



A CRITICAL REVIEW ON COVID-19 AND SWINE FLU, ITS EFFECTS ON PRANAVAHA SROTAS AND COMPREHENSIVE APPROACH OF AYURVEDA MANAGEMENT

Pankaj N Lomte

MD (Kayachikitsa), Asso. Professor, Department of Kayachikitsa, Vidarbha Mahavidyalaya, Amravati, Maharashtra, India

Corresponding Author: lpanks48@gmail.com

<https://doi.org/10.46607/iamj.4509012021>

(Published online: January 2021)

Open Access

© International Ayurvedic Medical Journal, India 2021

Article Received: 17/01/2021 - Peer Reviewed: 18/01/2021 - Accepted for Publication: 18/01/2021



ABSTRACT

According to Charaka, though individual persons differ widely in physical health and vitality, they are collectively accountable to overwhelming epidemics (that is *Janapadodwansa*) caused by external factor that is *Bhutabhisangaja jwar*, it could be correlated with such fever in Covid -19 and swine flu. Globally corona virus 2 (SARS CoV 2) is a high a pandemic and highly contagious entire humankind is suffering. Swine flu has been producing a fright effects all-round the globe and has been declared epidemic in most part of the world. Swine flu, also known as Influenza A (H1N1), pig influenza, Covid-19, swine flu, virus causing illness in people. In Ayurveda, health ailments like Covid-19 and swine flu are because of weakened immunity that the body cannot withstand against the attack of disease-causing germs. Ayurveda, as always, believes in strengthening the body systems that fight and win the battle against H1N1 Virus. Common pneumonia symptoms like fever, cough, and sore throat; and in a fewer case like diarrhea, vomiting, Myalgia and joint pains may become threatening to life.

Keywords: Covid-19, Swine flu, pig influenza, Myalgia, *Bhutabhisangaja*.

INTRODUCTION

In December 2019, an outbreak of COVID-19, caused by a novel severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). It is named as Severe Acute

Respiratory Syndrome Coronavirus 2 (SARS-CoV-2).^{1,2} Swine flu, also known as Influenza A (H1N1), pig influenza, swine flu, virus causing illness in peo-

ple. In 2009 a swine origin H1N1 virus strains commonly referred to as “Swine Flu” caused flu pandemic. Influenza A (H1N1) virus the subtype of influenza A virus that was most common cause of human influenza (flu) in 2009. According to *Charaka*, though individual persons differ widely in physical health and vitality, they are collectively liable to devastating epidemics (that is *Janapadodwansa*) caused by external factor that is *Bhutabhisangaja*- swine flu or SARS covid virus.³

In *Ayurveda*, it may be defined as *Aupsargika roga/Samsargaj roga* (communicable disease). The disease which are communicable due to history of contact with person who is affected tuberculosis), *Netrabhisyananda* (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*, *Vata-Kapha*, *Pitta-Kapha*, *Vata-Pitta-Kapha*, and *Aghantuja*. COVID-19 illness are fever, cough, and fatigue, while other symptoms include sputum production, headache, hemoptysis, diarrhoea, dyspnoea, and lymphopenia.^{4,5}

Its clinical signs and symptoms can be compared with *Abhinyasa Jwar* (that is a type of *sannipataja jwara*) mentioned by *Acharya Sushruta*. Common pneumonia symptoms like fever, cough, and sore throat; and in a fewer case like diarrhea, vomiting, Myalgia and joint pains may become threatening to life. Currently available drugs like neuraminidase inhibitors such as Tamiflu (oseltamivir), Zanamivir, Remdesivir like antivirals have potential can prove to be a game-changer given the positive clinical outcomes and resistance problem.^{6,7}

Pranavaha Srotas and Jwar:

Clinical manifestation of vitiated *Pranavaha srotas*.^{8,9}

The vitiation of *Pranavaha Srotasa* leads to breathing difficulties and abnormal breathing patterns. Various abnormal respiratory sounds are heard on auscultation. The patient may complain about pain during respira-

tion. All these symptoms are caused by obstruction or change in *Vata Gati* especially of *Prana*, *Udaana* or *Vyana Vayu*.

- *Ati srushta shwasam* - too long (prolonged) breathing
- *Ati baddham* - too short breathing (short of breath)
- *Kupitam shwasam* - difficult breathing
- *Alpa m alpam shwasam* - frequent and interrupted I intermittent breathing
- *Abheekshnam shwasam* - highly disturbed breathing patterns looking scary
- *Sa shabda shwasam* - abnormal sounds during breathing
- *Sa shula shwasam* - painful breathing

Above are some sign and symptoms develop in *Pranavaha dusthi* which are resembles with Covid 19 and similarly swine flu like diseases in which most of the sign and symptoms related to respiratory system. The respiratory system is mentioned as *Pranavaha srotas* and the signs of its vitiation are mentioned as too long or too constrained, intensified, shallow or frequent respirations associated with sound and pain.

