



Opinion

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Conceptual study of Panchakarma therapy as preventive therapy for COVID-19 W.S.R. to Rajayakshma

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ABSTRACT

In Ayurveda disease are mainly classified into two types i. e. Nija and Agantuka. Covid 19 is fatal respiratory disease caused by Novel Corona virus is declared as epidemic with higher mortality rate. Rajayakshma one of the Aupasargika vyadhi caused by various Hetus, leads to Ojokshaya has similar sign and symptoms of covid 19. Panchakarma therapy has curative aspect as well as preventive for many disease by improving immunity. So, the Panchakarma mentioned in Rajayakshma may be used as preventive measure for Covid 19. As there is no confirmed treatment available, it will helpful in treatment of Covid 19. From classical text references further clinical researches in this area would be helpful.

Keywords: Panchakarma, Rajayakshma, Aupasargika Vyadhi.

INTRODUCTION

In Ayurveda, on the basis of hetus there are 4 types of diseases are mentioned, i.e. Agantuka, vataja, pittaja and Kaphaja vyadhis. Doshaja vyadhi further called as Nija vyadhi which are caused by the vitiation of tridosha. While bahya hetus are the main causative factors in Agantuka vyadhi later on tridosha are involved and disease get expressed [1].

In present, the Covid 19 (Corona Virus Disease) is the major global health concern, highly infectious and stand as life threatening epidemic in world wide. According to W.H.O report, more than 180 countries, there is millions of Corona positive cases are present worldwide and thousands of death is confirmed in last few months.

In India also day by day, covid 19 patients are increasing. Covid 19 infection progressively reduces the effectiveness of immune system and leaves individual easily susceptible to opportunistic infections. Currently there is no vaccine or confirmed patent cure for Covid 19. So, in case of Covid 19, Prevention is better than cure.

Rajayakshma is Madhyam Raga Marga Vyadhi [2] and Tridoshaj Vyadhi with dominance of Vata and Kapha. All the Saptadhatu are involved in the manifestation of Rajayakshma. In Rajayakshma samprapti indulgence of the etiological factor leads to the vitiation of doshas. These vitiated dosha are circulated in whole body. Due to the vitiated Kapha dosha strotas channel get obstructed, especially Rasavaha strotas. Result in improper production of further dhatus that leads to the Ojokshaya. (Loss of immunity and body weight).

Panchakarma is shodhana type of chikitsa which expelled out vitiated Doshas from body, it is not only efficacious in diseases condition but also mentioned in Dinacharya and Rutucharya to improve bala i.e. ojas (immunity) and as preventive measure to many diseases [3]. In Ayurveda, Ojas is the purest form of all dhatus and responsible for bala (strength of body) which is considered as the immunity.

AIMS AND OBJECTIVES

1. To study the Covid 19 according to the Modern science.
2. To study the Rajayakshma Vyadhi according to Ayurveda classics.
3. To study the efficacy of Panchakarma therapy according to Ayurvedic classics.

MATERIAL AND METHODS

Covid 19 disease (corona virus disease)

It is considered as a fatal respiratory disease caused by novel corona virus. This causative agent come in

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contact with human via a zoonotic transmission associated with the seafood market in Wuhan, China. Which may be related to the fault in dietary regimen (vishamashana). It attack on respiratory system causes breakdown of part of body's immunity system and produces the sign and symptom, which making it vulnerable to unusual life threatening illness [4].

Fever, fatigue, bodyache, cough, difficulties in breathing, mucus/phlegm, loss of appetite, running nose, diarrhea, loss of senses etc. Are common symptoms are present. With above symptoms smoking, lungs diseases, hypertension, cardiac disorder, diabetes mellitus, renal disorders, liver diseases are risk factor of covid 19.

Covid 19 is Aupasargika vyadhi which is caused by Agantuka hetu (virus) and spread from human to human.

Rajayakshma vyadhi

In Atharvaveda, the, the transmission of Krimi from one person to other (contamination) mentioned as etiologic factor [5]. Acharya Sushruta also mentioned the vyadhi utpatti of such diseases [6]. the nirukti of Rajayakshma is disease of king or might be says the king of diseases, it indicate the severity of disease. This group of diseases is very difficult to treat so called as Rajayakshma [7].

Vishmashanajanya Rajayakshma is the etiological type of Rajayakshma. Due to the Vishamashana (improper dietary habits) leads to the vitiation of Tridosha. These Doshas are responsible for produces the sign and symptoms and leads to the kshaya.

Vishesh samprapti: Kshayaja Rajayakshma-hetu sevana by Durbala Prakriti person i.e. low immune system. Lead to depletion of rasa Dhatu which is Sara of annarasa. leads to the improper nourishment of next Dhatu and ojonirmiti get disturbed and results into Rajayakshma [8].

Following are symptom of different samprapti [9]

Kasa (cough), Jwara (fever), Shirashula (headache), Shirogourava (heaviness of head), Swara bheda (hoarseness of voice), Kanthodramsa (throat congestion), Pratishtyaya (running nose), Angamarda (malaise), Amsa marda (pain at shoulder region), Uroroga (disorders related to the chest), Arochaka (loss of appetite), Shwasa (difficulty in normal breathing), Parshwa shula (bodyache), Avipaka (improper digestion), Antradaha (abd.pain), Shonita- shtivana (hematemesis), Shleshma Chradi (excessive expectoration).

