

TO STUDY THE ROLE OF SHWASKUTHAR RASA IN COVID-19 INFECTION: A CONCEPTUAL STUDYSwapnil Mundhe¹, Preetam Itnar², Kalyani Jadhav³¹PG Rasashastra and Bhaishajya Kalpana, ²Guide, ³HOD of Rasashastra
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**ABSTRACT**

Background: Common symptoms of COVID-19 include fever, cough, fatigue, shortness of breath, and loss of smell and taste. While the majority of cases result in mild symptoms, some progress to acute respiratory distress syndrome (ARDS) likely precipitated by a cytokine storm, multi-organ failure, septic shock, and blood clots. Most of the drugs of SARS- COVID contain higher generation antibiotics, Antiviral drugs, Steroidal drugs which further leads to respiratory complication like respiratory distress, fibrosis of lungs, COPDS whereas Ayurvedic drugs heal the lungs without causing any post covid complications. So, the need of an hour is to use and assess the Ayurvedic formulation in SARS-COVID. **Aim & Objectives:** To study the role of *Shwaskuthar ras* in covid-19 and to explore the concept of *Shwaskuthar Rasa* from various *Granthas*. **Materials & Methods:** Collected from various *Granthas*, *Samhita*, Article, Pubmed, google scholar and Journals. *Shwaskuthar rasa* is a well-known combination of *Ayurvedic* text used in respiratory disorders.

Keywords: COVID-19, *Granthas*, *Rasa Aushadhi*, *Shwaskuthar***INTRODUCTION**

The severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) leading to the novel coronavirus disease 2019 (COVID-19) has a rapid human to human transmission of the virus through droplet infection and aerosols. The time from exposure to onset of symptoms is typically around five days but may range from two to fourteen days.¹ One infected case of COVID-19 on average infects 3 new cases,

the reproductive number (R₀) being 3 for SARS-CoV-2. Since this is a novel viral infection in humans, antiviral drugs, and vaccines have not yet been developed for this illness. Thus, the major emphasis is on social distancing, hand wash, and facemask.²

Fever (*Jwara*) is well understood in Ayurveda, and it occupies the first chapter in treatment (*Chikitsa*) in

two of the canonical texts of Ayurveda, namely *Charaka Samhita* and *Ashtanga Hridayam*. It deals with diagnosis (*Nidanam*), pathophysiology (*Samprapti*), classification, management, medicines, diet and prognosis.

From the Ayurvedic point of view, COVID -19 is a *Janapadodhwamsa vikara* (epidemic disease). The concept of an epidemic is described in *Charaka Samhita: Vimana Sthana*, Chapter 3 even though there is dissimilarity in the physical constitution of human beings, still there are such factors that are common to all individuals and vitiation of these factors leads to the simultaneous manifestation of diseases having the same set of symptoms leading to the destruction of countries. Factors that are common for all the inhabitants of a country are air, water, location and seasons. *Vimana Sthana, Janapadodhwamsa* is a situation where the environment - air, water, land and seasons - is vitiated, causing a simultaneous manifestation of disease among large populations (epidemic), destroying human habitations.⁴

Shwaskuthar rasa a reputed preparation of Ayurveda valued for the treatment of *Shwasa* and *Kasa* (asthma and allergy) is a herb mineral formulation that contains herbs, purified *Aconitum Ferox* (Aconite), *Piper longum* (long pepper), *Piper nigrum* (black pepper), and *Zingiber officinale* (ginger), and minerals that is, *Parada* (mercury), *Gandhaka* (sulphur), *Tankana* (borax), and *Manahsila* (arsenic disulphide) in purified form as per Ayurvedic text.⁵ *A. Ferox* inhibited the biosynthesis of leukotriene B4 in bovine polymorphonuclear leukocytes.⁶ *P. longum* have a traditional claim of Ayurveda for anti-allergic and antiasthmatic activity.⁷ *P. nigrum* suppressed and reduced the infiltration of eosinophils, hyper responsiveness, and inflammation in mice.⁸

Z. officinale are capable of inhibiting allergic reactions and is useful for the treatment and prevention of allergic diseases.⁹ Review of literature revealed that *Shwaskuthar rasa*, apart from treating asthma and allergy, is used for the cure of cough, laryngitis, tuberculosis, unconsciousness.¹⁰

Sr. No.	Ingredients	Parts
1	Aconitum Ferox	1
2	Piper longum	1
3	Piper nigrum	1
4	Zingiber officinale	1
5	Parad	1
6	Gandhak	1
7	Tankana	1
8	Manahsila	1

MATERIAL AND METHOD:

1. Textbooks, *granthas* related to *shwaskuthar rasa*.
2. Journals, articles related to covid-19 and *shwaskuthar rasa*.
3. To analyses and comprehend.

