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## A CASE REPORT ON COMPLIMENTARY AYURVEDIC TREATMENT IN MANAGING POST COVID-19 KASA LAKSHANA'S

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### **Abstract:**

*Covid 19 is an infectious disease caused by SARS-CoV-2 virus and houses severe symptoms like fever/chills, difficulty in breathing, fatigue and cough which is one of symptoms that stays for a long period of time even after disease cured. In this case, patient is familiar to Ayurvedic medicines and aware that no cure has been found in Modern medicine specifically to COVID – 19. In spite of patient presenting with Kasa (cough) as a residual symptom after remission of COVID-19. He gets diagnosed in the month of July 2021. After the suspension of coronavirus, the patient present with pulmonary findings showing subpleural fibrosis with honeycombing pattern and bronchiectasis changes causing severe cough. Repeatedly he was treated with Mucoytics, Antihistamines and Bronchodilators. He was successfully treated with Ayurvedic medicines includes Tikta (bitter) and Kashaya (astringent) rasa drugs. He got outstanding relief in a month. This case study indicates that post covid-19 Kasa can be cured with an Ayurvedic treatment.*

**Keywords:** Post-COVID-19, Janapadodhwansa, Vata-Kaphaj Kasa, Dhanvantargutika, Talisadi churna, Stiakalpa, Lakshmiivilas rasa.

### **1. Introduction –**

Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-Cov-2), commonly known as COVID-19 according to the International Committee on Taxonomy of Viruses (ICTV). Chiefly spreads through respiratory droplets and small particles when an infected person sneezes, coughs, or talks, leading to person-to-person transmission. Environmental factors like air, water, land, and seasons affect all inhabitants of a region [4, *Vimana Sthana*, 3/6]. *Janapadodhwamsa* refers to a situation where these environmental elements become corrupted, leading to the simultaneous outbreak of diseases among large populations (an epidemic), thereby disrupting human habitation. Common symptoms of COVID-19 include fever, cough, difficulty breathing, fatigue, body aches,

loss of taste and smell, congestion or runny nose, nausea, vomiting, and diarrhoea. Modern Medicine has not yet discovered a specific cure for COVID-19. Persistent coughing may occur in some patients due to lung damage or other pulmonary issues. COVID-19 often exhibits symptoms similar to Kaphaj Kasa, such as excessive phlegm, headache, body weakness, and agitation. To alleviate these Kaphaj lakshanas, Tikta and Kashaya rasa medications are recommended for treatment.

Ancient Ayurvedic texts describe *Sandhijwara*, which resembles Chikungunya with its joint pain (Arthritis) symptoms. In India, Ayurvedic remedies like *Haridra*, *guggulu*, *neem*, *chirayata*, and *Siddha* are used to treat Chikungunya virus epidemics<sup>[7]</sup>. This text presents a case of a patient who tested positive for Coronavirus in 2021 and experienced a persistent cough (Kasa) as a residual symptom, successfully managed solely with Ayurvedic medicines. Just as environmental factors affect all occupants of a region [3-4, *Vimana Sthana*, 3/6], Ayurveda plays a role in addressing diseases during epidemics by tailoring treatments to the individual's symptoms and constitution.

## 2. Case Presentation–

### I. Patient information –

A 58-year-old patient is running a grocery shop in Dombivli area. He is not well built but weak having a weight of 56 kg with a height of 152 cm.

### II. Present medical history -

The patient was brought by his relative in August 2023 with a symptom of severe cough, fatigue and anorexia. He survived COVID-19 in July 2021 and the findings show a honeycomb pattern of bilateral lung parenchyma. Physical examination revealed a Lethargic appearance, Slurred speech, Pallor skin, Tachypnoea, Hoarseness heard while inspecting lungs, Crackling noises while auscultation, Reduced chest expansion and Hoarseness while coughing with a small amount of mucous present. The prakruti parikshan (body constitution) of the patient indicated *Vata kapha anubandha prakruti*, his *Agni-bala* (Digestive power) and *Sharir-bala* (physical strength) were *avara* (poor). No specific occupational or lifestyle-related factors affect his condition.

Details of the symptoms, the number of days it lasted and the medicines recommended are given below in Table 1.

### III. Past medical history -

When the patient was diagnosed with COVID-19, he received symptomatic treatment and after the remission of the virus, the remaining Kasa (cough) was treated with Mucolytics, Antihistamines and Bronchodilators accordingly. He has been under Ayurvedic treatment for a year for skin issues (2022) and disturbed sleep (January 2023). His long-term prescription was: *Guggulutikta Ghrita* - 15 ml Bid, *Khadirarishta*- 30 ml after food Bid, *Bramhivati* 1 tab in the morning after food and 2 at night after food, *Durvadi Taila* for external use, *AnuTaila* - Nasal drops once a day.

He stopped the above treatment in mid-April as he suffered from recurrent diarrhoea. The patient was recently diagnosed with hypertension and started treatment on it but not a Known Case of Diabetes Mellitus or any other kidney or liver related comorbidities

His diet consisted of a breakfast of Tea with one Roti or *upma* or *poha* accordingly. Vegetarian lunch with *Dal*, rice, roti and vegetables. No snacks in the evening and the same meal taken for dinner.

