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EVERYTHING YOU WANT TO KNOW ABOUT CORONA VIRUS INFECTION
W.R.T. TO AYURVEDA AS WELL AS MODERN SCIENCE &
WHAT IS MISSING IN AYURVEDA PROTOCOL OF TREATMENT

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AYUSH PROTOCOL MUST INCLUDE

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AYUSH protocol does not include any brain tonic as well as some lubricating agent. When the infection/symptoms aggravate then brain should be able to control the Immune system (cytokine storm). Brain now a days is hyperactive (reasons explained later) of almost every person which interferes with the physiological system of the body.

Lubrication of internal organs is must, 10 drops of almond oil or cow ghee should be included in it. These drops can be added to the golden milk, they will provide nutrition to mucus of the body and haldi (Curcumin) being antibiotic and antiviral will make mucus healthy. As long as mucus is healthy virus can not damage the lungs as well as the alveoli.

KAPHA - ALL SITES GETTING INFECTED BELONG TO KAPHA

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- ❑ Mucus (kapha - moisture) in the body is the main part of immune system. The virus attacks every site of kapha. As long as kapha element is healthy and intact in our body, virus can not create complications. As is apparent from the symptoms, the cough is dry in COVID patients, it means the kapha is dried or depleted in the body.
- ❑ when mucus gets infected with the virus and get polluted, the lungs want to throw it out of body. So, If we could nutritive the kapha in our body then we can tone up immune system of our body. People with bronchitis and metabolic problems should be more careful.
- ❑ If you notice mode of treatments, all the treatments directly or indirectly tone up kapha e.g. the ultimate PLASMA TRANSFUSION is directly kapha inducing therapy.
- ❑ The treatment mentioned in ancient CHARAK SAMHITA also mention it, I have tried to explain everything in the coming pages.

MOTIVE OF ARTICLE

My main aim of writing this article is creating awareness among masses, As infection is on rise.

1. we should follow the precautions as avoiding the reasons is the best remedy along with working on our immunity.
2. The article includes how the corona infects the body and the symptoms appears. The Symptoms appearing in the patients are same as described in CHARAK SAMHITA, CHIKITSA STHANA CHAPTER 17, HIKKA AND SWASHA CHIKITSA, SO MANY YEARS AGO.
3. what is the mode of infection, how infection reaches our lungs, invades the alveoli and effects the oxygen intake of lungs which further affects oxygen supply to the other vital organs of the body and brain.
4. If you are careful and vigilant, then the infection will pass like any other viral infection.

WE ARE PROVIDING A CORDIAL ENVIRONMENT FOR BACTERIA AND VIRUS TO GROW , THEY ARE BECOING MORE STROINGER THAN US

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Every one must have noticed that in the last 8 to 9 years even a simple cough cold infection with viral fever has affects almost every member of family, only the person with strong immunity has been saved.

COVID is also caused by a virus, it can also affect whole family, as its spread is more fast.

COVID IS A VIRUS SO BETTER WE INSTALL ANTIVIRUS IN OUR BODIES.

We should follow the AYUSH PROTOCOL with guidance so that we can prevent the infection from getting complicated.

HICCUPS ARE A PART OF COVID INFECTION

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Every one must have seen this doctor
Dr. Stella Immanue from New York, who was
talking about hiccups as symptoms of Corona .

**AMAZINGLY CHARAK SAMHITA,
CHIKITSA STHANA CHAPTER 17, THE
NAME OF CHAPTER ITSELF IS “HIKKA
AND SWASHA CHIKITSA” .**

This chapter deals with the treatment of Hikka
(Hiccups) and Shwas (discomfort in
Breathing), as a main chapter. We can notice
the symptoms being disclosed one after
another are all described in Charak. I will
describe all the main symptoms being as written
in CHARAKA as well as by the modern
medicine .



DR. KK AGGARWAL HAS BEEN REVEALING EVERY INFORMATION ABOUT COVID

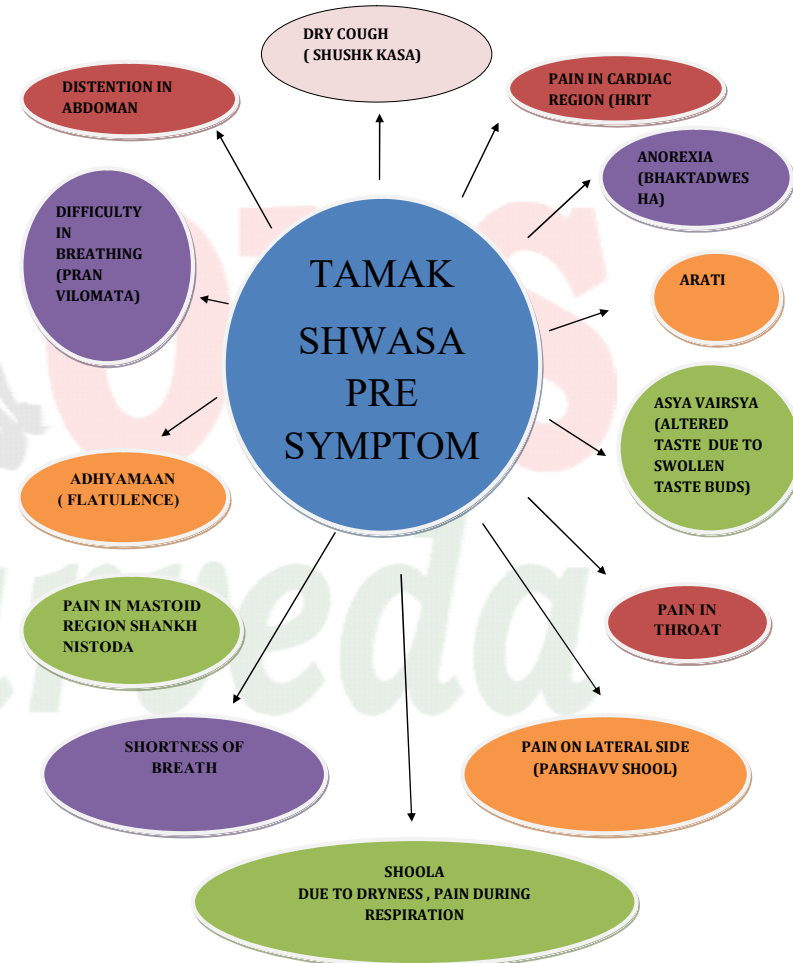
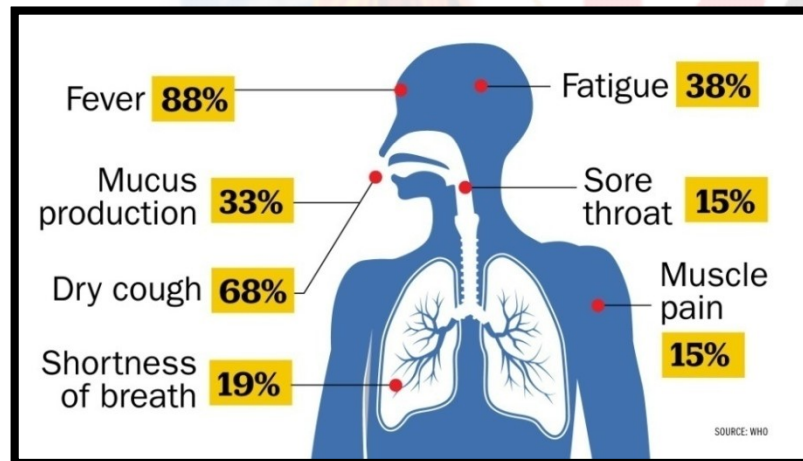
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- DRY COUGH IS THERE (SHUSHK KASA)
- The symptom clearly shows that the mucus or kapha is depleted in the lungs and lungs are dry.

SYMPTOMS OF CORONA AND PURV RUUP OF TAMAK SHWASA ARE SAME

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LOSS OF TASTE

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Nose is the gateway of COVID 19 infection

8.3K views · 5 hours ago

Due to swollen taste buds also we don't feel the taste in food.

ASYAA VAIRASYA :

Aasya means mouth and Vairashya means altered taste . When the taste of the mouth gets altered it is known as Vaktravairashya.

Intake of heavy and dry meals (Guru, Vidahi, Vistambhi, Abhishyandi and Rukshadi) causes Agnimandya which results in the vitiation of the Rasadhatu.

ANOREXIA(BHAKTADWESHA):

Disliking towards food is known as Bhaktadweshya. This condition is caused by the symptoms like heaviness caused by the infected mucus (Mala Kapha) which is due to Agnimandya.

Indigestion of food is there in the body and hence urge for intake of more food does not arise.

LOSS OF SMELL

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COVID-19 Symptoms: Is Loss Of Taste, Smell Or Anosmia Directly

CHRONIC SINUSITIS (PEENAS)

Due to infection there is swelling in the sinus, that is inflammation of the sinuses. Patient feels heavyness in cheeks and sinus are blocked.

He could not feel any fragrance(loss of smell and taste)

HEADACHE

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Can headache be the only sign of COVID 19



Headaches, loss of smell part of COVID's impact on brain

HEADACHE (SHANKHA NISTODA)

Excessive use (Atisevana) of the causative factors of Shwasa Roga causes dryness (Vata prakopa) which leads to the reverse course of Vata. This Vata enters the head region and makes its way into the mastoid region where it produces pricking pain which is referred to as Shankha Nistoda.

Acharya Vagbhata has narrated Shankha- Nistoda as one of the symptoms in Vatik Pratishyaya.

DRINKING HOT LIQUIDS IS IMPORTANT

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URGE FOR HOT LIQUIDS :

“Ushnam chaity abhinandati, मुष्णं
चैवाभिनन्दति ”

In Tamaka Shwasa Vata and Kapha are the main Doshas, both have the coldness as their property (Sheetalta), hence hotness (Ushna) is antagonist of Sheeta, which suppress Vata and Kapha Doshas. So the patient feel better when he takes warm articles like tea, coffee, hot water, soups and decoctions etc.

It helps in expectoration of cough from lungs.



कोविड-19 से बचने के लिए दिन में कितनी बार गर्म पानी पियो

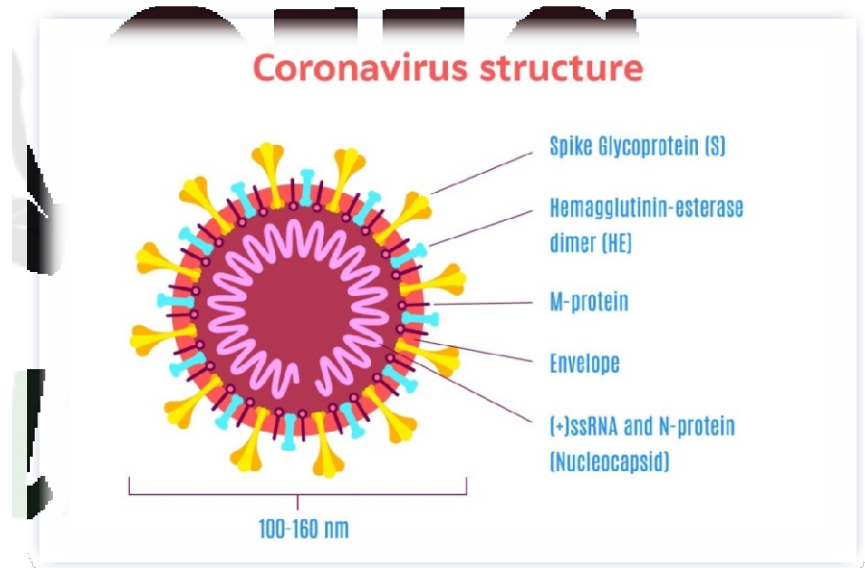
NOW LET US DISCUSS IN DETAIL...

CORONA STRUCTURE

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- The **CORONA VIRUS** is a structure that is filled with a protein, the spikes of proteins sticking out of the body to form the surface to get attached and it houses a core of genetic material. Any virus which enters your body looks for cells with compatible receptors. One day they find the right receptor and enter the cell's replication machinery to create copies of themselves.
- The studies reveal that the Covid - 19 uses the same receptor as in SARS, it is found both in lungs and small intestines.

It Explains the reason why some people are having diarrhoea and dysentery as symptoms.



CORONA INFECTS ANY PERSON WHO COMES IN CONTACT

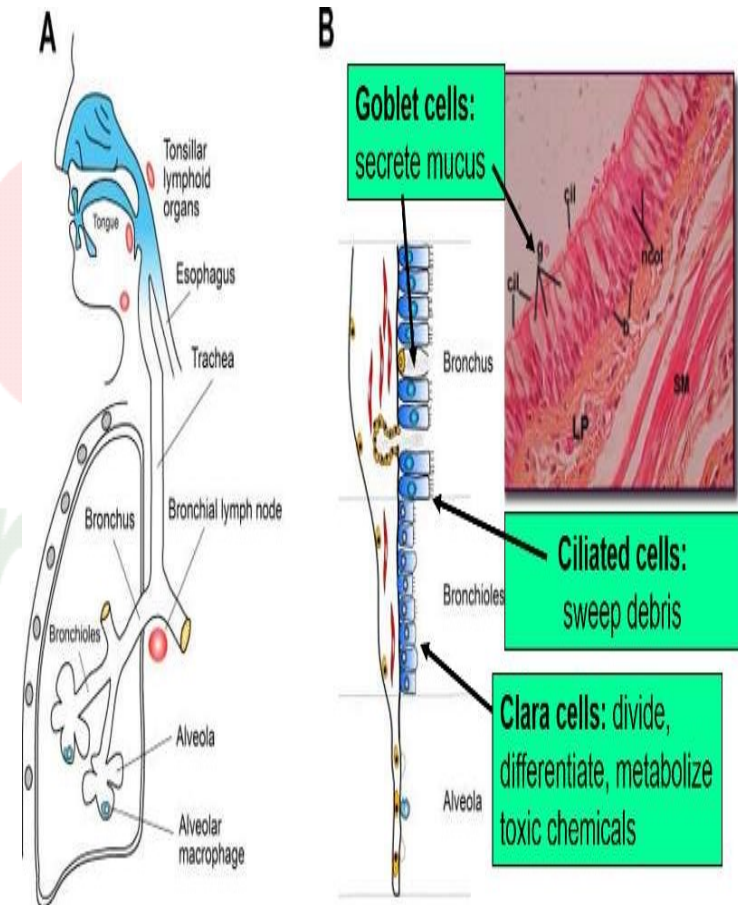
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The droplets from the sneezing or the mucus of the infected person enter into our body from Nose by breathing or through buccal cavity, if we touch our mouth with infected hands.

