

# Corona virus and ayurveda

## Ayurvedic pathogenesis and line of Treatment

### Of Corona virus(unofficial). By. Suraj aggarwal

As per ayurveda corona virus is correlated with kafavatakar and sama pitta jwara.

Vitiated vayu – praan vayu and udaan vayu

Vitiated pitta – none (due to ushma can say mild effect of this)

Vitiated kafa – avalambak kafa and bodhak kafa

Dhatu dushti. -. Rasa dhatugat dushti

Strotodushti – sang

Strotavarodh- pranvaha strotas and rasavaha strotoavrodh present.

Aavaran – kafa aavrut pranvayu avaran

We can correlate it's dosha resemblance as follows:-

Dry cough,sore throat is due to the ruksha guna which shows the predominance of vata.

Cold, breathlessness,shortness of breath shows the predominance of kafa.

In CT scan the ground glass pattern seen in lower zone of lungs.

As lung is a hollow space and it forms of vayu and aakash mahabhuta and here the Infiltrates occupy the lungs and cause infection over there which shows the predominance of Jala and prithvi mahabhuta.

If we'll correlate it with krimigat roga then it will come under shleshmaj krimi .

Pathogenesis according to ayurveda

Virus attacks due to which vata increases and it takes out kafa from it's place and then kafa makes avaran over praan vayu with the shaya of oaj. Thus symptoms like cold,cough,fever,sob occurs.

As per charak chikitsa sthan adhyay 3 verse 86-87

Acharya charak stated the following symptoms of vata shleshmaj jwara.

- 1) Feeling of coldness. Kafa/vata associated
- 2) Heaviness. Kafa associated
- 3) Drowsiness. Kafa associated
- 4) Feeling of wetness. Not reported
- 5) Pain in smaller joints. Vata associated
- 6) **Headache. Vata kafa associated**
- 7) **Coryza. Kafa associated**
- 8) **Cough. Kafa associated**
- 9) Lack of perspiration. Not reported(vata associated)
- 10) **Pyrexia with medium intensity. Reported in a study with 80% pt hvng fever 99.6° c**

**Approximately 7 symptoms out of 10 are present**

**Out of 7. 5 are bcz of kafa**

**1-2 symptoms are due to vata**

**So we can correlate from this:- kaphaΔΔ. vata Δ. pitta =**

**Chikitsa**

**Chikitsa should be on the basis of shaman of kafa and vata and which normalise rasa dushti. Also it normalise the pranvaha and rasavaha strotodushti .**

**Maintaining oja by rasayana chikitsa and immunomodulators of ayurveda.**