#### **IV. Interpretation of patient's condition through Ayurveda -**

##### **IV.I Diagnosis –**

The initial diagnosis is made based on the HRCT Scan report submitted by a patient on the first visit showing subpleural fibrosis with a honeycombing pattern and bronchiectasis changes seen in the bilateral lung parenchyma pre-dominantly involving basal segment of the bilateral lower lobes. We can define *Kasa* as the *Upadravavyadhi* of COVID-19 after its remission from the body. A *kasa* with *vata-kapha* predominance and appropriate medicines, diet and regimen.

##### **IV.II Pathophysiology (Samprapti) –**

In this *roga* (disease), the *rogamarga* is *abhyantar* and the *rogagati* is *Urdhva*. *Abhyantararogamarga* is one of the three pathways of disease as described in *Ashtanga Hrdayam*. *Kasa* can occur as a symptom of many minor and major ailments, especially of *Pranavahastrotas* (Respiratory system).

“Due to continuous acceptance of predisposing factors – *Vatadosha*, especially *Apanavayu* and *Pranavayu* aggravate. *Pranavayu* leaves its normal downward flow (*Pratiloma*) and takes the opposite pathway which is abnormal.

After that, *Apana vayu* initiates aggravation of *Udanavayu* to make it faster than its normal upward progression causing obstruction and friction in pathways of *prana vayu*. Fast flow of Both *prana* and *udanavayu* moving in the same upward direction between both of them ultimately force out of the mouth causing coughing (*kasa*).” [Charak Sutrasthan Ch. 18/6].

The same pathophysiology happens in COVID-19 when *hwara* (fever), *swasa* (respiratory distress) and *kasa* (cough), the three major symptoms occur at the same time.

Particularly, in this case, the patient who has the symptom of *kasa* with other major respiratory diseases comes under the type of *Vata-Kaphaj kasa*.

##### **IV.III Aetiology –**

According to Modern Western medicine, the aetiology of this ailment is now attributed to a novel virus belonging to the coronavirus (CoV) family. It is now named SARS-CoV-2 [5]. In Ayurveda, it can be classified / correlated with a *Vata-kapha* predominant *kasa* and *hwara* with all the characteristics of a *Janapadodhwamsavikara*. It is a highly contagious disease. The methods by which contagious diseases spread from one person to another are described in *Sushruta Samhita*:

*Nidana Sthana*, Chapter 5: “Skin diseases, fever, consumption, conjunctivitis and all contagious diseases spread from person to person, by indulgence in bodily contact, by (coming into contact with another’s) breath, eating with others in the same plate, sharing of bed and seat, through (contact with) clothes, ornaments, and cosmetics.” [6]

#### IV.IV Therapeutic intervention –

The therapeutic intervention mainly formed three elements namely, diet, medicine and behavioural regimen. Details of the dietary and behavioural regimen are given in Table 2.

Here, to point out that the four medicines used in the management of post-COVID-19 *Kasa Lakshana* are all classical preparations. The mode of actions of each of them as per the texts are the following: *Dhanvantara Gutika*: cures *Shwasa, Kasa*; *Vaataanulomana* (aiding the normal flow of *vayu*), *Talisadi Churna*: cures *Kasa, shwasa, jwara, aruchi* (loss of taste); *Deepanam* (stimulates digestion), *Sitopaladiavaleha*: mainly cures *Kaphajkasa* and it is Respiratory booster, *Lakshmivilas rasa* with honey: cures *Vata-Kaphaj Kasa, shwasa* and *Pratishyay*.

#### IV.V Outcome –

On the 10th day, the patient felt that symptoms of fatigue had decreased, except for severe coughing (*kasa*) and loss of appetite. On the 16th day appetite of the patient returns. Before a month patient felt that the symptoms of cough had decreased. Patient adhered to all our instructions. There was resolution of symptoms very quickly, and there was no progression of the disease to a severe stage. There were no adverse or unanticipated events.

**Table1**  
**Course of the disease**

Date	Day	Symptoms	Treatment
13/08/2023	1	Sore throat [8-10 (Moderate) on the scale of International prostatism symptom score (IPSS)], Cough [19-25 (Severe) on the scale of IPSS], Loss of Appetite [0-9 (Mild) on the scale of IPSS] Temp. – 98.6°F B.P – 142/96 mmHg	<i>Lakshmivilas rasa</i> 2 tablets, Bd; After meal <i>TalisadiChurna</i> 1tsp with honey, Tds; After meal <i>Sitopaladiavaleha</i> 1tsp with <i>koshna Jal</i> , H.S; <i>Dhanvantaragutika</i> 2 tablets, Tds, and regulated diet
14/08/2023	2	After starting the Ayurvedic medicines patient feel Mild diarrhoea. Weakness persisted. Continued coughing and loss of appetite Temp. 98.4°F	Same treatment continued. [Start oral rehydration solution (ORS) for diarrhoeal symptom.]

