

VIRAL INFECTIONS AND ITS TREATMENT; AN AYURVEDA PERSPECTIVE

Prashant More^{1*}, Sudhir Ambhore² and Narayan Vanaraj Patil³¹Professor Agada Tantra Evum Vidhi Vaidyak Dept. Matoshree Aasrabai Darade Ayurved College, Babhulgaon Yeola, Nashik.²Professor Kaumarbhritya Dept. Matoshree Aasrabai Darade Ayurved College, Babhulgaon Yeola, Nashik.³Principal, Professor & HOD, Samhita Dept., RJS Ayurved Medical College and Research Center Kopargaon, Ahmednagar.

*Corresponding Author: Dr. Prashant More

Professor Agada Tantra Evum Vidhi Vaidyak Dept. Matoshree Aasrabai Darade Ayurved College, Babhulgaon Yeola, Nashik.

Article Received on 28/02/2023

Article Revised on 20/03/2023

Article Accepted on 10/04/2023

ABSTRACT

The pandemic of covid had huge impact on health aspect of human beings. It is observed a rise in impaired immune response to common health ailments. Moreover the opportunistic viral infections had on rise these days. Empirical treatment protocol fails to subside all the signs and symptoms. Here the traditional health science – Ayurveda shows promising results. The combination of antiviral herbs along with tissue health/ system health enhancing effect are confer by this herbal and herbo-mineral drugs. *Tulsi, Guduchi, Ashwagandha, Neem, Haridra* are some of the prime drugs having action on immune response are herbal in origin. Along with it, some mineral origin drugs such as *Rasaka, Abhraka, shilajeet* etc have action on the same. Here an attempt is made to brief these drugs along with its desired efficacy.

KEYWORDS: Herbo-mineral drugs, *Tulsi, Guduchi, Ashwagandha, Neem, Haridra, Rasaka, Abhraka, shilajeet*.

INTRODUCTION

The pandemic of covid had affected the life's of all human species worldwide. All aspects of human life had been affected, whether it may be physical or mental aspect. Even the change in atmosphere tends to cause the opportunistic infections resulting in several disorders. In such cases, the ability of the body to protect against foreign bodies like bacteria, virus, toxic substances etc. termed as ones immunity is hampered to the large extent. Immunity is the complex network of lymphatic organs and its tributaries intended for protection and drainage of foreign unwanted substances out from the body. According to modern science the immunity consist of innate immunity which is natural and native to respective body. This can be considered as *Bala/ Soushtav* of the respective body/ system/ *Saratva*. Secondly the immunity is of acquired immunity which is developed by the body. This can be considered as *Vyadhi Kshamatva* against that type of *Vyadhi* over the period of time.

Immunity according to ayurveda

Ayurveda had considered the body as a whole and is govern by three humors i.e. *Vata, Pitta* and *Kapha*. It is formed by seven *Dhatu* viz; *Rasa, Rakta, Mamsa, Meda, Asthi, Majja* and *Shukra*. It has its *Moolsthana* and *Strotas* – formation and conduction throughout the body. The optimum health is maintained by the *Rasayana* drugs and the innate sound functioning – *Dhatu Saratva*

of the respective organs and system. It can be briefed in following types;

1. *Vyayam Shakti* - physical endurance
2. *Vyadhi kshamatva* – *Vyadhi virodhitvam*
3. *Manas kshamatva* – mental endurance
4. *Oja* – optimum *Oja* – essence of all tissues

Here the opportunistic viral infection happens due to the weakness in the respective system (*Strotas*) caused by various *Hetu* of *Dosha Dushti/Prakopa*.

कुपितानं हि दोषाणां शरीरे परिधावतां |

यत्र संग ख वैगुण्यात् व्याधिः तत्र उपजायते | |

- Su.Su. 24/10

Any foreign body which causes disease or infection is *Nimmita Karana* for that disease. And the principle cause is *Dosha Dushti* and *Khavaigunya* caused due to respective *Hetu*. If we look at the viral infections with this perspective, it can give a clear view for its radical treatment. Here we can plan the treatment protocol as follows;

1. *Dosha* level – Drugs and Procedures which will balance the vitiated *Dosha*
2. *Khavaigunya* – *Dhatu/Strotas* level – Drugs and Procedures which will be enhancing the health of underlying system i.e. *Strotas/Dhatu*

3. *Manas Desh* level – Drugs and Procedures which alter and strengthens the mental makeup of the person
4. *Oja* level – All *Rasayana* and *Vajikaran* drugs used for maintaining optimum health of *Oja*, as it directly reflects the vigor of body tissue.

Considering the above line of treatment protocol there are number of drugs – herbal as well as mineral origin which are very useful in this condition are been mentioned. A brief listing of such drugs along with its probable mode of action is been made. This will enable us to tackle the viral infections effectively.

