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Case Report

Management of *Sannipata Jwara* w.s.r to COVID-19 – Case report

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ABSTRACT

Jwara is considered to be the 'lord' of diseases. *Sannipata jwara* refers to a condition where there is disturbance in all the three *dosha*. COVID-19 is an infectious disease caused by the most recently discovered corona virus and has already acquired an epidemic nature. In the present scenario there is no evidence that conventional medical system can prevent or cure the disease while the time tested traditional knowledge of Ayurveda can help in management and prevention of the disease. The primary objective of this report is to highlight the role of Ayurveda in the management strategy of COVID-19 as a standalone therapy in uncomplicated cases. This article represents the case of a 36 year old male patient, who tested positive for COVID-19 with symptoms like fever, headache, body pain etc successfully managed with Ayurveda medicines alone. The prime aim of the management was to improve the *Agni* and facilitate *ama pachana* with medicines like *Indukantham Kashyam*, *Amrutharishtam* and *Sudarshanam* tablet along with other medicines like *Vettumaran tablet*, *Nasarsha tailam* and *Legrain tablet* for symptomatic relief. Post COVID phase management was done using *Agastya rasayanam* and *Haridrakhandam* with an aim to strengthen the respiratory system. The management strategy was formulated adopting the principles of *Jwara*, *Janapadodhwamsa* etc mentioned in the classics. The scope of Ayurveda in the management of the pandemic is enormous which needs to be incorporated in the mainstream healthcare system judiciously.

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1. Introduction

Classical textbooks of Ayurveda describes *Jwara* as the most powerful among diseases capable of afflicting body, mind and the senses [1]. Increase in temperature of body or mind (disturbed mind) is considered as the main feature of the disease [1]. *Jwara* is a *Rasadhatu Pradoshaja roga* affecting the *Abhyanthara roga marga* which includes the *kosta* or the *ama* and *pakvashaya* together. *Rasadhatu P. roga* is usually treated by *langhana* and the same in various forms is used in the management of *Jwara* also. Careful analysis of signs and symptoms of COVID-19 reveals that this disease affects the *A. roga marga* with fever and respiratory symptoms as the main manifestations. Hence the management principles of *Jwara* can be adopted in the management of COVID-19 too.

COVID-19 caused by the SARS-CoV-2 virus has already acquired an epidemic nature. Epidemics like COVID-19 are not new to Ayurveda and the classical textbooks have given a vivid description of

such epidemics in the name of '*Janapadodhwamsa*' [2]. Ayurveda clearly describes various aspects of such epidemics with respect to their cause (*nidana*), effects, management and prevention. *Charaka samhita* clearly explains that such epidemics manifest as a result of vitiation of air, water, environment and season which are common to all individuals. Hence such epidemics affect people irrespective of their physical constitution and the strength of affliction depends on the inherent *dosha* vitiation of the person. *Prajnaparadha* (misuse of intellect), a causative factor for vitiation of all the *dosha*, is considered to be the main cause of '*Janapadodhwamsa*' too [2]. Proper use of medicines to improve the physical health, judicious administration of five elimination therapies and *rasayana*, along with *Daivavyapasraya chikitsa* has been mentioned as preventive and as treatment for diseases leading to *Janapadodhwamsa* [2].

This *Jwara* can also be classified as being *agantu* (external) caused by *Bhoota Abhishanga* (virus), which aggravates all the three *doshas*. Considering the *agantu* and *janapadodhwamsa* nature of the disease, COVID-19 can be considered as a type of *Sannipata Jwara* with fever, tiredness, dry cough, aches and pains, nasal congestion, runny nose, sore throat, diarrhoea etc as the main symptoms.

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2. Case presentation

2.1. Patient information

An apparently normal male of 36 years working in an IT firm. The patient is well built with a height of 181 cm and 87 kg weight.

2.2. Present medical history

The patient presented with nasal congestion and mild rise in temperature since a day. The patient had a history of being in close contact with a COVID-19 case and hence was advised for COVID test and the patient was managed subsequently based on the symptoms as explained in Table 1.

2.3. Past medical history

The patient had a history of laparoscopic removal of appendix two years before following acute appendicitis. He was admitted in an ayurveda hospital one year before for management of low back pain.

2.4. Clinical findings

Prominent symptoms seen were fever, body pain, headache along with other mild symptoms like nasal congestion, heaviness of head, mild to moderate cough of productive nature etc. Such symptoms are usually seen in *Sannipata jwara* where *vata* excessively, *pitta* moderately and *kapha* is mildly vitiated. Hence medicines that can pacify the *dosha* and that are exclusively mentioned in the context of *jwara* were selected for management of this case.

2.5. Diagnostics

Throat Swab for RT-PCR SARS-CoV-2 (COVID-19) was given on 29 September 2020 and the result was received the next day that confirmed positive for COVID-19.

Table 1
Patient management chart.

