A CONCEPTUAL STUDY OF RAJYAKSHMA WITH RESPECT TO COVID-19: A CRITICAL REVIEW

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DOI: https://doi.org/10.47071/pijar.2020.v05i05.001

ABSTRACT

Worldwide enemy corona virus is harming the world physically, mentally, socially and even economically. The research for covid 19 vaccine is going on but till the date we get vaccine we need a strong treatment protocol for which it needs a deep understanding, so that a proper diagnose could be drawn. In Ayurveda there are three pramanas for understanding any disease and these are pratyaksha, anumana, aptopadesh. On the basis of these three pramanas diagnose can be made. As we have very few facts known about it but with aptopadeshand anumanwe can give a quite conclusive idea about covid 19 so that line of treatment can be given. The references from Charaksamhita, Sushrutasamhita, MadhavaNidana and some facts given by modern researchers and examinations are enough to give a thorough understanding about the causes, symptoms, pathology, aggravating factors, prodromal symptoms etc. according to Ayurvedic concepts.

KEY WORDS covid 19, ayurvedic, pramanas, pratyaksha, anumana, aptopadesh

INTRODUCTION

Infectious diseases are the diseases which spread from one person to another by various means e.g. ingestion, inhalation, inoculation, perinatal or direct contact.[1] Covid-19 is also an infectious disease which is spreading very fast throughout the world. It is a disease which is dangerous not because of its dreadful symptoms but because of its fast spreading and reacting in body. Various researchers and scientists revealed facts about corona like it is a spherical or pleomorphic enveloped particles containing single stranded RNA associated with a nucleoprotein within a capsid compromised of matrix protein. The envelop bears club shaped glycoprotein projection[2].
takes about 7-14 days to show symptoms. The symptoms most commonly seen are cough, fever, fatigue, chills, sore throat, headache, diarrhea, shortness of breath, chest pain, skin infections like rashes, conjunctivitis are also seen.[3]

In Ayurveda infectious diseases are called as Aupsargicor SankramakaRoga, which are described by Acharya Sushruta in Nidansthaan chapter 5/32-33. In this verse he said Prasangatgatrasansparshatnishvas hat| Sahshayasanatchapivastramalyaa nulepanat| Kushtajwarshoshashchnetr abhisheyandev cha| Aupsargikarogashchsankramantinaran naram|| [su .ni 4/32-33][4]

In this verse Acharya Sushruta has described, the infectious diseases are those which spread through prasang, sparsh, nishwas, sahbhojan, sahshayya, sahaasan, vastra and anulepan( things used by infected person) of infected person cause infections. He categorized all these infectious diseases into four: kusht, jwar, shosh, netrabhishyand. Out of these four groups corona comes under the category shoshaas it includes the conditions related to weakened immunity and symptoms with respiratory symptoms mainly as we see in corona disease.

Akhsetrebeejautsrishtamantrainvashyatiti| Abeejakamapikshetramkevalamsthandi lambhavet| [ma.ni. 10] [5] Means as the barren land cannot grow crops even if the seeds are sown similarly immunity cannot grow diseases whether causative organism attacks body. According to modern science causative organisms is the reason for disease to occur but with this verse it becomes clear that for occurring any disease in body both the strength of body and strength of the causative organism are equally important. Still in Ayurveda strength of the body and i.e. the immunity plays more important role. And this can be explained on the basis of KaryakaranaSidhanta[6] according to which behind everything to happen there is a cause and this cause is of three types: (in context to disease)

Samvayikaran:- the doshas of body in imbalanced state

Asamvayikarana:- amalgamation of vitiated doshas with weak tissues

Nimmitakarana :- pathogens attacking the body
Out of these three Samavayikaranais first and prime reason for a disease to occur.

Before blindly moving towards treatment it is important to make diagnose for which references from Charakasamhita, Sushrutasamhita, Madhava Nidanaprovides enough literature to reach to a conclusion.

**MATERIAL AND METHODS**

As we see the most of the symptoms are related to respiratory tract so it comes under shosha category of Aupsargic Roga.

But Acharya Charakahas given the most detailed description of Shosha. Kshaya, Rajyakshma, Yakshmaare its synonyms. Any disease or a pathological condition in which dhatu or ojha (immunity) starts drying off. And due to decrease in external and internal functioning of body, so it is called Kshaya.

As it is very difficult to understand the actually what kind of diseases or pathological conditions come under this group of infection, so Acharya Charakakery smartly differentiated its types on the basis of its Nidana or cause into four types [7] Kshyat, Sandharanat, Saahsat, Vegdharanat and according to number of symptoms into three groups [8] Ekadashrupa, Shadrupa, Trirupa.