Drug	Form used	Action
<i>Guduchi</i>	<i>Churna, Ghan Vati, Amrutarishta</i>	Immunomodulation and <i>Rasayana</i> effect
<i>Tulsi</i>	<i>Arka, Churna, Ghan Vati</i>	<i>Kaphaghna – Vataghna</i> action
<i>Ashwagandha</i>	<i>Churna, Vati, Ashwagandharishta</i>	<i>Vataghna</i> and <i>Balya</i> effects
<i>Haridra</i>	<i>Churna, Haridra Khanda</i>	<i>Vaat – Kaphaghna</i> , immunomodulatory effect
<i>Amalki</i>	<i>Swaras, Churna, Vati</i>	Strengthens <i>Pranavaha Strotas, Rasayana</i> and used in <i>Oja Dushti</i>
<i>Shatavari</i>	<i>Churna, Kalpa</i>	<i>Vaat- Pittaghna, Balya</i>
<i>Pippali</i>	<i>Churna, Rasayana</i>	Strengthens <i>Pranavaha Strotas, Rasayana, Vaat-Kaphaghna</i>
<i>Pudina</i>	<i>Arka, Chuena, Kalka</i>	Pacifies <i>Kapha Dosha</i> and is <i>Deepana – Pachana</i>
<i>Nilgiri</i>	<i>Arka, Oil</i>	<i>Vaat-Kaphaghna</i>
<i>Lashuna</i>	<i>Kalka, Rasonadi vati</i>	<i>Vaat-Kaphaghna, Deepan – Pachana, Ras Rakta Prasadana</i>
<i>Suvarna Bhasma</i>	<i>Bhasma</i> along with appropriate <i>Anupana</i>	<i>Oja Rasayana</i>
<i>Rajata Bhasma</i>	<i>Bhasma</i> along with appropriate <i>Anupana</i>	<i>Ras Rakta Prasadana, Pittashamana</i>
<i>Mukta Pishti</i>	<i>Pishti</i> along with appropriate <i>Anupana</i>	<i>Ras Rakta Prasadana, Pittashamana, Manas Desh Karya</i>
<i>Abhraka</i>	<i>Bhasma</i> along with appropriate <i>Anupana</i>	<i>Vaat pacification, Manas Desh Karya</i>
<i>Shilajatu</i>	Used in pure form as <i>Vati</i> or used directly	<i>Sarva Dhatu Rasayana</i>
<i>Rasaka</i>	<i>Bhasma</i> along with appropriate <i>Anupana</i>	<i>Pitta pacification and Balya</i>
<i>Godanti</i>	<i>Bhasma</i> along with appropriate <i>Anupana</i>	<i>Pitta pacification, decongestant and Balya</i>

These are some of the single herbs and mineral origin drugs which can be used with appropriate *Anupana* in viral infections. Along with it there are some nice formulations mentioned in Ayurveda classics which when used correctly gives instant results in underlying disease conditions. These are as follows, *chawanprasha Rasayana, Agasti Rasayana, Amrutprasha Ghrut, Dadimadi Ghrut, Arogyavardhini Vati, Sootshekhar Rasa, Laghusootshekhar Rasa, Lavangadi Vati, Sanjivani Vati, Mahalaxmivilas Rasa, Laghumalini Vasant Rasa, Kanakasava, Dashamularishtam, Anhayarishta, Sarasvatarishta, Ashwagandharishta* etc. this when used in right dose, *Aushadh sevana kala* and *Anupana*, it gives quick relief from the symptoms of viral infection.

Inference

The wide spread availability of number of drugs and their utility according to the form of drug used make it unique treatment modality in any diseased condition. The

naturally available pure herbs and properly purified and manufactured mineral origin drugs can be used safely in acute as well as chronic conditions. Many times post viral coughing, weakness, and other symptoms prevail for long term. In such conditions, *Ayurvedic* treatment and holistic diet regime with *Sadavrutta – code of conduct* gives satisfactory outcome. It also strengthens the body systems, *Dhatu* and their *Strotas*, resulting in healthier tissue which is unlikely the seat for this infections.

REFERENCES

1. Mueller, S. N., & Rouse, B. T. Immune responses to viruses. *Clinical Immunology*, 2008; 421–431. <https://doi.org/10.1016/B978-0-323-04404-2.10027-2>
2. Vagbhata, Ashtang Hrudaya, edited by Dr. Bramhanand Tripathi, Chaukhamba Sanskrit Prakashan, Delhi, 2009.

3. Acharya Charaka, Charak Samhita, edited by Dr. Brahmanand Tripathi, Chaukhamba Surbharti Prakashan, Varanasi, 2009; 1.
4. Acharya Shushruta, Shushrut Samhita, Edited by Dr. Anant ram Sharma, Chaukhamba Surbharati Prakashan Varanasi, 2010; I, II, III.
5. C.P. Khare, Indian Medicinal Plants, Springer Science international, Second, 2008.
6. Shree Bapalal G.Vaidya, Nighantu Adarsa, Chaukhambha Bharti Academy, 2007; I, II.
7. Pandit Sharangdhar, Sharangdhar Samhita, edited by Dr. Bramhanand Tripathi, Chaukhamba Surbharati Prakashana Varanasi, 2008.
8. Rasa Vagbhata, Rasaratna Samucchaya, edited by Professor D.A. Kulkarni, Meharchand Lachhmandas Publications New Delhi, 2006; I.
9. P.H.C. Murthy, Rasashastra- The Mercurial system, Chowkhamba Sanskrit series office, Varanasi, Second, 2011.