Management of Sannipata Jwara w.s.r to COVID-19 — Case report

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1. Introduction

Classical textbooks of Ayurveda describes Jwara as the most powerful among diseases capable of afflicting body, mind and the senses [1]. Increase in temperature of body or mind (disturbed mind) is considered as the main feature of the disease [1]. Jwara is a Rasadhatu Pradoshaja roga affecting the Abhyanthara roga marga which includes the kosa or the ama and pakavashaya together. Rasadhatu P. roga is usually treated by langhana and the same in various forms is used in the management of Jwara also. Careful analysis of signs and symptoms of COVID-19 reveals that this disease affects the A. roga marga with fever and respiratory symptoms as the main manifestations. Hence the management principles of Jwara can be adopted in the management of COVID-19 too.

COVID-19 caused by the SARS-CoV-2 virus has already acquired an epidemic nature. Epidemics like COVID-19 are not new to Ayurveda and the classical textbooks have given a vivid description of such epidemics in the name of ‘Janapadodhwamsa’ [2]. Ayurveda clearly describes various aspects of such epidemics with respect to their cause (nidana), effects, management and prevention. Charaka samhita clearly explains that such epidemics manifest as a result of vitiation of air, water, environment and season which are common to all individuals. Hence such epidemics affect people irrespective of their physical constitution and the strength of afflictions. Proper use of medicines to improve the physical health, judicial administration of five elimination therapies and rasayana, along with Daivavyapasraya chikitsa has been mentioned as preventive and as treatment for diseases leading to Janapadodhwamsa [2].

This Jwara can also be classified as being agantu (external) caused by Bhoota Abhishanga (virus), which aggravates all the three doshas. Considering the agantu and Janapadodhwamsa nature of the disease, COVID-19 can be considered as a type of Sannipata Jwara with fever, tiredness, dry cough, aches and pains, nasal congestion, runny nose, sore throat, diarrhoea etc as the main symptoms.
2. Case presentation

2.1. Patient information

An apparently normal male of 36 years working in an IT firm. The patient is well built with a height of 181 cm and 87 kg weight.

2.2. Present medical history

The patient presented with nasal congestion and mild rise in temperature since a day. The patient had a history of being in close contact with a COVID-19 case and hence was advised for COVID test and the patient was managed subsequently based on the symptoms as explained in Table 1.

2.3. Past medical history

The patient had a history of laparoscopic removal of appendix two years before following acute appendicitis. He was admitted in an ayurveda hospital one year before for management of low back pain.

2.4. Clinical findings

Prominent symptoms seen were fever, body pain, headache along with other mild symptoms like nasal congestion, heaviness of head, mild to moderate cough of productive nature etc. Such symptoms are usually seen in Sanjipata jwara where vata excessively, pitta moderately and kapha is mildly vitiated. Hence medicines that can pacify the dosha and that are exclusively mentioned in the context of Jwara were selected for management of this case.

2.5. Diagnostics

Throat Swab for RT-PCR SARS-CoV-2 (COVID-19) was given on 29 September 2020 and the result was received the next day that confirmed positive for COVID-19.

