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Janapadadwamsa, Aupsargik roga and COVID-19 correlation and an approach to epidemics Ayurved current scenario

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ABSTRACT

Ayurveda – the nectar of ancient disease curing system exists since Vedic period s full of heritage and ts antiquity s well-known. Ayurveda s deals with cure and maintain health through its remarkable potency, viral infections are liable for many illnesses, and up to date, outbreaks have raised public health concerns. Despite the supply of the many antiviral drugs, they're often unsuccessful thanks to the generation of viral mutants and fewer effective against their target virus. Identifying novel antiviral drugs is therefore of critical importance, and natural products are a superb source for such discoveries. Viruses pose a worldwide threat and add severe medical and social problems to humanity. They are the main contributors in many minor and major outbreaks, epidemics and pandemics worldwide like Swine Influenza, Avian Influenza, and Dengue fever. Even though various types of treatment methods are available to cure viral diseases, like chemotherapy, but owing to their potential for mutation and emergence of new strains and developing resistance towards drugs, Viruses are evolving fast. This necessitates the look for new antiviral compounds that are stiffer and effective against viruses with no or less adverse side effects the concept and treatment line must be going through the Ayurved. Some Home Remedies such as Eat Guduchi or Tulsi daily can increase your immunity. Drinking Turmeric milk is suitable for the upkeep of health. Taking Ashwagandha is one of another herb for fighting with such conditions. Eating 1-2 leaves of Neem also can work well within the prevention of viral infections.

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INTRODUCTION

In a Third chapter of Charaka Samhita, we get Janapadadwamsa vyadhi mentioned. These vyadhis occur due to the greed of individuals to become supreme power & rule the entire world. In Ayurved because the treatment of janapadadhwamsa vyadhi is given as followed as we should always boil water and drink. By land, we mean any surface, it's going to be the surface ground, the ground in our homes, door handles, furniture, etc. we will make a decoction of Neem, mustard, Himalayan salt, etc. and wipe the surfaces with this decoction. Gomutra (cow

urine) also can be diluted in water and wipe the surfaces. If our immunity is good enough, even on exposure to vitiated air, water, and land, we shall not fall sick. Immunity is mentioned as vyadhikshamatva in Ayurved. Oja in our body represents the vyadhikshamatva. Oja within the body is often enhanced by Following dinacharya and ritucharya. Rasayana is that by which we get the optimum quality and quantity of rasa dhatu (the first tissue formed after digestion), after which we get an honest quality of the succeeding dhatu. Rasayana also slows down the ageing process and destroys disease (Venugopalan, 2017).

Dinacharya is following the right daily regimen. It includes a series of things to try to from once we rise in the morning. One should wake up in Bramha muhurta (before sunrise), and after proper elimination, should resort to Abhyangam (anointing the body with oil), padabhyangam (application of oil on feet), karnapoorana (instilling oil within the ears), nasyam (nasal drops), brushing the teeth, gandoshha (holding medicated oil or decoction within the mouth), Kavala (gargling), vyayama (exercise), yoga asana, snana (bathing), etc. Then one should offer prayers and pay respects to the elders and teachers and began for work. Following the right dinacharya increases the Oja in our body and makes us strong (Joachim, 2020). Similar are the consequences of Ritucharya, seasonal regimen. One should resort to different types of diet and regimen in several seasons. By following ritucharya, Oja is increased and therefore, the chances of being afflicted with diseases decreases (Thakkar *et al.*, 2011).

MATERIALS AND METHODS

Relevant literature was collected to explore the Concept and understanding through search carried out on various web data engines and sites such as Google Scholar, ScopeMed Medscape, B.M.C. Medicine, MEDLINE database, PubMed and other relevant information was obtained using keywords such as COVID 19, Concept of epidemics, Aupasargik roga in Ayurved and Janpadudvansa in Ayurved. Literature was also extracted from Ayurved treatises, textbooks, compendia of Ayurved, and available dissertations/thesis, and various research articles were also investigated.

COVID-19

The Virus chargeable for COVID-19 (previously called 2019 novel coronavirus) and therefore the disease it causes. The official names are disease coronavirus disease (COVID-19). Coronaviruses are sorts of viruses that typically affect humans. They

regarding the cold, pneumonia, and severe acute respiratory syndrome (SARS) and will also affect the G.I.T.G. I.T. I (Paules *et al.*, 2020).

Signs and Symptoms of Coronavirus

The symptoms of most coronaviruses are almost a bit like the upper-respiratory infection, including a runny nose, coughing and sometimes a fever. In most cases, you'll not know whether you've got Coronavirus or a certain cold-causing virus, like rhinovirus (N.C.I.R.D, 2020).

