



Review Article

A BRIEF REVIEW ON AYURVEDIC CONCEPT OF CORONA WITH SPECIAL REFERENCE TO
JANAPADODHWAMSA

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ABSTRACT

The world changed into a word called Corona, as this pandemic is making the life struggle and we all know the struggle is inevitable. Ayurveda considers it as a '*Janapadodhwamsa Vikara*' and this pandemic is caused by *Jivanu* (Micro Organism) and spreads from person to person through *Sankramika*. Ayurveda clearly explain that this type of pandemic diseases originates from *Adharma* or *Pragnaparadha* or *Mithya Ahara Vihara* or *Sleshmaja Krimi* resulting in the malfunctioning of *Kapha Pradhana Tridosha* as well as involvement of *Rasavaha* and *Pranavaha Srotas*. It can be grouped under the class of *Agantuja Vikara* with special reference to *Bhutabhisangaja*. In this type of pandemic disorders, *Jwara* is the first symptom that manifests with entry of *Jivanu* into the human body and then gradually leads to development of cough and cold. So in order to get rid of these epidemics we must have a healthy and timely diet which in turn helps in increase of immunity power (*Ojas*) and thereby maintains proper physiological entities which make us healthy. Ayurveda consists of extensive knowledge based on '*Swasthasya Swastha Rakshanam*' aspect mainly involving the concept of *Dinacharya*, *Ritucharya*, *Hita Ahara Sevana* and *Nidana Parivarjana* to maintain proper healthy life. First and foremost is physical distance which helps in preventing and reducing the transmission of disease. '*Aturasya Vikara Prasamanam*' aspect mainly involves *Kapha Shamanam*, *Vata Anulomanam*, maintaining the status of *Pitta*, protection of *Rogi Balam* as well as *Jwara Shamanam* and *Swasa Chikitsa*.

KEYWORDS: Corona, *Janapadodhwamsa*, *Jivanu*, *Agantuja*, *Ojas*, *Dinacharya*, *Nidana Parivarjana*.

INTRODUCTION

The ancient Ayurvedic treatise *Charaka Samhita* explained these epidemic/Pandemic diseases as *Janapadodhwamsa*.^[1] The main etiological factors responsible for any epidemic or pandemic diseases are the contamination of *Jala* (water), *Vayu* (air), *Desha* (land) and *Kala* (season) giving rise to infectious diseases which kills mass of people. According to Susruta, one of the causative factors for fever is *Agantu Karana* or *Para Hetu (Jivanu)*. Dalhana explains this *Para Hetu* as *Bhutabhisanga. Jivanu*^[2] (Micro organisms) which develop in the atmosphere due to *Adharma*^[3] (improper behaviour of people of the world) as well as *Mitya Ahara-Vihara* with special reference to *Sleshmaja Krimi*.^[4] As per Ayurveda *Prajnaparadha* is also one of the causes of all miseries as it leads to malfunctioning of *Buddhi* and aggravates *Tridoshas*.^[5] Susruta has described the mode of spread of infectious disease as *Oupasargika* or *Sankramika Roga* (Communicable disease). The *Agantu Hetu / Para Hetu* vitiates all the three *Doshas*

and thereby severely affects *Pranavaha Srotas* and *Rasavaha Srotas* leading to the depletion of *Ojas* resulting in the death of the patient.^[6]

Nidhana-Samprapti: Aetio-Pathogenesis Sankramika or Oupasargika Roga

Susrutha has described the mode of spread of infectious disease as *Oupasargika* or *Sankramika Roga*.^[7] Most of the infections are spread from one person to other by *Prasanga* (sexual intercourse), *Gatra Samsparsa* (body contact), *Niswasa* (inhalation), *Saha Bojana* (taking food with diseased), *Saha Sayya* (sharing the bed), *Vastra* (clothes), *Maalya* (Garlands) and *Anulepana* (cosmetics).