- It travels down the trachea, some may pass to the alimentary canal as well, but the acid in the Stomach is capable to destroy the Virus. Although some children have been found to be infected through the alimentary canal but the number is negligible.

- From trachea the virus passes down to the lungs. The virus attacks in three stages.

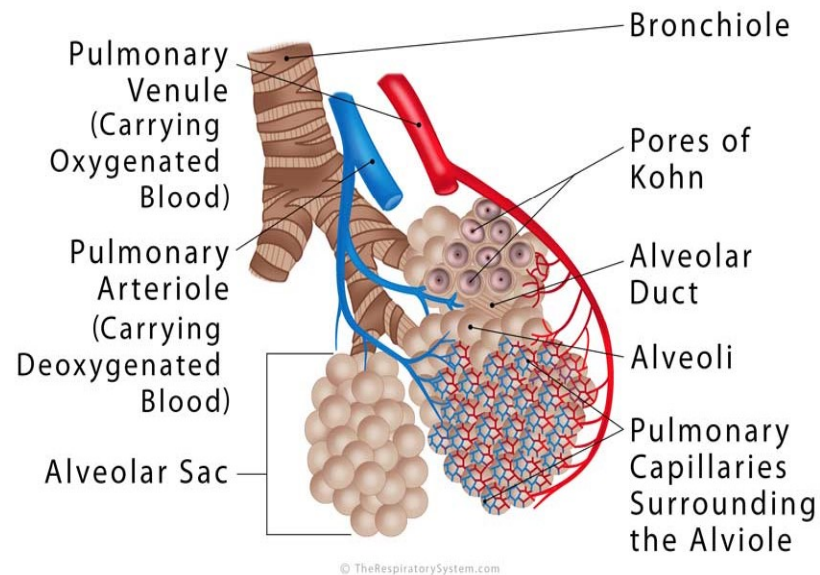
- **VIRAL REPLICATION**
- **HYPER ACTIVITY OF IMMUNE SYSTEM**
- **PULMONARY DESTRUCTION**



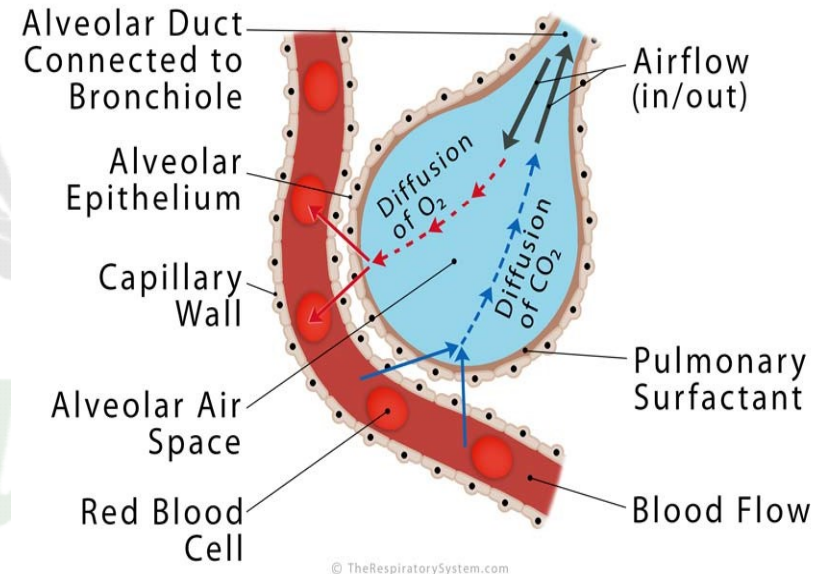
THE DETAILED STRUCTURE OF ALVEOLI AND ITS FUNCTION OF GAS EXCHANGE

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Alveoli



Gas Exchange within Alveoli



ALVEOLI CONTAINS TWO TYPES OF CELLS

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- ❑ The virus invades the alveoli in the lungs, alveoli are the tiny air sacs in the lungs which are responsible for gas exchange: where lungs replace carbon dioxide of the blood with fresh oxygen, you just inhaled.
- ❑ Alveoli keep the lungs healthy by producing healthy mucus and keeping it lubricated. The alveoli have two types of the cells
 1. Mucus Producing cells (goblet cells): It saves lungs from drying up and protects from the pathogens
 2. Ciliated cells: They propel the mucus towards exterior to clear out the debris from the Lungs on regular basis.

HERE POINT TO BE NOTED IS : STRUCTURE OF THE EPITHELIUM IN THE ALVEOLI IS THE SAME AS IN THE INTESTINES, SO WE ALSO SEE SOME CASES OF INFECTIONS FROM THE ANAL ROUTE.

- Cilia cells of the Alveoli become the host of Covid cells, the Virus invades the cells and the first of all the replication starts, the virus starts making its more copies and infecting in a major way.
- Normally during infections the immune system's inflammatory process is highly regulated and is confined to infected area. In COVID – 19, due to rapid replication the immune system over reacts and results in damage to healthy tissues and more of inflammation is there.
- The inflammation results in more permeable alveoli and increased permeability causes fluid to leak into the lungs and decrease lung's ability to oxygenate blood. In severe cases lungs get flooded and can not breathe easily. Due to it, more cells die and slough off into the lungs and clog them worsening the pneumonia. As the damage to the lungs increase, the stage begins which is respiratory failure, leading to potentially permanent damage or death.

OVER REACTION OF IMMUNITY SYSTEM DISTURBS CYTOKINES. CYTOKINES ARE THE IMMUNE ALARM SYSTEM, RECRUITING IMMUNE CELLS TO THE INFECTION SITE.

When virus enters the lungs, it triggers an immune response, attracting immune cells to the region to attack the virus, resulting in localised inflammation. In some patients, excessive or uncontrolled levels of cytokines are released which then activate more immune cells, resulting in hyper inflammation.

Diseases such as covid-19 and influenza can be fatal due to an overreaction of the body's immune system called a cytokine storm.

(Cytokines are small proteins released by many different cells in the body, including those of the immune system where they coordinate the body's response against infection and trigger inflammation. The name 'cytokine' is derived from the greek words for cell (cyto) and movement (kinos))

- Cytokine storms are a common complication not only in respiratory diseases caused by Corona viruses , they are also associated with non-infectious diseases such as multiple sclerosis and pancreatitis.

It indicates towards the compromised functioning of the Brain for releasing hormones and nervous system.

FUNCTIONING OF BRAIN BECOMES IMPORTANT AS IT CONTROLS ALL SYSTEMS OF THE BODY

Cytokines have been shown to be involved in Autocrine, Paracrine and Endocrine signaling as immunomodulating agents. Cytokines are produced by a broad range of cells, including immune cells like macrophages, b lymphocytes, t lymphocytes and mast cells, as well as endothelial cells, fibroblasts, and various stromal cells; a given cytokine may be produced by more than one type of cell.

Cytokine storms explain the reasons why some people have a severe reaction to Corona viruses while others only experience mild symptoms, the people who are healthy mentally as well as physically are capable to counter attack the virus, but the people who have compromised immunity due to any reason suffer more from this virus.

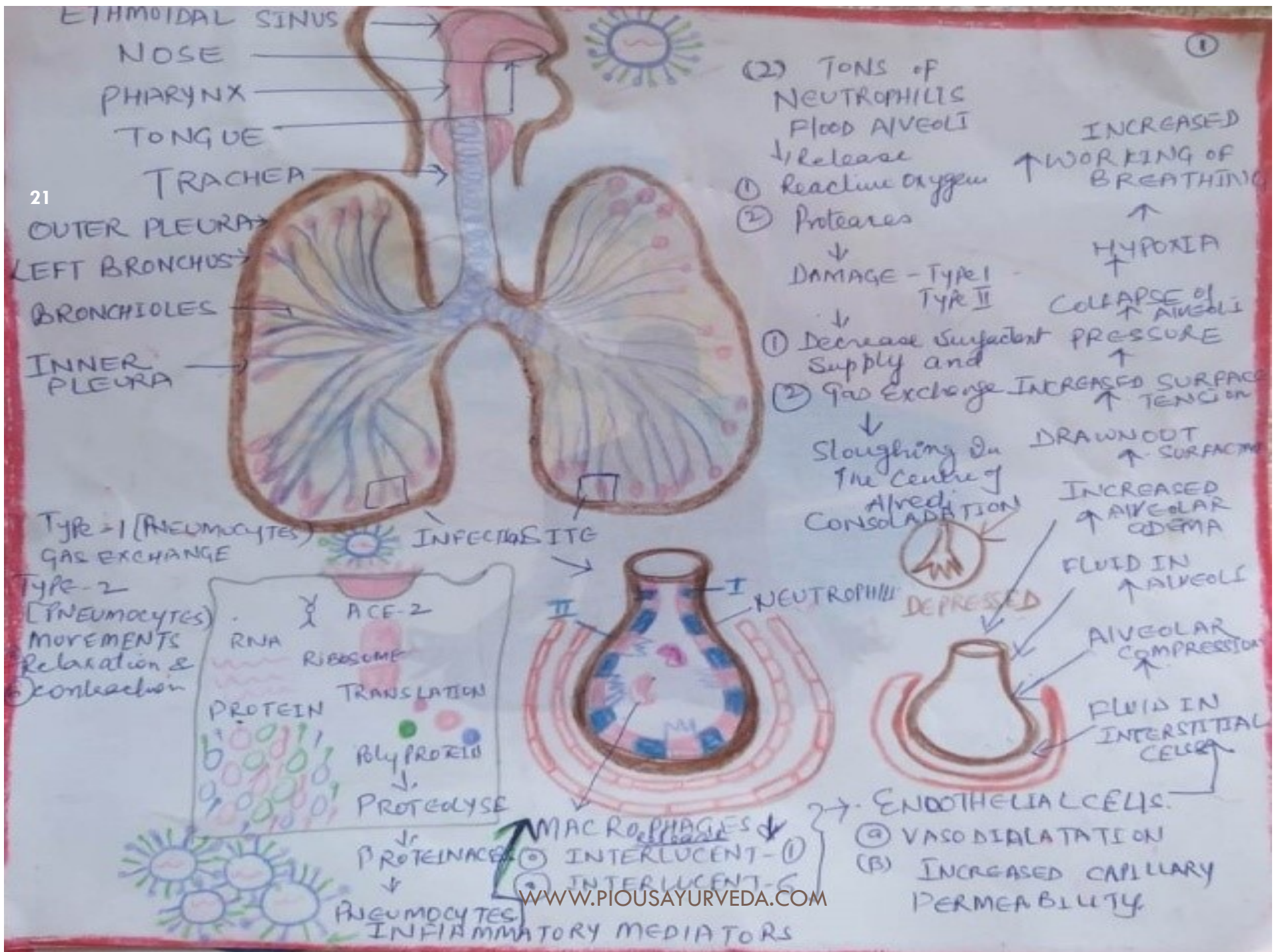
The old age people mortality explains this, It also explains why the young growing children have more survival rate, as their brain and body are working on building up body, so strong immunity.

STEPS OF INFECTION BY CORONA IN SHORT

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You breathe in virus or you have touched a contaminated surface

- > you can touch face
- > virus infects the cells lining your throat, airways and lungs
- > generate huge numbers of new viruses that go on to infect more cells
- > At this early stage, you will not be sick and some people may never develop symptoms
- > incubation period varies, but is five days on an average
- > Covid-19 is a mild infection for eight out of 10 people who get it have a fever and a cough (Body aches, sore throat and a headache are all possible)



THE FEVER IS A RESULT OF YOUR IMMUNE SYSTEM RESPONDING TO THE INFECTION

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Body recognises the virus and signals to the rest of the body that something is wrong in body so start releasing chemicals called cytokines

- These rally the immune system, this causes body aches, pain and fever (sign that our body defence mechanism is in action)
- Some people will eventually start coughing up sputum (a thick mucus containing dead lung cells killed by the virus)
- This stage lasts about a week – at this point most people recover because their immune system has fought off the virus.
- However, some develop a more serious form of Covid-19, the disease progresses due to the immune system overreacting to the virus.
- Too much inflammation can cause collateral damage throughout the body.