Coronavirus family

Corona viruses are an oversized family of viruses which can cause illness in animals or humans. In humans, several corona viruses are known to cause respiratory infections starting from the respiratory disease to more severe diseases like geographical area Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The foremost recently discovered coronavirus causes coronavirus disease COVID-19 (N.I.H, 2020).

COVID-19

COVID-19 is an infectious disease condition caused by the most recently discovered Coronavirus. This new Virus and disease were unknown before the outbreak began in Asian countries Wuhan, China, and then spread in American and Arabian countries in December.

Symptoms of COVID-19

The cardinal signs and symptoms of COVID-19 are fever, sore throat, dry cough and tiredness, and Subject may present the symptoms aches and pains, nasal congestion, runny nose, diarrhea. These symptoms are initially hidden, mild and begin gradually over time. Some subjects asymptomatic, they had an infection, but on clinical examination, they have seen commonly. Most subjects (about 80%) fully recover from the disease without needing specialized treatment because of the idiopathic response of good immunity. Around 1 out of every six subjects, they become COVID-19 positive becomes seriously ill and develops hypo ventilation problems. The older age subjects, those who are already on medications of high blood pressure, heart problems or diabetes, are mostly developing severe illness. Subjects get manifested with symptoms of fever, cough and difficulty breathing need immediate medical attention (Jared and Eddy, 2020; Deshpande and Parwe, 2020).

COVID-19 Transmission

Subjects can manifest with COVID-19 from others who have a viral infection. The disease may spread from person to person through small droplets trans-

mission from the nose or mouth which are spread when a subject with COVID-19 coughs or exhale in a favorable environment. These droplets settled down on utensils, objects and surfaces which is close contact with the person. In secondary chain transmission of COVID-19, other subjects also get infected with COVID-19 by touching these infected objects or surfaces, then touching their eyes, nose or mouth. Subjects may infect with COVID-19 if they breathe in droplets from a subject with COVID-19 who coughs out or exhales droplets. This is why it is essential to stay more than 1 meter (3 feet) away from a person who is already symptomatic to COVID-19 (Nisargandha and Parwe, 2020).

COVID-19 is an airborne transmission, Studies and researches suggest that the Virus that causes COVID-19 is mainly get transmitted through person to person contact with respiratory droplets and through the air. The main route of transmission the disease spreads is through respiratory droplets expelled by Subject who is coughing. The risk of infection of COVID-19 from asymptomatic Subject is significantly less. The risk of infection of COVID-19 from the faces of an infected person appears below. While initial biochemical investigations suggested that Virus may be present in faces in some cases, spread through this route is not the leading cause of transmission of the outbreak. The ongoing research data shows that the way of transmission of COVID-19 is spread and will continue to share new findings. Because this is a risk, however, it is another reason had cleaning and regularly sanitizing, after using the bathroom and before eating (Al-Ani *et al.*, 2020).

Potential risks of COVID 19

The risk factors like location are depending on where you are and more specifically, whether there is a COVID-19 outbreak unfolding there. For most people travel in most locations which cantonment and buffer zones, which is the risk of catching COVID-19 are still low. However, there are many places around the world (cities or areas) where the disease is getting area into the spread. For people living in, or visiting, such an area, the risk of catching COVID-19 is higher side. Governments and health authorities are taking legal and preventive action every time a new case of COVID-19 is identified and manifested. (Saunders, 2020). Always be assured of avoiding traveling, Local market or large mass gathering attending a ceremony. Cooperating with disease control efforts will lower your risk of infection or spreading COVID-19. COVID-19 outbreaks indeed contained and transmission stopped, as in Asiatic and Americans countries, unfortunately, new infective outbreaks can emerge rapidly.

It's imperative to be aware of taking essential precautions, where you are or intend to go. A specific vaccine or medicine or line of treatment for COVID-19 Not yet invented. At present, there is no specific antiviral medicine and no antiviral vaccine invented to prevent or treat COVID-2019. However, those who affected should receive care to get symptomatic relief. People are hospitalized, which is get manifested with COVID19 with signs and symptoms. Most patients recover with adjuvant therapy and supportive care. Possible vaccines and some specific drug treatments are under the beta phase of testing. Number traditional medicines are reported as adjuvant and symptomatic relief of COVID 19. They are being tested through multicentric clinical trials. The most effective way to protect oneself and others against stay distant to avoid cause (World Health Organization, 2020) In precautionary measures of COVID-19 are too frequent cleaning and sanitizing of hands, cover your cough with the full five-layered mask, the bend of elbow or tissue, and maintain the least distance of 1 meter (3 feet) from while coughing or sneezing.

