



# Ayurveda and COVID -19

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## Abstract

A brief history of naming COVID-19 along with the Ayurvedic trials on COVID-19 is given along with a trial conducted at Patanjali Lab at Haridwar which was not recognized by the Uttarakhand Government. Other trials are also given of polyherbal drugs. In single herbals, the lemon use and tea use is found to be worth noting.

**Keywords:** Atharvaveda; Coronil; Garlic; Lemon; Patanjali; Sanitizer; Tulsi; Zinger

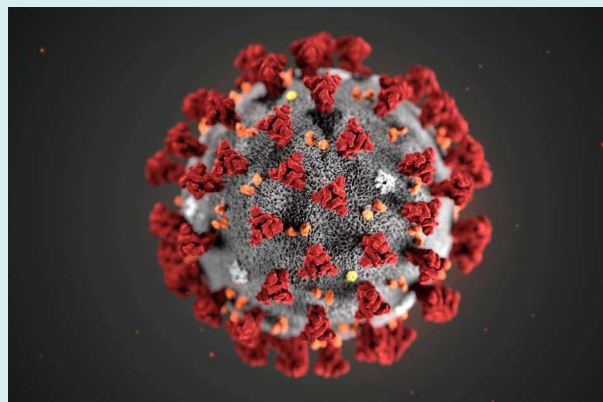
## Introduction

The World Health Organization has declared COVID-19 to be a pandemic. The symptoms of COVID-19 appear within two to 14 days after exposure and include fever, cough, a runny nose, and difficulty in breathing. What is SARS COV- 'Severe Acute Respiratory Syndrome Corona Virus'-2? It is the official name of the virus causing the Covid-19 diseases. The name was chosen because the virus is genetically related to the coronavirus responsible for the SARS outbreak of 2003.

The immune system of the body fights with the virus if it fails the virus infects the lungs completely and there is no proper respiration and the patient suffocates and dies. Still, there is no medicine at all for its treatment. Internationally, several institutes and pharmaceutical companies are in various stages of developing the vaccine with some set to go on clinical trials soon. What is Corona Virus scientifically known? Coronaviruses are a large family of viruses, which may cause illness in animals and in humans. Named after their appearance, the viruses look like a pointed corona, or crown when viewed under the ultra-structural microscope (Figure 1).

As stated above still there is no scientifically proven medicine at all for its treatment. Doctors in different countries are trying various types of medicines, which have been proved to be anti-viral or anti-bacterial. Govt. of India Ministry of Health has recommended Lopinavir-Ritonavir

for high-risk groups patients aged above 60, suffering from diabetes mellitus, renal failure, chronic lung disease, and are immunomodulators.



**Figure 1:** The deadly Corona virus.  
**Image Credit:** Reuters

## Ayurvedic and other Plants Research

However, Yanuck [1] and The Hindu (Pandemic notebook) have very elaborately reviewed the evidence-based strategy for improving clinical outcomes in COVID-19. Recommendations are based on the phases of the disease, because optimal interventions for one phase may not be

appropriate for a different phase. The four phases addressed are Prevention, Infection, Inflammation, and Recovery. Further, they have also taken the evidence from early observational studies and the existing literature on both outcomes and mechanisms of disease, to inform a phased approach to support the patient at risk for infection, with infection, with escalating inflammation during infection, and at risk of negative squeals as they move into recovery. They have also recommended the role of anti-oxidants and also the natural vitamins; Vitamin D, Vitamin A, Zinc, Vitamin C, Quercetin (flavonoid), and minerals and other herbs which are well known as immunomodulators.

### Are there any Ayurvedic or Home Remedies to Treat COVID-19?

Though in India many have claimed the Ayurvedic treatments for Covid-19 this is all ambiguous. Ayurveda starts from the book of Atharva Veda (ca 1300-500BCE) in which the viruses and bacteria have been divided into 28 *Adrishta krimi* (not visible worms) and their different sources have been cited [2]. No doubt, Ayurvedic treatment existed in the past for many viral diseases like pneumonia, smallpox, the common cold, and different types of flu, measles, mumps, rubella, chickenpox, and shingles and many others. When Ayurveda came into existence as a science after the stalwarts students of Taxila University passed out and came into practice like Charaka and on the contrary, Sushruta passed out from Benaras (Varanasi) second school of Ayurvedic studies, when the Taxila university was ruined by the attackers they shifted the place of Ayurvedic research to Kashi under the king of Kashi known as Divodasa and then to his disciple Sushruta, the great master of surgery [3].

The philosophy of *Kapha*, *Vayu* and *Pitta* to diagnose the disease and testing of the drugs (plant, animal & minerals) the ethnopharmacology of the drugs, i.e., *Ras*, *Guna*, *Virya*, *Vipak* and *Prabhava* as their set action on different parts of the body and further the use of polyherbal drugs evolved in Taxila University. As in Atharvaveda only the single drug (plant, animal, and minerals) and their uses are described. Sharma [4].

When diseases' were diagnosed and identified as imbalance of *Cough*, *Vayu*, and *Pitta* in the body and the drugs were chosen with their qualities *ras*, *guna*, *veerya*, *vipak*, and *pravahao*. This was an extraordinary art to diagnose correctly the diseases and prescribed the appropriate drugs (polyherbal) keeping in mind the qualities of the drug as cited above. Presently, seldom any Ayurvedist analyse any drug as these are already been previously analyzed. They simply see the 'Sharangdhara Samhita', and 'Vhaisajya Ratnawali', etc. which are the formulary of the polyherbal drugs to be used in various diseases, in which the formula of the polyherbal

drug was used are given with their doses and administration.