Adharma- Ahita/Virudha Ahara/Prajnaparadha

Prajnaparadha is loss of restraining oneself from *Dhee* (true knowledge), *Dhrti* (controlling power which restrains one from harmful activities), *Smruti* (ability to recognise basic nature of substances/ recollect matters).^[8] As a coin has two

faces the 3 components of *Prajnaparadha* when utilised properly helps as pillars for growth of life and when these 3 components are lost the consequence is non-functioning/malfunctioning of *Buddhi* where one cannot discriminate between *Hita* and *Ahita* and starts in involving activities that are non-conducive (*Ahita*) to body and mind. *Ahita* may be in the form of *Viruddha Ahara* and *Vihara*. Through *Viruddha Vihara* where the emotions/activities of people will be altered as there is alteration in *Buddhi* and there will be prevalence of *Adharma*.

Jwara caused by the affliction of evil spirits including germs and is called *Abhisangaja*. All the *Tridosas* are aggravated by the affliction of evil spirits or germs. This disease is born from all the three *Doshas* with *Kapha* and *Vata* being the predominant ones. It can be specially classified as *Abhishangaja Jwara* and more particularly as *Bhutabhisangaja* due to the microscopic germs caused due to contact with certain toxins.^[9]

Jwara is accompanied with symptoms of great increase of *Slesma*, sometimes appearing as epidemic.^[10] *Jivanu* is carried through the air, spreads quickly throughout the community from person to person through respiration and enters into the respiratory track and produces fever, sometimes the entry may be through the mouth also. Its symptoms are generally confined to the respiratory organs, sometimes to alimentary canal and sometimes to all the *Dhatus*. The disease is born from *Sannipata Doshas* with *Kapha* and *Vata* being predominant.

Nidana-Samprapti-Lakshana

Adharma or *Pragnaparadha* or *Mithya Ahara* or *Sleshmaja Krimi*



Formation of *Jivanu* (*Aganntuja/Bhutabhisangaja*)



Dosa: Kapha Vata Pradhana Tridosa

Dathu: Rasa, Raktha

Srotas: Rasavaha, Pranavaha

Srotho Dusti: Sanga, Vimarga Gamana

Adhistana: Amasaya, Kanta, Talu, Phuppusa, Hridaya



Jwara (*Slaishmika Jwara*), *Pratishaya*, *Kasa*, *Swasa*, *Atisara*



Sankramika or *Oupasargika* (Transmission of Disease)



Janapadodhwamsa (Epidemic)

Lakshana

Shlesmaka Jwara

Main symptoms are running nose, headache, malaise, pain in chest, cough, great loss of strength, dyspnoea. If alimentary tract is invaded there will be vomiting, diarrhoea or both.^[11]

Too much of viral/bacterial toxin vitiating all the *Dhatu* symptoms of *Abhinyasa Jwara* develop, from which none will escape. When the *Dosas* are increased greatly leads to loss of strength in body.

Pratisyaya is flow of more watery fluid from the nose in some persons only and not in all. Great loss of body strength within five or six days these two are special symptoms; weakness happens in all the muscles including the heart muscle. Because of weakness of the heart sometimes even death also takes place.

In *Pranavaha srotas* the organs involved are mainly *Swasapatha* (trachea) and two *Puppusa* (Lungs). Abnormalities in these organs are *Vranasotha*, *Kaphapurnata* and rarely *Raktasthivana*.

Kapha-Vaata Jwara

Main Symptoms are fever dyspnoea, cough, choking type of throat afflictions, sore throat and pain in the cardiac region and sides of the chest.^[12]

The Superhuman Causes of Disease

Sometimes even without any derangement in the seasons, the population gets extinct by *Adharma*. Further, in the places where *Vayu* (air) is contaminated, people suffer from cough, dyspnoea, common cold, head ache and fever.^[13]

Treatment

1.Preventive way (Swasthasya Swastha Rakshanam)^[14]

2.Curative way (Athurasya Vikara Prashamanam)^[15]

Swasthasya Swastha Rakshanam

- ✓ In the management of Corona/Janapadodhwamsa Vikaras, Dina Charya (daily regimen) and Hita Ahara (proper diet) plays a vital role. Following ideal Ritu Charya (Seasonal regimens) decreases the risk of viral infections.
- ✓ Ushna jala Pana (drinking hot water) enhances digestive activity and liquifies the Kapha and relieves thirst. It expels stagnated Doshas, Malas and also increases appetite.^[16]
- ✓ Protection of one's own Vyadhikshamtwa Shakti (immune system) is the best course of treatment. To enhance Vydikshamatwa Rasayanas such as Chyavanaprasa Rasayana, Agastya Rasayana, Dasamoola Rasayana etc are very helpful.