		B.P – 130/90 mmHg	
15/08/2023	3	Diarrhoea stops. Weakness persisted. Immediately after starting the treatment patient feel hunger. Continued coughing. Temp. 98.4°F B.P – 140/90 mmHg	Same treatment continued. ORS stops.
16/08/2023	4	Severe coughing. Cough was intermittent, dry, no sputum production. Patient feel feverish, weakness continued. Temp. 99.6°F B.P – 140/100 mmHg	Same treatment continued.
17/08/2023	5	Dry and intermittent cough continued. Temperature of patient is normal. Body ache persisted. B.P – 130/90 mmHg	Same treatment continued.
18/08/2023	6	Body ache got better. Weakness persisted. Patient feel hunger. Cough continued	Same treatment continued. Add – <i>Ashwagandharishta</i> 30 ml Bd, after food
19/08/2023 to 22/08/2023	7 to 10	Immediately after starting <i>Ashwagandharishta</i> Fatigue finally getting better. Patient feels energetic. Coughing continued. Temp. and Blood pressure is normal	Same treatment continued.
23/08/2023 to 27/08/2023	11 to 15	Patient felt mostly normal, except for coughing. His sensation of hunger restored.	Same treatment continued.
28/08/2023	16	Appetite of patient finally returns. Patient's hunger increased. Patient felt normal. Vitals are normal.	Same treatment continued. <i>Ashwagandharishta</i> stops.
29/08/2023 to 06/09/2023	17 to 26	Symptom of coughing finally got decreased. Appetite returns and patient felt mostly normal. Sensation hunger restored. Vitals are normal.	Same treatment continued.

Table 2

## Therapeutic intervention

	Day 1- 15	Day 16- 26
Medicines	<ul style="list-style-type: none"> <li>• <i>Lakshmilas rasa</i><sup>[10]</sup> 2 tablets, Bd; After meal</li> <li>• <i>TalisadiChurna</i><sup>[4]</sup> Chikitsa Sthana, 8/145-148] 1tsp with honey, Tds; After meal</li> <li>• <i>Sitopaladiavaleha</i><sup>[8]</sup> 1tsp with <i>koshna Jal</i>, H.S;</li> <li>• <i>Dhanvantaragutika</i><sup>[9]</sup> 2 tablets, Tds, and regulated diet</li> </ul>	Same treatment for 3 months. <i>Ashwagandharishta</i> stops on 16 <sup>th</sup> day.
Diet	Acceptance of heat and hot food, warm clothing, no direct contact with cold air, Drinking warm water. <sup>[11]</sup>	
Regimen	Avoid intake of acidic and kapha provoking food. Avoid excessive talking. Avoid tobacco, smoking. Avoid intake of oily food contents. <sup>[11]</sup>	Avoid sleeping during the day ( <i>Divaswapna</i> ).

### 3. Patient's review on treatment received –

Before starting Ayurvedic treatment, I suffered from chronic coughing and decreased hunger sensation with weight loss and weakness. After starting the treatment within a month, I got relief from continued coughing and other issues. My hunger significantly increased, and a doctor also started dietary adjustments and daily meditation sessions to boost respiration and control respiratory problems. My treatment continued for 3 months and the doctor, the ayurvedic practitioner, showed exceptional knowledge and empathy throughout the treatment. Their holistic approach and attention to detail were instrumental in my recovery. The Ayurvedic treatment was a game changer in my case. The results exceeded expectations, and the journey towards better health was both enriching and empowering.

### 4. Discussion–

#### 1. Limitations –

In light of the limited scope of this single case study, it is imperative to gather data from a larger sample size before formulating a standardized protocol for the complimentary treatment of post-COVID-19 *Kasa Lakshana*.

The treatment protocol consisted only of four Ayurvedic medicines, as the patient is already taking modern medicines for his lung disease. The medicines used for managing the condition had to

be selected from a limited set of medicines because the *Sharir-Bala* and *Agni-bala* of a patient are already less.

## II. Strengths –

As it is noticed that the patient's condition did not worsen or develop any side effects, we can probably assume that the management of post-COVID-19 *Kasa* can be restored with the help of given medicines in a limited period. The regulated diet played an important supportive role in the cure. The dietary plan was advised to the patient so it did not further aggravate the *doshas*. Although the given treatment is complementary, still it holds the patient's condition effectively and provides relief from chronic coughing within a month. One of the strengths of Ayurveda is its individualized approach to treatment.

## 5. Conclusion –

In conclusion, this case report highlights the potential effectiveness of complimentary Ayurvedic treatment in managing post-COVID-19 *Kasalakshana*'s. The significant improvement observed in the patient's condition suggests that Ayurvedic therapies can play a valuable role in recovery. It is noteworthy that Ayurvedic medicines were integrated with modern medication for lung disease/ Respiratory disease. This demonstrates the feasibility of combining traditional and modern approaches for comprehensive patient care. It encourages further research and collaboration between traditional and modern medical systems to optimize patient care and recovery.

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