Pathology of COVID 19

The Coronavirus of the family that causes COVID-19 and the one that caused the outbreak of Severe Acute Respiratory Syndrome (SARS) in 2003 are genetically identical. Still, the diseases they cause are different from each other and various routes of transmission. SARS was more deadly but much less spreading infections than COVID-19. There are outbreaks of SARS anywhere still not reported in the world since 2003. Illness due to COVID-19 infection is generally pre-symptomatic, especially for children and young adults. However, it impacts serious illness about 1 in every five people who catch it need emergency medical attention and hospital care.

It is very critical for people to worry about how the COVID-19 outbreak will affect them and their loved ones. Antibiotics are never used to prevent or to treat COVID-19. They are only be used as directed by a physician to treat associated secondary infections. While some western countries, traditional medicines or home remedies may provide comfort and alleviate symptoms of COVID-19, there is no evidence reported yet that current medicine could prevent or cure the COVID-19. Most estimates show that the incubation period for COVID-19 range from 1-14 days, most commonly around five days. These estimates will be updated as more data become available on government resources (Peiris *et al.*, 2003).

The Virus survival

It is unpredictable how long the Virus that causes

COVID-19 retains on surfaces, but it seems to behave like other coronaviruses. Studies and researches suggested that coronaviruses may persist on surfaces for hours or up to many days. This may vary under different weather conditions such as temperature or humidity of the environment, type of surface. If not sure a surface may be infected, clean it with simple disinfectant to kill the Virus and protect yourself and others. Clean and sanitize your hands with an alcohol-based hand rub or wash them with soap and water. Avoid touching your eyes, mouth, or nose, with infected part ([World Health Organization, 2020](#)).

RESULTS AND DISCUSSION

Ayurved and Coronavirus

All the diseases explained in Ayurved are often well understood in tridosha Siddhanta, where tridosha effects the Dushya, i.e. dhatus & malas, causing a particular quite pathologies. These pathologies are often named as per the pain or other ageing symptom or change in complexion and other affected organs. Because of the changes in lifestyle and environment, it is sure to happen; newer conditions are gaining to return up. Hence, they have to be tackled as per the tridosha theory explained in Ayurved classics. ([Sumangala, 2010](#)).

In Ayurvedic books, written by Acharya Sushruta (Sushruta Samhita) he has mentioned about Aupasargic Rogas ([Samhita, 2012](#)), i.e. communicable & contagious diseases during which it's been said that it's often transmitted by touch or breath, or through partaking of an equivalent bed, and eating and drinking out of an equivalent vessel with him, or through using the apparel, unguents, and garlands of flowers previously employed by a person afflicted with this dreadful disease. If we see to the transmission of Coronavirus, the ([Centres for Disease Control and Prevention, 2020](#)) I say that human coronaviruses are most ordinarily spread between an infected person to an average person in different ways ([N.C.I.R.D, 2020](#)) as

1. By the air transmission (from droplets of a cough or sneeze)
2. By close body contact transmission (hands shaking and touching to body parts)
3. By an object or surface with viral particles secondary cause (touching facial parts: mouth, nose or eyes before washing your hands)
4. By faecal-oral route contamination.

In Ayurved, there's a term called "Srotas," i.e. Channel or path which carries vital nutrients to various organs. The Srotas also acts together of the essential factors in (pathogenesis of diseases), because it's claimed that diseases are caused because of the obstruction within the Srotas. The srotas regarding the transportation & transfusion of Prana Vayu (Life Sustaining air) within the physical body is coined as Pranavaha Srotas (respiratory system) ([Byadgi, 2012](#)). The pranavaha srotas get vitiated because of various reasons like Raja (dust particles which are visible or won't be visible, containing viruses), Dhuma (smoke containing air pollutants) shitasthana (cold environment). Raja when entering through mouth and nose develop diseases like Kasa (cough), Hikka (hiccups), Shwas (Breathing problems like cough or throat irritation), pratishaya (Running or stuffy nose) which are almost like Coronavirus.

Ayurveda has inevitable potential and conceivable outcomes to be utilized both for preventive protocol and curative treatment of COVID-19. This will emphasise a significant chance of learning and creating reliable evidence. It is appropriating measures to stress those collaborations and integrations of Ayurveda in treatment protocol tending towards the COVID-19 test in India must not stay restricted and seen. ([Kukade et al., 2020](#)) Cure of a disease matter rather more, but prevention is usually better than cure. Ayurveda doctrine offers simple natural ways (daily regimens), herbal combinations, herb-mineral formulations, and exercises like Yoga for prevention of COVID-19 ([Rajput, 2020](#)).