HYPOXIA ↓
INCREASED WORKING
OF BREATHING

↓
LUNGS HAS TO WORK HARD

- (a) BREATHE MORE OF OXYGEN
- (b) BREATHE AGAINST ALVEOLAR OEDEMA
- (c) BREATHE TO TRY TO TAKE ALVEOLAR BACK IN WORK

↓
MORE PRESSURE

↓
HYPOXIA

↓
ALVEOLAR COLLAPSE

↓
LEAD TO DEPOSITION OF
SLOUGHING IN THE



ALVEOLI → CONSOLIDATION → STOPPING GAS EXCHANGE
↓
AFFECTING OTHER ORGANS.
PNEUMOCYTES I
PNEUMOCYTES II
MACROPHAGES
FLUID
PROTEIN DECOMPOSITION
NEUTROPHILS

Low O_2 levels

↓ Activate
Chemoreceptors

↓
Stimulate Central
Nervous System
↓ [CNS]

① Increase Heart Rate
(Tachycardia)

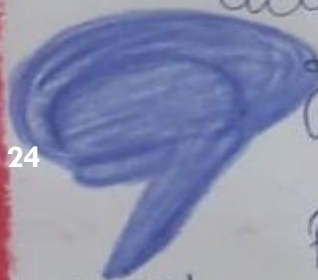
↓
② Increased Respiratory
Rate

③ Fever

④ Cough with sputum

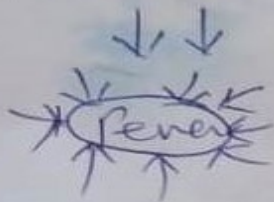
⑤ Dyspnoea

Interleukin 1 and 2
activate Hypothalamus



BRAIN

↓ Release
Prostaglandins
for
Thermostating



Inflammation of Lungs.

HEART



↓ Blood Stream

↓ Systemic inflammatory
Response

↓ Heart

- ① Increased Permeability > Fluid Leakage
- ② More Effort of Heart to Expel Blood

Bone marrow
Releases
cytokines
↓
Affected



Liver Cannot
Purify Blood
leads to

AST
ALT
CRP

Fibrinogen
Increased
levels



LIVER



Kidneys Cannot
filter Urine Due to
clogging of
glomeruli
leading to
raised levels of
BUN + Creatinine
to kidney failure

INFLAMMATION OF THE LUNGS IS CALLED PNEUMONIA

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In pneumonia the tiny sacs start to fill with liquids and can eventually cause shortness of breath and difficulty breathing. Acute respiratory distress syndrome caused by widespread inflammation in the lungs, stops the body getting enough oxygen it needs to survive.

- Some people will need a ventilator to help them breathe. This stage is thought to affect around 14% of people, based on data from China.
- It is estimated that around 6% of cases become critically ill. It can lead to septic shock when the blood pressure drops to dangerously low levels and organs stop working or fail completely.
- It can stop the kidneys from cleaning the blood and damage the lining of your intestines. It further affects the heart and the brain, By this point the body is starting to fail and there is a real chance of death.

NOW I WILL DESCRIBE EVERY FACTOR ACCORDING TO AYURVEDA

AYURVEDA WORKS ON TRIDOSHA THEORY

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- when we diagnose any ailment in ayurveda, we talk of vata pitta and Kapha and as mentioned in CHARAK SAMHITA, we take into consideration of ten factors (Dash Vidh Pareeksha)
- 1. Prakriti (Constitution)
- 2. Vikriti (Status of Disease)
- 3. Sara (Examination Of Systemic Strength)
- 4. Samahanana (Compactness)
- 5. Pramana (Examination Of Measurement of Different Body parts)
- 6. Satmya (Suitability Or Examination Of Homologation)
- 7. Satva (Examination Of Mental Status)
- 8. Ahara Shakti - (Examination For Intake Of Food And Digestive Capacity)
- 9. Vyayama Shakti- (Investigation For The Body Power)
- 10. Vaya (Examination with Respect Of Age) of the person along with place (desh), time (kaal), water (jal), Air (vayu) and nature of the circumstance the person is living into consideration.

IN CHARAK SAMHITA VIMAN STHAN (CHAPTER 3, PAGE NO. 692 - JANPADODHAMASA ADHYAA),

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It is clearly mentioned by ACHARAYA ATREYA that when solar eclipses, moon eclipses, fire on earth or forests are there and there are changes in the seasons they forecast the signs of epidemic. In today's scenario all these changes are apparent and we can see that earth, water, air and whole environment has got polluted, they are not capable of giving us all the nutrition and healthy environment we need, in our words our bodies are not capable to maintain the immunity we need to stay healthy. we have noticed so many eclipses, fires, volcanos erupting and other unnatural calamities. We can see around us that everyone is suffering from one or the other problem, even the new born children are suffering.

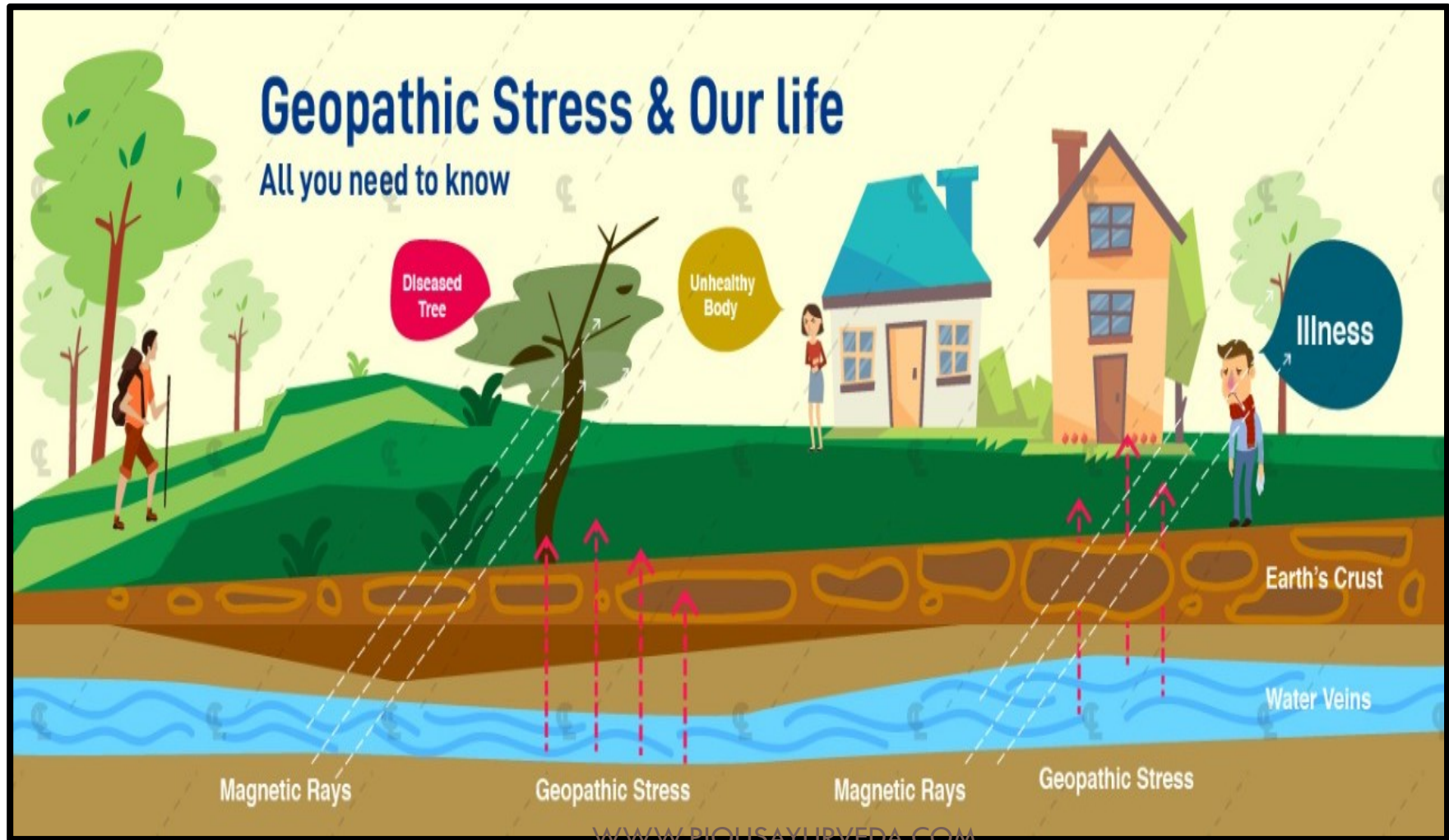
Answering the question of his disciple Agnivesha, ACHARAYA ATREYA tells that people of different prakriti, different food choices and age can be affected at the same time with the same disease as air, water and earth get polluted at the same time.

Ecology has no barriers, the affects can be more or less but they are surely there, as

1. The air we breathe is polluted (we breathe oxygen),
2. The water we are drinking has been polluted to large extent,
3. The earth growing grains, fruits and everything has been polluted.

WE HAVE DISTURBED EVERYTHING AROUND US

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NEW TREND IS TEXTING MORE AND TALKING LESS, ONE MORE REASON FOR CORONA TO BE PANDEMIC

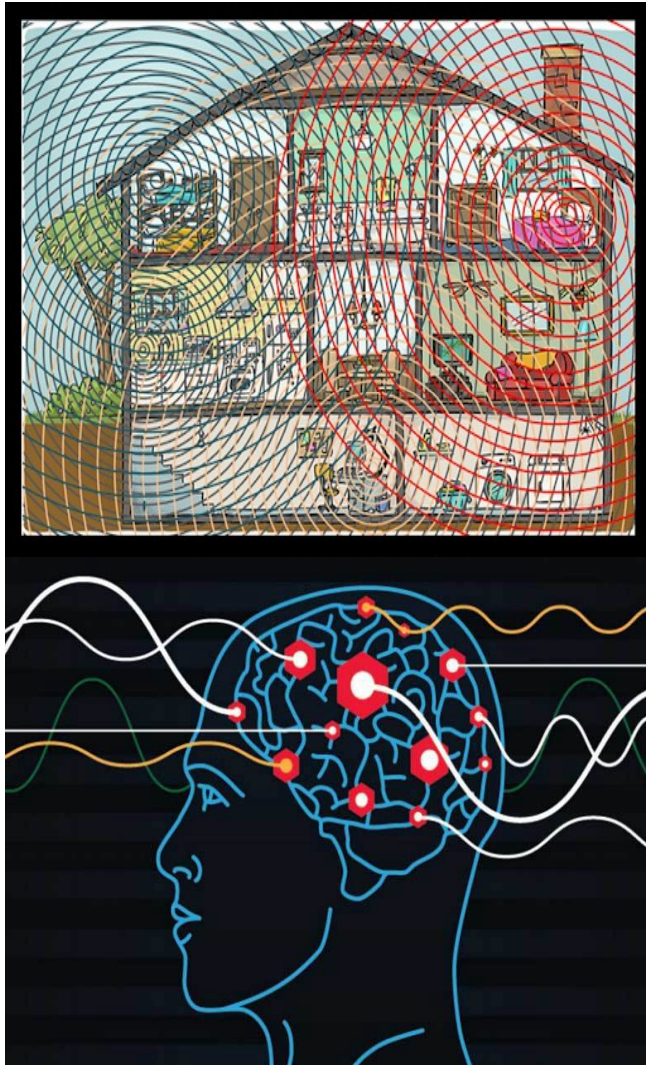
When moisture gets depleted in the environment, the universe start draining the water element from the surroundings, it may be from the human bodies even.

The new trend of texting more rather than talking is an example of lack of moisture in the environment. When we speak the tongue needs the kapha element (saliva) for its movement, but body wants to retain whatever moisture it has, it doesn't want to waste it, so it prefer texting which indicates the hyperactivity of the brain.

The movements are synonyms with vata. The aggravated dryness (vata prokope) leads to more wear tear of brain cells hence the compromised functioning of brain as brain do not get enough time to heal the cells (the biological clock already disturbed), this is one of the main reason of death in youth . Changing seasons and untimely rains are an example of change in atmospheric pressure, the vacuum and heat created by dryness(Vata) and heat(Pitta) attracts the rain for filling up the moisture content.

