

**JANAPADODHWANSA AND ITS TREATMENT W.S.R TO GLOBAL PANDEMIC:  
COVID-19****Dr. Jitendra kumar Pradhan<sup>1</sup>, Dr. Manohar Ram<sup>2</sup> and Dr. Ramnihor Tapsi Jaiswal<sup>3\*</sup>**<sup>1</sup>MD Scholar, <sup>2</sup>Reader & HOD, <sup>3</sup>LecturerDept. of *Samhita & Siddhanta*, Govt. PG Ayurvedic College and Hospital, Varanasi. Uttar Pradesh, India.**\*Corresponding Author: Dr. Ramnihor Tapsi Jaiswal**Lecturer Dept. of *Samhita & Siddhanta*, Govt. PG Ayurvedic College and Hospital, Varanasi. Uttar Pradesh, India.

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**ABSTRACT**

*Janapaodhwansa* literary means destruction of large population. The principles which we explained vide *Janapaodhwansa* in *Ayurveda* synchronized with this COVID-19 pandemic. Generally the causes of disease is mainly *Sadharan* (common) and *asdharana* (uncommon) factors. Causative factor which are relating to group of people or community in comes under *sadharana*. (Factors responsible for the spread of new, re-emerging infection include change in human demographic and behavior, impact of new technologies and industries, economic development and changes in land use, increased international travel and commerce). A number of new infections agents emerged in the last two to three decade causing out-break or epidemic in various countries with rapid spread across the globe, main example is COVID-19. Changes in environment plays major role to out-break of new infection. Factors which are common to the population are following air, water, land and season. When there is any changes occur these 4factors, then destruction of people will occur, that is called *Janapadodhwansa*.

**KEYWORDS:** *Ayurveda*, *Janapadodhwansa*, COVID-19, Treatment.**INTRODUCTION**

A novel corona virus named “COVID-19” on 11<sup>th</sup> February 2020 by world health organization (WHO). In “COVID-19” word ‘CO’ stands for ‘corona’, ‘VI’ stands for Virus, ‘D’ stands for Disease and ‘19’ stands for 2019. “CORONA” the Term “*Coronam*” means “Crown” or halo, due to their Crown-like projection on the surfaces corona viruses got their name. The virus resembles a crown when viewed under an electron microscope.<sup>[1]</sup>

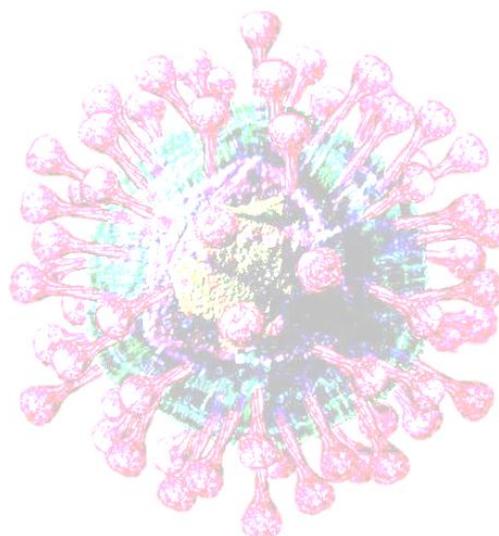
**Background**

Scientists first identified a human corona virus in 1960. Corona viruses are a group of related RNA virus. According to WHO, viral disease continue to emerge and present a serious issue to public health in last 20 yrs.

**Viruses are related to Corona virus**

Several viral epidemic such as the

- Several Acute Respiratory Syndrome corona viruses (SARS-COV) from 2002 to 2003.
- H1N1 influenza in 2009.
- Middle East respiratory Syndrome corona virus (MERS-COV) was identified in Saudi Arabia in 2012.
- The international committee on taxonomy of viruses (ICTV) termed it the SARS-COV-2 (Severe Acute respiratory syndrome coronavirus-2).



