

ROLE OF LAVANGADI VATI IN COVID 19 (CORONA)**Dr. Siraj R. Shaikh^{*1}, Dr. N. S. Gangasagre², Dr. S. P. Mirajkar³, Dr. S. M. Lahankar⁴**¹PG Scholar, ²HOD & Proffesor, ³Asst. Proffesor, ⁴Asso. Proffesor,

Govt. Ayurvedic College, Tuljapur Road, Osmanabad-413501.

Article Received on
16 July 2020,Revised on 06 August 2020,
Accepted on 26 August 2020,

DOI: 10.20959/wjpr202010-18587

Corresponding Author*Dr. Siraj R. Shaikh**

PG Scholar, Dept. of

Agadtantra, Govt.

Ayurvedic College, Tuljapur

Road, Osmanabad-413501,

Maharashtra, India.

ABSTRACT

Covid 19 is one of the major issue at this time. There is no any medicine or vaccine is available for this pandemic. Most of the countries around the world get affected by corona virus. Government also facing the problem of this pandemic and whole health staff work 24 hours in Hospitals. At this vulnerable situation there is need of vaccine to control or perfect remedy on this disease but till there is no availability of any medicine or vaccine. Most of the pharmaceutical companies work in search of medicine or vaccine but all efforts getting failed. since today whole world population is in fear of this disease. As per directory of AYUSH Govt. there is use of Ayush kadha and other formulations like arsenic album which is from homeopathy. Now

Govt. opens Immunity clinics on the basis of Ayurveda and use of most of the ayurvedic drugs like Shatavari, Ashwagandha etc. which incresese immunity and use of drugs which acts against respiratory disorders like Lavangadi vati, Trikatu churn etc. As it is desease of respiratory tract hence use of katu, tikta, ushna ras dravya is necessary. Here we taken review of Lavangadi vati in covid 19. Lavangadi vati contents are Lavang, Marich, Bibhitaki(Behda), Khadir, Babbul which all are mostly katu, tikta, ushna ras, gun, virya, vipaka hence acts on respiratory tracts disorders. This study reveals role of Lavangadi vati in covid 19.

KEYWORD: *Covid19, Pandemic, Corona, Lavangadi vati, Pharmaceuticals, etc.***INTRODUCTION**

Lavangadi Vati an herbal formulation used in ayurveda for the pacification of persistent cough. It reduces throat irritation, liquifies the thick mucus in the lungs and soothes the airways. It is also beneficial in sore throat. In this condition, it reduces throat pain and

prevents the formation of pus pockets (peritonsillar abscesses). It is also useful in mouth ulcer.^[1]

Lavanagadi Vati is excellent herbal remedy for cough and cold. This medicine helps to improve the immune power which helps to fight against the germs. It is also helpful in the treatment of hyper acidity and skin problems. lavangadi Vati contains clove which helps to treat the cold and cough.^[2]

Lavangadi vati is the solid dosage form, comes under the Vati kalpana which is used in the treatment of cough. Because of its quick action in the treatment of cough and hence used in Influenza, common cold, covid etc.^[3]

AIM

1. To study the role of Lavangadi vati in Covid 19.

OBJECTIVE

1. To study the pharmacological and therapeutic action of Lavangadi vati.
2. To study the pharmacological and therapeutic action of each ingredient of *Lavangadi vati*.

MATERIAL AND METHODS

The whole study is based on literary review collected from *Ayurved Samhita and Granthas as well as from internet and modern literatures*.

Method of preparation of *Lavangadi vati*

Lavangadi Vati Ingredients (Composition).^[1]

Lavang (Clove) – <i>Syzygium aromaticum</i>	1 Part
Marich (Black Pepper) – <i>Piper nigrum</i>	1 Part
Bibhitaki (Behda) – <i>Terminalia bellirica</i>	1 Part
Khadir (Catechu extract) – <i>Acacia catechu</i>	3 Parts
Babul bark – <i>Acacia arabica</i>	Q.S.

How to Make Lavangadi Vati^[1]

1. Take the first 4 ingredients and make a fine powder of each.
2. Measure in the given ratio and mix them in a stone mortar.

3. Prepare decoction taking 1 part of Babul bark and 10 parts of water in a pan. Place pan on the stove and cook it until ¼ part remains. Filter this decoction. Let it cool down.
4. Then add this Babul decoction in a mortar with herbal mixture. Triturate using pestle for about 12 hours.
5. Then make tablets each of size of a pea.