RADIATIONS ARE MAIN SOURCE OF POLLUTION NOW A DAYS

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Electromagnetic Pollution And Its Health Effects On The Organism



The Great New Scourge Of The 21 St Century
Let's Not Repeat The Mistakes Of Our Past

DETAIL OF MODE OF EFFECT OF RADIATIONS ON BODY HOW THEY INTERFERE IN BODY

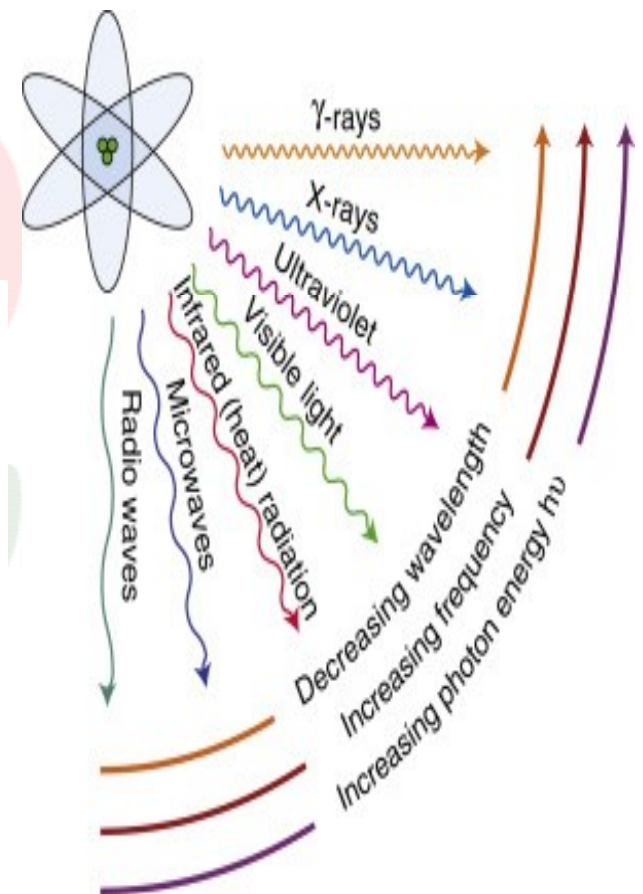
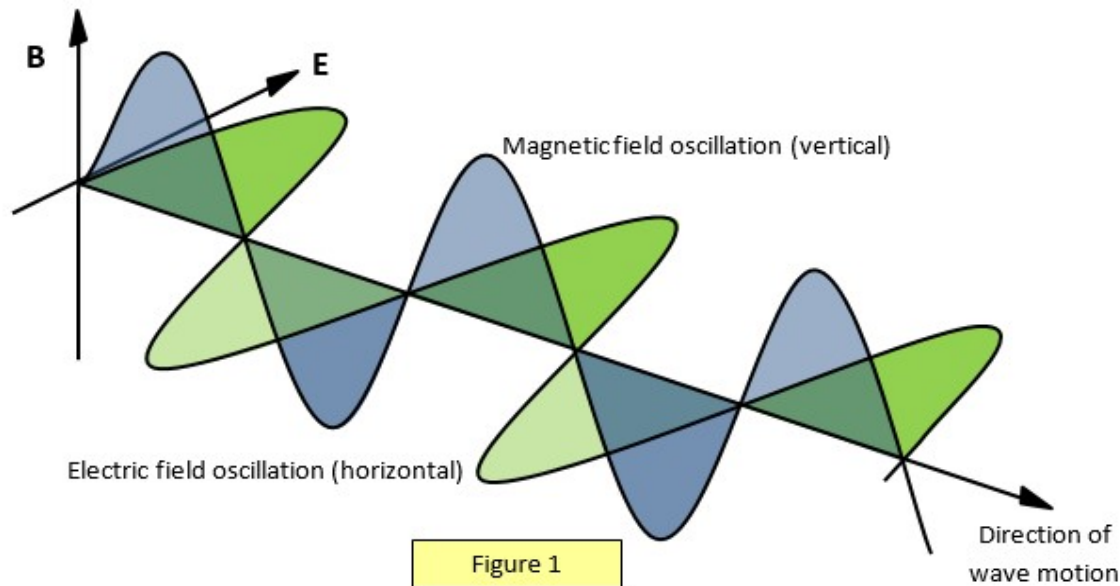
Electrical currents exist in the human body due to the chemical reactions that occur as part of the normal bodily functions

Breathing

Palpitation of heart

Working of neurons,
which create electrical currents in the body and brain.

These currents can be monitored by EEG AND ECG



ARTICLE 1 : AYURVEDIC VIEW OF MODE OF EFFECT OF ELECTROMAGNETIC RADIATIONS ON BODY AND BRAIN AND REMEDY TO PROTECT THEM *

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All the changes have helped the CORONA to become pandemic from epidemic. We see CORONA VIRAL INFECTION as acute viral infection (Agantuj vyadhi) and within 2 month time it became Pandemic, means the whole of the universe is affected within no time. whole of the universe is giving the virus a cordial environment to grow and spread. Every line written in Charak Samhita by lord Atreya ji got justified as written above. Although there is lot of climatic variation all over the countries, some are excessive cold and some are hot and some have medium climate, still we have patients all over.

The heat, dryness and pollution has disturbed all the four factors that are DESH, KAAL, VAYU AND JAL and every person is trapped in that vicious cycle. If we see around 200 countries have been affected with virus, but the mortality rate is high in the developed countries (explained).

*** Read Complete article at <https://www.piousayurveda.com/knowledge-events>**

CORONA - THE VIRUS WITH A CROWN

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I have read messages getting viral that we have not seen any beggar being infected with CORONA, on the same time that corona causes death to the poor.

Reasons and factors which keep children are safe ?

Why the recovery rate is high in india?

what are the factors that made CORONA infect every Country and Place having different temperatures and different climates.

I have tried to explained all these factors in my book “ CORONA - A VIRUS WITH A CROWN”, if interested , you can read that for further details.

STRUCTURE OF CORONA EXPLAINED AS PER AYURVEDA CONTEXT

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STRUCTURE OF CORONA:

The corona structure shows a layer of lipid membrane means CORONA know how to survive in the polluted world, it also needed affection in this dry and selfish world, so chosen the place of attachment the AVLAMBHAK KAPHA (The lungs).

Lungs are the main place of kapha. Corona attacked all the kapha places in the body as they have become compromised or we can say they have become the places of sthansanshaya or khavaigunya due to vata and pitta prokope and depletion or shrinking of kapha.

ALVEOLI HAS TWO TYPE OF CELLS

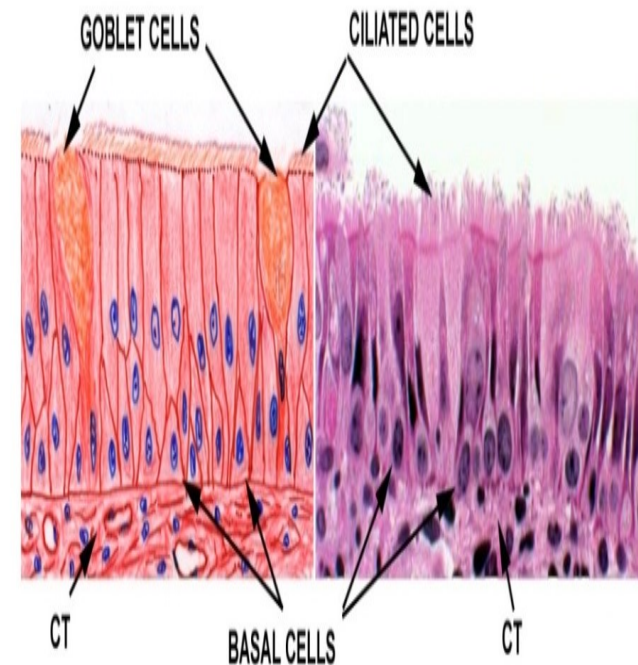
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Another interesting thing is, the **VIRUS** did not attack to the **MUCUS PRODUCING GOBLET CELLS**, they got attached to the **CILIATED CELLS** (vata site, responsible for movements or contraction and relaxation of the alveoli).

The function of ciliated cells are:

- 1. Relaxing to provide more space to oxygen
- 2. Contracting for throwing out the infected cells or the mucus from the lungs

This is the nature opposite to the nature of corona, which invades the site.(it proves that the compatibility is more in opposite nature persons or things, the north pole repels north pole. The shell of protein of corona (kapha, nutrition) has compatibility for the cilia (vata,movement).



ARTICLE – 2: PROGNOSIS OF CORONA IN MODERN MEDICINE AND IN AYURVEDA

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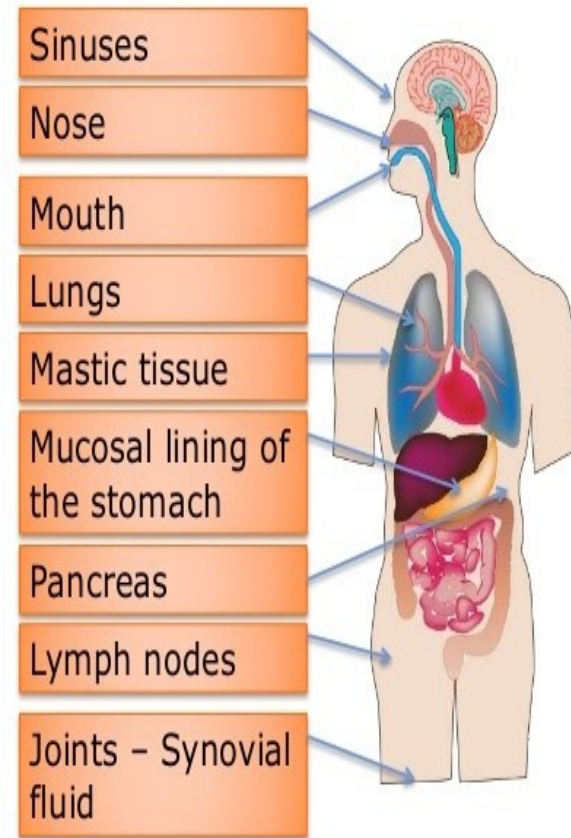
CORONA HAS AFFECTED ALL SITES OF KAPHA IN BODY

If we see the mode of actions of the CORONA, it has affected all the places of the kapha in the body and the symptoms a patient possess are more likely of TAMAK SHWASA and then if complications arise can be related to other types of SWASA ROGA varying from CHINN SWASA, URDHAVA AND MAHA SWASA .

KAPHA DOSHA has been diminished, depleted and polluted all over the Universe and hence the human body. The changes in the bodies have been developed over the years and the reasons (NIDANS) mentioned in CHARAK SAMHITA of Shwasa are prevalent in the society which have worked as aggravating factors for the virus infections.

KAPHA DOSHA is Responsible for anabolism that is controls muscle growth, body strength, stability, weight and our immune system. We can say protecting the vital organs is the role of kapha in our body.

MAIN SITES OF KAPHA



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* **Read Complete article at** <https://www.piousayurveda.com/knowledge-events>

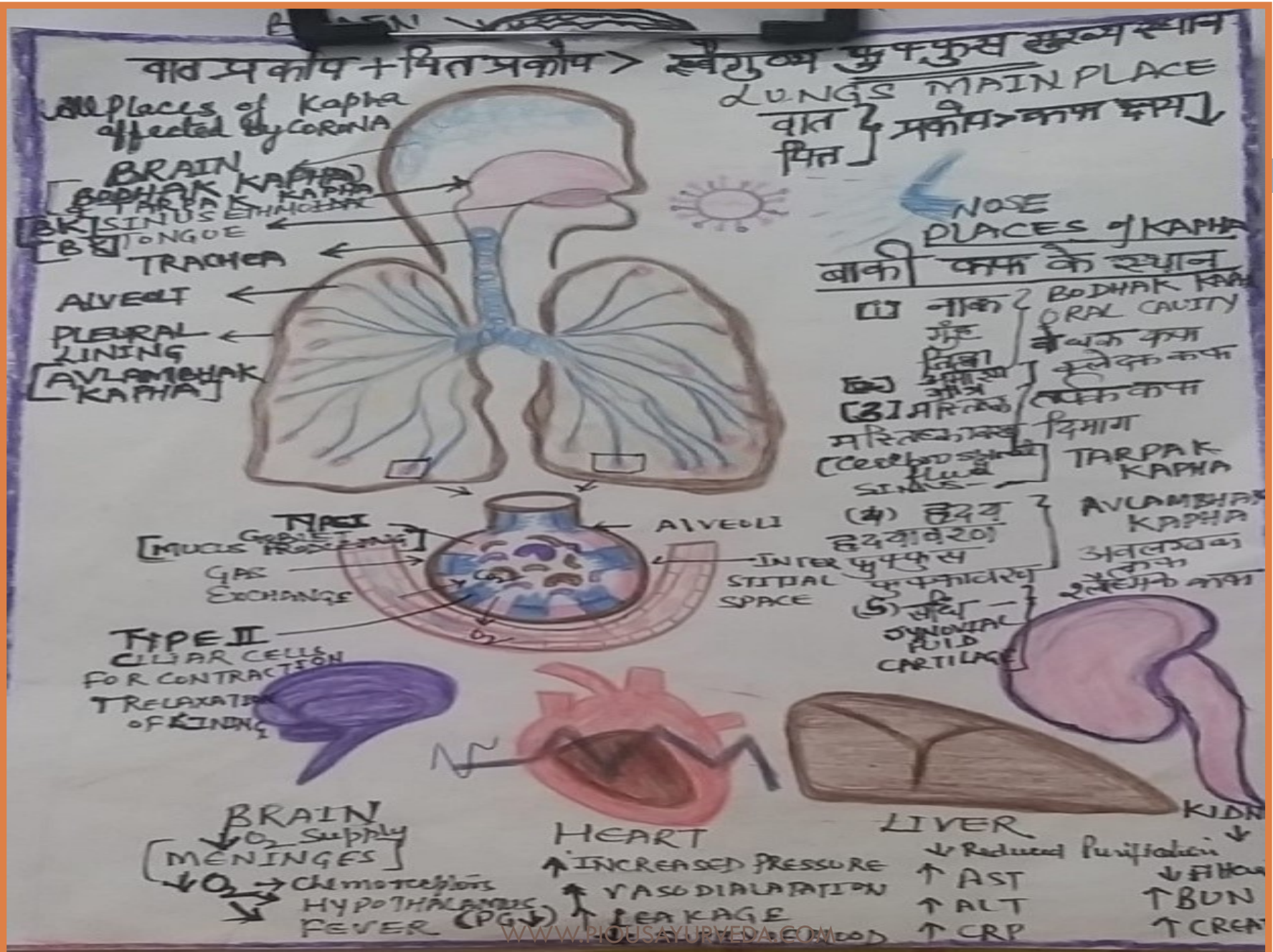
CORONA INVASION IN BODY

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Virus enters the body from....

- ❑ Nose while breathing or by mouth or if we touch our mouth with infected hands by mistake.(these are places of **BODHAK KAPHA**)
- ❑ **KLEDAK KAPHA** already compromised due to **UNHEALTHY LIFE STYLE AND FOODS.**
(PLACE IS GI TRACT AND UPPER PART OF STOMACH)
- ❑ The virus enters the trachea and ultimately reaches lungs. The virus can enter through the alimentary canal also but the **PACHAK PITTA** in the stomach kills the virus.
- ❑ We encounter with the symptoms which come from the infection of the lungs, the virus affected the mucous membrane of the lungs.

