

Awareness about use of Ayurveda medications as an adjuvant therapy during COVID-19 pandemic in urban population – An observational study protocol

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Abstract :

Background: COVID-19 is classified as a janapadodhwamsa vikara in Ayurveda (epidemic disease). In Chapter 3 of Charaka Samhita: Vimana Sthana, the concept of an epidemic is discussed. "... even though there is dissimilarity in the physical constitution of human beings, still there are such factors which 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 which are common for all the inhabitants of a country are air, water, location and seasons." 3/6] Vimana Sthana Janapadodhwamsa is a condition in which the environment - air, water, land, and seasons - has been tainted, resulting in the simultaneous occurrence of a sickness among huge populations (epidemic) and the destruction of human habitations. The three medications used to treat COVID-19 are all traditional medications. According to the texts, each of them acts in the following ways: Sudarsana Churna: Treats all three doshas and all forms of fevers, including Agantuja jwara, Sannipata jwara, and others., Talisadi Churna: heals Jwara, svasa, kasa, aruchi (loss of taste); Vaataanulomana (aiding the normal flow of vayu), Dhanvantara Gutika: remedies Svasa, Kasa; Vaataanulomana (aiding the normal flow of vayu), Dhanvantara Gutika: cures Svasa, Kasa; Vaataanulomana (stimulates digestion). **Aim & Objectives** – Study the awareness about use of Ayurved medications as an adjuvant therapy in COVID-19 pandemic in urban population. **Material & Methods:** Subjects will be collected from common population who have been tested positive for COVID-19. **Observations & result** - The assessment will be done by validated Post-test questionnaire & Interpret. **Conclusion:** The conclusion about the efficacy of the module will be drawn on the basis of findings. It will be standard structured & informative module to draw the efficacy of using ayurvedic medicine in treatment of Covid-19., including those in developing countries.

Keywords – Covid-19, Dhanvantra gutika, , Janapadodhwamsa, sudarsana churna.

Introduction:

This is the first known case of a COVID-19-positive patient being treated solely with Ayurveda. So far, no therapy for COVID-19 has been discovered in Modern Western Medicine (MWM). Traditional Chinese Medicine has produced the sole literature relevant to the treatment of Coronavirus illness (TCM). TCM, which was widely utilised in China to combat the epidemic, includes herbal remedies comparable to Ayurveda. The patient, who was experienced with the use of Ayurvedic remedies, was in this predicament and despite the fact that there is no known cure for MWM, he chose to rely only on the few Ayurvedic medicines available to him at the time of his illness.

Despite the patient's symptoms, which included a high fever, severe bodily aches, and a severe cough, as well as a slew of additional COVID-19-related symptoms, the condition continued to advance. It may be halted in a short time by using only Ayurvedic remedies. This shows that there is a lot of room to investigate the large range of relevant drugs found in the Ayurvedic pharmacopoeia and how they might be employed more sensibly to suit each stage of the disease. [1] Fever (jwara) is well-known in Ayurveda, and it is discussed in the first chapter of therapy (chikitsa) in two of the canonical Charaka Samhita and Ashtanga Hridayam are two such texts. Diagnoses (nidanam), pathophysiology (samprapti), classification, management, drugs, food, and prognosis are all covered. In this case, fever was classified as a Vata Kapha predominate one based on his presenting symptoms [4, Nidana Sthana, 2/25], demanding proper treatment. The patient was then found to be positive for COVID-19. [2]

COVID-19 is classified as a janapadodhwamsa vikara in Ayurveda (epidemic disease). In Chapter 3 of Charaka Samhita: Vimana Sthana, the concept of an epidemic is discussed. "... even though there is dissimilarity in the physical constitution of human beings, still there are such factors which 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 which are common for all the inhabitants of a country are air, water, location and seasons." , 3/6] Vimana Sthana Janapadodhwamsa is a condition in which the environment - air, water, land, and seasons - has been tainted, resulting in the simultaneous occurrence of a sickness among huge populations (epidemic) and the destruction of human habitations. [3]

The three medications used to treat COVID-19 are all traditional medications. According to the texts, each of them acts in the following ways: Sudarsana Churna: Balances the three doshas; treats all forms of fevers, including Agantuja jwara, Sannipata jwara, and others. Dhanvantra Gutika: cures Swasa Kasa: Vatanulomana Talisadi Churna: cures Jwara ,swasa,kasa,aruchi : Deepanam (stimulates digestion) [4].

