

## A LITERARY STUDY AYURVEDIC MANUSCRIPT IN RELATION WITH COVID- 19 W.S.R. TO SINGLE HERBAL DRUGS FROM SAMHITAS AND NIGHANTUS.

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### ABSTRACT

Recently, there is an emergence and outbreak of a new viral disease i.e., Novel COVID-19. It was firstly found in Wuhan city of China. It is respiratory disease. The most infected people will develop mild, moderate or severe symptoms. The common symptoms are fever, dry cough, shortness of breath, tiredness, and sore throat. Some severe symptoms are pneumonia, acute respiratory distress syndrome (ARDS) and pulmonary fibrosis. Which is more commonly associated with sever Lung injury. SARS-COV-2 primarily affects the respiratory system and current evidence suggests that pulmonary fibrosis could complicate infection by SARS-COV-2. In Ayurveda the similar condition occurs in disease *Urahkshat* and *kshataj kas* means cough

produced by injury mainly to the chest and chest organs. It is one among five types of cough. There is pain in the chest along with primary symptoms like fever, dry cough, dyspnea, pain in throat, and sever symptoms like expectoration of blood sputum.<sup>[1]</sup> At present condition there is no specific vaccine or drug remedies for ncovid-19. Therefore, an effort has been made to find a drug from Ayurvedic Manuscripts and Nighantu for *urahkshat* and *kshataj kas* w.r.s. to ncovid-19.

### INTRODUCTION

According to acharya charaka in chikitsasthana *kshat* refers to injury or excessive exertion and *kshataj kas* refers to cough produced by injury mainly to the chest and chest organs.<sup>[2]</sup>

When we study it, we find that the causative factor of both is nearly same i.e., Lifting heavy

weight, walking long distance, falling from high altitudes, excessive talk, excessive travelling, excessive sexual intercourse.

Because of above mention causative factors, the vata dosha vitiated due to this chest gets broken punctured and cracked sides of chest get pressed and emaciation with tremors in limbs gradually it leads to loss of strength and immunity (balahani), loss of complexion (varnahani), loss of taste (aruchi), loss of digestion strength (agnimandya), and loss of potency (viryahani).<sup>[3]</sup>

Covid 19 was declared as a global pandemic by WHO. It is a respiratory disease that specially reaches into your respiratory track, the mucus lining can become irritated and inflamed and it causes acute inflammatory phase it can cause sever lung injury. It can cause a range of breathing problems from mild to critical, also affects on immunity, digestion strength and potency.

Therefore, there is an urgent need of prevention and control of this disastrous situation with the help of ayurvedic medications which are described in our ancient ayurvedic manuscripts and Nighantus.

### AIM

To find out the drugs from ayurvedic manuscripts and nighantus which can be used in the treatment of covid-19

### MATERIALS AND METHODS

Present study was being carried out to compare the sign and symptoms of covid 19 with *urakshat* or *kshataj kasa* and the drugs which are used in treatment of *urakshat* and *kshataj kasa* described in our ayurvedic manuscripts and nighantus can be used in the treatment of covid-19 and post covid complication.

### Sign and symptoms<sup>[4]</sup>

Sign and symptoms	Covid-19	Urahkshat	Kshataj kas
Fever	√	√	√
Dry cough	√	√	√
Sore throat	√	√	√
Headache	√	√	√
Loss of taste	√	√	√
Diarrhea	√	√	√
Chest pain	√	√	√

<b>Dyspnea/breathlessness</b>	√	√	√
<b>Pneumonia</b>	√	√	√
<b>Hemoptysis</b>	√	√	√

## LIST OF DRUGS

List of drugs from Samhita and Nighantus which are useful in treatment of conditions.