- ✓ Dhupana (fumigation) with Rakshoghna Dravyas inhibits the microbial activity and enhances air purity of the surrounding environment.
- ✓ Susrutha mentioned Sthanaparityaga (Isolation) quitting the effected place, keeping away from the places where the disease prevails as the solution for the management of this pandemic.^[17]
- ✓ Avoiding Prajnaparadha (intellectual errors), Indriya Upasama (control over own senses), Smriti (Cognigence), knowledge about Desa (land), Kala (time), Atma Vijnana (knowing self), following the Sadvritta/Achara Rasayana (Ethical regimen) prevent the etiology of both Nija and Agantu variety of diseases.

Dina Charya (Daily Regimen)

One should wake up in the early morning before sunrise (Brahma Muhurtha Kala); then expose to early sun rays. These sun rays always protect our body from micro organism.

S.No.	Procedure	Medication	Effect
1.	Dantha Dhawana & Jihwa Nirlekhana	Dasana Samskara Choorna	As oral route is one way of spread, it can be hampered.
2.	Gandusha/Kavala (Gargling)	Triphala kashaya or Airimedadhi taila	Oil coating to oral cavity fixes the Jivanu and does not allow its spread.
3.	Vyayama (Proper exercise)	Surya Namaskaras	
4.	Ushna Jala Pana	Hot water	Increase Appetite
5.	Nasya Karma (Nasal drops)	Anutaila or Sadbindhu Taila	Oil coating to nasal cavity fixes the Jivanu and does not allow its spread.
6.	Mukha Swedhana (Steam Inhalation)	Haridra, Tulasi	It kills/prevent the Jivanu
7.	Snana	Sunnipindi (Medicated bath powder)	Increase Appetite, Removes toxins from the Twak
8.	Rasayana Oushadhi Sevana	Chyavanpras or Agastya Rasyanam in empty stomach	Boosts immunity
9.	Hita Ahara Sevana	Homemade boiled Items	Boosts immunity
10.	Proper Nidra (Sound Sleep)	Comfort bed	Maintains proper digestion, Gives strength to Manas.

Athurasya Vikara Prashamanam

- ✓ The main focus of management of Jwara or any disease is Nidana Parivarjana^[18] (avoiding and abstaining from the causative factors) and Samprapti Vighatana (intervening and aborting the pathogenesis).
- ✓ In this Vikara, main line of treatment is Jwara Shamanam, Kapha Shamanam, Vaata Anulomanam, regulation of the status of Pitta, protection of Rogi-Balam.^[19]
- ✓ Jwara manifests and afflicts the Rasa Dhatu and Rasavaha Srotas initially. The management

principles should be based majorly on Jwarahara, Rasayana and Ojovardhaka.

- ✓ Swasa is a main symptom in common pathological consideration of Pranavaha Srotas. The Chikitsa sutra of Swasa helps majorly in developing right protocols for targeted treatments
- ✓ Bhumyamalaki, Chirayata, Guduchi, Shunthi, Amla, Yashtimadhu, Kalamegha, Aswagndha, Haridra, Nimba, Ajamodha, Katuki, Chitraka are the drugs that are having anti-viral, anti-inflammatory and anti-pyretic properties and are useful in the treatment of viral fevers.^[20]

Ayurveda Management

Drug of choice: *Guduchi, Aswagandha, Yastimadhu, Haridra, Vasa.*

Ayurveda Prescription

Treatment based on signs and symptoms of corona as well as clinical experience of very effective drugs for treatment of *Jwara* (fever), *Gala Vikara* (throat disorders) and *Swasa* (dyspnoea) are to be used for management of the disease.