Vata and Pitta has already dried the mucous of the lungs, so affecting the flexibility of the lungs that is oxygen inhalation and CO2 exhalation. It leads to the inability of the lungs to cleanse the blood, which further leads to disturbed supply of the blood to heart and its muscles. The loss of blood and oxygen supply leads to filling of the lungs with blood and other dead tissues, which block the air passages of the lungs further decreasing oxygen supply. The **AVLAMBHAK KAPHA (HEART AND LUNGS)** gets infected. 4.Then our body defensive mechanism start working and the brain(**TARPAK KAPHA**) start sending signals to the sites of **RBC AND WBC** , the **SYNOVIAL FLUID (SALESHAMIK KAPHA)** gets affected, which is the place of **CYTOKINES** origin.



THE SYMPTOMS DESCRIBED BY ACHARAYA CHARAK FOR TAMAK SHWASA ARE SAME AS CORONA INFECTION ARTICLE 3 LINK

The Major symptoms of the CORONA are related to the Tamaka Shwasa, It is a broad term which includes many symptoms but Dyspnoea (breathing with difficulty) is predominant and it is mentioned as YAPYA ROGA (treatable with medicines) . When the symptoms start appearing they are related to KSHUDRA SHWASA, but when the symptoms get worsened we can relate them to the, CHINN SWASA AND THEN LEADING TO INCURABLE URDHAV AND MAHA SHWASA ROGA.

In corona infection the symptoms vary from mild to chronic so the treatment varies according to the symptoms associated with it. Above all we are having information from various doctors and WHO about new symptoms appearing from the corona infections.

Charak samhita has described every symptom so many years ago , so we should focus on the guidelines of the treatment described.

KAPHA KARAK & VATANASHAK CHIKITSA BEST IN CORONA INFECTION

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In charak samhita (chikitsa sthan) Acharya described the treatment according to the involvement of dosha in different ratios and according to that ratio the treatment varies ...

1.VATA-KAPHANASHAK CHIKITSA

When Vata & Kapha are equally vitiated then Vata Kaphanashaka Chikitsa is useful.

2.VATA KARAK & KAPHANASHAK CHIKITSA

When Kapha causing obstruction of Vayu then Kaphanashak & Vatakarak Chikitsa is useful.

3.KAPHA KARAK & VATANASHAK CHIKITSA

This is the case of corona infection. From the symptoms like dry cough, we get to know that Corona has infected and the kapha dosha is depleted in the body.

“Anilapaham” Chikitsa is considered to be superior one. Brihan Chikitsa has been indicated in Shwasa Roga.

INFECTION BY CORONA SIMILAR TO CAUSES OF SHWASA ROGA

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CAUSES OR NIDAN OF SHWASHA ROGA

In charak the causes mentioned are 1. Dust (air polluted, reason can be anything)2. Indigestion 3. old age 4. Due to suppression of urges. 5.Udavarta

According to Chakrapani though the Kapha and Vata are vitiated mainly in Tamaka Shwasa, Pitta is equally vitiated in this allied condition which is responsible for the above symptoms. It clearly justify the reason given above of depletion or shrinking of kapha element in the body.

In corona the virus infected the lungs.

□ The REASONS (Nidana Panchaka) are related to Corona infection :

1.REASONS(Nidana) are mainly of two types:

a. EXTERNAL FACTORS (Bahya Nidana):

some mistakes done by the sense organs can lead to the factors which are not good for the organs.

1. Asatmendriyarth sanyoga: For example the pollens which got smelt by mainly NOSE (Ghranendriya), can reach the tongue (Rasanendriya) by our polluted hands (Sparsanendriya) and they reach in our body(Aasatmyaindriyarth sanyoga) may precipitate Shwasa roga in the body.

Same is the case in corona, exposure of the organs mainly NOSE, HANDS, MOUTH AND TONGUE (Ghranendriya, Rasanendriya and Sparsanendriya and their Aasatmyaindriyarth sanyoga) to the virus and then virus travels down the trachea and lungs is the precipitating factor the corona Viral infection.

AGGREVATING FACTORS

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2. Not maintaining the social distancing, not taking proper precautions and going the crowded places also come in the external factors.

b. INTERNAL FACTORS (Abhyantara Nidanas) : In Shwasa, Kapha and Vata are the main Dosha, which are the internal factors responsible for the disease.

Same way in the CORONA infection, both vata and kapha are responsible, here the difference is that VATA is aggravated and the KAPHA is depleted and polluted. Involvement of PITTA is there also, it helps Vata in drying Kapha and causing the shrinking of muscular tissues.

The persons who already have compromised immunity and are suffering from other ailments (comorbidities) like Anaemia, diabetes, arthritis or neuropathy and the old age people are at more risks of have chronic infections from corona.

2.WILLINGLY CAUSING MISTAKES (Pragyaparadha):

It is a conscious or unconscious indulgence in harmful activities. It is again of two types.

a.PHYSICAL (Sharirika pragyaparadha): it is not maintaining social distance and going the crowded places and having the foods from the sources unknown which can also be adulterated as we are seeing around us.

Adding to it is excessive physical working, smoking and alcoholism are other factors which reduce your immunity.

b.MENTAL (Manasika Pragyaparadha) : Mental stress, anxiety, fear, sorrow, anger and money are the mental factors which are contributing in the corona infection. Electromagnetic pollution is also one reason for mental stress due to hyperactivation of the brain.

SYMPTOMS OF INCUBATION PERIOD/ PURVRUUP

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3.CLIMATE (PARINAMA):

It means Kaal i.e. the effect of climatic condition. CORONA has infected every region and place, we can relate it to the overall disturbance in the ecology, written the reasons in general introduction, how our climatic conditions have been disturbed all over the universe.

Although here the infection is accidental, still it takes some days to develop some symptoms mild to moderate with time and body takes time to manifest the full symptoms.

- In modern science we call it the INCUBATION PERIOD, that is symptoms appear after getting infected with virus. The symptoms which start to appear at this time are called Purvruup (PRESYMPTOMS) in Ayurveda .
- PURV RUUP OF TAMAK SHWASA RESEMBLE THAT OF CORONA

SYMPTOMS OF CORONA / PURVRUUP OF TAMAK SHWASA

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DRY COUGH IS THERE (SHUSHK KASA):

It clearly shows the mucus or kapha is depleted in the lungs and lungs are dry.

DISTENSION IN ABDOMAN(ANAHA):

The condition in which the flow of waste from body faecal matter (mall) and air (vayu) from both the paths (mouth as vomiting or from anal canal in form of faecal matter) becomes restricted and the abdomen becomes flatuated is called Anaha. Constant intake of heavy meals(guru, vidahi, Vishtambhi, sheeta and Rukshadi Aahar- Vihar) causes decreased fire in body(Agnimandya) and that leads to accumulation of waste material and malabsorption of food in body (Aamotpati, VataVigunta and Mala Sanchaya) which hereby leads to constipation (Mal sanchaya) and accumulated waste material start fermenting in body which gives rise to bubble formation (air) in the body and causes flatulence(Anaha).

PAIN ON THE LATERAL SIDE (PARSHVASHOOLA):

Sensation of pain in the lateral sides or in the ribs is called Parshvashula. When the air in the alveoli of the lungs becomes Aavrit by Kapha then the aggravated Vayu causes Parshvashula. The root of Aannvaha strotasa is stomach. (Amashaya), which is situated in the left side , and pain in that region is referred to as Parshvashula.

SYMPTOMS OF CORONA / PURVRUUP OF TAMAK SHWASA

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PAIN IN CARDIAC REGION (HRIT PEEDA):

Pain in pericardial region in heart or pain in chest is referred to as **CARDIAC PAIN**(Hrit Peeda). This pain is caused by aggravated respiration (Shwasa) which is due to the air(Vayu). In Aaptarpan janya Shwasa, there is loss of immunity(Rasadhatu). Hrit Peeda is seen as one of the symptom. Increased respiration causes fatigue of the respiratory muscles thereby leading to chest pain, inflammation in the respiratory tract also causes chest pain.

DIFFICULTY IN BREATHING (PRANA VILOMATA):

Vitiated mucus(kapha) caused by Agnimandya and inflammation in the respiratory tract causes opposite flow (Viloma gati) of oxygen or obstruction in the passage. This leads to difficulty in breathing and causes uneasiness and chest pain to the patient and he feels exhausted.

ANOREXIA(BHAKTADWESHA):

Disliking towards food is known as Bhaktadwesh. This condition is caused by the symptoms like heaviness caused by the infected mucus (Mala Kapha) which is due to Agnimandya. This digestion of food, which is already taken. Ama and Kapha is a natural phenomenon taking place in the body and hence urge for intake of more food does not arise.

SYMPTOMS OF CORONA/PURV RUUP OF TAMAK SHWASA

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DISCOMFORT (ARATI) :

This symptom is commonly seen in most of the patients obstruction of the respiratory tract by Vitiated mucus(kapha) leads to pranavilomta which causes Arati.

TASTELESS MOUTH (AASYA VAIRASYA) :

Aasya means mouth and Vairashya means altered test. When the taste of the mouth gets altered it is known as Vaktravairashya. Intake of heavy and dry meals (Guru, Vidahi, Vistambhi, Abhishyandi and Rukshadi) causes Agnimandya which results in the vitiation of the Rasadhātu. Due to swollen taste buds also we don't feel the taste in food.

FLATULENCE (ADHMAANA) :

We are infected and still continue the intake of cool, dry and stale foods (Sheeta, Rukshadi and Vataprakopaka Aahar)causes the vitiation of the Apana Vayu due to which the excretion of the stool does not take place. This leads to constipation, Due to constipation, obstruction of the tracts takes place and because of which Vata gets reversed and causes Adhmaana. This vitiated Vata spreads in the whole of the abdomen and enlarges it producing a specific kind of a sound. This symptom of Adhmaan is caused due to Annavaha Srotodushti.

SYMPTOMS OF CORONA / PURVRUUP OF TAMAK SHWASA

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HEADACHE (SHANKHA NISTODA)

Excessive use (Atisevana) of the causative factors of Shwasa Roga causes dryness (Vata prakopa) which leads to the reverse course of Vata. This Vata enters the head region and makes its way into the mastoid region where it produces pricking pain which is referred to as Shankha Nistoda. Acharya Vagbhata has narrated Shankha- Nistoda as one of the symptoms in Vatik Pratishyaya.

PAIN IN CHEST REGION (SHOOLA) :

Intake of Dosha Prakopaka Dravyas causes the Prakopa of Vayu in the Kosta, which causes severe pain. Because of this pain the patient cannot breathe properly and if this pain gets severe during respiration then the phenomenon of inspiration and expiration gets reduced.

SIGNS AND SYMPTOMS (RUPA) OF TAMAK SHWASA ARE SAME AS OF CORONA

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SIGNS AND SYMPTOMS (RUPA) : If enough of precautions are not taken care of and treatment is not done, then body start to manifest Rupa means signs and symptoms of the disease. We can say it is the 4th stage (4th kriyakala) of prognosis of the disease, it is called manifestation of (i.e. Vyaktavastha) signs and symptoms of a disease.

- प्रतिलोमं यदा वायुः स्रोतांसि प्रतिपद्यते । ग्रीवां शिरश्च सङ्गृह्य श्लेष्माणं समुदीर्य च ॥५५॥
- करोति पीनसं तेन रुद्धो घुर्घुरुकं तथा । अतीव तीव्रवेगं च श्वासं प्राणप्रपीडकम् ॥५६॥
- प्रताम्यत्यतिवेगाच्च कासते सन्निरुध्यते । प्रमोहं कासमानश्च स गच्छति मुहुर्मुहुः ॥५७॥
- श्लेष्मण्यमुच्यमाने तु भृशं भवति दुःखितः । तस्यैव च विमोक्षान्ते मुहूर्तं लभते सुखम् ॥५८॥
- अथास्योद्ध्वंसते कण्ठः कृच्छ्राच्छक्नोति भाषितुम् । न चापि निद्रां लभते शयानः श्वासपीडितः ॥५९॥
- पार्श्वे तस्यावगृह्णाति शयानस्य समीरणः । आसीनो लभते सौख्यमुष्णं चैवाभिनन्दति ॥६०॥
- उच्छ्रिताक्षो ललाटेन स्विद्यता भृशमर्तिमान् । विशुष्कास्यो मुहुः श्वासो मुहुश्चैवावधम्यते ॥६१॥
- मेघाम्बुशीतप्राग्वातैः श्लेष्मलैश्चाभिवर्धते । स याप्यस्तमकश्वासः साध्यो वा स्यान्नवोत्थितः ॥६२॥

इति तमकश्वासः ।

SIGNS AND SYMPTOMS (RUPA) OF TAMAK SHWASA ARE SAME AS OF CORONA

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All the symptoms are same as are being seen in the patients who are getting infected with the Corona, they are described here in detail.

प्रतिलोमं यदा वायुः स्रोतांसि प्रतिपद्यते /

BLOCKING OF CHANNELS : (Pratilomam yada vayu srotansi pratpadhyate , प्रतिलोमं यदा वायुः स्रोतांसि प्रतिपद्यते) The vitated vata causes the blocking of the channels.

