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Effect of *Vasaguduchyadi Kashaya* in improving oxygen saturation in Covid patient - A Case Report

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ABSTRACT

A pandemic of covid-19 caused by a mutant strain of corona virus i.e., SARS-coV-2 that has a capability to trigger respiratory tract infection has threatened the life of people all over the world. There is no proven medicine which can kill the virus and cure the disease. The Covid-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes. The most common symptoms of Covid-19 are Fever, cough, fatigue, loss of taste, sore throat and smell sensation. Other symptoms which are less common are nausea, vomiting, diarrhea, chills and dizziness. In Ayurveda, *Acharya Charaka* has explained the concept of epidemic diseases in the chapter *Janapadodhwamsa* of *Vimana Sthana*. There he has explained about the factors like *Dooshita Vayu, Jala, Desha* and *Kaala* in causing illness. If we see the *Laxanas* of covid19, they resemble like the *Lakshanas* of *Pratishyaya* where *Acharya Sushruta* has mentioned the *Laxanas* of *Pratishyaya* as *Shirogurutva, Kshavatu, Angamarda* and in *Upadrava* he mentioned *Jwara* and *Arochaka Amrutarista* which is mentioned in *Jwara Rogadhikara* in *Bhaishajya Ratnavali* is used in this case along with *Vasaguduchyadi Kashaya* which contains *Vasa, Guduchi, Triphala, Vibhitaki, Katvi, Bhunimba, Nimba* are helpful in reducing viral load and acts as *Kaasa Shwasa Hara*.

Key words: *Janapadodhwansa, Pratishyaya, Covid-19, Jwara, Kaasa.*

INTRODUCTION

Acharya Sushruta has depicted different modes of communicable disease transmission while explaining the treatment model for *Kusthta Roga* in *Chikitsa*

Sthana.^[4] He says through excess of all forms of contact (*Gatrasamsparshat*), expelled air (*Nihsvasat*), eating with others in same plate (*Saha Bhojanat*), sharing a bed (*Sahashayyanat*) infectious diseases spread from person to person.

It is also reported high risk case of coronavirus patients with comorbidities like hypertension, diabetes, thyroid etc. In Ayurveda, the main aim of management principles includes correction of *Vikruta Vayu* and *Desha* and improving the strength and immunity for prevention of disease as well as covid 19 patients by various herbal or herbo-mineral combinations based on severity of the disease. *Vata Prakopa* along with *Pitta Dusti* may cause *Kapha Udirana* thereby get localized in the head resulting in *Pratishyaya*.^[5] *Kapha Prakopa* along with *Pitta Dusti*

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causes *Srotrodha* thereby reversing the course of *Pranavayu* resulting in *Kaasa*.

The viral disease in which it causes depletion of natural killer cells, cytotoxic T-cells and helper T-cells which make individual more prone to infection.^[6] Ayurveda advocate *Panchakarma* and *Rasayana Chikitsa* in pandemic condition. It is extreme important for survival at this time to develop a body status with a good immune response for prevention and limiting severity of the disease. For this purpose the principle of daily regimen, night regimen and seasonal regimen are to be followed. Special emphasis is to be given to healthy and nutritious diet, and immune boosting drugs should be incorporated as a part of lifestyle in the forms of *Rasayanas*.

CASE REPORT

A 57 yr old male was suffering from fever with temperature 101°F and cold since 2 days. He also noticed generalized malaise and tiredness during that period. Then he was advised to take *Amrutarista* 2tsf with warm water for three times a day. As it was a Covid pandemic, with a doubt he underwent Covid-19 swab test. After 2 days he got the result as Covid positive. Till then he continued *Amrutarista* and fever was reduced with temperature 97°F. He was in an isolation room with no symptoms for a day. Later on day 5 he developed cough and heaviness of head. He was started with *Vasaguduchyadi Kashaya* 3tsf with warm water before food morning and evening along with tab fifatrol thrice daily after food. He was also advised to take covid kit containing ivermectin, vitamin C, zinc etc. He got vomiting after taking one dose of ivermectin. So, he discontinued the covid kit and was continued with Ayurvedic formulations. After 2 days Cough persisted along with expulsion of phlegm and also a drop in oxygen saturation i.e., 88% was noticed. The patient was counseled and he was given to inhale steam added with *Karpoora* and *Ajamoda*. He was also made to do *Anuloma Viloma*, *Bhramari* for 5-10 times. Late saturation was maintained upto 92-93% after few hours with no other complications. He continued the same medicines for one week. After 21 days the patient was

healthy and normal and he also underwent Covid swab test which was negative. As there will be depletion of *Dhatu*s due to *Jwara* the patient was advised to take *Rasayana* therapy with *Ashwagandha Churna* and *Pippali Churna* along with *Madhu* morning in empty stomach as mentioned in AYUSH protocol. He is non diabetic non hypertensive but had a history of pulmonary bronchitis 6 years back. Now he is doing well and good without any complications.

