Covid-19 is a Janapadodwans Vyadhi in Ayurveda- A Review

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**ABSTRACT**
Ayurveda is one among the outstanding contribution of Brahma, dealing with diseases and terminate the suffering of humanity. In Ayurveda Acharya charaka and Acharya Sushrut explained the concept of janapadodwans ragas. In the modern era, thousands of harmful toxins are present in the atmosphere and are inhaled by human beings. A natural disaster is a tragic incidence originating from environmental, geological and hydrological changes. It increases mortality and morbidity due to infectious disease. A pandemic is a global unfold of a new disease. The Spread of novel corona virus-SARS-Cov-2 used to be formally described through the world fitness business enterprise (WHO) on 11 March 2020 due to its surprising emergence and enlargement round the world our Acharyas has defined this pandemic condition due to contamination of soil, air, food and water. This causes infectious diseases in society. Human civilization has successfully fought with many infectious ailments due to allopathic drug remedy. Western allopathic medication presently tends to focus on symptoms and disease, mainly uses drugs and surgery however drugs due to the fact of their toxicity regularly weaken the physique however in accordance to Ayurveda if the body’s herbal protection device is strong then can more easily defend against disease. Hence in case of Covid-19 dreadful infectious disease in addition to Allopathic medicine, we should provide immunity-boosting modalities mentioned in the ancient texts of Ayurveda. In present no proper treatment available for covid-19; hence by comparing this pandemic condition to covid-19, we can study the positive factors and treat the patient according to Janapadodwans concept describing Ayurveda.

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**INTRODUCTION**

“Acharya Charaka” in vimanstan has mentioned that “Adharma” is the primary cause of janapadadwamsa ragas (Shukla and Tripathi, 2017a). Whereas “Acharya Sushruta” in kalpa sthan described its parameters, i.e. soil, air, food and water contamination (Ambikadutta, 2017). Exposure of Human being to a poisonous substance by ingestion, inhalation and contact with skin. Nowadays heavy metal toxicity is one of the reasons of Environmental contamination due to industrialization, urbanization and rapid economic development in industrial and agriculture activities such activities may cause contamination of water, air, soil & food due to this there is bioaccumulation of this element in human food chain& ultimately reach the human body. These are carcinogenic, and their chronic exposure in the environment causes many health problems due to their toxicity (Ali et al, 2019).
Covid-19 ailment induced through severe acute respiratory syndrome coronavirus two (SARS-COV-2). The first case was seen in Wuhan, China, in December 2019. (SARS-COV-2 is a member of Beta coronavirus genus, genera of the coronaviridae family of viruses. It arises indirectly from animal species, i.e. zoonotic. It shows the closest genetic sequence like bat or snake (Lisa and Hiscox, 2020).

It occurs in individuals of all ages. It is transmitted from one individual to others by close physical contact. The incubation period is 14 days after which patient’s shows symptoms include fever (85-90%), cough (65-70%), fatigue (35-40%), and sputum production (30-35%), shortness of breath (15-20%). No, specific treatment or vaccine is currently available but supportive treatment such as isolate the patient and send PCR test early, fluid sparing resuscitation, empiric antibiotics and mechanical ventilation for ADRS etc. Thus, by comparing this pandemic condition to janapadadwamsa vyadhis, we can treat the patient according to Ayurveda and prevent the disease.

Aims and objectives
To study parameters of janapadadwamsa vyadhis with Covid-19.

MATERIALS AND METHODS
The material related to this article is being referred from various Ayurvedic Samhitas (Charaka Samhita, Shushrut Samhita), Various E-media (review article from reliable sources).

Janpadodwans is a Pandemic situation-
On April 2020, the confirmed cases of covid-19 globally over 1.9 million. Seventeen countries with 1000 to 10,000 confirmed cases (Lisa and Hiscox, 2020). In India, total patients of coronavirus are 10,075 out of 342 died as our Acharya has mentioned that if a particular disease affecting more and more group of people and most of the countries, i.e. “Desha” showing same sign and symptoms included janapadadhwans vyadhis.

Effect of air
According to Acharya Sushrut if an air contaminated by poisonous gases in the environment getting more and more toxic and causes many harmful effects on the health of people. It causes asthma, bronchitis and heart diseases also (Shastri Ambikadutta, 2017a).

And hence if droplets of covid-19 patients spread in the environment and healthy people come in contact with those surroundings, he also suffers from the same symptoms.

Effect of Food
If Food poisoning occurring in that particular region due to any reason, Acharya Sushrut said that patient feels digestive problems such as vomiting, diarrhoea & finally death (Shastri Ambikadutta, 2017b) the same sign and symptoms showing the patient suffering from Covid-19 disease.