ग्रीवां शिरश्च सङ्गृह्य श्लेष्माणं समुदीर्य च ॥५५॥

PAIN IN NECK AND BACK (Greevashirashcha Sangrahya saleshamanam samudirya ch : ग्रीवां शिरश्च सङ्गृह्य श्लेष्माणं समुदीर्य च ") : Increased dryness (Vridha Vata) contracts the muscles of head and neck due to efforts done by body to breathe during Dyspnoea. Patient feels some pain and stiffness of the head and neck. As dryness causes stiffness in the whole body and muscles, it feels like someone is tightly holding the head and neck.

karoti peenasam ten rudho gurghurakam tatha
करोति पीनसं तेन रुद्धो घुर्घुरुकं तथा ।

NASAL SECRETIONS :

(karoti peenasam ten rudho gurghurakam tatha : करोति पीनसं तेन रुद्धो तथा)

Due to vitiated Vata, pollution of mucus (Shleshma) occurs in Respiratory tract (Pranavaha Srotas). It is due to the result of the hyper secretion in mucosa.

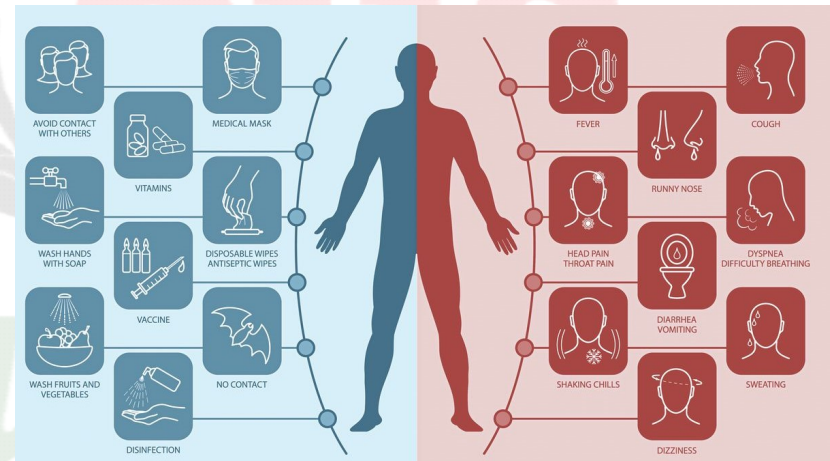
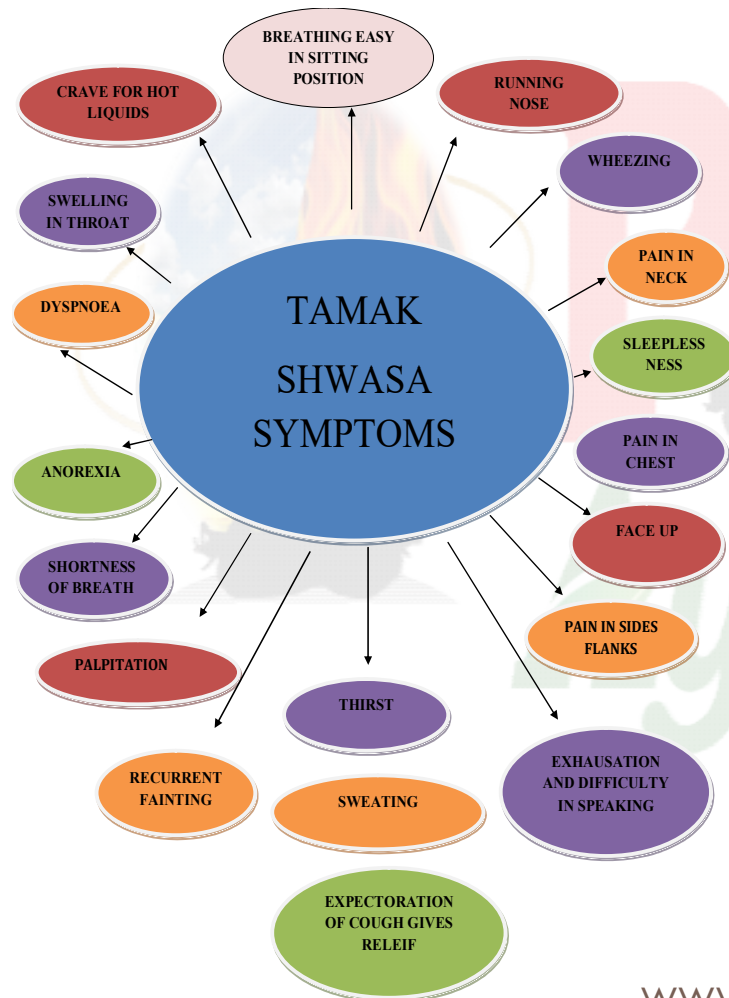
CHRONIC SINUSITIS (PEENAS)

is when a patient feels as heavyness in cheeks and sinus are blocked. He could not feel any fragrance(loss of smell and taste)

WHEEZING (“Ghurghurakam घुर्घुरुकं”) : When KAPHA gets infected and there is increased debris of the mucus and fluid , which gets leaked in the lungs, bronchial airways get obstructed and then a sound is produced. It is due to effort being exerted in breathing, when the patients breathes in and breathes air out forcefully, the friction in the airways creates sound (wheezing sound) .

SYMPTOMS OF CORONA /RUUP OF TAMAK SHWASA

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AtiTeevra Vegam ch Shwasam Prana Prapidakam अती तीव्रवेगं च श्वासं प्राणप्रपीडकम् || ५६ ||

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DYSPNOEA : (AtiTeevra Vegam ch Shwasam : अती तीव्रवेगं च श्वासं)

we see the patient breathes with difficulty, as the muscles of the lungs also become stiff due to dryness (paroxysmal attacks). During attack, patient has difficulty in breathing. The word Vega has been mentioned in Charak and Vagbhata by adding adjectives like fast (Teevra) and more in number(Ati).

This means that during the attack, patient feels very much troublesome. Due to obstruction of airway (Shwasa marga) less amount of oxygen(pranavayu) can enter the body. To compensate the required amount of clean air (pranavayu) the rate of respiration is markedly increased.

Expiration is prolonged, but inspiration is shortened.

PALPITATION :(Prana Prapidakam : प्राणप्रपीडकम्) The heart rate also gets increased due to increase in respiratory rate. Heart may exhaust as it has to work more. Hence there will be feeling of pain in chest.

Pratamyatiativegat ch Kasate Sannirudhyate प्रताम्यत्यतिवेगाच्च कासते सन्निरुध्यते ।

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SHORTNESS OF BREATH : (Shwasa Krichhrata) (Pratamyatiativegat ch प्रताम्यत्यतिवेगाच्च)

During severe and prolonged attacks of Shwasa , the debris in mucus plug and obstructs the airways and there is poor air entry and thus poor supply to other vital parts of the body.

To fulfill the demand of oxygen the rate of respiration is increased, as the cough becomes extremely distressive, the patient may have gasping type of respiration.

BREATHLESSNESS “Kasate Sannirudhyate कासते सन्निरुध्यते ” During recurrent episodes of coughing, patient’s breath ceases for few seconds and patient becomes motion less.

PREPLEXED OR CONFUSION : (Pramoham kasmaansch sah gachati murmuh प्रमोहं कासमानश्च स गच्छति मुहुर्मुहुः ||५७||)

Due to this situation and recurrent coughing a patient feels that he is covered by darkness as the oxygen does not reach the brain properly and patient has black outs again and again. He becomes worried and becomes preplexed or stays in confusing state .

Shleshmanamuchymane tu bhrisam bhavati dukhitah , श्लेष्मण्यमुच्यमाने तु भृशं भवति दुःखितः ।

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EXHAUSATION: “Shleshmanamuchymane tu bhrisam bhavati dukhitah ,
श्लेष्मण्यमुच्यमाने तु भृशं भवति दुःखितः । ”

The mucus secreted in the respiratory tract is tenacious and sticky; so expectoration of this should be there to clear the airways as mucus obstructs the air passage. To expel this viscous secretion patient has to cough constantly. Constant coughing leads to exhaustion of the patient and his chest muscles start paining due to stiffness.

EXPECTORATION OF COUGH GIVES RELIEF :

तस्यैव च विमोक्षान्ते मुहूर्तं लभते सुखम् ॥५८॥
Tasyev ch Vimokshante muhuratam labhte Sukham तस्यैव च विमोक्षान्ते मुहूर्तं लभते
सुखम् ॥५८॥

When this sticky sputum is expectorated from the lungs and the frequency of cough is reduced and easy ventilation is facilitated for a short time, patient feels better. After expectoration patient feels better.

अथास्योद्ध्वंसते कण्ठः कृच्छ्राच्छक्नोति भाषितुम् ।
न चापि निद्रां लभते शयानः श्वासपीडितः ॥५९॥

SWELLING IN THROAT “ athaasyod dhawanste kanth krichachavnoti bhashitum : अथास्योद्ध्वंसते कण्ठः”

When increased mucus accumulates in throat, the patient cannot speak properly and feels difficulty in speaking. It can also be due to the inflammation of lymph nodes in the throat, which get inflamed as the body defensive mechanism is working hard.

DIFFICULTY IN SPEAKING:

“Krichhrachhaknoti Bhashitum कृच्छ्राच्छक्नोति भाषितुम् ”

An intense coughing and breathlessness result to hoarseness of voice and patient feels difficulty in talking. The tenacious mucus coated in the throat including vocal cords leads to difficulty in speaking.

SLEEPLESSNESS:

“ Nachapi Nidra Labhate Shayane Shwasa Piditam न चापि निद्रां लभते शयानः श्वासपीडितः ॥५९॥)

The patient may not get sleep in the lying position because the secretions obstruct the airways, leading to dyspnoea and cough.

(parshave tasyavgrihanati shayanasya sameeran :

पार्श्वे तस्यावगृह्णाति शयानस्य समीरणः |)

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PAIN ON SIDES :

(parshave tasyavgrihanati shayanasya sameeran :

पार्श्वे तस्यावगृह्णाति शयानस्य समीरणः |)

When patient takes recumbent position there may be sudden pressure on the lungs due to raised diaphragm and air present in lungs cannot pass out easily through the airways, because of obstruction in bronchioles by secretions and debris.

This trapped air inside the lungs exerts pressure on the pleura and chest wall thus resulting in mild, moderate or severe pain.

“Asino labhate Saukhyam Ushnam chaiv abhinandati”
आसीनो लभते सौख्यमुष्णं चैवाभिनन्दति ॥६०॥

BREATHING EASES WHILE SITTING :

“Asino labhate Saukhyam” आसीनो लभते सौख्यम् //

During attack, patient feels better in sitting position than in any other position.

In sitting position diaphragm is lowered and secretion of airways do not obstruct the airways and there is more space for gases exchange. Hence the patient gets relief while sitting. This is equivalent to orthopnea .

URGE FOR HOT LIQUIDS :

“Ushnam chaiv abhinandati, मुष्णं चैवाभिनन्दति ”

In Tamaka Shwasa Vata and Kapha are the main Doshas, both have the coldness as their property(Sheetalta), hence hotness (Ushna) is antagonist of Sheeta, which suppress Vata and Kapha Doshas. So the patient feel better when he takes warm articles like tea, coffee, hot water, soups and decoctions etc.

उच्छ्रिताक्षो ललाटेन स्विद्यता भृशमर्तिमान् ।
विशुष्कास्यो मुहुः श्वासो मुहुश्चैवावधम्यते ॥ ६१ ॥

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“Ucchirtaksho lalaten swidhyata bhrishamartiman , उच्छ्रिताक्षो ललाटेन स्विद्यता भृशमर्तिमान्”

FACE UP “Ucchirtakhsho” When proper oxygenation is hampered due to obstruction in the air ways, to meet the oxygen demand there may be gasping for air, patient puts the face upward to facilitate straight airways. Hence he keeps his eyes open as he is in apprehension.

SWEATING ON FOREHEAD “Lalatasveda” This clinical feature of asthmatic attack indicates exertion due to rapid respiration. Sweating is also an indication of tachycardia.

ANOREXIA : (Loss of appetite) “Arati”: According to charak, Shwasa rog originates from Pitta sthana; hence there is always a possibility of Agni Dushti and disturbed digestion process leading to Aruchi.

THIRST “Vishushkasyata Trisha विशुष्कास्यो मुहुः श्वासो मुहुश्चैवावधम्यते ॥ ६१ ॥

Due to rapid breathing during attacks, dryness of mouth occurs, it results in water loss from the body.

मेघाम्बुशीतप्राग्वातैः श्लेष्मलैश्चाभिवर्धते ।
स याप्यस्तमकश्वासः साध्यो वा स्यान्नवोत्थितः ॥ ६२ ॥
इति तमकश्वासः ।

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There are factors which which aggravate the symptoms....

Meghambu [Rainy Season]

Sheeta Ritu [Winter]

Sheet ambu [Cold water]

Prag vaate (Eastern wind)

use of sticky things (Pulses, potato etc) aggravate the symptoms.

The patient feels better in sitting position, Tamak shwasa patient gets relief by those things which are ushna in guna. Due to ushna guna kaph vilayan occurs (means hot liquids helps the body in expectoration of sticky mucus).

स याप्यस्तमकश्वासः साध्यो वा स्यान्नवोत्थितः ॥ ६२ ॥

Tamak shwas is considered yapyia(treatable with medicines).

इति तमकश्वासः ।

So these are all symptoms of tamak shwasa.

UPSHAYA ... FACTORS WHICH MAKE PATIENT FEEL BETTER

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Shleshma [Vimokshante Sukham) Feeling better after expectoration

Aseenolabhate Saukhyam [Feeling comfort in sitting position] The patient feels better in sitting position as compared in lying down position.