DATE	SYMPTOMS	MEDICINES ADVISED
27-Sep-20	Cold, Mild Cough Fever (99.7 F From Night), Tiredness + Reduced Sleep	<i>Indukantham Kashayam</i> 15 ML (IK) Bd, <i>Amrutharishtam</i> 30 ML Td, <i>Sudarshanam</i> 2 Bd. <i>Taleesapatradi Choornam</i> (TC) <i>Muhur Muhur</i>
28-Sep-20	Cold, Mild Cough Fever 100.7 F (Morning)/102 F (Evening) Headache +++ (At Night), Body Pain +, Tiredness ++	IK Bd, <i>Amrutharishtam</i> 30 ML Td, <i>Sudarshanam</i> 2 Td, <i>Vettumaran</i> 1 Bd, TC (<i>Muhur Muhur</i>) <i>Legrain Tab</i> 2 Hs
29-Sep-20	Cold, Mild Cough Fever 99.3 F (Morning)/100.8 F (Night) Headache + (Morning)/++ (Night), Body Pain +, Tiredness ++ Sleep Improved, Sample given for COVID PCR test	IK Bd, <i>Amrutharishtam</i> 30 ML Td, <i>Sudarshanam</i> 2 Td, <i>Vettumaran</i> 1 Bd, TC (<i>Muhur Muhur</i>)
30-Sep-20	Cold, Mild Cough Fever 99.3 F (Morning)/Normal (From Evening) Headache Absent, Body Pain +, Tiredness ++ Sleep Improved, Patient Feeling Better Than Before, Positive For COVID-19	IK Bd, <i>Amrutharishtam</i> 30 ML Td, <i>Sudarshanam</i> 2 Td, TC (<i>Muhur Muhur</i>)
01-Oct-20	Fever/Body pain/Headache Absent, Temp Normal, Mild Nasal Congestion, Occasional Cough (Slight Productive), Tiredness +	IK Bd, <i>Amrutharishtam</i> 30 ML Bd, <i>Sudarshanam</i> 2 Bd, TC (<i>Muhur Muhur</i>)
02-Oct-20	Mild Nasal Congestion, Occasional Cough (slightly Productive), Tiredness +	IK Bd, <i>Sudarshanam</i> 2 Bd, TC (<i>Muhur Muhur</i>)
03-Oct-20	Mild Nasal Congestion, Occasional Cough (slightly Productive), Tiredness +, Lost Smell & Taste	IK Bd, <i>Sudarshanam</i> 1 Bd, TC (<i>Muhur Muhur</i>)
04-Oct-20	Nasal Congestion, Tiredness +, Absent Smell And Taste	IK Bd, <i>Sudarshanam</i> 1 Bd, TC (<i>Muhur Muhur</i>), <i>Nasarsha Tailam</i> 2 Drops Each Nostril Bd
05-Oct-20	Nasal Congestion, Tiredness +, Absent Smell And Taste	IK Bd, <i>Sudarshanam</i> 1 Bd, TC (<i>Muhur Muhur</i>), <i>Nasarsha Tailam</i> 2 Drops Each Nostril Bd
06-Oct-20	Absent Taste & Smell	IK Bd, <i>Sudarshanam</i> 1 Bd TC (<i>Muhur Muhur</i>), <i>Nasarsha Tailam</i> 2 Drops Each Nostril Bd
7 Oct & 8 Oct 2020	Taste & Smell +	IK Bd, <i>Sudarshanam</i> 1 Bd
09-Oct-20	Taste & Smell Regained Patient Tested Negative For COVID -19	IK Bd, <i>Sudarshanam</i> 1 Bd
10 Oct - 15 Oct 2020	Asymptomatic	IK Bd, <i>Sudarshanam</i> 1 Od
16-Oct-20	Asymptomatic	<i>Agastya Rasayanam</i> + <i>Haridrakhanda</i> 1tsb Bd

(Bd -Twice daily; Td - Thrice daily; Od - Once daily; ML – Millilitre).

2.6. Therapeutic management

2.6.1. Medicines given

The patient was completely managed using Ayurvedic medicines from the first day of the disease. Medicines like *Amrutharishtam*, *Indukantham Kashayam*, *Vettumaran Tablet*, *Sudarshanam Tablet*, *Taleesapatradi Choornam*, *Nasarsha Tailam*, *Legrain Tablet*, *Agastya rasayanam*, *Haridrakhanda* were used during the course of management based on the condition of the patient.

2.6.2. Advises given

During the course of the disease the following advises were given:

The patient was healthy with no co-morbidities so home quarantine was suggested. He was advised to check his oxygen saturation daily and to report if the same fell below 95%. As he reported to have reduced appetite in the initial phase of fever light diet was advised. Steam inhalation was advised twice or thrice a day for alleviating symptoms like nasal congestion, heaviness of head etc. Complete fumigation of house was advised using *Aparajitha dhoo-pana Choornam*.

Elder parents of the patient [father-73 years, mother- 63 years], staying in the same house were advised to have *Indukantham kashayam* along with two *Sudarshanam* tablets twice daily before food as prophylaxis. Though being in close contact with the patient, prior to developing the symptoms, both of them didn't contract the infection.