IEC Approval – MGACHRC/IEC/2021/06

Rationale of study –

To describe the efficacy of use of ayurvedic medicines such as Ayush kwath, Sanshamanvati etc for improving the condition of COVID-19 patients in short period with complete regression of symptoms. To describe the role of ayurvedic medications as immune booster in Covid-19 cases and showing the lesser side effects. The COVID-19 epidemic has triggered a global health disaster of unparalleled proportions. The number of deaths and individuals infected is rising on a daily basis all across the world. Because of a number of social and economic issues, this situation is even more serious. Effective infection management is still being developed, and efforts are being made to blend traditional therapies with standard of care. Ayurveda and Yoga can undoubtedly complement the preventive measures outlined in the Ministry of Health and Family Welfare's instructions (MoHFW). According to current knowledge of COVID-19, a healthy immune system is essential for illness prevention and protection. Traditional medicine systems, such as Ayurveda, take a holistic approach to disease treatment, taking into account mind-body-physiology. The Ayurvedic philosophy recommends administering "a set of phytoconstituents" that have the potential to have adaptogenic, immunomodulatory, and drug-targeting effects. As a result, "Rasayana botanicals" are employed in Ayurveda to rejuvenate the body by increasing the immune system and reducing disease symptoms. Asparagus racemosus (AR), also known as Shatavari, Tinospora cordifolia (TC), also known as Guduchi,

and *Withania somnifera* (WS), also known as Ashwagandha, are all known to affect the immune system and have antiviral properties.

The optimal COVID-19 therapy would have (a) antiviral capabilities against SARS-CoV-2, (b) be safe for concurrently administered medications such as antihypertensive, anti-diabetic, anti-asthmatics, and drugs for respiratory tract infections, and (c) modify the immune system with rejuvenation ability. To understand the immunomodulatory impact of phytochemicals, a network pharmacology model was developed to identify and display the interactions of phytochemicals with molecular targets in the immune system. The phytoconstituents were also docked to three SARS-CoV-2 molecular targets to see if they have antiviral action. Predictive methods were also employed to evaluate the possibility for interactions between phytoconstituents and regularly prescribed medications. Following extensive testing, the findings show that Ayurvedic Rasayana botanicals have the potential for immunomodulatory and antiviral activities, and could be employed as a therapeutic adjuvant for COVID-19 therapy.

Aim- Study the awareness about use of Ayurved medications as an adjuvant therapy in COVID-19 pandemic in urban population.

Objectives:

The specific objectives of the study are:

1. To assess the efficacy of ayurvedic medications during COVID-19 pandemic
2. To determine the utility of ayurvedic medications during COVID-19 pandemic

MATERIAL AND METHOD :

Study design:

It will be cross sectional observational study. The sample selection will be randomised. A structured and validated module will be prepared to aware about use of ayurvedic medicines as an adjuvant therapy in treatment of Covid-19 and to assess the efficacy of ayurvedic medicine in treatment of Covid-19 module through post test. Patients should be selected based on their positive test for Covid-19 . verbal consent should be taken and crowd should be aware through Covid 19 precautions and treatment. module. Post test administered by interviewer are used to survey socio demographic factors, knowledge , attitude and awareness regarding use of ayurvedic medicines as an adjuvant therapy in treatment of Covid-19 from wardha district. Before interviewing, a verbal consent of the respondent will be taken.

Study place: Study conducted in wardha district

Study population: All the patients who have been tested positive for Covid-19.

Setting : The proposed study will be carried in Wardha district. The study will be conducted for 3 months during which data will be collected as per questionnaire.

Participants: All the patients who have been tested positive for Covid-19 are willing to participate are included in study. Involvement in the study will be voluntary. Patients are selected according to inclusion and exclusion criteria.

INCLUSION AND EXCLUSION CRITERIA:

All individuals between age 18 years to 60 years whether he/she was affected by COVID-19 virus or not. Below 18 years and above 60 years individuals will be excluded.

Bias : To minimise the bias each participant will be selected randomly by simple random sampling method.

Sample size : the data is calculated by formula $N = 4 \times p \times q / L^2$.

Where p = prevalence q =(p-q) & L= Expected error.

Total 150 patients will be assessed post-test.

RECRUITMENT :

Patients who are willing to participate in the study will be provided with questionnaire and details regarding study with verbal explanation. Then if patient will agree with given information then test is conducted. Written informed consent will be obtained from each participant before creating awareness . Required participant must include in eligibility criteria.

Ethical consideration :

The approval of research protocol has been obtained from Institutional ethical committee , MGACH&RC Salod(H) , Wardha.

Expected Results :

For promoting awareness in people about using ayurvedic medicines as an adjuvant therapy a through orientation of ayurvedic medicine and their efficacy. Even though many more programmes are conducted and taking care of this issue at government level . this study will focus on the level of knowledge , awareness and attitude about ayurvedic medicines and efficacy through orientation . Results will be interpreted on the basis of statistical analysis.