Ayurvedic Management of Coronavirus

Life starts with the breath and ends with Breathlessness. Life is usually maintained by the right functioning of Pranavaha srotas, which is in connection (moolsthna) with Hrudya (Heart) and Dashadhaminis. This might be managed on the lines of Pratishaya, Kasa, shwas & Jwara. If symptoms of the alimentary canal like loss of appetite, indigestion, etc. are found in conjunction with it, then it should even be treated in conjunction with it. Oja (Immunity) of the patient should be increased with the assistance of Rasayana. Rasayanas are the essential drugs that help in delaying the ageing process, increases longevity, and Intelligence and supply disease-resistant power to the individual. Best rasayan may prevent Coronavirus are often Giloy, Tulsi, Agastya rasayan, Vardhman Pippali Rasayana. Shaman chikitsa: Drugs which help in prevention are:- Tribhuvan Kirti ras, Laxmi Vilas ras, Mahalaxmi Vilas ras, Chitrak Haritaki, Eladi Vati, Talisadi churna, Sitopaladi churna, Kantakari ghrita, Vasa

ghrita, Shwas-Kas Chintamani rasa. A single herb which will be used effectively during this quite case is usually Kantakari, Pushkarmool, Harikiti, Pippali, Tulsi, Sati, Brihati, Amalaki, and Elaichi.

Dhoopan chikitsa

Dhoopan karma an Ayurvedic treatment is usually wont to prevent the viral attack. Dhupana Karma is one of the most used of medicated fumes (by burning of dried plant & animal parts). Consider it as a Yagya or Havan at the place where we live. It includes fumigation for the creation of an infection-free environment for healthy beings so that no disease can develop, especially wards fumigation and mass areas. Acharya Kashyap has explained Arishta dhoop to destroy all diseases. We must use cow dunk (Go-shakrut) for burning. Add cow ghee in conjunction with Nimb Patra, neem fruit, and neem bark to form smoke. Let this smoke circulate the place where you're living to stop virus entry. We can also use Guggulu, Sarso (mustard), Devdaru, Jatamansi etc. Prevention is best than cure to extend immunity to stop the virus entry inside ourselves (Samhita, 2008).

Treatment

Once Subject has already inherited contact with Coronavirus, then we've to follow the three modes of treatment, i.e. Daivavyapashraya and yuktivyapashraya.

Daivavyapashraya

For daivavyapashraya chikitsa (Treating with prayers and worship) the subsequent is often done.

Yuktivyapashraya

Yuktivyapashraya chikitsa (Dhanya, 2017) (Treating with intellectual use of medicines) are often done by taking the subsequent medicines as Agatha heritage 5g can be taken twice daily with warm water, Sanshamani Vati 500mg can be taken twice-daily, Shadang paniya decoction for drinking can be used, Trikatu 2gm can be taken twice daily with warm water, Tulsi leaves decoction for drinking can be used, Yuktivyapashraya chikitsa for Coronavirus also can be done as for treating the krimi (pathogens) is given in Ayurved. This includes the subsequent, By following the principles of Ayurved, which are directly derived from the Vedas, one is sure to stay healthy and if accidentally he encounters a disease, an approach to epidemics in Ayurved in the current scenario. He's bound to attain health once more. For instance, if we resort to doing namaskara rather than a handshake, we aren't getting to inherit direct contact with anyone who could also be afflicted by a contagion, By cremating the dead bodies, we are getting to destroy any

pathogens which will be present within the body, If we follow dinacharya and Ritu charya, we aren't likely to fall sick. Therefore, it is often concluded that the simple principles of Ayurved often solve the matter of Coronavirus.

CONCLUSION

This study concludes that the Prevention methods of Coronavirus Measures of prevention are to avoid getting exposed to the present Virus By the Using mask while getting into public places, By washing your hands with antiseptic soap with water a for a minimum for 20 seconds, By avoiding of touching your facial parts with unwashed exposed hands, By avoiding the close contact with people who are diseased and positive for COVID 19, By staying at home if you're sick as your immunity could also be a smaller amount., By covering face while coughing and sneezing with a tissue and store the tissue in the trash with biomedical waste bins, By sanitizing and cleaning recurrently touched utensils and surfaces, Preventing viral Entry at its Gateway by Pratimarsh Nasya Therapy, By Applying cow ghee or oil inside each nostril to stop the Entry, By applying of Neem oil on the skin and decongestant inhalation of 1 teaspoon ginger or ten drops of essential oil in boiling water and do steam inhalation.

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Conflict of Interest

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