In Primary Stage

S.No	Medication	Dosage	Anupana
1.	<i>Agastya Rasayana</i>	1TSP (Empty Stomach)	Milk
2.	Grab Capsules (Green Remedies)	1BD AF	Water
3.	Immunocin Tablets (Gufic)	1BD AF	Water
4.	<i>Guduchi</i> 1part <i>Amlaki</i> 1 Part <i>Yastimadhu</i> ½ Part <i>Khadira</i> ½ Part <i>Vasa</i> ½ Part	1 TSP BD AF	Milk
5.	<i>Dasamoolakadutravam Kashayam</i>	15ML BD BF	Equal quantity of Luke warm water

In Severe Stage

S.No	Medication	Dosage	Anupana
1.	<i>Agastya Rasayana</i>	1TSP (Empty Stomach)	Milk
2.	Grab Capsules (Green Remedies)	1BD AF	Water
3.	Fifatrol (Aimil)	1BD AF	Water
4.	<i>Haridrakhanda</i> 100gm <i>Lagusoathamishran</i> 60gm <i>Yastimadhu</i> 30gm <i>Rasasindoora</i> 5gm	1 SMALL TSP BD AF	Honey
5.	<i>Dasamoolakadutravam Kashayam</i>	15ML BD BF	Equal Quantity Of Luke Warm Water

Other Medication

Lehya	Kashaya	Asava-Arista	Churna	Vati	Rasa
<i>Dasamoola</i> <i>Chyavanpras</i>	<i>Amurtottaram</i> <i>Vyaghryadi</i> <i>Nayopayam</i> <i>Patola</i> <i>Katurohinyadi</i> <i>Nagaradi</i> <i>Vacha</i> <i>Tiktakam</i>	<i>Puskaramoolasava</i> <i>Ashwagandharishtam</i> <i>Vasarishtam</i> <i>Kanakasavam</i> <i>Amritarishtam</i> <i>Khadiraristam</i>	<i>Sitophaladi</i> <i>Talisadi</i> <i>Sudarsana</i> <i>Karpooradi</i>	<i>Shamshamana</i> <i>Gorochnadi</i> <i>Sanjeevani</i> <i>Vyoshadi</i> <i>Vilwadi</i>	<i>Arogyavardini</i> <i>Gandhaka Rasayana</i> <i>Swasakuthara Ras</i> <i>Sithamsuras</i> <i>Mrityunjaya Ras</i> <i>Tribhuvana Keerti</i> <i>Ras</i> <i>Sarvajwarahar Lauha</i> <i>Anandhabhairava Ras</i> <i>Lakshmivilas Ras</i> <i>Laghu Suryavarti</i>

DISCUSSION

In the wake of the Corona outbreak, entire mankind across the world is suffering. *Swasthasya Swastha Rakshanam* (Prevention) w.s.r to COVID-19 is to enhance the body's natural defence system (immunity) which plays an important role in maintaining optimum health which thereby prevents susceptibility towards infection. While as there is no vaccine for Corona as of now, boosting immunity not only prevents the spread of disease but also helps for quick healing in the diseased. Causes of *Sankramika Roga* with an appropriate correlation to the present guidelines of physical distancing can prevent human to human transmission. Who are not destined to die

during the epidemics, should be properly administrated rejuvenation therapy and physical health should be maintained with proper drugs.

Unlike other micro-organisms the viruses invade healthy living cells in order to reproduce (Replication).^[21] It is very difficult to destroy the virus and there are no medicines that can kill the virus, but some anti-viral drugs suppress the symptoms by inhibiting the process of replication. The Corona virus infection leads to depletion of *Ojas* which ultimately leads to lack of *Vyadhikshamtwa Shakti* (Immunity). The body's own immune system is the best course of treatment. The usage of such

Rasayanas are helpful in increasing T-Helper cells which coordinates with immune response and produce antibodies and control the replication of pathological viruses.^[22]

Whatever selected Ayurveda formulations for treating the condition they should possess the

properties of *Kapha Vata Shamana, Jwara Shamanam, Swasa Hara* mainly as well as build up immunity (*Rasayana Chikitsa*) in the body.

