

## COVID CARE THROUGH AYURVEDIC INTERVENTION: AN EXPERIENCE BASED EVIDENCE

Dr. Veena Deo<sup>1</sup>, Dr. Nitin Awasthi<sup>2\*</sup> and Dr. Rupali Dhote<sup>3</sup>

<sup>1</sup>Research & Development, Shree Baidyanath Ayurved Bhavan.

<sup>2</sup>Sr. Ayurveda Consultant & Center Head, Baidyanath Life Sciences.

<sup>3</sup>Assistant Doctor, Baidyanath Life Sciences.

Article Received on  
22 Sept. 2020,

Revised on 12 Oct. 2020,  
Accepted on 02 Nov. 2020

DOI: 10.20959/wjpr202014-19116

### \*Corresponding Author

**Dr. Nitin Awasthi**

Sr. Ayurveda Consultant &  
Center Head, Baidyanath  
Life Sciences.

### ABSTRACT

COVID-19 is an infectious disease caused by a newly discovered coronavirus or severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). WHO declared it as a global pandemic on March 11, 2020. According to WHO statistics, COVID-19 has so far affected 213 countries and 31 territories around the world with 6,549,373 confirmed cases of COVID-19, including 101,812 deaths in India till 3<sup>rd</sup> October 2020. Despite standard treatment, 8-10% of the patients' progress to moderate stage out of which 5% deteriorate to severe stage. There is around 3% mortality rate in COVID-19 patients. The use of Ayurvedic

interventions possessing potent anti-inflammatory, antiviral and anti-oxidant effect on the body can play a pivotal role. It can modulate the immunity to be useful in preventive outcomes as well as therapeutic category. Ayurvedic intervention can reduce harmful effects of over stimulation of the immune system and prevent progression of moderate stage patients to severe stage as well. Post COVID 19 infection, Ayurvedic interventions can represent the prospective role to improve health status of patients. It will fill a major unmet medical need and may help to significantly reduce the burden over healthcare infrastructure in a massively populated developing country like us. With the Ayurvedic intervention, in terms of COVID care kit manufactured and distributed by Baidyanath Ayurved Bhavan, Nagpur, the main objective was to help arrest the progress of disease, rapid and sustained relief from symptoms and reduced requirement of hospitalization and advanced medical care. These objectives were attained by the COVID care kit.

**KEYWORDS:** Covid 19, Ayurveda, Ayush Kwath, pandemic.

## INTRODUCTION

COVID-19 is an infectious disease caused by a newly discovered coronavirus or severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). WHO declared it as a global pandemic on March 11, 2020. According to WHO statistics, COVID-19 has so far affected 213 countries and 31 territories around the world with 6,549,373 confirmed cases of COVID-19, including 101,812 deaths in India till 3<sup>rd</sup> October 2020. Despite standard treatment, 8-10% of the patients' progress to moderate stage out of which 5% deteriorate to severe stage. There is around 3% mortality rate in COVID-19 patients.<sup>[1]</sup>

COVID-19 exhibits multimodal pathology including 'cytokine storm' i.e. secretion of certain chemicals in the body that exaggerate the inflammatory response of the body; depleted oxygen supply to the body and viral infection causing pneumonia, infiltration of the lung tissue, respiratory failure and eventually, death.<sup>[2]</sup>

To date, there is no effective antiviral treatment against SARS-CoV-2. Antiviral drugs and systemic corticosteroids and some other novel treatment modalities together with vaccines are under the phase of validation.<sup>[3]</sup>

There are many formulations from traditional Ayurveda that can prove beneficial in prevention, mitigation and treatment of corona infection. Some of the Ayurvedic formulations bear a scattered evidence to have a potential therapeutic activity in epidemic or pandemic situation.

It is need of an hour to compile such evidences and knowledge from herbal alternatives to come up with intervention to be useful in management of COVID 19 at multiple stages.

## CLINICAL SCENARIO

Our country is experiencing a steep rise in patients with COVID 19. Statistics show that about 8% of patients of COVID-19 develop respiratory distress and may require artificial ventilation. The death rate in the country is around 3%. At present in our country, even major cities and major hospitals do not have enough healthcare infrastructure including healthcare workers, ICU units, ventilators etc. to take up the burden. In this case the use of Ayurvedic interventions possessing potent anti-inflammatory, antiviral and anti-oxidant effect on the body can play a pivotal role. It can modulate the immunity to be useful in preventive outcomes as well as therapeutic category. Ayurvedic intervention can reduce harmful effects

of over stimulation of the immune system and prevent progression of moderate stage patients to severe stage as well. Post COVID 19 infection, Ayurvedic interventions bear the prospective role to improve health status of patients. It will fill a major unmet medical need and may help to significantly reduce the burden over healthcare infrastructure in a massively populated developing country like us.

