



## Post Covid Care Through Ayurveda

Gaurav Kr. Rastogi<sup>1</sup> , Anjana Dwivedi<sup>2</sup>, Rajeev Narayan Bilas<sup>3</sup>

1. PG Scholar Dept. of Rasa Shastra & Bhaishajya Kalpana, Govt. Ayurvedic College, Lucknow (U.P.)
2. Associate professor & H.O.D. PG Dept. of Rasa Shastra & Bhaishajya Kalpana, Govt. Ayurvedic College, Lucknow (U.P.)
3. Associate professor, PG Dept. of Rasa Shastra & Bhaishajya Kalpana, Govt. Ayurvedic College, Lucknow (U.P.)

### Article Info

#### Article history:

Received on: 18-03-2022

Accepted on: 22-04-2022

Available online: 30-04-2022

#### Corresponding author-

Gaurav Kr. Rastogi, PG Scholar Dept. of Rasa Shastra & Bhaishajya Kalpana, Govt. Ayurvedic College, Lucknow .

[E-mail-gauravjocm@gmail.com](mailto:E-mail-gauravjocm@gmail.com)

### ABSTRACT:

The pathogen responsible for the COVID 19 pandemic is the severe acute respiratory syndrome corona virus 2 (SARS-CoV-2). This has resulted in a worldwide health care crisis and strained health resources. As if becoming infected with COVID 19 wasn't terrible enough, many people have found the journey to recovery to be arduous and demanding. The degree and extent of viral assaults in different cell types and organs determine what happens following the acute phase of SARS-CoV-2 infection. Patients who have recovered from an acute COVID 19 infection may continue to have a range of signs and symptoms, such as weariness, body aches, cough, sore throat, trouble breathing, and so on. As a result, all post-COVID recovering patients require a holistic approach to follow-up treatment and well-being. Different *Ayurvedic* therapy procedures (including *Ahara-Vihara* and *Aushdhi*) can be used to treat post-COVID sequelae and have been shown to be quite effective in helping patients recover.

**Keywords-** COVID 19, *Ahara-Vihara* , *Aushdhi*

## INTRODUCTION

COVID 19 is a viral illness produced by the SARS-CoV-2 virus, as we all know. The virus was originally discovered in December 2019 in Wuhan, China, and was designated a pandemic by WHO on March 11, 2020.<sup>1</sup> Corona viruses are a genus of closely related RNA viruses that infect mammals and birds. They cause respiratory tract infections in people and birds that can vary from moderate to fatal. Some occurrences of the common cold are mild infections in humans, but more dangerous strains can cause SARS, MERS, and COVID 19. The virus possesses distinctive club-shaped spikes that protrude from its surfaces and, in

electron micrographs, resemble the solar corona, from which it gets its name. COVID 19 symptoms vary greatly, ranging from none to life-threatening severity. COVID 19 spreads through the air when droplets and tiny airborne particles pollute it. People can be infectious for up to 20 days after contracting the virus, and they can spread it even if they don't show any symptoms.

Long COVID, also known as post-acute sequelae of SARS-CoV-2 infection, post-acute sequelae of COVID-19 (PASC), chronic COVID syndrome (CCS), and long-haul COVID, is a condition marked by long-term COVID-19



sequelae that last beyond the ordinary convalescence period. Long covid may cause complications in practically every organ system, including respiratory problems, neurological system and neurocognitive problems, mental health problems, metabolic problems, cardiovascular problems, gastrointestinal problems, malaise, weariness, musculoskeletal discomfort, and anemia. Fatigue, headaches, shortness of breath, anosmia (loss of smell), parosmia (distorted smell), muscular weakness, mild temperature, and cognitive failure are all typical symptoms described.

It's still a mystery why some people recover completely in two to three weeks while others have symptoms for weeks or months. Long-term COVID symptoms may be caused by four syndromes, according to a review by the National Institute for Health Research in the United Kingdom:

- irreversible lung and heart damage,
- post-intensive care syndrome,
- post-viral tiredness, which is commonly confused with Myalgic Encephalomyelitis / Chronic Fatigue Syndrome (ME/CFS), and
- ongoing COVID-19 symptoms

The focus of this review is on concepts and techniques mentioned in *Ayurveda* classics, as well as how to deal with post-COVID complications.<sup>2</sup>

## AIMS & OBJECTIVES

To collect and analyze different principles related to COVID 19 sequelae present in ayurvedic classics.

## MATERIAL AND METHODS –

*Brihatrayee*, *Laghutrayee*, and all other available *Ayurvedic* classics, journals, and research papers.