Diagnosis:

1. RT-PCR: In this detection and quantification of mRNA is done. This test detects the viral load in an individual.
2. Rapid Antigen Tests: not as sensitive as other available tests.
3. Virus isolation: The throat swab is generally taken to culture virus from the suspected cases. Though if it is not detected does not rule out the disease.
4. Virus Genome Sequencing

Prevention Strategy from COVID-19 and Swine flu:

WHO safety precautions to be taken against Covid-19 and swine flu:

- ✓ The nose and mouth must be covered with disposable tissues while coughing or sneezing.
- ✓ The used tissues must be disposed off immediately after using them.
- ✓ Hygiene and cleanliness must be maintained by washing hands frequently with soap and water.

- ✓ Social distancing as specific distance from a person is important to stay continues spread.
- ✓ Touching the eyes, nose or mouth without washing hands must be totally avoided.
- ✓ A doctor must be consulted immediately, in case flu-like symptoms are observed.
- ✓ In case of flu-like symptoms, the patient must be quarantined.
- ✓ One should stay at home from work, school and crowded places in case flu-like symptoms are observed.
- ✓ Face masks and gloves must be used when moving out in crowded places. If a person is ill, then he or she should avoid contact with other people and stay isolated. Visit an authorized swine flu treatment hospital or doctor for further treatment. One should keep their surroundings clean and maintain hygiene.
- ✓ Avoid unnecessary traveling and crowded areas. Wash the hands regularly.

Immunization by vaccines:

The U.S. Food and Drug Administration (FDA) approved the new swine flu vaccine for use in the United States on September 15, 2009. Studies by the National Institutes of Health (NIH) show that a single dose creates enough antibodies to protect against the virus within about 10 days.

Public health measures have successfully identified and contained outbreaks of the severe acute respiratory syndrome (SARS) coronavirus (SARS-CoV). In India vaccination of Covid has been started from 16 Jan 2021. On the break-up of Covishield and Covaxin, the Ministry data showed that while the first vaccine, developed by Oxford-AstraZeneca and manufactured by Pune's Serum Institute, had been supplied to all states and Union territories, the indigenously developed Covaxin was administered in "clinical trial mode" in 12 states, including the national capital. Each session site could administer only one of the two vaccines.

Covid-19, Swine Flu and Ayurveda:

Ayurveda has enough potential and possibilities to be employed both for prevention and treatment of pandemic like COVID-19 as well as Swine flu. In Ayur-

veda, health pathogenesis is related to covid -19 or swine flu are because of declining immunity that the body cannot withstand against the attack of disease-causing viruses. Ayurveda promotes the concept that if one's immune system is strong, then even if the body is exposed to viruses, one will not be affected. During a pandemic or an epidemic, Ayurveda emphasizes on the immunity of people living in regions affected by viruses. Ayurveda, as always, believes in strengthening the body systems that fight and win the battle against H1N1 Virus.¹⁰

Ayurvedic remedies comprise pure natural herbs which are actual in preventing such flu. Moreover, the herbs are used particularly in AYUSH *kwath* to relieve swine flu symptoms and boost the immune system against the H1N1 virus. The Ayurvedic treatment of swine flu is aimed at treating the symptoms, controlling the virus, and preventing complications by boosting the immune status of the body. Medicines like *Tribhuvan-Kirti-Ras*, *Sitopaladi-Churna*, *Triphal-Guggulu*, *Maha-Sudarshan- Churna*, *Shwas-Kuthar-Ras*, *Laxmi-Narayan-Ras*, *Sut- Shekhar-Ras* and *Samshamani-Vati* can be used to treat the flu-like symptoms of fever, body ache and cough.¹¹

Management through Ayurveda:

Prevention protocol given by AYUSH for covid-19: 12,13

AYUSH task force has counselled the Covid-19 treatment as following.

For Jwar,

1. *Guduchi Ghana Vati* two bid
2. *Guduchi*, *Pippalimoola*, *Sounth* equal part *Kashaya*
3. Tab AYUSH- 64
4. *Mrityunjay Rasa* 25- 500 mg tds with *Madhu*

For Dry Cough,

1. *Vasavaleha*, *Drakshavaleha*, *Kaphakuthar rasa* 250 mg tds
2. *Sitopaladi churna* 2gm+ *Godanti Bhasma* 250 mg
3. *Sitopaladi churna* 2gm+*Praval bhasma* 250 mg+ *Guduchi satva* 250mg

Immunity Promoting Medicine: -

1. Herbal tea prepared from *Tulsi* (Basil), *Dalchini* (Cinnamon), *Kalimirch* (Black pepper), *Shunthi*

(Dry Ginger) and *Munakka* (Raisin) - once or twice a day.

2. *Chyavanprash* 10gm in the morning and evening with milk.

