1. INTRODUCTION

COVID-19 is the current global health emergency declared by WHO and appealed to all Heath leaders to unite and fight against ongoing pandemic. The virus is mainly spread through contact of respiratory droplet of the infected person. People may also contract COVID-19 by touching the contaminated surface. The incubation period of this virus is 2 to 14 days. Common symptoms include fever, cough and shortness of breath. The out turn of corona virus is very fatal due to its complications like pneumonia and ARDS. Till date there is no known vaccine for the corona virus. In regards to COVID-19 over 500 clinical trials have been reported on national as well as international platform, of which maximum trials are of conventional medicine, a few of it are also on Chinese traditional medicine. India is very rich with its traditional medicines; hence it should be applied for better outcomes. Ayurvedic understandings of fever i.e. jwar is the need of time, jwar and its treatment is explained in many texts but Charak Samhita and Astang hrdaya amongst Brhat tryai are prime reference sources. We have included 4 types of heading to classify jwar, antarvegi jwar, Majja dhatugat jwar – vata dominant pitta moderate and kapha recessive type of jwar. Abhishangaj jwar. In Ayurvedic text a
prime treatment has been mentioned for each type of jwar e.g. basti has been mentioned as prime treatment in case of majja dhatugat jwar. Here we have discussed each type of the treatment modalities mentioned for each type of jwar w.s.r. to COVID-19.

2. METHODS

2.1. Objectives

♦ To interpret the diagnosis, symptoms, treatment and prognosis for current globally surging corona virus as mentioned in Ayurvedic texts and its practical implications.

2.2. Methodology

We have reviewed the Ayurvedic text Charak Samhita, Astang Hrdaya, Dravya Guna, latest research articles on COVID-19 to find the effectiveness of conventional therapy and to understand the morphology, replication of Corona virus and complications caused due to COVID-19.

3. OBSERVATION & RESULTS

3.1. Correlation COVID19 with Jwar

Ayurveda terminology for fever is jwar. Here we have 4 different categories of jwar under which COVID-19 can be interpreted. Details are illustrated in Table No. 1. They are -

♦ Antarvegi jwar: Depending upon the movement of the jwar this classification is mentioned. This type of jwar is difficult to cure.6

♦ Majja dhatugat jwar: Human body comprises of seven dhatu rasa, rakta, mamsa, meda, asthi, Majja, shukra. The jwar can be seated in any dhatu, Level of dhatugat jwar rises. Severity in symptoms and prognosis becomes enigmatic.

♦ Sannipataj jwar: The jwar that has involvement of all the three doshas is termed as Sannipataj jwar. Here the type of sannipataj jwar is vata dominant, pitta moderate and kapha recessive. This type of jwar is also difficult to treat.8

♦ Abhishangaj jwar: The jwar that is caused by affliction of germs is referred as Abhishangaj jwar.9

References of epidemics is available under Janpadodwansa, in Ayurvedic text. The main reason for it is pragnapradha (sin’s performed by mind).10 The treatment for it mentioned in Ayurvedic text is Shodhan procedure and Rasayana therapy.11 The same should be applied to current pandemic which may corroborate as a new solution.

3.2. Treatment Modalities

Treatment modalities mentioned in Charak Samhita which can be practically associated with ongoing therapy. Table No. 2 & 3 illustrates treatment modalities.

3.2.1. Warm water to drink

Warm water with or without jeerak and sunthi, individual or together is dipana (digestive stimulant), pachana (enhancing digestion) and jwarghna (alleviators of jwara). It helps in cleansing the channels of circulation and promote strength, appetite, sweating and auspiciousness.12

3.2.2. Warm Yush and Yavagu

The Yusha is wholesome for some patients of jwara. The patient should be given light diet along with yusha (soup) prepared from vegetables and pulses for the alleviation of jwara up to the tenth day.13 Soup and gruel made from the ingredients are mentioned in Table No. 2.

3.2.3. Ghee

In patients who have fever more than 10 days. Ghee should be administered before meal. Jwara is manifested by unctuous state of tejasa. In such a person vata gets aggravated due to the action of tejasa and it can be corrected by the use of some unctuous material like ghrita.14

3.2.4. Cereals, Pulses and Vegetables

Importance of light diet food ingredients, which are heavy to digest, hot in potency, with unctuous property should be indicated. But sweet and astringent taste should preferably be avoided in a patient suffering from nava jwara (the patient...
of first stage of jwara) in order to facilitate the paka of the doshas. They stimulate the power of digestion and endow auspiciousness.\textsuperscript{15}

3.2.5. Panchakarma Procedures

A. Vaman (Medical Emesis):
Amashay is sthan of kapha and jwar samuthana sthan. Hence Vaman will benefit the patient very well.\textsuperscript{16}

B. Virechan (Medical Purgation):
Since pitta is also involved in pathophysiology of this jwar, mitigating pitta will benefit in resolution of fever.\textsuperscript{17}, \textsuperscript{18}

C. Niruha Basti:
To remove the impacted stool and doshas from the body. Cleaning of mala from the body and restoration of the harmony of the three doshas is the prime motto of any Ayurveda treatment which can be achieved by Niruhabasti.\textsuperscript{18}

D. Anuvasan Basti:
To mitigate vaat dosha and promote health. After the removal of mala from the body, vata dosha gets aggravated. To mitigate the vata dosha, anuvasana basti is administered.\textsuperscript{19}

E. Blood Letting:
It is mentioned in Ayurvedic texts that, when the desired result is not achieved even after the application of best advised medications than one should go for the option of blood-letting, the amount of it depends upon the rogi pariksha.\textsuperscript{20}

3.2.6. Rasayan Medications
It is advised for patients who underwent through panchkarma procedure and have attained all samyak lakshanas of cleansing of the body can go through Rasayana medications for promotion and maintenance of health. It protects themselves from any other type of infections.