Panchakarma Chikitsa of Rajayakshma

Acharya vagbhata mentioned various Panchakarma therapies in Rajayakshma chikitsa [10].

Following are the Panchakarma mentioned in Rajayakshma chikitsa in charaka samhita [11].

A. Snehana: Snehapana - 1. Ghritapana – after meal ghritapana got relief of Shirahshula, Parshwashula, Ansashula, Kasa, Shwas. (cha.chi.8/92). 2. Dashamuladya Ghruta, Rasna Ghruta-Bala Ghruta, Dashmula Ghruta, Panha-Panchamula Ghruta, other Pancha-Panchamula Ghruta, Duralabhadya Ghruta, Jivantyadi Ghruta, Panchakoladi Ghruta, Rasnadi Ghruta, Balakshira. 3. Ghritavaleha.

Mardana and udavartana

Swedana: 1. Sankara Sweda- mild swedana at throat, whole body, thoracic region and head. 2. Parisheka sweda – Vataghna Drava Siddha Dugdha, Mahapanchamula Kashaya, Snehamishrita Kanji. 3. Upnaha Sweda Jivanti, Shatapushpa, Bala, Yashtimadhu, Vacha, Veshawar, Vidarikanda, Mulak Etc are mixed with Chatuhsneha and give Upnaha Sweda at shira, Parshwapradesha, Ansapradesha, Shirashula in the form of Poulitice.

D. Alepana – Shatapushpa, Yashtimadhu, Kushtha, and Raktachandana mixed with Ghrita and apply this Lepa on Shira, Prashwa and Ansapradesha.

E. Pradeha-1. Bala, Rasna, Ghrita, Yashtimadhu, and Nil kamala are mixed with Ghrita. 2. Kshirakakoli, Vidarikanda, Krushnagandha, Punarnava mixed with Ghrita. 3. Guggulu, Deodaru, Raktachandan, Nagkeshara are mixed with Ghrita. 4. Padmakadi Pradeha. 5. Prapoundarakadi Pralepa. The above Lepa apply over Shirapradesha, Parshwapradesha and Ansapradesha.

F. Vamana And Virechana: Likewise Acharya charak, Acharya vagbhata also mentioned the Vamana and Virechana Karma. Vamaka yoga – 1. Madanphala Siddha Dugdha Or Madhura Rasa Dravya or Vamaka Dravya Siddha Yavagu Mixed With Ghruta [Ah.chi.5/2]. 2. Sharkara, Ghruta, Saindhava and Makshik Chatana administered for Vamana. 3. Other Vamaka Yoga also mentioned in Ashtanga Hrudayam [ah su.5/61]. Virechana yoga – Acharya Vagbhata mentioned Virechana yoga in Rajayakshma chikitsa stanza [12].

Nasya- 1. Balamula, Vidarkigandhadi gana mixed with Ghrita and Saindhava. 2. Vidarigandha and Yashtimadhu Siddha Ghrita mixed with Saindhava. 3. Prapoundarika, Yashtimadhu, Pippali, Bruhati, Balamula Kalka mixed with Ghrita Siddha Dugdha. The above Nasya could be administered as Pratimarsha Nasya in daily routine.

DISCUSSION

As Covid 19 is highly contagious disease cause by Novel Corona Virus, which attack on respiratory system - break down the immune system and present various mild to severe symptoms and can cause death.

Rajayakshma is Aupasargika vyadhi (contagious disease) [13] cause due Agantuka hetu (viruses, bacteria etc.) – vitiate tridoshas, obstruct the strotas channel – nutritious value of dhatu get decreases – Ojokshaya – produce various symptom – result in death. The hetu (causative factor) samprapti (pathophysiology) and rupa (symptom) of both diseases are similar. On basis of above referances, Covid 19 correlated with Rajayakshma.

The treatment mentioned in Rajayakshma is mainly Shodhana and Rasayana Chikitsa which has aim to clear strotas channels and improved the Ojas. (Immunity).

Panchakarma therapy like Snehana, Swedana, Vamana, Virechana, Nasya, Basti etc. Are not only expelled out vitiated dosha but also improve the bala (Ojas) and retain the energy of life. So, in Covid 19 disease, Panchakarma therapy mentioned in Rajayakshma may be used as preventive measure in Covid 19 by improving the immunity.

CONCLUSION

Covid 19 is fatal respiratory disease is continued to be problem because of the lack of targeted therapy. It mainly attack on respiratory system and affect the immune system, so for present, improve the immune system is main target. The etiological factor (hetu), pathophysiology (samprapti) and clinical features (rupa) of Covid 19 can be correlated with Rajayakshma. In Rajayakshma chikitsa, the treatment modalities (Panchakarma) are indicated mainly to improve the Ojas. (Immunity) and got relief from symptoms of disease. As Panchakarma is not only efficacious in disease but also as preventive aspect for many diseases by improving the Ojas.

From above study, concludes that Panchakarma therapy indicated in Rajayakshma may be used as preventive measure in Covid 19 disease by improving immunity system.

Need of further Research: Above references give clue of Ayurveda treatment for Covid 19. Further critical and clinical researches in this area would be helpful for covering the pandemic.

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