DISCUSSION

The basic concept of disease in Ayurveda has been said to be imbalance of *Doshas*^[7] and derangement of *Agni* which is a prime cause in formation of *Ama* which is the main cause of all the diseases. Due to *Dushita Vayu, Jala, Desha* causes vitiation of *Agni* and formation of *Ama* by *Mandagni* decreases the immunity level in the body and subsequently making the body susceptible to infectious agents. The disease manifest with symptoms of *Pratishyaya, Kasa, Shirashoola, Gandha Gyana Hani, Aruchi, Angamarda* and *Jwara*. *Guduchi* (*tinospora cordifolia*) which has the properties like *Snigdha, Guru* and *Ushna Guna, Tikta Kashaya Rasa* is said to be *Jwaragna, Deepana, Pachana*.^[8] *Guduchi* is rich in source of protein and micronutrients such as iron, zinc, copper, calcium, phosphorus and manganese. It also contains many plant metabolites such as terpenes, alkaloids, flavonoids, steroids and glycosides. Moreover, *Guduchi* (*T. cordifolia*) showed an ability to improve humoral and cell mediated immunity against Newcastle disease and infectious disease.^[9]

Vasa (*Adathoda vasica*) which is *Ruksha, Laghu Guna, Sheeta Virya, Tikta Kashaya Rasa* is said to be *Kapha Pitta Shamaka*. It is said to be *Shleshma Hara, Kaasa Hara, Shwasa Hara* and *Jwaraghna*.^[10] When taken internally, it liquefies *Kapha* and eliminates from the body and clear the *Srotas*.

Vasaguduchyadi Kashaya which contains *Vasa, Guduchi, Triphala, Katvi, Bhunimba, Nimba* are potential in preventing multiplication of the virus thereby reducing the viral load. It maintains the integrity of the lung tissue, prevents hypersecretion of

mucus and clot formation. By this *Pranavaha Srotas* become free facilitating for greater oxygen saturation.

Tab fifatrol which contains *Guduchi, Sanjeevini Ghanavati, Daruharidra, Apamarga, Chirayata, Karanja, Kutaki, Tulsi, Godanti Bhasma, Mrutyunjaya Rasa, Tribhuvanakirti Rasa, Sanjeevani Vati*. It acts as an immunity enhancer which has herbomineral multidrug combination. Helps in relieving chest congestion, sore throat and flu like symptoms by its anti-inflammatory properties.

CONCLUSION

Both Acharya Charaka and Acharya Sushruta have described a common *nidana* of *Janapadodhwamsa* (epidemics). *Adharma* – activities contributing to destruction of sustaining principles of life or nature (air, water, and land) has led to pollution of air, water and soil. Activities of this kind vitiate and disturb the air currents, seasons leading to vitiation of *Doshas* in the human body causing mass susceptibility to some illness. When these *Doshas* are deranged, they affect the *Agni* leading to *Mandagni* which plays a prime role in formation of *Ama*. This formed *Ama* circulates through the *Rasa, Raktavaha Srotas* and reaches every cell of the body. When these morbidities enter the nasal cavity through *Pranavaha Srotas*, they cause *Pratishyaya* where *Acharya Charaka* has explained it as one of the symptoms in *Rajayakshma*.^[11] Acharya Vagbhata has also quoted the treatment of *Dusta Pratishyaya* has to be treated like *Yakshma Chikitsa*.^[12] *Pratishyaya* is a *Vata-Kapha* dominant disease. The drugs used in this case are said to be *Vata-Kaphahara* and *Deepana Pachana* as well. *Vasa* which is a major ingredient in *Vasaguduchyadi Kashaya* does *Kapha Chedana* and *Vilayena* and *Dosha Nirharana* due to which the *Pranavaha Srotas* becomes clear and easing proper breathing and maintenance of oxygen saturation in the body.

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