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Management of COVID-19 by Ayurveda protocol - A Case Series

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ABSTRACT

COVID-19 is an infectious disease and has become pandemic since early 2020. Researches are on-going for vaccine of the disease. World Health Organization is working with research institutions to select traditional medicine products that can be investigated for clinical efficacy and safety from the disease. **Aim:** To evaluate efficacy of Ayurvedic line of management in COVID-19 patients. **Material and Methods:** 15 patients with RT PCR positive for corona virus positive and having mild to moderate symptoms of the disease and willing to participate in the study were recruited for the trial. Registered patients were given *Sanjeevani Vati* 250 mg thrice a day after meal with honey, *Gojihvadi Kwatha* 20 ml twice on empty stomach and *Panchagavya* Granules 10 gm with 100 ml of milk after breakfast and dinner were given till disappearance of all the symptoms of COVID-19. If patient does not respond to the medication were allowed to leave the treatment in between. **Result:** out of 15 patients 14 were successfully treated with Ayurvedic management and remained asymptomatic latest on 12th day of medication. Average time was taken to normalize the temperature 4.22 (± 2.41) days, dry cough 9.83rd days (± 2.15) and body ache took maximum time to disappear i.e. 10.66th (± 0.25) day. **Conclusion:** Ayurvedic formulations along with *Panchgavya* can successfully be implemented in mild to moderate cases of COVID 19.

Key words: COVID-19, Sannipataj Jwara, Ayurvedic Management, Pancha Gavya.

INTRODUCTION

COVID-19 is an infectious disease caused by severe acute respiratory syndrome corona virus 2 (SARS-CoV-2). The disease has been first identified in December 2019 in Wuhan, and has since spread globally, resulting in the on-going 2019-20 corona virus pandemic. Almost 80 percentages of the patients show mild symptoms whereas 20 needs

hospitalization and only 5 percentages of the patients require intensive care.

According to the US CDC, symptoms present at onset of COVID-19 are highly variable. However, in the stage of full-blown disease, 83-99% of patients develop fever, 59-82% have, dry cough, 44 – 77% have fatigue, 40 - 84 % have anorexia, 31 - 40% patients have shortness of breath, 28 – 33% patients have sputum production and 11 – 35 % of the patients have myalgia.^[1]

Out of that fever, sore throat and dry cough are considered as cardinal symptoms of the disease. CDC further added chill, headache, tastelessness. In some of cases diarrhoea,^[2] haemoptysis^[3] like atypical symptoms are also found. But these are seen only in less than 10% of the cases. Same way skin eruptions also found in more or less the same number of cases.^[4] On the basis of the symptoms the whole disease may be categorized in three stages like;

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- **Mild to moderate** (mild symptoms up to mild pneumonia): 81% of the patients
- **Severe** (difficulty in breathing, hypoxia, or >50% lung involvement on imaging): 14% of the patients
- **Critical** (respiratory failure, shock, or multi-organ system dysfunction): 5%

As per the disease outbreak and presentation; current situation can be compared with *Janapadodhvamsa*, that mass level population gets affected within short period of time.^[5] Disease presentation wise it can be put under the heading of *Vayu-Kapha* predominant *Pitta* associated *Sannipataja Jwara*.

WHO is working with research institutions to select traditional medicine products that can be investigated for clinical efficacy and safety for COVID-19 management.^[6] As per one article Chinese TCM played a vital role to cure the COVID-19 patients in china.^[7] Same way EHO also supports use of TCM, CAM in the management of COVID-19.^[8]

As far as Ayurvedic management of *Sannipataja Jwara* is concern, it should be treated on the basis of predominant *Dosha*, not harming the other body tissues of the body as well as not crossing line of management of *Jwara*.^[9]

AIMS AND OBJECTIVES

To evaluate efficacy of Ayurvedic line of management in COVID-19 patients.

MATERIALS AND METHODS

- **Study type:** Interventional, prospective, multi-centric clinical trial
- **Purpose:** Treatment
- **Masking:** Open labelled
- **End Point:**
 1. **Primary end point** - subjective improvement
 2. **Secondary end point** - Get free from condition
- **Time duration:** till the subject gets symptoms free

Selection criteria

The patients have mild to moderate symptoms like fever, dry cough, pain in throat, body ache, dizziness etc. having COVID-19 tested positive and willing to participate in the study were selected for present study.

Inclusion Criteria

- COVID-19 positive patients having mild to moderate symptoms.
- Patients of either sex.
- Patients age 12 years and above
- Patient willing to participate

Exclusion Criteria

- High grade fever (Temperature > 103 F)
- SPO2 level \leq 92
- Breathing difficulty, chest pain on deep breath
- patient having any of co morbidity like uncontrolled HT or DM, Bronchial asthma, CKD or liver diseases
- Age below 12 years
- patients who requires intensive care / ventilator

Assessment criteria

All the patients were assessed as per the CRF – COVID 19, prepared by AYUSH.^[10]

Medicine protocol used for the present clinical trial

Sanjeevani Vati^[11] is indicated for *Sannipataja Jwara* as well as an easy available formulation. *Gojihvadi Kwatha*^[12] is a useful formulation for respiratory system. *Panchgavya Ghrita* is indicated as one of formulation for *Sannipataja Jwara*^[13] especially fevers those are exogenous in origin. Taking into consideration above fact these above three formulations were selected for present clinical trial as primary protocol. Taking in to consideration palatability of the medicine granules were prepared from *Pacha Gavya Ghrita*. (Table 1)

