

Corona Virus and Ayurveda 2021

Dipesh kushwah *

Department of Chemistry, ITM University Gwalior, India

ABSTRACT

COVID-19 is an infectious disease caused by a newly discovered CORONAVIRUS. It's a type of Severe Acute Respiratory Syndrome.

The symptoms of SARS-nCOV-2 cause dry cough, fever, Tiredness, and difficulty of breathing (severe cases). We can cure the symptoms and defects of the whole body (vata, pitta, kapha) caused by the system and its qualitative therapists.

Keywords: Coronavirus, COVID-19, Ayurveda medicines, SARS-nCOV-2.

INTRODUCTION

COVID-19 is Tridoshaj Kapha Pradhan Dose. COVID-19 is an infectious disease caused by the recently found virus known as SARS-COV-2 (coronavirus). Before the outbreak originated in Wuhan, China on December 2019, there was no information about this virus.

HISTORY

The oldest common ancestor of coronavirus has been dated as far back as the 9th Century BC. Some studies published in 1990 specified the most recent common ancestors as follows;

Betacoronavirus -3300 BC

Deltacoronavirus -3000 BC

Gammacoronavirus -2800 BC

Alphacoronavirus -2400 BC

SYMPTOMS

People may be sick with the virus for 1 to 14 days developing symptoms. The most common symptoms of coronavirus disease (COVID-19) are

- COUGH
- FEVER sadhya dosh
- TIREDNESS
- Difficulty in breathing (Severe cases) kricha sadhya

PERSPECTIVES OF AYURVEDA

Tridosaj kapha pradhan dosh

- Cough Kapha dosh
- Fever Pitta dosh
- Tiredness Vata dosh

MOST PEOPLE (about 80%-85%) recover from the disease without needing special treatment. More rarely, the disease can be serious and even fatal. Older people, and people with other medical conditions such as (Asthma, diabetes, or heart disease), may be vulnerable to becoming severely ill.

Sawas Rog

(Asthma)-Acharya charak has considered the disease of breathing to be fatal. (charak chikitsa sthan 17/6).

Prameh (Diabetes)-(Charak chikitsa sthan 6/7)

Kaphaj prameh are SADHYA

Pittaj prameh are YAPYA

Vataj Prameh is ASADHYA

Hridrog (Heart diseases)-(SUSRUTA Uttara tantra 43/9)

*Vataj-pittaj-kaphaj hridrog sadhya

*In durbal Rogi updravyukt hridrog is asadhya

*Sannipataj and new krimij hridrog yapyh

MYTHS VS REALITY

Common myths

- Coronavirus can be transmitted through mosquito's
- Everyone should with symptoms of covid-19 can spread the disease.

Correspondence to: Dipesh kushwah, Department of Chemistry, ITM University Gwalior, India, E-Mail: kushwah@unn.edu.ng

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- Eating garlic and drinking alcohol can prevent COVID-19.
- Reality
- The corona virus cannot be transmitted through mosquitoes.
- Even people with COVID-19 infection but no symptoms can spread the disease.
- Eating garlic and drinking alcohol DOES NOT prevent COVID-19.
- Those having symptoms of fever and cough as well as health-care workers should wear masks.

PREVENTIVE MEDICINES

Tribhuvan keerti rasa

Use in-Vatukaphaj pradhan jawar, Influenza, Bronchitis, Digestion improvement, Allergy condition

Dose-125-250 mg.

Sawaskuthara rasa

Use in-Vatukaph nasak, All Respiratory diseases, Sawas, Kash, Pratisayay, Asthma, Pneumonia, Swine flu Dose-125 mg-250 mg.

Sanjivani vati

Use in-Tridosaj chikitsa, Jirna jawar, Viral infection, Sneek beat, Visuchika, Kas, pratisayay. Dose 250 mg-375 mg.

Abhrak bhasm

Use in-tridoseshamak, Rasayan, Immunobuster, AntiInflammatory, Energy booster Dose-250 mg-500 mg.

Godanti bhasm

Use in-Jiran jawar, Malaria, Dry cough, Taiphoid jawar, Shiroshul, URI (upper respiratory infection)

Normal pain, Inflammation of joints, Hypocalcemia Dose 250

mg-500 mg

Guduchi: (*Tinosphora cordifolia*)

Use in-viral infection, Malaria, Dengue

Chikangunia, Immunomodulator, Metabolism improvement
Diebites

Kalmegh: (*Andrograhis paniculata*)

Use in-Antiviral, Antibacterial, Antiparasitic, Anti-inflammatory, Immunostimulate, Hepatoprotective

Broncoitis, Neomonia

Yastimadhu: (*Glycyrrhiza glabra*)

Use in-Cough, Asthma, Tuberculosis, Malaria, COPD (Chronic obstructive pulmonary disease)

Method of giving medicine

Rest all the medicines in equal parts (125 mg) and mix them with the same amount of powdered powder.

125×8=1000 mg/dose

Give three dose/day with honey (madhu).

RESULT

This is Tridoshaj Kapha Pradhan Dosh with deficiency of immune power, so we can improve the human immune power and balancing dosha's.

CONCLUSION

Ayurveda is a system in which healthy persons are first protected and the health of a patient person is cured.

ACCORDING TO ACHARYA CHARAK

In the same way we can all protect the health of the patient in the treatment of an individual with the corona virus and cure him completely.