



Ekal dravya (Single Herbal Drug) exploit in Covid 19 – A Review

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ABSTRACT

Ayurveda is the study of life through which a delayed, glad and sound life can be achieved. Rasayana is certainly one of the approaches to achieve it. Rasayana is clarified in every single traditional treatise in incredible subtleties. It is an unmistakable branch in Ashtanga Ayurveda and shows its significance in treatment. Makers of Bruhatrayi and Laghutrayi have devoted separate sections for clarifying Rasayanas. Pundits, for example, Acharya Chakrapanidatta, Gangadhara, Yogendranath Sen, Dalhana, Arundatta, have likewise advanced various parts of Rasayana and have presented various features. The reason for Ayurveda is the support of Swasthya (wellbeing) and treatment of the Aatura (infected individual). Down to earth utilization of Rasayana at both, the levels help in filling the need. Point: The point is to arrange the single Rasayana drugs helpful in Covid-19.

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INTRODUCTION

While COVID-19 is at present being feasibly controlled inside China, it is continuously affecting various countries around the globe, most unmistakably the U.S, Iran, and Italy since Feb 25, 2020, WHO ([Geneva, 2020](#)). Crown contaminations are a colossal gathering of diseases which may cause sickness in animals or individuals. In individuals, a couple of crown diseases are known to cause respira-

tory defilements running from the customary infection to progressively genuine illnesses, for instance, Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most starting late discovered Covid causes COVID-19 ([Khamis et al., 2020](#)). These globules are commonly overpowering, don't go far and quickly sink to the ground. People can get COVID-19 if they take in these dabs from an individual spoiled with the disease. This is the explanation it is basic to stay at any rate 1 meter) away from others. These dots can show up on things and surfaces around the person, for instance, tables, entryway handles and handrails. People can get corrupted by reaching these things or surfaces, by then reaching their eyes, nose or mouth. This is the explanation it is fundamental to wash your hands reliably with chemical and water or clean with alcohol-based hand rub ([Vijai and Joyce, 2020](#)). In the wake of COVID-19 pandemic, there's been a lot of excitement for ways to deal with strengthen one's sheltered system, and thus produce a first line of obstruction against the ruinous disease. Immunity can't be created in a day, yet luck-

ily eating an in any event, eating routine and being really and mentally powerful is commonly enough to keep your safe system sound. As demonstrated by the World Health Organization, around 80% of the absolute people uses local meds for fundamental human administrations, particularly across Europe and South Asia. Investigation shows that countless these flavors not simply have relieving properties; they in like manner help build up the body's ordinary opposition. Additionally, not at all like allopathic medications like an enemy of disease operators, which can have veritable manifestations, an enormous bit of these flavors and flavors are commonly secured (Akanksha Srivastava, 2020).

MATERIALS AND METHODS

Ayurvedic Scriptures, Scientific diaries, Internet sites and distributed article were utilized. Being a transferable sickness, social removing and building one's resistance can be an aid to dispose of this pandemic. Ayurveda by methods for the Rasayanas can help at its best to defeat this pandemic. A portion of the single homegrown medication and Rasayanas can be utilized for the equivalent. There are some single natural medications and Rasayana drug which go about as an immunomodulatory.

RESULTS AND DISCUSSION

In Ayurvedic scripture, there are some drugs which are which act as an immune- modulator drug single or combine are as follow.

Haridra (*Curcumin longa*)

Evidence recommend that Haridra (curcumin longa) has an inhibitory potential against various viral defilements. The antiviral effects of curcumin were seen against diseases including vesicular stomatitis contamination, parainfluenza contamination type 3, vesicular stomatitis contamination, group house disease, herpes simplex contamination, and respiratory syncytial disease (Zorofchian et al., 2014). Curcumin influences layer proteins by directing the traits of the host lipid bilayer used sub-nuclear mooring with target receptors including SARS-CoV-2 protease, spike glycoprotein-RBD, and PD-ACE2, which are acknowledged to check out contamination infection in assessment with the alluded to ligand or drugs as references (Chen et al., 2013).