POST COVID MANAGEMENT through *Ayurveda* can be summarised under the following principles –

- 1- *Dincharya* and *Ritucharya*
- 2- *Ahara* (diet)
- 3- *Aushadhi* (drugs)
- 4- *Dhupana karma*
- 5- *Prayanama*
- 6- *Yogasaa*
- 7- *Dhyana* (meditation)

**1. *Dincharya* And *Ritucharya*** – *Dincharya* (daily routine) and *Ritucharya* (seasonal routine), mentioned in ayurvedic classics are the best way to avoid the disease caused by any changes experienced in the environment.

***Dincharya* Explained In *Ashtanga Hridaya*<sup>3</sup> -**

- 1 - Waking early in the morning (*Brahma muhurta uttishitet*)
- 2 – Brushing (*Dantadhavana*)
- 3 – *Anjana karma*
- 4 – *Navan* (instillation of oil in nostrils), *Gandush* (keeping mouthful of water/decoction/oil for a particular time), *Dhoom*, *Tambula* Sevan
- 5 – *Abhyanga* (massage with oil)
- 6 – *Vyayam* (exercise)
- 7 – *Uadvartana*
- 8 – *Snana* (taking bath)
- 9 – *Bhojana* (breakfast or meal as per hunger)

### **Table 1 *Ritucharya* Explained In *Charaka Samhita*<sup>4</sup> –**

**2. *Ahara*** – As we all know the importance of *AHARA* for one’s health. As stated by *Acharya Sushrut* – “*Praninam Punarmoolamaharo Balavarnaujasam* <sup>5</sup>.”

So, since COVID 19 patients have lost their *BALA*, *VARNA*, and *OJAS*, nutrition plays a vital role in the care of post-COVID 19 patients. Now the question arises – what should be eaten and how much should be eaten?

The answer is also available in our classics –

“*Sarva Rasa Abhyaso Balakaranam*.” i.e., *sadarasatmaka ahara* should be eaten.

“*Matravaddhyashanmashitamanupahatya Prakritim Balavarnasukhayusha* <sup>6</sup>.” i.e., *matra purvaka ahara* should be eaten.

Here are some expert and accurate dietary advice to fight COVID-19<sup>7</sup> —

- Eat two cups of fruit each day (guava, apple, banana, strawberry, cantaloupe melon, grapefruit, pineapple, papaya, orange, Longman fruit, blackcurrant, and pummelo) (4 servings).
- Consume fresh vegetables such as green bell peppers, garlic, ginger, kale, lime, coriander (dry), broccoli, and green chili pepper. legumes 5 servings 2.5 cup veggies (beans and lentils).
- Eat 180 g of whole grains and nuts (unprocessed maize, oats, wheat, millet, brown rice, or roots such as yam, potato, taro, or cassava)
- Nuts such as almonds, coconut, and pistachios are excellent alternatives.
- Red meat should be eaten once or twice a week, and chicken two to three times a week. Use animal-based foods (such as fish, eggs, and milk) as well as 160 g of meat and beans in your diet.

- Instead of high-sugar, high-salt, or high-fat foods, snack on fresh fruits and raw vegetables. Snacking on the go should be avoided.
  - When vegetables are overcooked, important nutrients such as vitamins and minerals are lost.
  - Choose fruits and vegetables that haven't been sugared or salted, whether they're dried or canned.
  - Make sure the dish is prepared to perfection and presented at a safe temperature. (72°C for 2 minutes).
  - Consume unsaturated fats (avocado, fish, nuts, soy, olive oil, canola, corn oil, and sunflower) rather than saturated fats (avocado, fish, nuts, soy, olive oil, canola, corn oil, and sunflower) (found in butter, fatty meat, coconut and palm oils, cheese, ghee, and cream).
  - Drink 8–10 glasses of water every day. It assists in the passage of nutrients through circulation, waste disposal, and body temperature control.
  - Avoid all fizzy, carbonated, concentrated juices, as well as any sugary beverages.
  - Eat at home to avoid interaction with other people and reduce the chance of contracting COVID-19.

A nutritious diet can help the body to be in the best possible condition to combat disease.

### 3. *Aushadhi* –

– In COVID 19 mainly *Pranvaha and Rasavaha Srotodushiti* occurs, so we should manage those *Srotasas* accordingly.

The Directorate General of Health Services (EMR Division) of the Ministry of Health & Family Welfare has issued a post-COVID management plan that comprises immunity-promoting AYUSH medicine <sup>8</sup>–

- *Ayush Kwath* (150 ml; 1 cup) daily, and
- *Samshamani vati* twice a day 500 mg (1 gm per day) For 15 days,
- *Giloy* powder 1 -3 grams with tepid water,
- *Ashwagandha* 500 mg twice a day (1 gm per day) or *Ashwagandha* powder 1-3 grams twice daily, and
- *Amla* fruit once daily/*Amla* powder 1-3 grams once daily.
- 1 - 3 gram mulethi powder with lukewarm water twice daily (in case of dry cough).
- Warm milk with 12 teaspoons of turmeric (morning/evening)
- Gargling with turmeric and salt
- *Chayvanprash Avaleha* – 5-10 gms should be given.