Treatment of *Vata Pitta pradhan Jwara poorva rupa-vastha*, the drugs can be administered with *Panchamoolasiddha Ksheerpan* (Ch.Chi.3), *Trikantakadi Ksheerapana* (Ch.Chi.3), *Pippalyadi Ghrita* (Ch.Chi.3) for the 5 to 7 days initially later it can be decided on the severity of illness. If the symptoms like fever, dry cough, shortness of breath, myalgia, the Treatment of *Vata Pitta Jwara* can be administered with following treatment methods.¹⁴

1. *Navang Kashaya- Sounth+ Guduchi+ Musta+ Chirayata+ LaghuPanchamoola*
2. *Panchabhadrha Kashaya- Guduchi+ Parpat+Musta+ Kirattiktak+ Sounth*
3. *Guduchi+ Pippalimoola+ Sounth equal part Kashaya*
4. *Saptaparna Ghana Vati*
5. Tab AYUSH 64
6. *Sitopaladi churna 2gm+Suvarna makshik bhasma250mg+ Godanti Bhasma250 mg*
7. *Sitopaladi churna 2gm+Praval bhasma 250mg+ Guduchi satva 250mg*

CONCLUSION

Covid-19 and Swine flu are both a hazardous condition having significant mortality worldwide. More people in India are affected by it and the cases may increase thus, prevalence and mortality can be prevented through a comprehensive treatment approach along with treatments. With appropriate Ayurvedic medicine we can prevent it from further complication.

REFERENCE

1. Zhou P., Yang X.L., Wang X.G., Hu B., Zhang L., Zhang W. A pneumonia outbreak associated with a new coronavirus of probable bat origin. *Nature*. 2020; 579:270–273. doi: 10.1038/s41586-020-2012-7.
2. Chen N., Zhou M., Dong X., Qu J., Gong F., Han Y. Epidemiological and clinical characteristics of 99 cases of 2019 novel coronavirus pneumonia in Wuhan, China: a descriptive study. *Lancet*. 2020; 395:507–513. doi: 10.1016/S0140-6736(20)30211-7.

3. Acharya Yadavji Trikamji. *Charaka Samhita Vol. I. Chaukhamba Sanskrit Sansthana. Varanasi. 1990.Ch. Vi. 3/27*
4. Rajput DS, Evolution, Ayurveda, immunity, and preventive aspects for emerging infectious diseases such as COVID-19. *Int. J. Res. Pharm. Sci.*, 2020, 11(SPL) (1), 86-93.
5. *Charak Samhita of Agnivesh elaborated by Charak & Dridhabala, with Ayurveda Dipika Commentary, by Chakrapanidatta, edited by Jadavji Trikamji Acharya, Vimansthan, 5th Chapter, 7th verse, Page 250, Chaukhamba Surbharati Prakashan, Varanasi, Reprinted 2005*
6. Anand D. Chamat & Mohan R. Yende: Preventive Aspect on Pandemic Covid-19 Through Ayurveda. *International Ayurvedic Medical Journal* {online} 2020 {cited December 2020}
7. Chaturvedi S, Kumar N, Tillu G, Deshpande S, Patwardhan B. AYUSH, modern medicine and the Covid-19 pandemic. *Indian J Med Ethics* Published online on May 13, 2020. DOI:10.20529/IJME.2020.058
8. Acharya Yadavji Trikamji. *Sushruta Samhita Vol. I. Chaukhamba Sanskrit Sansthana. Varanasi. 1994.Su.Ni. 5/33- 34*
9. Dr. Ritesh Gujarathi & et al. Understanding of diagnosis and management of swine flu through Ayurveda. *World Journal of Pharmaceutical Research* Vol 4, Issue 07, 2015.
10. Nesari TM. Ayurveda: The promising shelter for the mankind in the wake of COVID-19 pandemic. *J Ayurveda Case Rep* 2020; 3:1-3.
11. Amitava Acharyya. Prospect of Ayurveda System of Medicine in recent Covid-19 Pandemic in India. *IJATM*.2020;2(2):26-29.
12. Rastogi S, Pandey DN, Singh RH. COVID-19 pandemic: A pragmatic plan for ayurveda intervention [published online ahead of print, 2020 Apr 23]. *J Ayurveda Integr Med*. 2020; S0975-9476(20)30019-X. doi: 10.1016/j.jaim.2020.04.002
13. Guidelines for Ayurveda Practitioners For COVID-19, MINISTRY OF AYUSH, AYUSH BHAWAN, New Delhi. <https://www.ayush.gov.in/docs/ayurveda.pdf> dated 4.10.2020
14. Acharya YT. *Charaka Samhita of Agnivesha with Ayurveda-Deepika Commentary by Chakrapanidatta, edited by Dr. Brahmanand Tripathi, Varanasi, Choukhambha Surbharati Prakashan, Reprinted 2011, Vimana Sthana chapter 3, verse 13-18, Pg. 241.*

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Pankaj N Lomte: A Critical Review On Covid-19 And Swine Flu, Its Effects On Pranavaha Srotas And Comprehensive Approach Of Ayurveda Management. *International Ayurvedic Medical Journal* {online} 2021 {cited January, 2021} Available from: http://www.iamj.in/posts/images/upload/288_291.pdf