3.2.7. Diav Vapashray Chikitsa
Ayurveda believes that pandemic happens due to pragna paradha. Praying and asking for forgiveness of ones on own deeds should be followed.\textsuperscript{21}

4. DISCUSSION
COVID-19 is a real emergency, Cases are ferociously increasing in India. The patients who are admitted with COVID-19 are recovering also, but we should focus on early recovery of the patient, as the time taken for recovery by 1 patient is around 15 days and well-being of the patient. Early recovery will save the resources for needy ones. There are many herbal medicines that have antipyretic property\textsuperscript{22} but one may be not desirable of giving Ayurvedic medicine orally due to fear of interactions of medications. Ayurveda has many other methods of administration. Niruha and Anuvasan Basti when administered to COVID-19 patient shall collaborate in speedy recovery of the patient. As per the above classification under type of sannipataj jwar Vaat is dominant, the best treatment to combat the Vaat is Basti.\textsuperscript{23} Basti has its effect on all systems of body, as vata is present throughout the body.\textsuperscript{24} Blood Letting has shown good results in recurrent jwar.\textsuperscript{25} Vaman procedure is effective in nava jwar.\textsuperscript{26}

If patient is having good satwa and can withstand the procedures then Virechan karma\textsuperscript{27} can be administered. As per above classification of jwar under type of sannipataj jwar where pitta is moderately vitiated and pitta is responsible for rise in temperature and if pitta taken care of; then fever and the condition of the patient both can be controlled. In Ayurvedic texts more importance has been given to food. Very light diet should be given in order to facilitate the paka of the doshas, as they stimulate the power of digestion and restores health. There are many medicines that restores dhatvagni. As per the above classification under Majja Dhatugat jwar, if Guggulu Tikta Kashay is administered then it restores dhatvagni and cures Majja Dhatugat jwar.

4. CONCLUSION
Human beings when afflicted by jwar leads to agnimadya and causes imbalance of the doshas.
Applying the therapies, diet mentioned in tables and following the procedures of panchkarma can restore the dhatvagni and balance of doshas which in turn promotes health and helps body fight against affliction off the virus. Hence the above treatment can help COVID-19 patients to recover fast. Above said treatment promotes health and improves immunity of individual that helps body to fight against affliction of Virus.

REFERENCES
19. Tripathi. B. Editor (Reprint ed.). Charak
TABLES

<table>
<thead>
<tr>
<th>SN</th>
<th>Type of jwar</th>
<th>Symptom</th>
<th>Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Antarvegi jwar</td>
<td>Excessive burning sensation inside the body, morbid thirst, delirium, dyspnoea, giddiness, pain in bones and joints, absence of sweating, non-excretion of doshas and the faeces</td>
<td>It is kruchhsadhya (difficult to treat). Gets cured at longer duration Initially langhan (fasting) Medications described below</td>
</tr>
<tr>
<td>2</td>
<td>Majja Dhatugat jwar</td>
<td>Hiccups, dyspnoea, cough, frequent black outs, cutting pain in the vital organs (marmas), feeling of cold externally and internal burning sensation.</td>
<td>Niruha basti and Anuvasan basti</td>
</tr>
<tr>
<td>3</td>
<td>Sannipataj jwar</td>
<td>Vata dominant, pitta moderate, kapha recessive dyspnoea, cough, coryza, dryness of the mouth and excessive pain in the flanks.</td>
<td>Kashay prepared from shatyadi vargas and Bhrutyadi vargas</td>
</tr>
<tr>
<td>4</td>
<td>Abhishtangaj jwar</td>
<td>Vata gets aggravated due to above reason and all the three doshas are afflicted by bhootas (germs). Jwar caused due to microbe.</td>
<td>Apkarshan (removal of microbes), Prakruti vighaat (lockdown), Nidan parivarjan (avoid the factors causing it)</td>
</tr>
</tbody>
</table>

Table No. 1. Classification of Jwara (Charaka) w.s.r to COVID-19
Table No. 2. General line of Treatment to be followed

<table>
<thead>
<tr>
<th>SN</th>
<th>Type of liquid</th>
<th>Reference</th>
<th>Importance</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Ushna jal</td>
<td>Ch. Chi. 3/143,145</td>
<td>Dipan, Pachan, jwarghna</td>
<td>Hot water</td>
</tr>
<tr>
<td>2</td>
<td>Yusha (soup)</td>
<td>Ch. Chi. 3/188,189</td>
<td>It should be given till 10 days in fever. Light to digest, gives energy.</td>
<td>Mudga, Masura, Chanaka, Kulattha and Makushtha.</td>
</tr>
<tr>
<td>3</td>
<td>Yavagu (gruel)</td>
<td>Ch. Chi. 3/179,183</td>
<td>Stimulant of digestion and promotes sweating. Indicated in patient having dyspnoea &amp; cough</td>
<td>1. Laja with pippali and nagar 2. Vidarigandhadi gan</td>
</tr>
</tbody>
</table>

Table No. 3. Diet in Jwara

<table>
<thead>
<tr>
<th>SN</th>
<th>Ingredients</th>
<th>Importance</th>
<th>Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Cereals and pulses</td>
<td>When given in form of yavagu (gruel), odana (boiled rice), laja (fried paddy) as these mitigates jwara</td>
<td>rakta shali, shashtika</td>
</tr>
</tbody>
</table>
| 2  | Vegetables        | Helps relieving fever, easily digestible | patola, kulaka (karvellaka), papachelika (patha), kar-
| 3  | Ghee              | Pacifying vaat                  | Cow ghee or medicated ghee |

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