- Firstly identified Wuhan, China
- Virus detected outside of China
- novel corona virus detected in India
- WHO declared as “GLOBAL PANDEMIC”

The disease was firstly identified in DEC 31, 2019 in Hubei, Wuhan, China. The first case of novel corona virus founded outside of china confirmed on 13 Jan 2020 in Thailand. Then first case of novel corona virus

detected in India on Jan 30<sup>th</sup> 2020 in Kerala, Thrissur Dist. The World Health Organization (WHO) Director *Dr. Tedros Adhanom Ghebreyesus* announced that the disease caused by new corona virus was "COVID-19". The new virus very contagious and has quickly spread globally. WHO declared "COVID-19" as "GLOBAL PANDEMIC" on 11 March 2020. According to WHO more than 216 countries areas or territories are suffering from COVID-19 out- break in the world till 11<sup>th</sup> June 2020. The first confirmed death was in Wuhan on 9<sup>th</sup> Jan 2020. The first death outside of china occurred on 1<sup>st</sup> February 2020 in Philippines and the first death outside Asia was in France on 14<sup>th</sup> February 2020.<sup>[2]</sup>

### Mode of Transmission

The virus spread primarily via small droplets from coughing, sneezing and talking from infected person. The droplets are usually not airborne; however, those standing in close proximity may in hale and become infected. People may also become infected by touching or contaminated surface and then touching face. The transmission may also occur through aerosols that can stay suspended in the air for longer periods of time in closed surface. It is most contagious during first three days after the onset of symptoms; although spread is possible before symptoms appear and people who are asymptomatic.<sup>[2,3]</sup>

### Persistence of Coronaviruses on Surfaces

- On plastic = 5 days
- On paper = 4 to 5 days
- On glass = 4 days
- On wood = 4 days
- On steel = 48 hrs
- On surgical gloves = 8hrs
- On Aluminium = 2 to 8 hrs.<sup>[6]</sup>

### Incubation Period

{The time between infection and symptoms of onset}  
The incubation period of corona virus (COVID-19) is 2 to 14 days.

### Symptoms

The main Sign and symptoms of this disease are

- Fever
- Dry cough
- Difficulty in breathing/ shortness of breath

### Less common sign and symptoms are included

- Fatigue
- Headache
- Irritation in throat region
- Muscle pain
- Diarrhoea
- Vomiting
- Loss of sense of smell
- Loss of taste

Among those who develop symptoms approximately one in five may become more seriously ill and have difficulty breathing. Emergency symptoms include difficulty breathing persistent chest pain or pressure, sudden confusion, difficulty waking and bluish face or lips, immediate medical attention is advised if these symptoms are present.

Most people infected with COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people and those people who are underlying with medical problems like:-

- Cardiovascular disease
- Diabetes
- Cancer
- Chronic respiratory diseases

These diseases are more likely to develop serious illness.

About 80% of COVID-19 cases present with mild symptoms requiring only primary medical care and rest out of 20%, 15 % cases require urgent medical attention at secondary health care service; remaining 5% are critical cases requiring an intensive care and hence require a transfer to tertiary health care unit equipped with ICU.<sup>[2,3,4,5]</sup>

### Diagnosis

The Standard tool of diagnosis is by reverse transcription polymerase chain reaction (RT-PCR) from a throat swab or nasopharyngeal swab. The infection can be also diagnosed from a combination of symptoms.<sup>[2,4]</sup>

### REVIEW OF LITERATURE

In *Ayurvedic* texts, description of communicable disease and description of Epidemic is described as follows

- According to *Sushruta Samhita*
- *Prasangad gatrasmarsanniswasatsahabhojanat*
- *Sahasayyasannatchapi bastra malyaanoolepnat*
- *Kusthamjwarascha soshascha netrabhishyanda eva cha*
- *Oupasargika rogascha Samkramanti naratnarm.* (*Sushruta Samhita, Nidansthan. 5/32-33*)

These diseases are contagious which spread to human being through direct physical contact or through expired air, eating food with infected person, sharing bed, use of towel, cloth of infected person. These infected diseases are *kustha* (skin disease), *Jwar* (Fever), *Sosha* (Tuberculosis), *netrabhishyanda* (Conjunctivitis).<sup>[14]</sup>

According to *Charaka*

*Charaka Samhita Viman Sthan 3<sup>rd</sup> Chapter*  
*Janapadodhwansaniya Viman*

Factors responsible for Epidemics / *Janapadodhwansa*

There common factors that affect people due to derangement of which the diseases having similar period of symptoms arise and destroy the community. These common factors are air, water, place/land and time.

#### Characteristics of pollution of air, water, land and time

Air of this type should be known as causing illness such as unseasonal, excessively moist, intensely cold, intensely hot, excessively dry, fearfully clamorous, and excessively clashing with itself and affected with unsuitable smell, vapor gravels, dust and smoke.

Water should be known as devoid of merits when it is excessively deranged in respect smell, colour, taste and touch with putrescent matter, deserted by aquatic birds, aquatic animal are reduced and is displeasing.