Various herbs and herbomineral drugs, including

*Rasayana* drugs, play a critical role in the post-COVID-19 era, and herbomineral drugs, in particular, require minimal dosage due to the drug's faster action, ease of administration, and ability to act as a *Rasayana* with high potency. Gold-containing herbometallic formulations, *Bhasma* is important for overall efficacy. Research has shown that herbs-metallic formulations containing gold *bhasma* can help regulate antigen-specific immune response because gold nanoparticles have immunomodulatory, free radical scavenging, antistress, analgesic, and antioxidant properties.

In respiratory tract disorders such as *Kasa* (cough), *Shwasa* (difficulty in breathing, bronchial asthma), and *Rasayana* such as *Chyawanprash* should be given. It promotes *UroRoga* (chest-region ailments), *HridRoga* (heart-region diseases), memory, intelligence, *Arogya* (a disease-free condition), and *ayu*.

*Pippali Rasayana* is recommended for *Kasa*, *GalaRoga* (throat disorders), and *VishamaJwara* (fever with irregular nature, action, and onset). Because the coronavirus' pathogenesis is unknown, this *Rasayana* could be beneficial. *Shilajatu's Naimittika Rasayana* impact corrects hyperglycemic episodes and produces its effect by improving the condition of *Agni* and *Ojas* in patients, consequently improving metabolic and immune status.

### 4. *Dhoopana Karma* –

There are millions of microorganisms in our environment, with 20-25 percent of them being non-pathogenic. Pathogenic bacteria found in the environment cause a variety of health issues. Traditional treatments such as *Dhoopana*, *Homa*, *Havana*, and others may be used to reduce the microbial burden to non-pathogenic levels.

The constituents of *Dhoopana*, *ayurvedic* herbs-minerals, and animal products (skin, hair, bone, etc) are efficient anti-microbial, anti-fungal, and anti-viral in nature.

Commonly used drugs for *Dhoopana karma* are – *Guggulu*, *Sarja*, *Nimba*, *Rason*, *Haridra*, *Sarshapa*, *Cow Dung*, *Ghrit*, *Hingu*, *Vidanga*, *Yava*, *Aparajita*, *Vacha*, *Devdaru*, *Daruharidra*, *Bilva*, *Bramhi*, *Jatamansi*, *Sarpanirmoka* Etc.

The action of these drugs has been proven to the efficacy for improving health as well as prevention and control of diseases as they are anti-microbial by nature <sup>9</sup>.

5. *Pranayama* – *Pranayama* Exercises - *Bhastrika*, *Kapalabhati*, *Anuloma-Viloma*, *Bhramari*, *Ujjayi*, *Sheetali*, *Sheetakari*, help in maintaining the balance of *Ojas*, *Tejas* and *Prana*. By doing these *Pranayama*

exercises, we can strengthen our *Pranavaha Srotasa* and *Rasavaha Srotas*.

**6. Yogasana** – Another interesting health supporting practice is *Yogasana* Like<sup>10</sup> – *Padmasana* (Lotus Pose), *Ushtrasana* (Camel Pose), *Bhujangasana* (Cobra Pose), *Gomukhasana* (Cow Pose), *Naukasana* (boat pose), *Setubandhasana* (bridge pose), *Salabhasana* (locust pose)

**7. Dhyana (Meditation)** – *Dhyana* is continuous thought towards a single object of concentration. Usually, a thought wave arises, remains for a short while then subsides later followed by another thought wave.

It decreases *Rajas* and *Tamas* via regulating *TRIGUNAS*. The mind, which is ruled by *Rajas*, is regulated by *Vata*, which also governs the functioning of the body. As a result, when *Vata* is managed in this way, it governs all physiological systems. Similarly, reducing *Tamas* and enhancing *Satva* will control *Pitta* and *Kapha* functions. *Pitta* is in charge of all bodily transformations. Thus, *Dhyana* regulates manas factors first and regulated manas doshas regulate somatic body humor<sup>11</sup>.

## DISCUSSION

The principle of Ayurveda science is *Swasthasya Swasthya Rakshanam, Aturasya Vikar Prashamanam Cha*. Symptoms of COVID 19 suggest that there is vitiation of *Rasavaha Srotas* mainly. Due to the state of *Mandagni*, *Ahara Paka* does not occur properly and the formed *Rasa Dhatu* becomes qualitatively and quantitatively low. During the infective state of the body, *Dhatukshaya* & *Ojakshaya* occur which continues in post-viral state also & there is an increased risk of superimposed infections. Following *Dincharya* & *Ritucharya* helps the body in attaining the normal state. A proper diet plan helps in balancing 13 Agni & maintains the *Dhatu Poshana Krama*. *Yogasana* & *Dhyana* helps in balancing the *satva* guna.