### Researches in Ayurveda

Recently, Girija & Sivan [5] claim that a case of a Coronavirus disease (COVID-19) positive patient treated entirely with Ayurveda. In this particular case, the diagnosis was initially made, based on his symptoms and the season. Since the COVID-19 diagnosis was taken up and in its place, they looked at the symptoms as those of a *nija jwara* (caused by the disequilibrium of the bodily *doshas*), a fever with *Vata-Kapha* predominance and gave appropriate medicines, diet, and regimen. The final diagnosis was arrived at based on the vast literature available on COVID-19 in the public domain and symptoms as reported by the patient. Fevers are classified according to the aggravated *doshas* (disease-causing factors), which allows us to understand all types of new and emerging fevers. However, Patanjali has launched an Ayurvedic medicine 'Coronil' to treat coronavirus infection COVID-19.

(<https://www.timesnownews.com/health/article/covid-19-drug-patanjali-to-launch-ayurvedic-medicine-coronil-to-treat-c>).

But simultaneously, what happened next we do not know? However, the drug could easily be assumed as a Prophylactic. A notice has been sent to Baba Ram Dev, Proprietor of Patanjali Ayurveda by the Government of Uttarakhand on this medicine, which claims it cures COVID-19 within seven days. However, a final report from the Ayush Ministry has to come. Till then the claim is invalid.

### At Lokbandhu Hospital at Lucknow

1. Dr. Adil Rai of Lokbandhu Hospital, Lucknow conducted preliminary research on Corona patients. He undertook two trials:
2. One with 'Sonth' powder (*Zingiber Officinalis* treated and dried, rhizome parts) decoction and with Garlic (*Allium sativum*).
3. Second with the decoction of 'Tulsi' leaves (*Ocimum sanctum*, Holy Basil), Dalchini (*Cinnamom zeylanica*, bark), and 'Kalimircha' (*Piper nigrum* fruits) in the ratio of 4:2:1.
4. A concoctions Sonth (Zinger powder) and 2 cloves of Garlic given in the morning & evening to the patients.
5. In the first trial, 16 patients were taken for trial and they were found free of Corona within five days.
6. In the second trial of decoction 16 patents were taken but they got Corona free after 7-12 days.

### Other Claims

Lion Ranga Venkateswara Rao claims that with just one Lemon fruit you can cure the Coronavirus. If you put only

### Tea as a Treatment

one drop of Lemon Juice each in your nostrils, the virus that is lying in the nose, throat, and lungs would come out in the form of phlegm into the mouth which you have to spit out. Then in lukewarm water add a few drops of lemon juice and a little salt, gargle, and spit out. Then you will feel great relief. Then apply Coconut oil in your nostrils with your fingers. Lemon, *Citrus aurantiifolia* (Christm.) Swingle (*Citrus medica* var. *acida* Brandis) commonly known as 'Kagzi Nimbu" as a cure and as a Sanitizer.

As described above, he claims that he successfully tested the above remedy on his own self and after obtaining positive results, he suggested the above remedy to many politicians and others who were infected with the Coronavirus. Mr. Rao claims that Lemon Juice also doubles up and works wonderfully as a Sanitizer. As applied Lemon Juice on your hands and head, and spray on your clothes and sprinkle in the rooms.

According to China's famous Coronavirus expert Late Dr. Li Wenliang has stated before his death that, 3 chemical Methylxanthine, Theobromine and Theophylline can kill coronaviruses and all these three chemicals are found in tea. So he recommended if someone drinks three cups of tea in a day, they will not get infected with coronavirus, or if any infected person drinks tea, then they will be infection-free in a few days. He was also punished by the Chinese government for exposing this truth.. Corona patients were given tea three times in the Huwan province of China. That's why today the Corona is free. (US-based CNN News Channel). Tea has not been included in Ayurveda by few workers the textbooks Sharma [4] and Chuneekar [6] did not include the plant. However Dhanwantri the present Ayurvedic workers. It is to note that in China black tea is taken not like India with milk.

Ayurvedic analyses of drugs used in Covid-19 on the basis of Guna, Rasa, Vipak, Virya for their action as under based on Chuneekar and Dhanwantri [6-8] (Table 1).

	Guna	Rasa	Vipak	Virya
Sonth	Laghu	Katu	Madhur	Ushna
	Snigdha			
	Ruksha			
	Tikshna			
Lahsun	Tikshna	Madur(M)	katu	Ushna
	Snigdha	Lavan		
	Pichal	katu (M)		
	Zuru	Tikta		
	Sar	Kasaya		
Dalchini	Laghu katu	katu	ushna	
	Ruksha	tikta		
	Tikshna	Madhur		
Tulsi	Laghu	katu	Katu	Ushna
	Ruksha	Tikta		
Kalimircha	Laghu	katu	katu	ushna
	Tikshna			
Kagazi Nimbu	Laghu	Amla	Madur	Anushna
Tea	Ruksha	Tikta	Katu	Ushna

**Table 1:** The following above Table is given for those Ayurvedists who could analyze and may reach to some conclusions to find how the drugs are behaving for Covid-19.

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