Place (Land) should be known as unwholesome when its normal colour, smell and touch is too much affected, excessive stickiness, abundance of serpents, wild animal, mosquitoes, locusts, flies, owls, vultures, jackals, etc. having jungles of grass and weeds, groves of grasses and creeper and abundance of diffusing plants has a new look has fallen dried and damaged crop, smoking winds crying out of birds and dogs bewilderment and painful condition of various animals and birds the community with abandoned and destroyed virtue, truthfulness modesty, conduct behaviour and other merits, the rivers constantly agitated and over flooded frequent occurrence of meteorites, thunderbolts and earthquakes fierce look and cries in the nature, appearance of roughness and coppery, reddish and white colour in the sun, moon and stars frequently, appearance of the atmosphere as if there is confusion and excitement. Presence of excessive crying noise as if the country is seized by demons.

Time should be known as unwholesome if it is having sings contrary, excessive or deficient to those of the season.<sup>[9,15]</sup>

#### According to Acharya Sushruta

**Sushruta Samhita Sutra sthan Chapter-6, Ritucharya**  
Acharya Sushruta has described the “Marak” (Out break of epidemic) as follows

Sometimes even during normal seasons, communities of man and other living beings suffer greatly by the effect of sorcery, curses, anger of demons un righteous behaviour of men, the country become vitiated.<sup>[13]</sup>

#### Reason for pollution of all air, water, place and time leading to epidemics /Janapadodhwansa

According to Lord Atreya – Root cause of derangement of all air, water...etc. is unrighteousness. That also arises from the misdeeds of the previous life but the source of both is intellectual blasphemy.<sup>[10,15]</sup>

#### Management

General treatment protocol for epidemics /Janapadodhwansa

#### Line of Treatment of epidemic / Janapadodhwansa diseases as mentioned in Ayurveda

The preventive management is better for who have no similarity in either death or previous death.

1. *Panchakarma* Therapy -  
*Panchakarma* /Fivefold therapy (Consisting of emesis, purgative, *niruha*, *anuvasana* types of enema and nasal medication) is the best treatment for purifies the body.

2. *Rasayan* therapy –  
The drugs which prevent old age and diseases and which having eradication and elimination of diseases from our body is called *Rasayan*. It has immunomodulatory and rejuvenation properties, increase antioxidants in the body.<sup>[11,17,18]</sup>

3. *Acharrasayan* (behavioural therapy)  
The person who is truthful, free from anger, abstaining from wine and women, calm, cleanliness, using regularly ghee and milk, positivity, self- controlled, having senses controlled to spiritualism, worshipping gods, engaged in *japa* (mantra chanting),sweet spoken etc. That who have / endowed with above all the qualities, using *Rasayan*, that person will get optimum result. Without following *Acharrasayan* minimum results of *Rasayan* therapy can't achieve.<sup>[12,17,18]</sup>

4. Chanting “*Om*” *Karadi Japa* and Resuscitation of “*Yadur veda, Sama veda*” and discussion of religious scriptures (“*Dharmashastra*”).<sup>[16]</sup>

5. Observance of *bramhacharya* and service to those observing *bramhacharya*.<sup>[15,16]</sup>

#### Treatment

According to their symptoms and balancing the vitiated *Doshas*.

#### General medicine for preventive

- Drink warm water throughout the day.
- Gargling water boiled with *Triphala* / *Lavang* / *Haridra* or gargling lukewarm water add with 1 pinch of *Salt*.
- Take easily digestive, non-gas forming, non constipating nutrition and not oily, spicy food.
- Avoid too much day sleep and excessive exercise.
- Do regularly *Yoga, Pranayam*, and Meditation.
- Sleep at least 6-8 hrs.
- Chant *Gayatri manta* for 108 times.
- Chant *Vishnu Sahashra nama*.
- *Sudarshana ghana vati* 1 tab 3 times or 2 tab twice with water daily.
- Take 50ml decoction of *Guduchi (Tinospora codifolia)*, *Bharangi Clerodendrum serratum*), *Shati (Hedychium spicatum)*, *Puskaramoola (Innula racemosa)*, *Shunthi (Gingiber officinale)*, *Maricha (Piper nigrum)*, *Tulsi (Ocimum sanctum)*, *Bhumiamlaki (Phyllanthus urinaria)*,

*Kanthakari*(*Solanum Xanthocarpum*), and *Kalamegha* (*Andrographis paniculata*).<sup>[7,8]</sup>

If all are not available then prepare with available drugs.