Table 1

| DATE       | SYMPTOMS                                      | MEDICINES ADVISED                                      |
|------------|------------------------------------------------|--------------------------------------------------------|
| 27-Sep-20  | Cold, Mild Cough Fever (99.7 F from Night), Tiredness + Reduced Sleep | Indukantham Kushayam 15 ML (IK) Bd, Amrutharishtam 30 ML Td, Sudarshanam 2 Bd, Taleesapatradi Choornam (TC) Muhur Muhur |  
| 28-Sep-20  | Cold, Mild Cough Fever 100.7 F (Morning)/102 F (Evening) Headache +++ (At Night), Body Pain +, Tiredness ++ | Amrutharishtam 30 ML Td, Sudarshanam 2 Td, Vettumaran 1 Bd, TC (Muhur Muhur) |  
| 29-Sep-20  | Cold, Mild Cough Fever 99.3 F (Morning)/100.8 F (Night) Headache + (Morning)++ (Night), Body Pain +, Tiredness ++ | Legrain Tab 2 Hs |  
| 30-Sep-20  | Cold, Mild Cough Fever 99.3 F (Morning)/Normal (From Evening) Headache Absent, Body Pain +, Tiredness ++ Sleep Improved, Patient Feeling Better Than Before, Positive For COVID-19 | Sudarshanam 2 Td, TC (Muhur Muhur) |  
| 01-Oct-20  | Fever/Body pain/Headache Absent, Temp Normal, Mild Nasal Congestion, Occasional Cough (Slight Productive), Tiredness + | Amrutharishtam 30 ML Bd, Sudarshanam 2 Bd, TC (Muhur Muhur) |  
| 02-Oct-20  | Mild Nasal Congestion, Occasional Cough (Slight Productive), Tiredness + | Sudarshanam 1 Bd, TC (Muhur Muhur) |  
| 03-Oct-20  | Mild Nasal Congestion, Occasional Cough (Slightly Productive), Tiredness +, Lost Smell & Taste | Sudarshanam 1 Bd, TC (Muhur Muhur) |  
| 04-Oct-20  | Nasal Congestion, Tiredness +, Absent Smell And Taste | Sudarshanam 1 Bd, TC (Muhur Muhur), Nasarsha Tailam 2 Drops Each nostril Bd |  
| 05-Oct-20  | Nasal Congestion, Tiredness +, Absent Smell And Taste | Sudarshanam 1 Bd, TC (Muhur Muhur), Nasarsha Tailam 2 Drops Each nostril Bd |  
| 06-Oct-20  | Absent Taste & Smell | Sudarshanam 1 Bd, TC (Muhur Muhur), Nasarsha Tailam 2 Drops Each nostril Bd |  
| 07-Oct & 8 | Taste & Smell + | Sudarshanam 1 Bd |  
| Oct 2020   |  |  |  
| 09-Oct-20  | Taste & Smell Regained Patient Tested Negative For COVID-19 | Sudarshanam 1 Bd |  
| 10 Oct - 15 Asymptomatic | Amrutharishtam 1 Bd, Sudarshanam 1 Od |  
| Oct 2020   | | |  
| 16-Oct-20  | Asymptomatic | Agastya Rasayanam + Haridrakhandam 1tsb Bd |  

(Bd - Twice daily; Td - Thrice daily; Od - Once daily; ML - Millilitre).

2.6. Therapeutic management

2.6.1. Medicines given

The patient was completely managed using Ayurvedic medicines from the first day of the disease. Medicines like Amrutharishtam, Indukantham Kashayam, Vettumaran Tablet, Sudarshanam Tablet, Taleesapatradi Choornam, Nasarsha Tailam, Ledgrain Tablet, Agastya rasayanam, Haridrakhandam were used during the course of management based on the condition of the patient.

2.6.2. Advises given

During the course of the disease the following advises were given:

- The patient was healthy with no co-morbidities so home quarantine was suggested. He was advised to check his oxygen saturation daily and to report if the same fell below 95%. As he reported to have reduced appetite in the initial phase of fever light diet was advised. Steam inhalation was advised twice or thrice a day for alleviating symptoms like nasal congestion, heaviness of head etc. Complete fumigation of house was advised using Aparajitha dhoopana Choornam.

- Elder parents of the patient [father-73 years, mother- 63 years], staying in the same house were advised to have Indukantham kushayam along with two Sudarshanam tablets twice daily before food as prophylaxis. Though being in close contact with the patient, prior to developing the symptoms, both of them didn’t contract the infection.

2.7. Follow up and outcome

Daily follow up of patient condition was taken over phone and the condition of the patient kept on improving with the medicines. During the course of the treatment his condition remained stable and no adverse events were reported by the patient. Nasal swab for COVID antigen test was taken on 13th day of the disease, starting from first day of developing the symptoms and the patient tested negative.
negative for COVID-19 and was advised quarantine for another seven days.