UshnaAhara Vihara [Relief by taking hot things] Tamak shwasa patient get's relief by those things which are ushna in guna. Due to ushna guna kaphavilayan occurs.

TYPES OF TAMAKA SHWASA

TYPES OF TAMAKA SHWASA:

ज्वरमुर्च्छापरीतस्य विद्यात् प्रतमकं तु तम् । उदावर्तरजोऽजीर्णक्लिन्नकायनिरोधजः ॥ ६३ ॥
तमेसा वर्धतेऽत्यर्थं शीतैश्चाशु प्रशम्यति । मज्जतस्तमसीवाऽस्य विद्यात् सन्तमकं तु तम्
॥ ६४ ॥
इति प्रतमकसन्तमकश्वासौ ।

Maharshi Charaka has mentioned two-allied stages of Tamaka Shwasa known as two types i.e. Pratamaka and Santamaka.

1. Patients suffering from Tamaka Shwasa when gets afflicted with fever and fainting, the condition is called as Pratamaka Shwasa. It is suggestive of involvement of Pittadosha in Pratamaka Shwasa.
2. When the patients suffers from the shwasa produced due to udavarta (upward movement of vayu in koshtha), dust, indigestion, excessive liquid accumulation in the body (klinna kaya), and suppression of natural urges, then the person feels as if he is submerged in darkness, thus it is known as santamaka.

In short the Pratamaka Shwasa patient when feels submerged in darkness, then the condition is called as Santamaka Shwasa. Sushruta and Vagbhata have only mentioned the name as Pratamak.

CHHINNA SHWASHA

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The Patient who has infection and the symptoms are not taken care then the symptoms of Chinna shwasa appear in the patient and they could not fight efficiently with the virus.

The increased symptoms resemble with the symptoms seen in the Chinn shwasa.

CHHINNA SHWASHA

The symptoms of Chhinn shwasa are:

यस्तु श्वसिति विच्छिन्नं सर्वप्राणेन पीडितः । न वा श्वसिति दुःखार्तो मर्मच्छेदरुगर्दितः ॥५२॥
आनाहस्वेदमूर्च्छार्तो दह्यमानेन बस्तिना । विप्लुताक्षः परिक्षीणः श्वसन् रक्तैकलोचनः ॥५३॥
विचेताः परिशुष्कास्यो विवर्णः प्रलपन्नरः । न श्वासेन विच्छिन्नः स शीघ्रं प्रजहात्यसून् ॥५४॥
इति छिन्नश्वासः ।

- * Shwasati vichinn (श्वसिति विच्छिन्नं): Difficulty in breathing The patient suffering from chhinna shwasa has interrupted breath as the flow of prana vayu gets disturbed and all the vital centers (referred in Sutra Sthana Chapter 29) are afflicted so there is
- * Sarv pranen pidhitah (सर्वप्राणेन पीडितः): vital organs of the body got afflicted and it leads to Slow breathing (न वा श्वसिति) or there can be complete stoppage of breath .

CHHINNA SHWASHA

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Dukharto marmachedurugardit (दुःखार्तो मर्मच्छेदरुगर्दित): Feeling of cutting pain in the organs, individual suffers from intense pain as if there is cutting of the marma (vital parts), and cutting sensation in the chest and ENT channels due to efforts done in respiration.

- * Anahasweda murcharte (आनाहस्वेदमूर्च्छार्तो): Flatulence and sweating is there. Due to Constipation there is abdominal distension which leads to sweating, as there is so much effort involved in respiration or we can say forced respiration is there. Due to lack of oxygen supply and blood to brain, unconsciousness is experienced .
- * Dahamanen vastina (दह्यमानेन बस्तिना): Burning sensation in urinary bladder and urinary system.
- Vilupatakshi parikshen shwasan rakateklohan vicheta (विप्लुताक्षः परिक्षीणः श्वसन् रक्तैकलोचनः विचेताः)
Excessive tears in the eyes, emaciation of the body, the eyes become red when patient struggles to breath, there is mental disorientation.
- * Parishushak vivran pralappanar (परिशुष्कास्यो विवर्णः प्रलपन्नरः):
Dryness of mouth, discoloration of skin, delirium, looseness of joints.
An individual suffering from above said features of chhinna shwasa succumbs to death very quickly.

URDHVA SHWASA

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URDHVA SHWASA

- दीर्घ श्वसिति यस्तुर्ध्वं न च प्रत्याहरत्यधः। श्लेष्मावृतमुखस्रोताः क्रुद्धगन्धवहार्दितः ॥ ४९ ॥
ऊर्ध्वदृष्टिविपश्यंश्च विभ्रान्ताक्ष इतस्ततः। प्रमुह्यन् वेदनार्तश्च शुष्कास्योऽरतिपीडितः ॥ ५० ॥
ऊर्ध्वश्वासे प्रकुपिते ह्यधःश्वासो निरुध्यते। मुह्यतस्ताम्यतश्चूर्ध्वं श्वासस्तस्यैव हन्त्यसून् ॥ ५१ ॥
इत्यूर्ध्वश्वासः ।
- Deeragh shwasti (दीर्घ श्वसिति): Prolonged expiration and inability to inspire properly.
- Shalesham avrukt mukh strotas (श्लेष्मावृतमुखस्रोताः) : Adhesions of the mouth and breathing channels with phlegm.
- Kruddha gandhvaha ardit(क्रुद्धगन्धवहार्दितः): Affliction with aggravated vayu, causes pain in ENT Channels.
- Urdhava drishti (ऊर्ध्वदृष्टि): Looking with the eyeballs moving upward.
- Vibhranta akasha (विभ्रान्ताक्ष) -bewilder eyes
- Pra muhyan (प्रमुह्यन्)- unconsciousness
- Vedana aarta(वेदनार्तश्च) - affliction with excessive pain
- Shushkaasyo arti pidhitah (शुष्कास्योऽरतिपीडितः): Dryness of mouth and disliking for everything.
- Urdhavshwase prakupite (ऊर्ध्वश्वासे प्रकुपिते) The vitiated kapha obstructs channels of respiration leading to aggravation of vata resulting in prolonged expiration and

URDHVA SHWASA

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- Hiadhah shwaso nirudhyate (ह्यधःश्वासो निरुध्यते): Shallow inspiration (breath doesn't get deeply inspired).
- Muhyatasyatamyatasch urdhavam (मुह्यतस्ताम्यतश्चोर्ध्वं): The patient looks up with moving eye balls, he suffers from unconsciousness, dryness of mouth, restlessness.
- Shwas stasyaivv hantyaasun (श्वासस्तस्यैव हन्त्यसून्): The upward movement of vayu is aggravated resulting in obstruction of downward movement and unconsciousness, black outs and he succumbs to death quickly.
- Iti urdhav shwasa इत्यूर्ध्वश्वासः these are symptoms of urdhav shwasa.

MAHA SHWASA

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MAHASHWASA

उद्धूयमानवातो यः शब्दवद्दुखितो नरः । उच्चैः श्वसिति संरुद्धो मत्तर्षभ इवानिशम् ॥४६॥
प्रनष्टज्ञानविज्ञानस्तथा विभ्रान्तलोचनः । विकृताक्ष्याननो बद्धमूत्रवर्चा विशीर्णवाक् ॥४७॥
दीनः प्रश्वसितं चास्य दूराद्विज्ञायते भृशम् । महाश्वासोपसृष्टः स क्षिप्रमेव विपद्यते ॥४८॥
इति महाश्वासः ।

- Udhayumaanvato yah shabadbad dukhito nar (उद्धूयमानवातो यः शब्दवद्दुखितो नरः)
: Due to further
aggrevation of vata or dryness in the body, the patient breathes with a loud sound
continuously and that person is really in pain.
- Uchey shwasati sanrudho mmatarishav evanisham (उच्चैः श्वसिति संरुद्धो मत्तर्षभ
इवानिशम्) :
The vata (air) gets obstructed and the person due to the upward ovement of
aggravated vata (air) blocking of channels, has to make an effort to breathe so he
breathes like intoxicated bull.
- Pranashtgyaan vigyaanastatha vibhrant lochan (प्रनष्टज्ञानविज्ञानस्तथा विभ्रान्तलोचनः) :
he start to loose senses and his eyes get distorted and he cannot visualize properly.

MAHA SHWASA

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- Vikratakshanayanno vadhmutra varcha vishiran vaka (विकृताक्ष्याननो बद्धमूत्रवर्चा विशीर्णवाक्) :

The eyes and face become abnormal and the elimination of urine and faeces is obstructed and the voice becomes feeble

- Deen prashavastim chasya dooradwigyaate brisham (दीनः प्रश्वसितं चास्य दूराद्विज्ञायते भृशम्):

The person looks tired and respiration could be heard from distance.

- Mahashwasaoupsrisht sah akshipramev vipadhyate (महाश्वासोपसृष्टः स क्षिप्रमेव विपद्यते):

Anaemia and constipation is there. Loss of physical & mental senses, eyes (eyeballs) becomes bewildered, his eyes and face becomes distorted. Dryness (vayu) is aggravated resulting in obstruction of downward movement and unconsciousness, black outs and the patient succumbs to death quick.

- Iti mahashwasa (इति महाश्वासः) these are symptoms of MAHASHWASA .

GENERAL PATHOPHYSIOLOGY (SAMANAYA SAMPRAPTI)

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□ SAMANAYA SAMPRAPTI

Acharya Charak has described Samanya Samprapti of Shwasa in Chikitsa Sthana. According to him due to Nidana sevana, the vitiated Vata enters in the pranavaha srotas (Respiratory Channels) and provokes the Urastha (chest is place) Kapha.

- In Corona infection we can see the infection travelling to lungs and causing dry cough, which shows that vata is getting aggravated and then there is pollution of mucus (kapha). As is evident from the factors we considered in the nidhana, this provoked Kapha (already diminished, depleted and polluted due to various factors discussed) and the polluted mucus (debris of dead cells) then obstructs the Pranavaha srotas (Respiratory Channels) and gives rise to various symptoms. Vitiated kapha is responsible for obstruction. Vitiated Vata dosha which is Ruksha, Shuska and Laghu produces Rukstha, kathinnyata and sankocha in Pranvaha srotas. Udakavaha, raktvaha srotas & Annavaha srotas also get deranged.

SPECIFIC PATHOPHYSIOLOGY (VISHISHT SAMPRAPTI)

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VISHISHT SAMPRAPTI

- In Shwasa roga, the basic pathogenesis is initiated by the diets and habits which vitate Kapha. Kapha is Vitiated in the stomach (Pittasthana) and circulate in the body as ama. Ama Dosha (undigested food accumulated in body) can also circulate in the body following certain diseases like Jwara, Agnimandya, Amatisara and Visuchika.
- On the other hand aggravation of the Vata by the diet, habits or by the systemic diseases like Tuberculosis(Kshaya), Chest injury (urakshata), Jaundice(pandu) or Cold(pratisyaya) also makes the triggering effect for the Respiratory system(Pranavaha sroto), vaigunya along with vitiated Kapha or Ama. Pranavaha Sroto vaigunya can also directly result from suppression of natural urges like burp (dgara), fart (Aadhovata) and vomiting (Chhardi). Physical exertion can also contribute to the Pranavaha Sroto vaigunya. The functional derangement of Pranavaha srotas will be accentuated to a fullyfledged sroto dushti by the interaction of any of the precipitating causes like dust, infection, smoke of harmful substances, wind, injury to vital organs (marmaghaat) and use of excessive cold water.
- Once the Srotodusti is occurred the Prana Vayu gets abnormal by the obstruction (Sanga) and going in different direction (Vimargagamana). This is manifested as Shwasa roga.

PROGNOSIS (CURABLE/ NOT CURABLE)

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The vitiated Vata is Pratiloma (reverse) in its course in Tamak Shwasa, which reaches the respiratory tract, induces airway obstruction and due to excess bronchial secretion interfaces with the flow of the air giving rise to wheezing sound (Gurghuraka). Here the vitiated Prana Vayu produces bronchospasm and the vitiated Kapha leads to swelling of the mucous membrane in body and excessive secretion of mucus, which takes place in Pranvaha Srotas.

□ PROGNOSIS OF TAMAK SHWASA (SADHYASADHYATA)

Tamak shwasa is the condition of respiratory system which also disturbs the other system of the body like digestive, circulatory, lymphatic and other systems. The vitiation of vata & Kapha dosha is predominantly responsible for pathogenesis of shvasa roga. In the pathogenesis of Tamaka Shwasa, Agni remains subsided (Manda). The Ama Dosha is formed during the stage of Mandagni (at Kosta and Dhatu level).

CORONA INFECTION IS YAPYA (TREATABLE WITH MEDICATION)

On the basis of prognosis diseases are classified as Treatable (Sadhya) and (non treatable) Asadhya.

- Those which can be cured by treatment are termed as Sadhya, whereas those which are incurable are termed as Asadhya. In general prognosis of Shwasa is not good.
- Charak says that all types of Shwasa are easily treatable (Sadhya), if their Rupa are not clearly and totally manifested and also if they occur in strong (Balwan) person. It is curable when it is having less duration of onset of symptoms.
- Tamak Shwasa is treatable with the medicines and then medicines have to be taken for sometime even after you become healthy (yapya : controlled with medicines).
- Tamaka Shwasa becomes difficult to get treated (Krichrasadhya) when infection becomes chronic and the patient is weak and have other physical ailments.