## CONCLUSION

COVID 19 is causing a devastating effect on the human body. It affects the whole body specially *Pranavaha* and *Rasavaha Srotas*. All post-COVID recovering patients require a holistic approach to follow-up treatment and well-

being. Not only in chronic sickness but also young people and children without underlying chronic medical issues, effective postCOVID-19 treatment is required.

**Acknowledgements:- Nil**

**Conflict of Interest – None**

**Source of Finance & Support - Nil**

## REFERENCES

1. www.who.int
2. Shastri AD, Ayurveda Tattva Sandipika Hindi Commentary on Susrut Samhita, Uttar Tantra 1/25, Chaukhambha Sanskrit Sansthan, Varanasi
3. Gupta A, Vidyotini hindi Commentary on Ashtang Hridayam, Sutra Sthana 2/1-19, Chaukhambha Prakashan, Varanasi
4. Shastri K, Vidyotini hindi Commentary on Charak Samhita, Sutra Sthan 6/9-45 Chaukhambha Prakashan, Varanasi
5. Shastri AD, Ayurveda Tattva Sandipika Hindi Commentary on Susrut Samhita, Sutra Sthan 1/36, Chaukhambha Sanskrit Sansthan, Varanasi
6. Shastri K, Vidyotini Hindi Commentary on Charak Samhita, Sutra Sthan 5/8, Chaukhambha Sanskrit Sansthan, Varanasi
7. Khayyatadeh SS. Nutrition and Infection with COVID-19. J Nutr Food Security. 2020;5(2):93–96. [Google Scholar]
8. Post Covid Management Protocol by Govt. of India, Ministry of Health & Family Welfare
9. Rathi B, Review on role of dhoopan in the prevention of airborne infections (Covid-19) IJPMR 2009 Vol(4) 45-48.
10. Rajni “Yoga Protocol for Post COVID- 19 care by National Clinical Management Protocol based on Ayurved IJPMR 2009 Vol(4) 45-48.
11. Sharma J, A Conceptual Study On Dhyana (Meditation), Concentration & Smriti: A Review Ijpmr 2009 Vol(4) 345-348.

**How to cite this article:** Rastogi GK, Dwivedi A, Bilas RN “Post Covid Care Through Ayurveda” IRJAY.[online]2022;5(4);98-102. Available from: <https://irjay.com> DOI: <https://doi.org/10.47223/IRJAY.2022.5414>

**Table 1 Shows RITUCHARYA EXPLAINED IN CHARAKA SAMHITA<sup>(4)</sup> –**

	<b>RITU (SEASON)</b>	<b>MAAS (MONTH)</b>	<b>PATHYA</b>	<b>APATHYA</b>
1.	<i>HEMANTA</i>	<i>Margshirsha &amp; Pausha</i>	<i>Snigdha-amlavana, Audaka- aanupa mamsa, Gorasa, Ikshu vikara, Abhyanga, Jentaka sveda</i>	<i>Vaat vardhak &amp; laghu ahara, Pramita ahara</i>
2.	<i>SHISHIRA</i>	<i>Magh &amp; Phalgun</i>	<i>As in Hemanta ritu with specialised care (nivaat &amp; ushna griha)</i>	<i>Katu-tikta-kashaya rasa, vaatvardhak &amp; laghu ahara</i>
3.	<i>BASANTA</i>	<i>Chaitra &amp; Vaishakha</i>	<i>Vyayama, Dhoom, Kavalagriha, Yava – Godhuma bhojana, Seedhu – Madhvika pana</i>	<i>Guru-amlasnidha- madhura ahara &amp; Divasvapana</i>
4.	<i>GRISHMA</i>	<i>Jyeshtha &amp; Aashadha</i>	<i>Swadu-sheeta-snidha-drava anna, Jangala mamsa</i>	<i>Lavana-amlakatu-ushna ahara, Madya (alcohol), Vyayama</i>
5.	<i>VARSHA</i>	<i>Sharvana &amp; Bhadrapada</i>	<i>Madhu, Amlavana rasa, Sneha dravya, Yava, Godhuma,</i>	<i>Divasvapana, Vyayama, Vyavaya, River water</i>
6.	<i>SHARADA</i>	<i>Ashvina &amp; Kartika</i>	<i>Madhur-laghu-sheeta-satikta ahara, Yava, Godhuma, Shali, Tikta sarpi pana, Virechana, Raktamokshana</i>	<i>Atapa (sunlight), Kshara, Dadhi, Divasvapana, Vasa, Taila, Anupa mamsa</i>