SIGNIFICANCE OF RASA AUSHADHI: The *Rasa Aushadhis* (Metallic and Mineral medicines) are known for their smaller dosage. They do not cause any nauseating sensation during consumption. These medicines provide quick and good results, and they are useful in treating severe diseases.¹¹

Before reaching the management of COVID-19 from *Rasa Aushadhi*, we must discuss the possible *Samprapti* of this disease.

POSSIBLE SAMPRAPTI OF COVID-19:

According to the symptoms and effect on the body, possible *Samprapti* of COVID-19 is decided as:

<i>Roga Bheda</i> (Type of Disease)	<i>Vishanu janya</i> (Viral) <i>Sannipataja Shwasnak Jwara</i> (<i>Kapha-vata-pitta anubandhi</i>)
Symptoms	Fever, dry cough, tiredness, aches and pains, sore throat, diarrhoea, conjunctivitis, headache, loss of taste or smell, a rash on the skin, or discolouration of fingers or toes, difficulty breathing or shortness of breath, chest pain or pressure, loss of speech or movement
<i>Dosha</i>	<i>Tridoshaj</i> (<i>kapha-vata pradhan pittanubandhi</i>) <i>Kaphaavrit vata</i>
<i>Dushya</i>	<i>Rasa dhatu</i> ; all other dhatu are also affected by the severity
<i>Strotasa</i>	<i>Praanvaha Strotas</i>

PREPARATION OF SHWAS KUTHAR RASA

Shwas Kuthar rasa prepared using herbal and mineral ingredients as prescribed in Ayurvedic text, initially detoxifying the *Parada* (mercury),

Manahsila (arsenic disulfide), *Gandhaka* (sulfur), *Tankana* (borax), and *A. ferox* (*Vastanabha*) as per given Ayurvedic text. Equal quantities of *Shodhit* (detoxified and pure) *Parada* and *Gandhaka* were taken (1:1) in a stone mortar in reference amount, triturated for 40 h or until it attained the required *Kajjalabha* (blackish appearance) and *Nishchandra* (lusterless) state, that is, shining of *Parada* is lost. This state of the formulation is called *Kajjali*. *Kajjali* was then triturated, with the reference amount of powdered *Manahsila*, *Vastanabha*, *Tankana*, and *Trikatu* (equal part of black pepper, long pepper, and ginger), for 72 h to obtain fine powdered herbs mineral formulation *Shwas Kuthar rasa* and it was allowed for drying and stored in a glass jar.¹²

DISCUSSION

Why Shwasa Kuthar rasa: *Khalveeya Rasayana* is the most commonly used preparation as they are easily prepared by mixing herbal and mineral drugs in specified proportions as shown above. *Shwasa Kuthar rasa* is a commonly prescribed *Khalveeya Rasayana* indicated in different conditions of *Shwasa*.

In Ayurveda, it may be defined as *Aupsargika roga/Samsara roga* (communicable disease). The disease which is communicable due to a history of contact with a person who has affected tuberculosis, *Netrabhishyanda* (conjunctivitis) etc. are communicable from one person to another. In Ayurveda, a disturbance to the regulation of body temperature is called *Jwara*, which is correlated to the medical concept of fever. Fever as a disease is classified into eight categories: *Vata*, *Pitta*, *Kapha*, *Vata-Pitta*, *VataKapha*, *Pitta-Kapha*, *Vata-Pitta-Kapha*, and *Aghantuja*. COVID-19 illnesses are fever, cough, and fatigue, while other symptoms include sputum production, headache, hemoptysis, diarrhoea, dyspnea, and lymphopenia.^{13,14}

Shwasakuthara Rasa acts on *Tamaka Shwasa* due to the action of its ingredients which directly act on *Pranavaha Srotas*. Most of the ingredients are *Vata-Kaphashamaka* and mainly *Kapha-Nihsaraka* with *Laghu*, *Ruksha* and *Ushna Guna*, which means it mainly acts on *Agnimandhya* and breaks the *Kapha Dosh Pradhan Samprapti*. Its role is limited as it increases the hotness in many patients which was also observed in this study. *Shwasa Kuthar Rasa* acts

through all its ingredients. Black pepper is a major constituent, it stimulates the mucous membrane of the respiratory system. It helps in mucous drainage and imparts strength to the alveolar mucous membrane. *Aconitum ferox* is antispasmodic in nature, hot and stimulant for mucous membrane. *Shunthi* and *Pippali* release the sputum. *Manshilla* absorbs excessive secretion from the alveoli. Purified Borax is antispasmodic and removes *Kapha*. For better *Rasayana* and relieving effect, treatment for a longer duration is required as the disease is chronic and incurable in nature.¹⁵

CONCLUSION

As covid-19 is a rising problem in the world now, from the above discussion it can be concluded that *Shwas Kuthar rasa* might be important in reducing symptoms related to Covid-19.

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