From these four types symptoms of COVID-19 comes under the condition of KSHAYAT [9] type and samanyalakshana of shadarupe [10] group, these are as follows,

[ Shirshool, Ansataap, Kaas, Swarkshay, Arochaka, Parshwashool, Atisaar, Angmard, Jwar, Pratishyay, Shwaas] and [ Kaas, Jwar, Parshwashool, Swarbhed, Varchabhed (Atisaar), Aruchi] respectively under shosha or Rajyakshma. The Doshas are recognized by their karmas and disease by its symptoms and their nidan (in the sense of aggravating factors) samprapti is understood by the Anumanafrom the pratyakshia i.e. symptoms in Ayurveda diagnose of any pathological condition is done by Nidanpanchaka. Here is the possible diagnose that can be drawn from Pratyakshaand Aptonadesha.

**NIDAAN**

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Nimittakaran - Corona virus

**SAMPRAPTI**
- Rasah Srotasrudheshuswasthanasthovi
- Srotassannirodhashchraktadinaachsank
- Dhatushmanachayapchayadrakshyamp

**Samanyasamprapti**
- dahyate |
- urdhwakasvegenbahuruppravartate || [ch. chi. 8/43][13]

**Srotassannirodhashchraktadinaachsank**
- shyayat

**Dhatushmanachayapchayadrakshyamp**
- ravartate || [ch. chi. 8/40][12]

**Nidansewan**
- Agni becomes visham
- Digestion of aahar and formation of Mala Kapha (from rasdhatuasaaharrasis not formed properly due to Vishama Agni)

**Increased Kapha creates Srotorodha**
- This increased kapha creates
- Seven Dhatu Agnis are impaired
- vega of kasa related symptoms
- Shadarupa/ Ekadashrupalakshanakshay

**VISHESH SAMPRAPTI**

**ANULOM A TYPE**
- PRATILOMA TYPE
- Due to IrshyaBhaya, Utkantha, Trasalossofshukraand oja directly
- Chronic diseases have decreased oja) Krodha, shokathe people who get weak due to upavasa and maithun (dhatusand oja)(People who have history of)

**Kshaya**
- Vata is increased
- Increased Vata vitiates Pitta and Kapha
- Shadarupa and Ekadashrupa symptoms starts [14]
PURVARUPA

Both physical and mental Prodromal symptoms are described by Acharya Charak, some physical symptoms related to corona are Pratishyay, Kshavathrubhikshnam, Shlemprapasrek, Mukhamadhurya, Annabhilasha, annakalechayasah [ch.ni.6/13][15]

RESULTS AND OBSERVATIONS

Symptoms of covid 19
Fever, Cough, Tiredness, aches and pains, Sore throat, loss of speech, Headache, Loss of taste, Chest pains and pressure, Trouble breathing, Runny or stuffy nose, Sneezing, Diarrhea can be compared with Symptoms of Kshaya type of Rajyakshma
Jwar, Kaas, Angmard, Swarbhed, Swarkshay, Shirshool, Aruchi, Parshwashool, Shwaas, Pratishyay, Kshavathu(also purvarupaAtisaar) respectively.

Besides all these symptoms some symptoms related tiofections of skin and eyes like skin rashes and conjunctivitis are seen, these are due to vitiation of Raktadhatusby all the three doshas and these symptoms arise which we call as Updrava (complication) in ayurvedic terms.

Symptoms listed in table are described by Acharya Charakunder Dhatukshayaj condition.

ANSHANSH KALPANA

According to the researches structure of corona is lipid tentacles and protein inside so in structure[10] it is kaphapradhana but while looking to its karma its sukshma and aashukari guna of vata are seen. so Prakriti is Kaphavataj. It is property of virus to convert the host cells into its cells so other cells it f creates Kaphaj structure and Vataj karma gives the symptoms similar to itself in which KaphaAvrodh blocks Pranavaayu.

CONCLUSION

Diagnose of any disease is important because line of treatment is fruitful only when the diagnose is clear. Ayurvedic aspect provides enough text to understand any named or unnamed disease as nothing is beyond the activities of Vata, Pitta and Kapha. Though pathogens are also play a role but according to ayurvedic concepts ojha (immunity), Agni and Doshas maintains the life.

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Published BY:
Shri Prasanna Vitthala Education
and Charitable Trust (Reg)

Source of Support: NIL
Conflict of Interest : None declared