

# Review of Ayurveda Treatment in Post COVID-19 Complications

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**Abstract:** *Pandemic of COVID-19 creat several challenges to the Indian healthcare system. Currently only modern medicine therapy are used on empirical biasis, however the same principal is not considered for the use of Ayush system. Appropriate use of evidence is required. In the ethics context and the intrest of the larger public good, we suggest the inclusion of simple and safe measures from Ayush system for Post Recovery Management of COVID-19. After Recovery from covid 19, Patient noticed Shortness of breath, lost some lungs function, Droubalya, Agnimandya etc.*

**Keywords:** Pandemic, COVID-19, Ayush System, Post Recovery Management.

## 1. Introduction

COVID 19 has posed several challenges to the Indian healthcare system. The number of cases and death is rising continuously in whole country. Currently therapy for COVID 19 involves only symptomatic treatment, supportive care and prevention of complications. However no specific drug or targeted intervention is available yet. This all are treated with modern medicine like HCQ, Favipiravir, Remdesivir, Etc. Indian policy makers since independence, has emphasised the integrative approach involving traditional and modern medicine in the preventive and curative services. Globally integrative approaches for health have become increasingly acceptable. However in the pandemic of COVID 19 in India, patient offered only modern medicine, few exception are emerging in some state such as Kerala, Gujarat. Ayurveda recommends local and systemic prophylaxis measures for respiratory diseases that may be beneficial in COVID 19 prevention. Post Recovery from COVID 19 patient noticed some complications, For this Ayurved Medicine may have role to recover and reduce. This include the use of medicated water, mouth rinse, gargles, steam inhalation, nasal oil application, and use rasayana as immune strengthening therapy.

## 2. Materials

Post discharge of COVID-19 Patient, there is a requirement to self quarantine for another 14 days period. If these guidelines are followed, it still ensures that there is no further spread And also recovery from post covid 19 complications.

According to Ayurveda concepts, there will be Dhatu-Kshaya and Agnimandya Awastha post covid19 infections. Hence Dhatuposhana and Rasayana sevana with drugs like Draksha, vasa for atleast 45 days and to combact the residual effect of the virus on the body – Vishghnachikitsa with shirisha or Haridra Churna are suggested after clinical recovery. Hepatoprotective and Renal protective drugs like Amalaki, Bhumiamalaki Etc. May be given for 45-60 days after clinical recovery to combact toxicity produced from antiviral drug therapy. Deepan Pachana drugs like Shadanga

Paneeeya may be used in case of Diarrhoea, vomiting or loss of appetite. Fecal shedding has been demonstrated from some patient and a viable virus has been identified in a limited number of case report. Kriminashaka therapy with vidanga churna , Bilwadigutika may be used in such a cases.

Any of the following medicine as per availability and choice of Vaidya, depending upon individuals Agni status may be prescribed.

- 1) Agnivardhana-** Amritarishtha 20ml with same quantity of warm water after food twice a day along with Agnitundi vati 500mg with lukewarm water. Once Agni or digestive capacity is regained , rasayana and other immune boosting drug can be Prescribe.
- 2) Droubalya-** A) Ashwagandharishtha 20ml after food twice a day with lukewarm water. or  
B) Balaristhah 20ml after food twice a day with lukewarm water. or  
C) Shadanganpanneya 40ml thrice a day or as per requirment
- 3) Rasayana-** A) Draksharishtha 20ml thrice a day after meal with lukewarm.or  
B) Drakshadi Avaleha 10 gm thrice a day. or  
C) Vasaavleha / Kantakariavleha 10gm thrice a day or  
D) Chavanprashaavleha 10gm / Ashwagandha leha 10gm thrice a day before meal or  
E) Vardhaman Pippali Rasayan or  
F) Vasant Kalpa- Madhumalinivasant/ Vasantkusumakar Ras
- 4) Kriminashaka / Vishahara-** A) Vidanga Churna 3-6gm with honeyat night after meal. Or B) Bilwadi Gutika- 500Mg Thrice a day.
- 5) Digestive Disorder-** A) Dadimashtak churna 3-6gm thrice a day before meal with lukewarm / Takra. or B) Ashtachurna 3-6gm twice a day with Ghee or Honey.
- 6) Hepatoprotective Drug –** Amalakichurna / Triphalachurna / Kalmeghachurna 3-6gm empty stomach in morning with lukewarm.
- 7) Nephroprotective Drugs-** A) Punarnavasav 20ml with equal quantity of water or  
B) Chandraprabhavati / Gokshuradi Guggula 500mg twice a day with lukewarm water.
- 8) Mental Health-** Yoga and Pranayam.

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### 3. Discussion

Traditionally medicinal plants have been used for many years by different cultures round the world for the management of infection. In the current situation, investigation on herbal medicine has become progressively important in the search of new effective and safe medicine for the management of COVID 19 also Post Covid19 recovery management.

According to Ayurveda therapeutics is of two types 1) swasthsyorjaskara- which promotes strength in healthy and 2) Roganut- which alleviates disorders.

After active management of covid19 patient by modern medicine, patient noticed lots of complication such as shortness of breathing, loss of lungs function, droubalya, Agnimandya etc. This may be manage by using the Ayurveda Medice for 45-60 days. These drugs may play role in recovery of this post covid 19 complication. These drug acts Deepan, Pachan, Dhatuposhana, Rasayana which can improve the condition of post covid19 patient. Also there is lots of side effect of Antiviral Drug such as hepatotoxic, nephrotoxic , which can be prevent by using above Ayurveda medicine in a presvribe dose with duration.

Immunity is dependent on the condition of agni. Ayurved medicine with its agni promoting and kaphashamak properties balance kapha and with raktashodhaka, hridaya, krimighna, properties purify the blood. The properties like jwarahara, kasahara, shwashara, kaphaghna, hridayaottejaka, yakrututtejaka , which may have direct role to alleviate various post COVID19 complications.

### 4. Conclusion

Post COVID-19 complications, with various Ayurveda concepts and bimolecular studies, these Ayurveda drug are seen to have rich sources to fight against the immune pathogenesis process, but to date no study has been found about its effectiveness against COVID 19. These Ayurveda Medicine due to its antiviral, immune modulatory, antioxidant, anti inflammatory, antiplatelet, anti atherosclerosis, hepato / nephro protective properties , which may plays very important role in management of post COVID-19 complications. As their is lack of enough evidence to support its specific role against corona virus, there is a requirement to validate the effectiveness of these formulations with extensive biotechnological, pharmacological and clinical research.

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