Holistic System of Prophylactic Medicine against the Covid-19 Susceptibility in India

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Abstract: The discovery and spread of 2019 novel coronavirus (2019-nCoV) or the serious acute respiratory syndrome coronavirus 2 (SARS-CoV-2) is threatening the planet with new public health emergencies. The virus originated in bats and was transmitted to humans in December 2019 through still unknown intermediate animals in Wuhan, Hubei Province, China. As the number of victims continues to expand worldwide, it is clear that these viruses raise a population health risk. This article gives a view regarding the holistic approach of Indian Traditional medicine system i.e AYUSH (Ayurvedic, Yoga and Naturopathy, Unani, Siddha and Homeopathy) system of medicine for the improvement of immunity & producing prophylactic effect from the dangerous new virus Covid-19.

Key words: AYUSH, 2019-nCOV, SARS-CoV-2, Covid-19.

1. Introduction

The 2019 novel coronavirus (2019-nCoV) or extreme acute respiratory syndrome corona virus 2 (SARS-CoV-2), as it is now called, is spreading rapidly from its origin in Wuhan City of Hubei province to the rest of the world [1]. Around 837,021 cases of coronavirus disease in 2019 (Covid-19) and 41,245 deaths were recorded at 31/03/2020 [2]. India has reported 1,251 cases, and has registered 32 deaths to date. Yet the virus’ potential path is uncertain. This article gives a view regarding the holistic approach of AYUSH (Ayurvedic, Yoga and Naturopathy, Unani, Siddha and Homeopathy) system (Indian traditional medicine system) of medicine for the improvement of immunity & producing prophylactic effect from the dangerous new virus COVID-19. Since the spread of virus is increasing day by day it is essential to update the knowledge regarding the system wise preventive and prophylactic simple remedies to eradicate the COVID-19 from India. AYUSH Ministry, Govt. of India has released press advisory to address the challenges arising from the spread of corona virus in India. AYUSH medicine systems “holistic approach” focuses on prevention through behavioral change, nutritional control, prophylactic measures to improve immunity, and quick treatments centered on symptom presentations. Single medicinal plants such as Tulsi juice or infusion (Ocimum sanctum), Guduchi juice/decoction with honey (Tinospora cordifolia), Ginger juice/decoction with honey (Zingiber officinale) and Turmeric powder in honey or hot milk (Curcuma longa) are useful in specific symptoms. Ayurvedic management features focus on avoiding causative factors and improving immunity to host infections. Homeopathy’s preventive function is well known too.

Based on the reports of research council functioning under Ministry of AYUSH, India, the system wise preventive and prophylactic simple remedies have been given these drugs having the prominent effect in promotion of immunity and improvement in respiratory symptoms in the disease similar to the Covid-19.

In Ayurveda: 500 mg Samshamani Vati. Use warm water twice a day for 15 days. Aqueous extract of
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*Tinospora cordifolia* is in the medication. Siddha: 60 mL decoction with Nilavemuru Kudineer, 14 nights, 2 times a day. The drug includes *Andrographis paniculata* aqueous extract & others. Kaba, Sura, Kudineer powder, 15 special drug combinations of siddhartha, 60 mL decoction, 14 nights, 2 times a day.

In Unani: a decoction made from boiling Behidana (*Cydonia oblonga*)—3 gm, Unnab (*Zizyphus jujube*)—5 gm, and Sapistan (*Cordia myxa*)—9 gm, is 250 mL. Water for till half remains. Following filtering, hold in a glass bottle and use it lukewarm. For 14 days this decoction can be taken twice a day.

In homoeopathy: Arsenicum album 30 for three days, once daily in an empty stomach. The dose should be repeated after one month following the same schedule before population is prevalent corona virus infections [3].

Utilization of above prophylactic medication in prescribed manner, maintaining of good personal hygiene, frequent hand washing with soap, following respiratory etiquettes—covering mouth when coughing or sneezing and maintaining of social distance will definitely help in the prevention from the spreading and eradication of COVID-19 from India.

Conflict of Interest

We declare that we have no conflict of interest.

References