2.7. Follow up and outcome

Daily follow up of patient condition was taken over phone and the condition of the patient kept on improving with the medicines. During the course of the treatment his condition remained stable and no adverse events were reported by the patient. Nasal swab for COVID antigen test was taken on 13th day of the disease, starting from first day of developing the symptoms and the patient tested

negative for COVID-19 and was advised quarantine for another seven days.

3. Discussion

3.1. Rationale for choosing the medicines

Indukantham kashayam (IK), prepared using the drugs of *Indukantham Ghrta* [3] was selected in this case as it is clinically proven to be effective in treating *sannipata* kind of fever associated with weakness of body. As mentioned in the reference of the formulation, it helps to pacify vitiated *vata* and improves *Agni* in conditions like *Kshaya*, *Mahodara*, *Gulma*, *Shoola*, Irregular fevers etc. Hence the same was selected here with a notion to alleviate symptoms of vitiated *vata* like body pain and headache and to improve the appetite and strength of the patient. *Amrutharishtam*, mentioned in the textbook *Sahasrayogam* [3] in the context of *jwara* with *Giloy* (*Tinospora cordifolia*) as the main ingredient is very effective in improving the *Agni* and facilitating *ama pachana* along with alleviating increased body temperature. The reference of the formulation itself says that it is '*sarvajwara kulanthaka* (one that destroys all types of *jwara*). The main ingredient *Guduchi* and *Dasamoola*, being *thikta rasa pradhana* helps in *ama pachana*, improves *Agni* and reduces fever. Also there are molecular docking studies available for *T.cordifolia* proving its role in the management of COVID-19 virus [4]. *Vettumaran* tablet, was given along with *Amrutharishtam* to alleviate the raised temperature in the initial few days of the disease. *Vettumaran* tablet explained in *Sahasrayogam* contains Borax (*Tankan Bhasma*), *Maricha* (*P.nigrum*), *Shuddha Vatsanabha* (purified *Aconitum ferox*), *Shuddha Hingula* (purified and processed Cinnabar), *Ajamoda* (*Trachyspermum roxburghianum*) and Ginger (*Z. officinale*),²¹ and is indicated for fever, vomiting and abdominal colic. Its *ama pachana* and *sroto shodana* property helps in bringing down body temperature very quickly in fever. *Sudarshanam* tablet, a palatable form of *Sudarshanam Choornam*, explained in classical textbook of *Sahasrayogam* [3] is a *tikta rasa pradhana* formulation with *Kirathathikthaka* (*Swertia chirata*) as the main ingredient. The formulation is highly effective in pacifying vitiated *pitta*, bringing about *ama pachana* and reducing the increased body temperature. Symptomatic management was done using *Taleesapatradi Choornam* for cough and patent proprietary preparations like *Legrain* for headache and *Nasarsha Tailam* for nasal congestion. *Legrain*, is an ayurvedic proprietary medicine marketed by legend Pharma for migraine, vertigo etc and found to be clinically effective in reducing headache. It contains the following ingredients *Sankh Bhasma*, *Swarna Makshik Bhasma*, *Akik Pishti*, *Mahavatavidhvans Ras*, *Jahar-mohra Pishti*, *Vacha*(*Acorus calamus*), *Tagar*(*Valeriana wallichii*), *Sarpagandha* (*Rauvolfia serpentina*).

Agastya Rasayanam along with *Haridrakhandam* was selected for post COVID management to improve the immunity and respiratory health of the patient. The combination is found to be effective in improving the strength of the respiratory system especially in chronic cases of asthma.

3.2. Strength and limitations of handling this case

The patient was highly motivated to take ayurvedic medicines and very communicative. He provided a very detailed daily follow

up of his condition and informed any alleviation or aggravation of symptoms promptly which helped in effective management of the case. The limitation was that the follow ups were taken over phone and the patient condition was inferred through his words and management was decided based on that.

4. Conclusion

COVID-19 had already shook the world creating millions of death and other casualties. This article is a simple representation of how Ayurveda can help in the management of COVID 19 cases. It's high time that the time tested traditional knowledge is integrated in the healthcare system to combat the epidemic. Ayurveda can certainly play a significant role in preventing and managing the epidemic if integrated into the main stream health system.

4.1. Patient perspective

"As I had a history of being in close contact with a COVID patient I was sure of getting tested positive. Hence on the first day of developing symptoms like cold and mild fever, I contacted my doctor for her advice. She advised me to get tested for COVID-19 and to start Ayurveda medicines without any delay. On the third day I got tested for COVID and the result turned out to be positive as expected. The symptoms started improving from fourth day of treatment and I was almost asymptomatic after a week though I continued to have medicine at doctor's advice. After getting tested negative doctor advised me to take medicines to improve my health and immunity. Overall I feel that Ayurvedic management helped me a lot during the course of the disease. Also my aged parents who started taking ayurveda medicines as prophylaxis didn't get infected though being in close contact with me prior to falling sick."

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Conflicts of interest

None.

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Nil.

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