Table 1: Posology

Formulation	<i>Saneevani vati</i>	<i>Gojihvadi Kwatha</i>	<i>Panchagavya Granules*</i>
Dose	1 tablet (250mg each) Three time a day after meal	20 ml twice a day empty stomach.	10 grams 2times a day 30 minute after <i>Gojihvadi Kwatha</i>
<i>Anupana</i>	Warm water	Warm water	With milk twice a day
Duration	Till recovery from the symptoms		

Sanjeevani Vati was prepared by M/s Nagarjun pharmaceuticals Pvt. Ltd. Ta. Kalol, Dist. Gandhinagar. *Gojihvadi Kwatha* and *Panchagavya Granules* were prepared by Shree Kamadhenu Divya Aushadhi Mahila Sahakari Mandala, At & Po Ishwariya, Ta. & Dist. Jamnagar.

Table 2: *Panchagavya Granules* each 10gm granules contain.

Ingredient	Proportion
<i>Panchagavya Ghrita</i>	1.5gm
Milk powder	3.3gm
Coco powder	0.2gm
Lump sugar	5gm

Do's and Don'ts

All the patients were advised to take light food. They also instructed to have ginger powder 1 gm. twice after meal daily. As well as lime juice (5 to 10 drops) with a glass of water daily.

Withdrawn criteria

If patient does not respond to the medicine and symptoms intensify persist, develops serious condition (like high grade fever, reduction in SPO2 level) the patients were free to withdraw from the trial and shifted to hospital for further management. All the patients were free to withdraw themselves from present clinical trial if they feel so.

Data collection method

All the recruited were home isolated after confirmed COVID-19 positive and were contacted daily by telephone, and case report format were filled on daily basis.

OBSERVATION

Status of the patient

The study was conducted during July and August 2020. Total 15 RT-PCR tested COVID-19 positive patients were recruited in this trial after taking their consent. Out of those 14 patients completed the trial and cured successfully whereas one subject 21 year male patient developed breathing difficulty with low level SPO2 on 3rd day of the treatment and hence was hospitalized.

Out of the registered patients, 9 (60%) were male followed by female 6 (40%). Maximum age of the patient was 57 years whereas minimum age was 9 years. None of the patients was health care worker and only three patients (20%) had history of domestic travelling within last 14 days.

Two patients took tab. Paracetamol 500 mg thrice a day for first two days along with vitamin B complex and vitamin C tablet for seven days.

Maximum 9 (60 %) patients had self-reported fever (average temperature-100.5°F), followed by dry cough 6pts. (40%) patients, body ache 6 pts. (40%), weakness 2 pts. (13.33%). Sore throat, loose motion, not to have taste, headache and nausea, each was found in one patient (6.66%) each. In this recruited patients only one patient had Type - 2 Diabetes Mellitus as comorbidity. (Chart: 1)

Average time was taken to normalize the temperature was 4.22 (± 2.41) days. Dry cough was disappeared on 9.83rd day average (± 2.15) days. Body ache took maximum time to disappear i.e. 10.66th(± 0.25) day. Loose motion found only in one patient and that was started to reduce on day 6th and returned to normal consistency on day 7th. Same way sore throat, headache, tastelessness and nausea was observed in

one patient each and that was disappeared on 9th, 10th, 9th and 8th day respectively. (Chart: 2)

All (14) patients become symptom free latest by 12th day of medication. Out of those 14 patients, 7 subjects underwent for RT - PCR after completion of medication and all those remained negative for the same.

DISCUSSION

As per the presentation, COVID-19 resembles with *Kapha-Vayu* predominant exogenous type of *Sannipataja Jwara*, hence it should be treated in the line of the management of the same. *Sanjeevani Vati* is a unique formulation mentioned in *Sharangdhara Samhita* where its indications are *Sannipatja Jwara*, *Atisara*, *Ajeerna* as well as snake bite in different dosage. Hence it may act to break pathogenesis of such condition where all three *Dosha* are involved. Simultaneously ingredients of *Gojihvadi Kwatha* specially useful for dry cough as its almost ingredients having soothing effect also, that may have prevented the system from further damage and recovered the patients within time. *Pancha Gavya* granules contain *Pancha Gavya Ghee*. It is one of the unique formulation for *Sannipataja Jwara* itself especially exogenous in origin^[14] ingredients of *Pancha Gavya* are cow dung, cow urine, cow milk, curd prepared from cow milk and ghee prepared from cow milk. Here interesting thing is, the formulation is not mentioned in *Jwara Chikitsa Adhyaya* but it is said that "the formulations said for disease of psyche are to be used for *Sannipataja Jwara*" such formulations should have *Sukshma* property that can reach up to cellular level within short period of time. This is the hypothesis that 14 out of 15 patients treated successfully and gradual reduction of symptoms was noted. Further Cow dung as well as cow urine has *Sharma* property means it purify body tissue^[15] hence it provide health and prevent body tissues from further damage. By this property it may be helpful the patients to check the progress of the disease and revert the symptoms by detachment of *Dosha* and *Dushya* from each other and hence *Vighatana* of the *Samprapti*.

Though the sample size is less hence it needs more data to conclude, but still the results are encouraging and hence may be implemented on large scale.

CONCLUSION

Ayurvedic management protocol for COVID-19 patients is effective for mild to moderate type of SARCE COV-2 patients.

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