Indhana (*Artemisia annua*)

Artemisinin is subordinates of A.annua that have been promoted as antimalarial drugs (Efferth et al., 2011). The extended reality, interceded by Interleukin-1. A couple of assessments suggesting that oxidative weight is connected with aspiratory

illnesses and in all likelihood, the use of customary malignancy avoidance operators is feasible in lung fibrosis A. annua to remove shows basic malignant growth counteraction specialist development that is more then likely in view of its high phenolic content (Ferreira et al., 2010). A. annua subordinates, artesunate, is a promising novel prescription to treat aspiratory fibrosis by thwarting pro-fibrotic particles related with pneumonic fibrosis (Wang et al., 2015).

Methika (*Trigonella foenum-graecum* (L.))

Trigonella foenum-graecum, [HULBAH in Traditional Plant medication PM], is used as a hankering energizer, lung tonic, and chest divider torment assuaging, similarly updates breathing and lung release, clears the voice, and instigates month to month cycle. They furthermore have quieting and cell support impacts (Ahmadiani et al., 2001). The seeds similarly contain half, fiber which is cement Some of the dynamic fragments in T. foenum-graecum are alkaloids (0.36%), saponins, steroidal malignant growth causing operators (0.1 to 2.2%), flavonoids, unsaturated fats (6–10%), fiber, and amino acids. Various sections consolidate coumarin, lipids, supplements, minerals, glue (28%) and proteins (22–25%) (Abdo and Al-Kafawi, 1969).

Chandrashura (*Lepidium sativum*)

Lepidium sativum seeds are accepted to reasonable therapeutic answer for respiratory issues, like bronchitis and asthma (Nadkarni and Nadkarni, 1976). The plant is created as a culinary vegetable all over Asia (Baquar, 1989). In South Asia, it is used in standard drug to treat asthma, bronchitis, and hack and is seen as supportive as an abortifacient, antibacterial, sexual enhancer, expectorant, gastrointestinal energizer, gastroprotective, laxative and stomachic (Duke, 2002; Maier et al., 1998).

Ashwagandha (*Withania somnifera*)

Withania somnifera (L.) Dunal is known as Ashwagandha, one of the most regarded therapeutic plants of the standard Indian structures of drugs, is used more than 100 subtleties of Ayurveda and is accepted to be therapeutically proportionate to Ginseng. W. somnifera has been used as an antiviral zest for the treatment of genital ailment achieved by Herpes Simplex Virus among African tribes and appeared antagonistic to influenza properties (Balkrishna et al., 2020). The purpose of the current examination is to check the antiviral capacity of W. somnifera trimmings against COVID-19 by strategies for computational methods. The middle explanation of this assessment is to limit or cripple the coordinated efforts between the receptor and

Table 1: Drugs used in Covid19

S No.	Name of drug	Botanical name	Chemical components
1	Indhana	<i>Artemisia annua</i>	Phenolic compounds (Iqbal <i>et al.</i> , 2012).
2	Haridra	<i>Curcuma longa</i>	Curcumin, demethoxy curcumin and bisdemethoxy curcumin all in all known as curcuminoids (3-6%) are major polyphenolic exacerbates (Awasthi and Dixit, 2009).
3	Chandrashura	<i>Lepidium sativum</i>	α -linolenic acid, linolenic acid
4	Ashwagandha	<i>Withania somnifera</i>	Withanolide, Withanol (Khanal <i>et al.</i> , 2020)

RBD by using Phytochemicals that could square or hamper viral section into the host cells. All the bioactive were foreseen as the counter mainstream against Rhinovirus, six (Withanolide - D, M, N, O, P and Q) for influenza, four (Withanolide -D, O, N, Q,) and Withanolide Q against Hepatitis and HIV. Also, three bioactive (Withanolide - N, O and Q,) were foreseen as undenied unfriendly to viral administrators (Khanal *et al.*, 2020).