Discussion :

Covid-19 has affected the large number of population across the world. The purpose of this study is to evaluate efficacy of ayurvedic medicine in treatment of covid-19. This cross-sectional study help to assess knowledge , awareness and attitude about use of ayurvedic medicine in treatment of Covid-19. The statistical data will be given after study of and analyzed data. The patient was sent on home quarantine after testing positive for Covid-19.

The treatment regimen suggested was effective in both symptomatic alleviation (fever, dyspnea, anorexia, fatigue, anosmia, and dysgeusia) and viral load clearance. Fifatrol, a herbal medication produced by AIMIL Pharmaceutical, is used to treat infections, flu, and colds. Guduchi, sanjeevini ghanvati, daruharidra, apamarga, chirayata, karanja, kutaki, tulsi, godanti (bhasam), mrityunjaya rasa,

tribhuvana kriti rasa, and sanjivani vati are some of the plants that boost immunity. Ayush Kwatha is a blend of four medicinal herbs that may be found in almost any Indian kitchen - Tulsi leaves (tulsi), cinnamon bark (dalchini), sunthi (Zingiber officinale), and krishna marich (Zingiber officinale) (Piper nigrum). Sanshamani Vati (also known as guduchi ghana vati) is an ayurvedic herbal composition that can be used to treat a variety of fevers. Cough, cold, and rhinitis are all treated with Laxmivilas Ras, a traditional herbomineral medicine that mostly comprises Abhrak Bhasma. It relieves congestion in the throat and sinuses. No conventional medicines were utilised in the treatment, which was individualised, holistic, and based only on Ayurvedic principles [5-8]. The Ayurvedic approach emphasises a healthy and all-encompassing lifestyle rather than a therapeutic cure. The traditional healthcare system argues for a holistic and personalised approach to disease diagnosis and management, focusing on the individual as much as the ailment. Ayurvedic prognosis incorporates substantial use of herbs, exercise, food, and lifestyle changes, in addition to a customised diagnosis. Consumer adoption of Ayurvedic and natural products is being driven by factors such as rising health concerns about the adverse effects of modern treatment. These include Ayurvedic nutraceuticals, Ayurvedic medicines, and nutritional supplements, as well as personal care and health care[9-12]. Cellular health support, immune health support, biochemical/neuroendocrine support, and nutritional support through phytonutrients are all benefits of Ayurvedic medications created as nutraceuticals. Ayurvedic-influenced goods like as ready-to-drink juices, capsules, and nutrition powders are slowly making their way into the mainstream food and beverage market.

Nutraceuticals have their origins in Ayurveda's multi-conceptual praxis. 'Rasayana' is the basic way of sustaining vigour, increasing mental health, and offering resistance to diseases among the eight ideas of Ayurvedic medicine[13-15]. It is in charge of enhancing one's health and longevity., Rasayana is a plant extract-based polyherbal preparation. The globe has been reminded of the need of excellent health and robust and resilient immune systems as a result of the coronavirus epidemic. While efficient and curative drugs are critical in combating such aggressive viruses, our bodies are our strongest defense.

Strengths and limitation of study :

The strength of this study and assessment of Covid positive patients of Wardha district.

COVID-19 patients who test positive but are asymptomatic are called asymptomatic COVID-19 patients. This example falls within the mild to moderate category. On symptoms that easily identify mild and moderate instances, there is limited and inconclusive information. Fever of more than 39.1 degrees Celsius (102.2 degrees Fahrenheit) is not considered moderate. Cough is evident in less than half of mild cases, and many mild cases have few symptoms. As a result, we'll grade the patients based on mild and moderate symptoms.

Generalizability – This study will give the exact data of population tested positive for Covid-19 and have used ayurvedic medicine as an adjuvant therapy in Wardha district . Such type of study can be extended to other rural areas. This will help to look for research areas for different breast disease.

Conclusion:

The coronavirus epidemic has served as a stark reminder that our bodies' natural immunity is our first and greatest line of defence. Self-preservation necessitates a healthy lifestyle and proper diet. Fortunately, India, with its rich Ayurvedic legacy and knowledge, does not need to look far. Riding the crests of numerous evolutionary waves, Ayurveda is on the verge of re-entering our lives in

unexpected ways. The more things change, the more they stay the same, according to ancient wisdom. To provide premium care, the industry has become more structured, including technological improvements, environmental modifications, and evidence-based research approaches.

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Conflict of Interest: NIL

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