DIFFERENTIAL DIAGNOSIS :

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DIFFERENTIAL DIAGNOSIS :

- It seems that Shwasa is present as symptom and some time as a complication in many other diseases, mentioned in Ayurvedic texts. According to Acharya Charaka a disease according to dictums of Ayurveda should be independent and curable by the specific therapy prescribed for it.
- Whereas symptoms are subordinate to the primary disease and they are cured by the same therapies described for the primary disease.

TREATMENT

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- In the Shamana Chikitsa the used drugs should be Vatakaphaghna, Ushna and Vatanulomana. Sushruta has described different medicated ghrita-kalpana for Shamana Chikitsa.
- Virechana is best for Srotoshodhan and Pitta Shamaka Chikitsa and the Pitta sthana Samudbhava of Shwasa Roga can be explained in the terms of the importance of Ama in the Samprapti, which is produced in Adho-Amashaya, may be duodenum- the main site of digestion, which is explained as the Pitta Sthana by Chakrapani-datta. Hence, the specific management of Tamaka Shwasa according to Charaka is Virechana. Keeping in mind the Samprapti of Tamaka Shwasa, the ultimate aim of treatment should be to clear out the Pranavaha Srotasa, pacify Vata and remove the blockage due to Kapha.
- According to Vagbhata following is main principle of treatment:
Balvana -kaphadhika - Karshana chikitsa
Durbala- bala- Brimhana
Vridhdha (old person) - Shamana Chikitsa

MANAGEMENT OF SYMPTOMS

SHAMANA YOGA

- For the management of Shwasa, Acharya Charaka has given 10 drugs under Shwasahara Mahakashaya: Kachur, Pushkarmoola, Amalvetas, Choti-ela, Hingu, Agar, Tulsi, Bhumyalaki, Chanda (Chorpuphi) and Jeevanti and 10 drugs in Kasahara Mahakashay: Pippali, Kasamarda, Kantakari, Brihati, Agastya, Karkatshringi, Tulsi, Vasa, Vanshlochana, Dalchini, Talispatra. Acharya Sushruta has described various kind of drugs under Vidarigandhadi varga, Sursadi gana and Dashmul gana for the management of Shwasa roga.
- DIFFERENT FORMS OF COMMONLY USED PREPARATIONS, GIVEN IN DIFFERENT AYURVEDIC SAMHITAS, FOR THE MANAGEMENT OF TAMAKA SHWASA CAN BE SUMMARISED AS FOLLOWS
- **Churna:** Sitopaladi Churna, Talisadi Churna, Muktidya Churna, Sauvarchaladi churna, Shatyadi Churna, Krishnadi Churna, Paushkaradi Churna, Shunthyadi Churna etc.
- **Kwatha:** Dashmuladi Kwatha, Bharangyadi Kwatha, Vasadi Kwatha, Sheerishadi Kwatha, Amritadi Kwatha
- **Vati:** Vyoshadi Vati, Marichyadi Vati, Khadiradi Vati, Lavangadi Vati etc.

FORMULATIONS IN CHARAKA SAMHITA

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- **Awaleha & Leha:** Kantakari avaleha, Chyavanprasha, Vasa haritakya leha, Chitraka -haritaki avaleha, Haridradi leha etc.
- **Ghrita:** Manahshiladi Ghrita, Vasa Ghrita, Shatpala Ghrita, Tejovatyadi Ghrita, Dashmuladi Ghrita.
- **Kshara:** Arka Kshara, Apamarga Kshara, Ashvagandha Kshara, vasa kshar etc.
- **Aasava-Arishta:** Kanakasava, Pathadyasava, Somasava etc.
- **Bhasma-Rasa:** Abhraka bhasma, Shringa bhasma, Shwasa kuthar rasa, Shwasa-kasa-chintamadi
- **RASA:** Laxmivilas rasa etc.
- **Yavagu & Yusha:** Dashmuladi Yavagu, Hingvadi Yavagu, Pushkaradi Yavagu, Rasnadi Yusha, Kasmarda Yusha.
- **Dhumpana & Nasya:** Chandana dhumpana, Guggulu dhumpana, Haridradi dhumpana, Lashunadi nasya.

WORKING ON THE PATIENTS SINCE LONG, HERE ARE EFFECTIVE PRODUCTS WHICH TAKE CARE OF YOU

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- ❑ PIOUS ELEMENTS: <https://www.piousayurveda.com/wellness-products/pious-elements-abc-to-holistic-health.html>
- ❑ KWATH: Shaleen Ayush Joshanda Kadha
- ❑ GILOY AND EVERY THING
- ❑ CAMPHORR OIL: <https://www.piousayurveda.com/camphorra-oil.html>
- ❑ BADAM ROGAN MAMRA: <https://www.piousayurveda.com/almond-oil-mamra-giri.html>

POST COVID CARE :

- ❑ PULMONIZER CAPSULES
- ❑ KAFGON AVLEHA: <https://www.piousayurveda.com/kafgon-avleha.html>

WHAT IS GOOD WHAT IS BAD FOR A PATIENT

PATHYA: (DIGESTABLE)

Annavarga: Mudaga, Yava, Kullatha, Purana Shashtik, Rakta shalidhanya, Wheat.

Shakavarga: Paraval, Jivanti, Chaulai

Phalavarga: Bimbiphala, Jamberiphala, Nimbu, Draksha, Amalaki, Amlavetas, Bilva, Amlarasa, Pakvakushmanda.

Dugdhavarga: Ajadugdha, Ghrita, Puranghrita.

Mamsavarga: Jangala maans rasa, maans of tittar, lava, deer, shooka, rabbit.

Peya: Ushna jal, madhu, arishta, go mutra, sauviraka.

Vihara: Diwaswapna, Pranayama, Ushnajala Snana, Avagha- swedana, Abhyanga, medicated dhoompana.

APATHYA: (UNDIGESTABLE)

Annavarga: Rukshanna, Guru and vishtambhi Aahara, nishpava, masha, kaphavata vardhak aahara.

Phalavarga: kela, Apakvakushmanda

Dugdhavarga: Dadhi, Unboiled milk.

Maansavarga: Matsya, Anuo maans.

Peya: Sheetjal, Dushita jal

Shakavarga: Kadwa Shaka, Surasava

Vihara: Exposure to cold, dust, pollution, atibharkarshan, vyayama, excess indulgence in sexual activities, tension and suppression of natural urges.

NECESSITY OF QUICK MANAGEMENT OF HIKKA AND SHWASA

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- Necessity of quick management of hikka and shwasa

एषां प्राणहरा वर्ज्या घोरास्ते ह्याशुकारिणः ॥६८॥
भेषजैः साध्ययाप्यांस्तु क्षिप्रं भिषगुपाचरेत् ।
उपेक्षिता दहेयुर्हि शुष्कं कक्षमिवानलः ॥६९॥

- Among the the fatal varieties like maha hikka, gambhira hikka, vyapeta hikka, maha shwasa, urdhva shwasa, chhinna shwasa are incurable types, they do not get treated easily.
- While the curable and controllable variety of hikka and shwasa should be treated with medicine quickly. If neglected then it destroys the prana of the patient as the fire burns away the dry grass very fast.

GUIDELINES FOR TREATMENT OF HIKKA AND SHWASA

GUIDELINES FOR TREATMENT OF HIKKA AND SHWASA

The etiological factors, site, origin of both hikka and shwasa are same and hence the treatment is also same. Kindly read or listen attentively the treatment of hikka and shwasa as known by the seers.

Initially the patient suffering from hikka and shwasa should be treated with massage with combination of rock salt and sesame oil over the chest region followed by administration of unctuous sudation by means of nadi sveda or prastara sveda or sankara sveda. By this the clogged kapha gets liquefied in the channels and the channels become soft and vata moves in the downward direction (vatanulomana). As the ice on the top of the mountain gets liquefied by the rays of the sun, the kapha accumulated in the srotasa get liquefied by swedana.

PATTERN OF TREATMENT TO BE FOLLOWED / CHARAKA SAMHITA

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Chikitsa Siddhant of Tamak Shwasa

- According to Acharya Charak following three basic steps should be adopt while treating any disease

- 1. Nidana Parivarjana
- 2. Samshamana
- 3. Samshodhana.

1. Nidana Parivarjana

- First line of treatment is to avoid the causative factors. If the precipitating or predisposing factors are not avoided, the Doshas involved in the pathogenesis will further be aggravated and the prognosis will be worse. In treatment of Tamak Shwasa (CORONA INFECTION) avoidance of causative factors or triggering factors play a very important role Samshaman and Samshodhana Chikitsa

PATTERN OF TREATMENT TO BE FOLLOWED / CHARAKA

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- The line of treatment based on these therapies described by Acharya Charaka can be subdivided as:
 - 1. Samanya Chikitsa Krama (General principles of treatment)
 - 2. Vishisht Chikitsa Krama (Specific treatment)
- 1) Samanya Chikitsa Krama (General principles of treatment)
- Charak mentioned the treatment of tamak Shvasa as per Doshic status.
 - 1. Vata-kaphanashak chikitsa
 - 2. Vata Karak & kaphanashak chikitsa
 - 3. Kaphakarak & vatanashak chikitsa
- 1. When Vata & Kapha are equally vitiated then Vata Kaphanashaka Chikitsa is useful. When Kapha causing obstruction of Vayu then Kaphnashak & Vatakarak Chikitsa is useful out of all these “Anilapaham” Chikitsa is considered to be superior one. Brihan Chikitsa has been indicated in Shwasa Roga.
- 2) Vishisht Chikitsa Krama (Specific treatment)
- According to predominance of Dosha the patient of
- Shwasa can be divided into two groups:
 - 1. Vata predominant
 - 2. Kapha predominant

PATTERN OF TREATMENT TO BE FOLLOWED / CHARAKA

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According to body built the patient of Shwasa can be divided into two groups:

- 1. Balvana (with good body built)
- 2. Durbala (with poor body built)

If Kapha is predominant and the patients have strength then he or she should be given Vamana and Virechana with wholesome food followed by other therapies like

Dhoomapana, Leha and Dosha shamak Chikitsa. **PIOUS ELEMENTS CREATE A CLEAN ENVIRONMENT TO LIVE SAFE.**

- If Vayu is aggravated and patient is weak and if patient is either infant or old, then he or she should be administered Vatanashak drugs and nourishing recipes prepared from Sneha, Yusha and Mansarasa.

PATTERN OF TREATMENT TO BE FOLLOWED / CHARAKA

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- Samshodhana Chikitsa
Snehana
- In Tamak Shwasa both external and internal Snehana can be done with the help of various medicated oil and Ghrit. In this process certain medicated ghee/ oils are advised for ingestion. Usually ghee like Vasa Ghrita, Kantkari Ghrita, Bharngyadi Ghrita, Yashtimadhu Ghrita etc. is used for Shodhan purpose. These are administered in an increasing dosage schedule for not more than 7 days. Snehana play important role in Tamak Shwasa to minimize the symptoms and normalize the function of vitiated Vata. For external Snehana, Tila taila mixed with lavana should be gently massaged on the chest to lose the tenacious sputum in the channels. Internal Snehana is called as Snehapana. Medicated Puraan Ghrit or medicated oil can be used to control the symptoms of
- Respiration is the evident feature of life which is carried out by Prana vayu. This sole sign of life is affected in this disease Tamaka Shwasa, causing an impediment to the Respiratory function. Shwasa word indicates both physiological and pathological state of respiration. Ayurvedic texts have mentioned Tamaka Shwasa under the various types of Shwasa roga. Disease Tamaka Shwasa can be correlated with the disease Bronchial Asthma on the basis of its features & etiopathogenesis.

PATTERN OF TREATMENT TO BE FOLLOWED / CHARAKA

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- Tamaka shwasa is considered as Yapya (palliable) because this type of Shwasa roga is not only difficult to treat but also has a repetitive nature.

The Science of Life – Ayurveda is the best way to effectively & safely manage the condition without inducing any drug dependency where various Shodhana procedures and use of internal medication not only detoxifies the body but also provides nutrition & increases the elasticity of lung tissue & develops natural immunity of the body thus decreasing episodic recurrence of the disease and providing long term relief to the patient.

It is a major global health problem, which can affect the population irrespective of age, sex, economic status, etc. The prevalence is increasing alarmingly now a days due to excessive pollution, overcrowding, occupational conditions, stress and poor hygiene etc.

It can be easily correlated with allergic condition. Nidana Parivarjan hence plays a key role in the management strategy in both sciences.

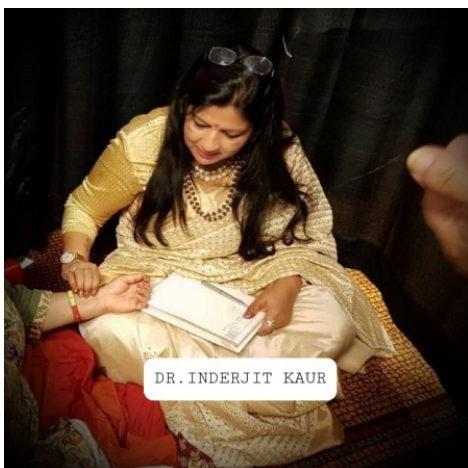
AYURVEDA IS THE BEST WAY

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- In present scenario Ayurveda is the best way to effectively & safely manage the condition without inducing any drug dependency where use of various shodhana procedures and use of internal
- medication not only detoxifies the body but also provides nutrition & increases the elasticity of lung tissue & develops natural immunity of the body. Thus decreasing episodic recurrence of the disease and
- providing long term relief to the patient.
- If anyone needs any suggestions can call me @ 9814205533



PIOUS Ayurveda



THANKS FOR READING
TAKE GOOD CARE OF YOURSELF AND FAMILY

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