There are some Rasayana dravyas which is utilized in covid 19 are as follow

Chyawanprash

Chyawanprash comprises Amla/Amalaki (Phyllanthus emblica/Indian gooseberry) mash as a base, and this is viewed as the best Rasayana for supporting homeostasis. Chyawanprash that contains Amla has a blended taste, joining sweet, sharp, severe, impactful, and astringent characteristics. On standard admission, it keeps up physiological capacities and restores the entire body framework. In the wake of the Covid 19 flare-up, whole humanity over the globe is languishing. Upgrading the body's characteristic safeguard framework (resistance) assumes a significant part in keeping up ideal well being (Sharma *et al.*, 2019).

Guduchi (*Tinospora Cordifolia*)

Guduchi, probably the best medication and henceforth viewed as the first in the remainder of the five Rasayana, because of its adaptability. It is otherwise called "Amrita". Diary of Ayurvedic and Herbal Medicine. Guduchi is Agnideepana, Balya, Jwaraghna and Ama nashaka and helpful for the upper respiratory tract contamination, skin infections, urinary illnesses, dyspepsia, general debility, fever, bronchitis, gout, and so on. On account of its Tikta and Kashaya Rasa. It is Guru and Snigdha in guna, Ushna veerya and Madhura Vipaka. What's more, thus, answerable for mollifying the Doshas and bringing about adjusting all the Dhatus. Along these lines, called the Rasayani. It tends to be utilized from multiple points of view like Swarasa, Satwa, Kashaya, etc (Chauhan *et al.*, 2020). In addition

community based *Swarna Prashana* and mass prophylaxis through *Rasayana* having the predominant effects upon respiratory tract can be useful *Rasayana* may include ekal dravya such as Indhana, haridra, chandrashur and ashwagandha as mentioned in Table 1.

There is also Rasayana therapy such as *Brahma Rasayana*, *Chyavanprasha* or *Amrit Bhallataka*, guduchi rasayana. The rationale for the choice of *rasayana* drugs can be traced back to *Samhita* classics of Ayurveda as well as in contemporary. Furthermore, people group based *Swarna Prashana* and mass prophylaxis through *rasayana* having the overwhelming impacts upon respiratory tract can be helpful *Rasayana* may incorporate ekal dravya, for example, Indhana, haridra, chandrashur, and ashwagandha as referenced in Table 1. There is likewise *Rasayana* treatment, for example, *Brahma Rasayana*, *Chyavanprasha* or *Amrit Bhallataka*, guduchi *Rasayana*. The method of reasoning for a decision of *rasayana* medications can be followed back to *Samhita* works of art of Ayurveda just as in contemporary examination. *Rasayana* go about as cancer prevention agent, hostile to push, mitigating, against microbial, immunization adjuvant, and give insusceptibility against infections.

Virucidal movement of Some saponins containing and sapogenins drugs are able to deactivate numerous infections, there are model, sanitized saponin combination from *Maesa lanceolata* medicate (Hu *et al.*, 2012). Further, as indicated by Ayurveda works of art, *rasayana* treatment, alongside physical and social removing from tainted people, establish a center technique to defeat pandemic and irresistible illnesses. Building in susceptibility requires time. There might be some asymptomatic bearers who could transmit the infection to other obviously in solid individuals. Thus, physical and social removing for all future fundamental to evade any transmission (Rastogi *et al.*, 2020). Ayurvedic herbal drugs, for example, Ashwagandha, Guduchi, Yashtimadhu and Amalaki for prophylaxis and the executives of SARS-CoV-2 disease. It is conceivable

to spare a large number of lives from SARS-CoV-2 contamination by improving host guard. We guess that adequacy and well-being of current therapeutics might be improved by diminishing power of CRS answerable for ARDS. India has an open door for a worldwide authority in creating proof put together prophylactic and remedial techniques with respect to the premise of Ayurveda.

CONCLUSION

In the present study, it is observed that the effect of herbal medicine has an effective role in covid 19. Most of the herbal drugs act as an immune modulator which grants against covid 19. The ekal dravya (single dravya) as mentioned in table and Kalpa (a combination of a drug) as rasayana is most effective during the pandemic condition of Covid -19. The war against COVID-19 requires a transdisciplinary approach with the involvement of researchers from medicine, science, technology and social sciences.

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Conflict of Interest

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