Effect of soil
Soil can be compared with “Bhumi” or “Desha” our Aacharya said that if “Bhumi” contaminated by a poisonous substance, then Human or Animals living in that region infected (Shastri Ambikadutta, 2017c) such condition can be compared with if a patient suffering from Covid-19 disease & live in it without informing others then particular land said to be contaminated.

Effect on the water
According to Acharya Sushrut water pollution due to domestic waster, Fertilizer, harmful microorganisms due to drinking or consuming polluted water it causes typhoid, cholera and various other diseases (Shastri Ambikadutta, 2017d). The same sign and symptoms show the patients suffering from Covid-19.

Modes of Transmission
COVID-19 transfers from one person to another in 2 ways.

The First Method (Direct Contact)
1. Infected Person Sneeze/Cough and Infected Droplets come out.
2. While sneezing /coughing the Infected Person must have used their hands to cover their face, and thus the Infected Droplets gets onto their hands.
3. When they touch any other normal Person, example during handshakes.
4. The virus gets Transfers onto the hands of the normal person.
5. Thus, next time when the other person touches his face (without washing hands) the virus from hands enters inside the body.

The Second Method (Indirect Contact)
1. Infected Person Sneeze/Cough and Infected Droplets come out.
2. While sneezing /coughing the Infected Person must have used their hands to cover their face, and thus the Infected Droplets gets onto their hands.
3. The infected person touches any non-living things, and the virus get transfers to the touched surface are of a non-living thing.
4. If the normal person touches the same surface area, he is most likely to get those viruses on his hands.
5. Thus, next time when the other person touches his face (without washing hands) the virus from hands enters inside the body.

Types of Contacts
COVID-19 has two types of contacts.

High Risk
1. Touch of body fluids of the patient (Respiratory tract secretions, blood, vomit, saliva, urine, and faeces).
2. Having direct physical contact with the body of the patient, shook hands, hugged or took care of.
3. Touched or cleaned the linen, clothes, or dishes of the patient.
4. Lived in the same household as the patient.
5. Anyone in close proximity (less than one meter) of the confirmed case without precautions.
6. Passenger Travelling in close proximity (less than one meter) for more than 6 hours with a symptomatic person who later tested positive for COVID-19.

Low Risk
1. Shared the same space (same class for school/ worked in the same room/similar and not having a high-risk exposure to a confirmed or suspect case of COVID-19).
2. Travelled in the same environment (bus/train/flight/any mode of transit) but not having a high-risk exposure.

Remedies regarding prevention of Covid-19
People suffering from heart diseases, diabetes, lung diseases, Kidney diseases, cancer and pregnant woman more prone to Covid-19 and hence called as a high-risk group (Passaro et al., 2020). so to prevent this following precaution can be taken as-:

1. Stay home, Use a mask.
2. Drink hot water, Social distancing
3. Avoid gathering,
4. Keep distance 1m apart.
5. Covid-19 virus having the PH In-between (5.5-8.5) so, to fight that virus we should eat the alkaline food- Nimb(9.9PH), Cinnamomum amphora (8.2PH), Alliums Sativa (13.2PH), Sweet orange (9.2PH).
6. Intake of vitamin C, vitamin E
7. Take the Sunlight at morning 10-11 am for 20 min as Sun is the best source of light to kill the viral infection in the body.
8. Dhoopan by sirisa, tagar, kustha flowers it works as Antipoison fumigation (Shukla and Tripathi, 2017b).
9. Panchakarma (Vaman,Virechan, Nasya, Niruh, Anuvasan) & Rasayan chikitsa (Sharma, 2008)
10. Intake of Allium cepa (onion) & Allium sativum (garlic) as it controls the viral infection & boost immunity in the body).
11. As the patient free from covid-19 if same unwanted sign & symptoms appear in that patient, it shows dushivish (cumulative toxicity) concept, so Dushivishariagad will be the choice of drug as it removes all types of poisoning symptoms (Shastri Ambikadutta, 2017e).
12. Wash hand with soap and water for 20 seconds if not available use hand sanitizer (at least 70% alcohol)
13. Wash clothes with 0.1% sodium hydrochloride

Suddenly Ministry of Ayush suggests Ayurvedic remedies such as as

1. Chyapavavprash rasayan
2. Golden milk mix with Haldi
3. Herbal tea made by Tulsi,dalchini,adraka, manuka
4. Nasal application with coconut oil & Brassica nigra(Mohari)
5. Steam inhalation with pudina, ajwain, lavang.
CONCLUSIONS

From the above discussion we can conclude Covid-19 is a pandemic condition and can be compared with Janapadodwansa rogas in our Ayurveda, & to overcome this type of pandemic condition remedies has already mentioned in our Samhitas so Proper precaution can prevent to more Spread of disease and save the lives of many people.

Conflict of interest

The authors declare that they have no conflict of interest for this study.

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