Sr.no.	Name of drug	Latin name	Rasa	Vipak	Virya	Gun karma
1	Laksha <sup>[6]</sup>	Laccifer lacca	Kashay	Katu	Anushna	Laghu, Snigdha, Raktapitta, Kasa, jwar
2	Musta <sup>[7]</sup>	Cyperus rotundus	Katu,Tikta	Katu	Sheeta	Grahi, Dipak, Pachak, Jwar, A ruchihar
3	Ativisha <sup>[8]</sup>	Aconitum heterophyllum	Katu,Tikta	Katu	Ushana	Kapha-Pitta- Atisar, Aamvisha, Kasa
4	Patha <sup>[9]</sup>	Cissampelos parera	Katu	Katu	Ushana	Jwar, Atisar, Hrudruja,Shwas
5	Vatsak <sup>[10]</sup>	Holarrhina antidysenterica	Katu,kashay	Katu	Sheeta	Ruksha,Dipan,Arsha,Atisar.
6	Yashtimadhu <sup>[11]</sup>	Glycyrrhiza glabra	Madhur	Madhur	Sheeta	Balavarna,Shukrala,Kshayapah
7	Jivaniyagana <sup>[12]</sup>	----- --	Madhur	Madhur	Sheeta	Guru, shukral,brihana
8	Draksha <sup>[13]</sup>	Vitis vinifera	Madhur	Madhur	Sheeta	Brihana ,guru
9	Madhukpushpa <sup>[14]</sup>	Madhuka indica	Madhur	Madhur	Sheeta	Brihana kshatkshayhar
10	Pippli <sup>[15]</sup>	Piper longum	Katu	Madhur	Anushna	Laghu, snigdha
11	Bala <sup>[16]</sup>	Sida cordifolia	Madhur	Madhur	Sheeta	Snigdha grahi, kshatnashak
12	Vanshlochan <sup>[17]</sup>	Bambusa arundinacea	Kashay, Madhur	Madhur	Sheeta	Brihana,vrusha shwaskshayhar
13	Ela <sup>[18]</sup>	Elettaria cardamomum	Katu	Katu	Ushana	Shwaskashar
14	Dalchini <sup>[19]</sup>	Cinnamomum zeylanica	Madhur, tikta	Katu	Ushana	Shwashar
15	Kajur <sup>[20]</sup>	Phoenix sylvestris	Madhur	Madhur	Sheeta	Snigdha kshatkshayhar
16	Punarnava <sup>[21]</sup>	Boerhavia diffusa	Madhur, tikta	Madhur	Ushana	Urahkshathar, shothahar
17	Shunthi <sup>[22]</sup>	Zingiber officinalis	Katu	Madhur	Ushan	Laghu,singdha,shwaskashar
18	Kachor <sup>[23]</sup>	Curcuma zedoria	Kashay	Katu	Ushan	Shwaskashar, hridya
19	Shaliparni <sup>[24]</sup>	Desmodium gangeticum	Tikta, Madhur	Madhur	Sheeta	Kshatkaskrimihar
20	Prashniparni <sup>[25]</sup>	Uraria picta	Madhur,	Madhur	Ushana	Jwar, shwas, raktatarhar
21	Kantkari <sup>[26]</sup>	Solanum xanthocarpum	Katu,Tikta	Katu	ushana	Jwar,kasa,shool,agnimandy ajit

22	Bruhati <sup>[27]</sup>	Solanum indicum	Tikta, katu	Katu	Ushana	Parshva-pida, krumi, hrudamayan
23	Kapikachhu <sup>[28]</sup>	Mucuna prionitis	Madhur	Madhur	Ushana	Bruhana, Guru, Balkarak.
24	Shatavari <sup>[29]</sup>	Asparagus Racemosa	Tikta, Madhur	Madhur	Sheeta	Balya, shukravardhak, shothhar
25	Falsa <sup>[30]</sup>	Grewia Asiatica	Kashay, Amla, Madhur	Madhur	Sheeta	Bruhan, Hrudy, Jwar, kshaya
26	Bhumyalaki <sup>[31]</sup>	Phyllanthus Niruri	Tikta, kashay, Madhur	Katu	Sheeta	Kasa, pittaashtra, kshata
27	Vidarikanda <sup>[32]</sup>	Tacca Aspera	Madhur	Madhur	Sheeta	Bruhan, Snigdha
28	Gokshur <sup>[33]</sup>	Tribulus Terestris	Madhur	Madhur	Sheeta	Prameh, Shawas, kasa, Arsha, Hrudrog
29	Ushir <sup>[34]</sup>	Vitivera zizanoids	Tikta, Madhur	Madhur	Sheeta	Laghu, Raktprakopak
30	Gombhari <sup>[35]</sup>	Gmelina Arbora	Madhur, Kashay, Tikta	Madhur	Ushna	Dipan, Pachan, bhram, Shoshjit

## DISCUSSION

**The above drugs can be use according to symptoms**

**Immunity Enhancer Drug:** Ashwagandha, Amla, Haridra, Tulasi, sunthi, shatavari, vidari.

**Fever:** Musta, Ushir, Raktachandan, Amalaki, Patha, Pippali, Prushnaparni, Khajur.

**Sorethroat:** Yashtimadhu, Vansholochan, Ela, Dalchini, Tulasi.

**Dry cough:** Draksha, Yastimadhu, khajur, Mishri, Pippali, Kantakari, Prushnaparni, Bharangi, Ela etc.

**Diarrhea:** Ativisha, Musta, Shunthi, Kutaj, Patha etc.

### Pneumonia/parshvasoola/Shirshool

Bharangi, Kantakari, Bruhati, Gokshur, Erandmol, Punarnava, Guduchi, Devdar, Naagbala.

**Hemoptysis:** Laksha, Jivaniya Gana, Mashparni, Mudgaparni, Prushnaparni, Madhukpushpa, Bala, Khajur, Punarnava, Bhumyamla.

### Co-Morbidities condition such as

**Diabetics:** Aamalaki, Musta, Jambu, Nisha, Triphala, Sunthi.

**Cardio-Vascular Disease:** Ashwagandha, Pushakarmool, Falsa, Gokshur, Bruhati.

## CONCLUSION

The drugs having Madhur-Madhur sheeta, guru, snigdha, balya, brumhana properties can be

use in the treatment of symptoms like haemoptysis, dry cough in which vata and pitta vitiated. These are also use as an immunity booster.

The drugs having properties of Tikta Madhur-katu-sheeta, laghu, ruksha, grahi can be used as a antipyretic, antidiarrheal.

The drugs having Tikta Kashaya-katu-sheeta,laghu,ruksha,dipan,pachana,mutraviranjaniya can be used in the treatment of diabetes.

The drugs having properties [Prabhav] of hrudya Can be used in the cardio-vascular disease.

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