The following are the classical formulations for the management of the condition.

Formulation	Ingrédients	Reference	Action
✓ <i>Agastya Rasayanam</i>	<i>Dasmoola, Pippali, Haritaki, Bharangi, Pushkaramoola</i>	<i>Charaka Chikitsa</i>	<ul style="list-style-type: none"> ✓ Rejuvenative ✓ Improves Respiratory Strength ✓ Builds the Immunity
✓ <i>Haridrakhanda</i>	<i>Haridra, Go Ghrita, Ksheera, Triphala, Trikatu, Vidanga, Trivruth</i>	<i>Bhaisajya Ratnavali</i>	<ul style="list-style-type: none"> ✓ Effective Medicine for Allergy
✓ <i>Laghusootha Mishran</i>	<i>Talisadhichurna, Swasakutara</i>	<i>Anubhoota Yoga</i>	<ul style="list-style-type: none"> ✓ All Types of Respiratory Conditions ✓ Rhinitis ✓ Breathlessness
✓ <i>Rasa Sindoor</i>	<i>Parada, Gandhaka, Nyagrodha</i>	<i>Rasatarangini</i>	<ul style="list-style-type: none"> ✓ Boost Immune System ✓ Chronic Respiratory Conditions
✓ <i>Dasamula Katutrayi Kashaya</i>	<i>Dasamulam-Kapha Vata Shamanam, Sophagnam</i>	<i>Sahasrayogam</i>	<ul style="list-style-type: none"> ✓ <i>Shwasa</i> ✓ <i>Anila Kasa</i> ✓ <i>Sula of Parshva, Prushta, Trika</i>

The following are the patent medicines used in the management of the condition which are the combination of classical medicines along with immune boosters.

Grab	<i>Vranapahari Ras, Triphala Guggulu, Gandhaka Rasayana, Arogyavardhini Ras, Guduchi, Manjista</i>	Proprietary Medicine (Green Remedies)	<ul style="list-style-type: none"> ✓ Control Viral Infections, ✓ Reduces Respiratory Stress ✓ Combats Infections Intensely ✓ <i>Guduchi</i> -Enhances Immunity ✓ <i>Arogyavardhini</i>- Promotes Digestive Fire ✓ <i>Gandhaka Rasayana</i>- Effective Immuno Modulator ✓ <i>Vranapahari Ras</i>-Mainly in <i>Swasa Kasa chikitsa</i>
Immunocin	<i>Ashwagandha, Tulasi, Neem, Haridra, Guduchi, Punarnava, Pippali</i>	Proprietary Medicine (Gufic Pharma)	<ul style="list-style-type: none"> ✓ Immune Booster ✓ Fights Against All Infections
Fifatrol	<i>Guduchi, Daruharidra, Apamarga, Kiratatikta, Karanja, Katuki, Tulasi, Godanti, Mrityunjaya Ras, Tribhuvanakeerthi Ras, Sanjeevani Vati</i>	Proprietary Medicine (Aimil Pharma)	<ul style="list-style-type: none"> ✓ Fever of unknown Origin ✓ <i>Pratisyaya</i> ✓ <i>Kasa</i> ✓ Immune Booster

CONCLUSION

Now-a-days the emerging diseases epidemics/ pandemics become most life-threatening, which can be prevented and managed by Ayurveda. The mode of prevention of a disease is to maintain good health, by adopting right methods of *Swasthasya Swastha Rakshanam* i.e., *Dhina Charya, Ritu Charya, Hita Ahara sevana*, use of *Rasayana* which keeps *Tridoshas* in equilibrium and prevents one from susceptibility to any disease. Further if some suffers from these types of epidemic diseases, the concept of immune stimulation as well as *Athurasya Vikara Prashamanam* including very

effective therapeutic formulations through Ayurveda can be used in the treatment of epidemic conditions.

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