Table 1: Rasapanchaka of the ingredients of Lavangadi vati. ^[4,5,6,7,8]

Sr. No.	Dravya (Drug)	Rasa (Taste)	Guna (Property)	Veerya (Potency)	Vipaka (Metabolic property)	Karma (Action)	Doshagnata
1	Lavang	Tikta, Katu	Laghu, Snigdha,	Shita	Katu	Shwashar, Vajikar, Mutrajanan, Jwaraghna, Stanyashodhan, pachan. Dipan,	Kaph, pittaghna
2	Maricha	Katu	Laghu, Tikshna	Ushna	Katu	Shoolaghna, Krimihara, Kaphnisarak, Aartavjanan, Kushthaghna, Swedjanan, Vishamjwaraghna, Dipan, Pachan	Kapha-vatahara
3	Bibhitak (Behda)	Kashaya	Ruksha, Laghu	Ushna	Madhura	Kaphagna, vajikar, Jwaraghna, Raktastambhan, Dipan, Anuloman, Krumighna, Vednastaphan, Shothhar, Pratishay, Kasa, Shwas, Swarbheda nashak	Tridoshar Visheshta Kaphshamak
4	Khadir	Tikta, Kashaya	Laghu, Ruksha	Shita	Katu	Kaphanashak, Stambhan, Kushtaghna, Mutrasangrahaniya, Kandughna, Meddhatushoshan, Pleehashothhar.	Pitta-kaphahara
5	Babbul	Kashaya	Guru, Ruksha	Shita	Katu	Kaphaghna, Vranropan, Stambhan, Krumighna, Vrushya, kushthaghna, Dahaprashamana, Vishaghna, Kasaghna, Raktapitta, Shukradourbalya, Twacharog	Kaph-Pittaghna

LAVANG^[9]

Latin name-*Syzygium aromaticum*

Family-*Myrtaceae*

Chemical composition-Clove bud oil, Ugenol, Ugenol acetate, Caryophyllene, Clove steam oil, Clove leaf oil, Protein, Carbohydrate, Minerals, Vitamins etc.

Parts used-Pushpakalika

Dose-1 to 2 gm, Oil-1 to 3 drops.

Pharmacological properties /action- Kaphapitaashaman, Raktokleshak, Shleshmahar, Shwashhar, Vajikar, Stanyajanan, Mutrajanan, Twakvikar, Jwaraghna, Aampachan, Shleshmaputihar, Pachan, Ruchivardhak, Lalasravjanan, Mukhshoshhar, Mukhdurgandhinashan, Vatanuloman, Vaishadhyakar, Amlapitta, Udarshul, Chardi, Grahini, Yakrutvikar, Trushnanashak, Firang, Upadansha, kas, Shwas, Hikka, Kshayarognashak, Mutakruchha.

MARICHA

Latin name – *Piper nigrum linn.*

Family – Piperaceae

Chemical composition – Pipericide characterised as isobutylamide. Alkaloids (piperine, chavicine, piperidine, piperetine) and essential oil.^[10]

Parts used-Fruits (Phala)

Dose-1/2 to 1gm.

Pharmacological properties/ Therapeutic action-

Antioxidant, anticonvulsant, sedative, analgesic, insecticidal, pesticidal, CNS depressant, muscle relaxant, antipyretic, anti-inflammatory, antifungal, hepatoprotective, Antimicrobial, antiulcer, antibacterial, lipolyticcyclo – oxygenase inhibitory activity.^[10] (material medica dravyguna)

Therapeutic action–*Agnidipana, Vatashamaka, Pittakaraka, Shwasaghna Shulaghna, Krimighna, Chedana, Ruchya, Medohara, Chedi, Hrudrogahara, Sugandhi, Uttejaka, Svedajanana, Mutrajanana, Lekhana.*^[11]

BIBHITAK^[12]

Latin name-*Terminalia bellirica Roxb.*

Family-*Combretaceae*

Chemical composition-Tanin, B-sitosterol, Galic acid, Elegic acid, Ethyl galate, Chebulegic acid, Manitol. Glucose, Galactose, Fructose, Ramnose

Seed-shiny oil.

Parts used-Fruit (*Phala*)

Dose-Powder(Churna) -3 to 6 gm.

Pharmacological properties/Therapeutic action-Pratishaya, Kasa, Shwas, Swarbhed nashak, Vednashaman, Raktastambhan, Shothhar, Dipan, Anuloman, Rechan, Krumighna, Trushna, Chardi nashak, Kaphaghna, Vajikar, Jwaraghna, Main action on Ras, Rakta, Mans and meda, Twakvikar, Agnimandhya, Shwitranshak, Palitya, Sadyovran, Vatvyadhi, Anidra, Adhman, Arshanasahak, Netrarog etc.

KHADIR^[13]

Latin name-*Acacia catechu*

Family-*Leguminaceae*

Chemical composition-Catechin, Catechu tannic acid, Khadirsar-white powder main content

Parts used- Twak, Khadirsar(Katha)

Dose-Churna-1 to 3 gm, Kwatha-50 to 100 ml, Khadirsara-1/2 to 1 gm

Pharmacological properties/ Therapeutic action-Kaphaghna, kasaghna, Aruchi, Atisar, Kruminashak, Kapha-pittashamak, Stambhan, Ruchivardhak, Shonitsthapan, Raktavardhak, Sothahar, Mutrasangrahaniya, Shukrashoshan, Garbhashayashaitilyahar, Kushthagha, Kandughna, Jwaraghna, Aruchi, Atisar, Pandu, Raktapitta, Pramehnashak, Pradar, Yonishauthilya, Medorog, Plihavrudhi.