- Take herbal tea prepared from *Sunthi*, *Ashwagandha*, *Yasthimadhu*, *Tulsi*, *Cinnamum*, *Cumin seed*.
- **Ayush Kwath:-** In 3 cup of water add 4 pieces of *Dalchini*, 4-5 pieces of *Lavang*, 1-2 *Elaichi*, 5-7 pieces of *Black pepper*, 1 *Tejpatra*, 1tsf *Guda*, *Adraka*, ½tsf of *Haldi* and 5-7 *Tulsi leaves*.
- **Ayush 64** – *Kiratitaktak*(*Swertia chirata*), *Kutaki*(*Picrorhiza kurroa*), *Saptaparna*(*Alstonia scholaris*), *Latakaranja* (*Caesalpinia crista*).
- Nasal medication:-
- *Anu Taila* in both the nostril (*Pratimarsa Nasya*) in 2 times per day.
- Medicine for Increasing immunity :-

**Chyvan prash Avaleha** 1tsf with lukewarm water 2times per day.

It is also best effect in *Kasa* and *Swashhar*

**“Kashashwasahaschaiva visheshanopadishyate”**  
(ca.ci.1-1/70)

- *Guduchi Kwatha/ Amrutha kwatha /Ayush Kadha* 15ml with lukewarm water in empty stomach in morning and evening.
- Take Lukewarm milk add with ½tsf of *Turmeric powder* (*Golden milk*).<sup>[7][8]</sup>
- **For Vataj Prakriti(Body type)**  
*Bramhya Rasayan, Ashwagandha Rasayan.*

- **For Pittaj Prakriti(Body type)**  
*Amalaki Rsayan, Chyavan prash Avaleha.*

- **For kaphaj Prakriti(Body type)**  
*Agastya Haritaki Rasayan / Vasaavleha / Pippali Rasayan.*<sup>[8]</sup>

#### Single Drugs

- *Guduchi*
- *Amalaki*
- *Sunthi*
- *Ashwagandha*
- *Tulsi*
- *Maricha*
- *Vasa*
- *Lavang*
- *Pippali*
- *Talisa*
- *Parijata*

#### Choorna

- *Sitopaladi Choorna*
- *Talisadi Choorna*
- *Ashwagandha Choorna*
- *Sudarsana Choorna*
- *Trikatu Choorna*

#### Kasayam

- *Gojihwadi Kwatha*
- *Amruttadi Kwatha*
- *Sirisadi Kwatha*
- *Dashamooladi Choorna*
- *Dashamoola katutrayadi kwatha/Kasayam*
- *Bharangyadi kasayam*
- *Guduchyadi Kasayam*

#### Vati

- *Giloy Ghana vati / Samsanani vati*
- *Vettumarana Gulika*
- *Vyosadi Vati*
- *Lavangadi Vati*
- *Sanjeevani Vati*
- *Sudarshana ghana vati*

#### Asavararista

- *Amrutarista*
- *Vasarista*
- *Kanakasava*

#### Avaleha

- *Chyvanprash Avaleha*
- *Aswagandha Rasayan*
- *Vyaghrree haritaki*
- *Agastya Rasayan*
- *Vasaavleha*

#### Rasaousadhi

- *Laxmivilasha Rasa*
- *Chandramrita Rasa*
- *Tribhuvankirti Rasa*
- *Kaphaketu Rasa*
- *Swasha kuthar Rasa*
- *Mrutyunjaya Rasa*
- *Swarna vasantamalti Rasa*
- *Siddha makardhwaja*
- *Shwasa kasa chintamani Rasa*
- *Godanti Bhasma.*<sup>[8]</sup>

#### CONCLUSION

*Ayurvedic* principles are mentioned thousands year back but there are so much need to develop or explore in modern era, and need to more research *Ayurvedic* principles in modern terminology to make it understandable and usable for everyone. *Ayurveda* or the Science of life is eternal because it has no beginning and it deals with such things as are inherent in Nature; and such natural manifestations are eternal. We give an *Ayurvedic* treatment for whom who are interest to take. Prevention is better than cure. The person, who neglects the disease in the beginning thinking it as curable, comes to know of the reality while approaching death after some time. The person who resorts to proper treatment of the disease before it is manifestation or in its early stages, enjoys happiness for long. As a young tree is cut

with a little effort but the same require great effort when fully developed. Likewise, the disease is easily curable in its primary stage; it becomes incurable or difficult for cure when it reaches the advanced stages. <sup>[19][20][21]</sup>

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