As per the clinical data available and statistics provided by respective authorities, almost 80% of corona positive subjects are showing up mild to moderate symptoms with an incubation period of 1 to 14 days. Many of asymptomatic infected patients either progress to the diseased or act as a carrier. Older people with certain comorbidity have a higher risk of progression of disease.<sup>[4]</sup>

Common symptoms of COVID-19 infection include fever, dry cough, and sore throat, fatigue, loss of taste and smell. The other less common symptoms are body ache, headache, shortness of breath and rarely diarrhea, nausea.<sup>[5]</sup>

Till present, COVID 19 lacks in specific treatments or vaccines. Though, many clinical trials are evaluating probable potential treatments. Meanwhile WHO released standard recommendations for the public to minimize exposure to and transmission of a range of illnesses. Preventive measures include personal and respiratory hygiene, use of personal protective equipment, boosting immunity and identification and quarantine of suspected or confirmed cases.<sup>[6]</sup>

### **POSSIBLE ROLE OF AYURVEDA**

The Health advisory released by The Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homoeopathy (AYUSH) against coronavirus infection included different herbs like Ashwagaandha, Mulethi, Guduchi etc. which may prove beneficial in fighting with coronavirus infection.<sup>[7]</sup> There were guidelines released apprehending research in Ayurveda for prevention of COVID 19.

In the present context, we wish to present the clinical experience of COVID care kit as an Ayurvedic intervention manufactured and supplied by Baidyanath Ayurved Bhavan, Nagpur.

The present study depicts the beneficial effects demonstrated by COVID care kit manufactured and distributed by Baidyanath Ayurved Bhavan, Nagpur. The principle

contents of the kit were Swashchintamani Ras/ Sameer Pannag Ras/ Basant Malti Ras, Swashkuthar Ras, Guduchyadighan Vati, Seetopaladi Churna, Ayush Kwath and Anu Taila.

## RESULTS AND DISCUSSION

Baidyanath Ayurved Bhavan, Nagpur, distributed COVID care kit to 53 patients of COVID 19. Out of 53 subjects, 3 were doctors, 3 paramedical staff, 4 delivery personnel and rest were lay person.

The Above cited COVID care kit was provided to the individuals in a prescribed format, twice a day for 7 days in asymptomatic subjects and for 15 days in symptomatic subjects. Following are the results obtained. There were no adverse events during 7 and 15 days treatment. This is suggestive of safety of the intervention. Around 40% of study population was asymptomatic. Out of rest 60%, subjects had complaints of cold, cough (Dry), fever, smell and taste loss, weakness and fatigue at baseline. 5% subjects were in need to get hospitalized for their symptoms of which 1 subject needed noninvasive ventilation eventually recovered. There was no mortality. The subjects were observed for period of 3 weeks. There was no recurrence of symptoms in any of the subjects. All asymptomatic subjects got relieved of symptoms in 3 days. Of the symptomatic subjects, 35% subjects got recovered in 7 days and 15% in around 12 days. The 10% symptomatic subjects required 14 days for the recovery of symptoms. There was no progression of disease, for any of the subjects and 100% recovery rate within 15 days of treatment. Other standard treatment on case to case basis was prescribed for the subjects as rescue medication. There was excellent compliance of subjects to continue the Ayurvedic medication. The overall quality of life of the subjects was improved faster and they could return to their routine life more swiftly.

With the Ayurvedic intervention, the main objective was to arrest the progress of disease, rapid and sustained relief from symptoms and reduced requirement of hospitalization and advanced medical care. All these objectives were achieved by the COVID care kit.

This represents the therapeutic as well as preventive potential of the Ayurvedic formulations given as an intervention. There is need to explore the product for therapeutic potential with a vigilant study design.

We do agree that the follow up in the presented clinical experience was unplanned and hence, lack a strategic data collection and analysis. However, we strongly believe that sharing our

clinical experience would help fill the knowledge gap and strengthen the confidence of all stakeholders in Ayurveda research. With limited evidence, our research is expected to assist the identification of a better treatment approach and guide further research.

## CONCLUSION

With no established conventional specific treatment or vaccine available for COVID-19 infection, and less options in therapeutic category till time, experience-based Ayurvedic medicine should be considered along with the multidisciplinary holistic treatment approach. It can demonstrate promising effects in the treatment and prevention of COVID-19 infection in early clinical settings. Controlled randomized trials need to be conducted to confirm the findings.

## REFERENCES

1. Coronavirus disease (COVID-19) Pandemic: Last accessed on 15th April 2020 at: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
2. Chen N, Zhou M, et al. Epidemiological and clinical characteristics of 99 cases of 2019 novel coronavirus pneumonia in Wuhan, China: a descriptive study. *Lancet*, 2020; 395: 507-13. [https://doi.org/10.1016/S0140-6736\(20\)30211-7](https://doi.org/10.1016/S0140-6736(20)30211-7).
3. Zhou Y, Zhang M, Zhao Q, Liu J. Updated approaches against SARS-CoV-2. *Antimicrob Agents Chemother*, 2020.
4. Cascella M, Rajnik M, Cuomo A, et al. Features, Evaluation and Treatment Coronavirus (COVID-19) [Updated 2020 Mar 20]. In: *StatPearls* [Internet]. Treasure Island (FL): StatPearls Publishing; 2020. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK554776/>
5. Coronavirus Disease 2019 (COVID-19): Testing for COVID-19. Centers for Disease Control and Prevention. [Updated 2020 April 13]. Available at: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>
6. World Health Organization. Novel Coronavirus (2019-nCoV) advice for the public. Accessed on 10th April 2020 at: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>.
7. Press Information Bureau, Government of India. Advisory for Corona virus. Last accessed on 12th April 2020 at: <https://pib.gov.in/pressreleasepage.aspx?prid=1600895>.