BABBUL^[14]

Latin name-*Acacia Arabica*

Family-*Leguminosae*

Chemical composition- Tanin, Gum Arabic, Galactoarban, Arabic acid, Calcium, Magnesium

Parts used-Twak, Phala(Fruit), Niryas

Dose-Twak-kwath-50 to 100 ml, Phalachurna-3 to 6 gm, Niryas-3 to 6 gm.

Pharmacological properties/ Therapeutic action-Kapha-pittashamak, Raktarodhak, Kaphaghna, Raktapittashamak, Mutral, Stambhan, Krumighna, Grahi, Vrushya, Garbhashay strav and shothhar, Kushthagha, Dahaprashaman, Agnidagdha, Vrana, Pradar, Gudbhransha, Mukh-Dant-Gal rog, Atisara, Pravahika, Arsha, Kasa, Mutrakruchha, Twakvikar, Daha, Daurbalya.

DISCUSSION

Lavangadi vati contains 5 drugs. Most of these drugs have Katu Vipaka, Ushana Veerya, Katu, Tikta, Kashaya Rasa, and Ruksha, Tikshna guna. Most of the drug in Lavangadi vati acts on respiratory tract (Shwasansansthana) disorders like kasa, Shwas, Pratishaya, Jwara etc. which are most common signs of corona. As there is necessary to keep patient hot all these drugs has properties hot hence all these acts on respiratory disorders hence it is proved to be usefull in covid19 cases.

CONCLUSION

From above discussion it is concluded that most of the drugs in Lavangadi vati are Ushna in veerya, Katu vipaka, Katu-tikta-kashaya ras and having laghu, ruksha guna hence all these individual drugs also essential in respiratory disorders as well as by combination with Lavangadi vati also usefull in disease like Kasa, Shwas, Pratishaya, Jwara, As all these signs are presents in covid hence it is beneficial to use in covid patients. The review of this article is to provide collective information on pharmacological, therapeutic and medicinal use of lavangadi vati in Covid 19 (Corona) cases.

REFERENCES

1. www.ayurtimes.com
2. www.fineyog.com
3. <http://journalofayurveda.in/uploads/article/JOA-xFKOSI4KwI8Rr5...ISSNNO:2321-0435>
4. Acharya Priyavrata Sharma – DravyagunaVidyana, part-II, Eddition reprint: 2011, published by- *Chaukhamba Sanskrit Sansthan Varanasi*- 221001.P:247,248.
5. Acharya Priyavrata Sharma – DravyagunaVidyana, part-II, Eddition reprint: 2011, published by- *Chaukhamba Sanskrit Sansthan Varanasi*- 221001.P:363,364.
6. Acharya Priyavrata Sharma – DravyagunaVidyana, part-II, Eddition reprint: 2011, published by- *Chaukhamba Sanskrit Sansthan Varanasi*- 221001.P:240,241.
7. Acharya Priyavrata Sharma – DravyagunaVidyana, part-II, Eddition reprint: 2011, published by- *Chaukhamba Sanskrit Sansthan Varanasi*- 221001.P:160,161.
8. Acharya Priyavrata Sharma – DravyagunaVidyana, part-II, Eddition reprint: 2011, published by- *Chaukhamba Sanskrit Sansthan Varanasi*- 221001.P:475,476.
9. Acharya Priyavrata Sharma – DravyagunaVidyana, part-II, Eddition reprint: 2011, published by- *Chaukhamba Sanskrit Sansthan Varanasi*- 221001.P:246-249.

10. P.C.Sharma, M.B.Yelne, T.J.Dennis, – Database on medicinal plant used in Ayurveda & Siddha, Maricha, volume –5, Edition reprint - 2008, published by- Central Council for Research in Ayurveda & Siddha, Department of AYUSH, New Delhi – 110058. P: 187-234.
11. Prof. D. Shanth Kumar Lucas - Dravyaguna Vidyana, part-II(Study of Dravya- Materia Medica), Edition - 2008, published by- *Chaukhamba Visvabharati Varanasi* - 221001;p:360.
12. Acharya Priyavrata Sharma – DravyagunaVidyana, part-II, Edition reprint: 2011, published by- *Chaukhamba Sanskrit Sansthan Varanasi*- 221001.P:239-, 241.
13. Acharya Priyavrata Sharma – DravyagunaVidyana, part-II, Edition reprint: 2011, published by- *Chaukhamba Sanskrit Sansthan Varanasi*- 221001.P:159-161.
14. Acharya Priyavrata Sharma – DravyagunaVidyana, part-II, Edition reprint: 2011, published by- *Chaukhamba Sanskrit Sansthan Varanasi*- 221001.P:474-476.