medicines prescribed by a qualified practitioner.
- Professional work must be resumed in a graded manner only if your body permits. You can indulge in small household tasks.
- The patient can practise pranayama, yoga asana, and meditation only if your health permits or as prescribed.
- A few breathing exercises can be done as prescribed by your physician.
- Take easy to digest freshly cooked nutritious diet.
- The patient needs to completely avoid smoking and consumption of alcohol.
- Take adequate night sleep (10:00 PM to 6:00 AM) and rest.

- Never skip medications as advised for COVID and other comorbidities. Only take medicines under a professional medical advisor.
- Do self-health monitoring at home regularly such as temperature, blood pressure, blood sugar (especially, if you are diabetic).
- If the patient is having persistent dry cough or sore throat, he has to do saline gargles and steam inhalation. You can also add herbs or spices for gargling and steam inhalation. Cough medicines can be taken on the advice of a qualified ayurvedic practitioner or medical doctor.
- Always lookout for warning signs like high-grade fever, unexplained chest pain, focal weakness, breathlessness, or new onset of confusion.
- You can also use an essential oil like Eucalyptus Essential Oil in a diffuser. Essential oils of therapeutic herbs help ease anxiety and relieve nasal congestion. They can also be massaged into the skin with carrier oils to get relief from pain. Exercising may sound unappealing especially when you don't feel like getting up from bed. But, it is very crucial for speedy recovery. Working out regularly will improve oxygen and blood circulation. It also helps in detoxifying your body. Exercising will also produce more happiness hormones which will uplift your spirits. This is something you need especially after contracting with COVID.

You can walk under the sunlight for 45 mins a day (preferably on the balcony or closed terrace), and do Anulom Vilom Pranayama for 10 mins a day.

CONCLUSION

Ayurveda's immunity boosting measures for self care during COVID 19 crisis

In the wake of the Covid 19 outbreak, entire mankind across the globe is suffering. Enhancing the body's natural defence system (immunity) plays an important role in maintaining optimum health.

We all know that prevention is better than cure. While there is no medicine for COVID-19 as of now, it will be good to take preventive measures which boost our immunity in these times.

Ayurveda, being the science of life, propagates the gifts of nature in maintaining healthy and happy living. Ayurveda's extensive knowledge base on preventive care, derives from the concepts of "Dinacharya" – daily regimes and "Ritucharya" – seasonal regimes to maintain healthy life. It is a plant-based science. The simplicity of awareness about oneself and the harmony each individual can achieve

by uplifting and maintaining his or her immunity is emphasized across Ayurveda's classical scriptures. Abhyanga (oil massage) is a form of Ayurveda therapy that involves massage of the body with medicated luke warm oil. This oil is pre medicated with specific herbs for specific conditions. Under supervision of Ayurveda doctors the skilled therapists perform the Abhyanga which turns in multiple benefits for post Covid benefits. Ayurveda has enough potential and possibilities to be employed both for prevention and treatment of COVID-19. This will provide an important opportunity for learning and generating credible evidence. It is pertinent to reiterate that participation of Ayurveda in addressing the COVID-19 challenge in India should not remain limited and seen as the extension of healthcare services and support to bio-medical system.

REFERENCES

- [1] Coronavirus Disease; 2019. Available from: - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>. [Last accessed on 2020 Apr 03].
- [2] Covid – 19 India. Available from: <https://www.mohfw.gov.in/>. [Last accessed on 2020 Apr 03].
- [3] Coronavirus Disease 2019 (COVID 19) – Symptoms. Centers for Disease Control and Prevention; 2020. Available from: - <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>. [Last accessed on 2020 Apr 03].
- [4] Singh RL, Singh P, Agarwal A. Chemical constituents and bio pharmacological activities of *Swertia chirata*: A review. *An Indian J N* 2012; 8:238 47.
- [5] Bhargava S, Rao PS, Bhargava P, Shukla S. Antipyretic potential of *Swertia Chirata buch ham*. Root extract. *Scientia Pharmaceutica* 2008; 77:617 23
- [6] Upadhyay AK, Kumar K, Kumar A, Mishra HS. *Tinospora cordifolia* (Willd.) Hook. f. and Thoms. (Guduchi) – Validation of the Ayurvedic pharmacology through experimental and clinical studies. *Int J Ayurveda Res* 2010; 1:112 21.
- [7] Rawat N, Roushan R. Guduchi A potential drug in Ayurveda. *World J Pharm Res* 2018; 7:355 61.
- [8] Masood M, Arshad M, Qureshi R, Sabir S, Amjad MS, Qureshi H, et al. *Picrorhiza kurroa*: An ethnopharmacologically important plant species of Himalayan region. *Pure Appl Biol* 2015; 4:407 417.
- [9] Krupashree K, Hemanth Kumar K, Rachitha P, Jayashree GV, Khanum F. Chemical composition, antioxidant and macromolecule damage protective effects of *Picrorhiza kurroa Royle ex Benth*. *South Afr J Bot* 2014; 94:249 54.
- [10] Nagarajan M, Kuruvilla GR, Kumar KS, Venkatasubramanian P. Pharmacology of *Ativisha, Musta* and their substitutes. *J Ayurveda Integr Med* 2015; 6:121 33.
- [11] Gupta A, Prajapati PK. A clinical review of different formulations of *Vasa (Adhatoda vasica) on Tamaka Shwasa (asthma)*. *Ayu* 2010; 31:520 4.