3. Discussion

3.1. Rationale for choosing the medicines

Indukantham kashayam (IK), prepared using the drugs of Indukantham Ghrta [3] was selected in this case as it is clinically proven to be effective in treating sannipata kind of fever associated with weakness of body. As mentioned in the reference of the formulation, it helps to pacify vitiated vata and improves Agni in conditions like Kshaya, Mahodara, Gulma, Shoola, Irregular fevers etc. Hence the same was selected here with a notion to alleviate symptoms of vitiated vata like body pain and headache and to improve the appetite and strength of the patient. Amrutharishtam, mentioned in the textbook Sahasrayogam [3] in the context of jwara with Giloy (Tinospora cordifolia) as the main ingredient is very effective in improving the Agni and facilitating ama pachana along with alleviating increased body temperature. The reference of the formulation itself says that it is ‘saruvjwara kulanaktha’ (one that destroys all types of jwara). The main ingredient Gaduchi and Dasamoola, being thiktha rasa pradhana helps in ama pachana, improves Agni and reduces fever. Also there are molecular docking studies available for T.cordifolia proving its role in the management of COVID-19 virus [4]. Vettumaran tablet, was given along with Amrutharishtam to alleviate the raised temperature in the initial few days of the disease. Vettumaran tablet explained in Sahasrayogam contains Borax (Tankan Bhasma), Maricha (Pniyrum), Shuddha Vatsanabha (purified Aconitum ferox), Shuddha Hingula (purified and processed Cinnabar), Ajamoda (Trachyspermum roxburghianum) and Ginger (Z. officinale).21 and is indicated for fever, vomiting and abdominal colic. Its ama pachaka and srotodhana property helps in bringing down body temperature very quickly in fever. Sudarshnam tablet, a palatable form of Sudarshanam Choornam, explained in classical textbook of Sahasrayogam [3] is a tikt rasa pradhana formulation with Kirthathikthaka (Swertia chirata) as the main ingredient. The formulation is highly effective in pacifying vitiated pitta, bringing about ama pachana and reducing the increased body temperature. Symptomatic management was done using Taleesapatri Choornam for cough and patent proprietary preparations like Leigrain for headache and Nasarsha Tailam for nasal congestion. Leigrain, is an ayurvedic proprietary medicine marketed by legend Pharma for migraine, vertigo etc and found to be clinically effective in reducing headache. It contains the following ingredients Sankh Bhasma, Swarna Makshik Bhasma, Akik Pshihi, Mahavatavidhvans Ras, Jalahari Pshihi, Vacha(Acorus calamus), Tagar(Valeriana wallichii), Sarpgandha (Rauwolfia serpentina).

Agastya Rasayanam along with Haridrakhandam was selected for managing post COVID management to improve the immunity and respiratory system of the patient. The combination is found to be effective in improving the strength of the respiratory system especially in chronic cases of asthma.

3.2. Strength and limitations of handling this case

The patient was highly motivated to take ayurvedic medicines and very communicative. He provided a very detailed daily follow up of his condition and informed any alleviation or aggravation of symptoms promptly which helped in effective management of the case. The limitation was that the follow ups were taken over phone and the patient condition was inferred through his words and management was decided based on that.

4. Conclusion

COVID-19 had already shook the world creating millions of death and other causalities. This article is a simple representation of how Ayurveda can help in the management of COVID 19 cases. It’s high time that the time tested traditional knowledge is integrated in the healthcare system to combat the epidemic. Ayurveda can certainly play a significant role in preventing and managing the epidemic if integrated into the main stream health system.

4.1. Patient perspective

“As I had a history of being in close contact with a COVID patient I was sure of getting tested positive. Hence on the first day of developing symptoms like cold and mild fever, I contacted my doctor for her advice. She advised me to get tested for COVID-19 and to start Ayurveda medicines without any delay. On the third day I got tested for COVID and the result turned out to be positive as expected. The symptoms started improving from fourth day of treatment and I was almost asymptomatic after a week though I continued to have medicine at doctor's advice. After getting tested negative doctor advised me to take medicines to improve my health and immunity. Overall I feel that Ayurvedic management helped me a lot during the course of the disease. Also my aged parents who started taking ayurveda medicines as prophylaxis didn’t get infected though being in close contact with me prior to falling sick.”

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Conflicts of interest

None.

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Nil.

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