Role of Vasavaleha in the management of Covid19

Aamir Khan, Rajni K. Gurmule*

Department of Rachana Sharir, Mahatma Gandhi Ayurveda College Hospital and Research Centre, Salod (H), Wardha-442001, Datta Meghe institute of medical sciences (DU), Nagpur, Maharashtra, India

ABSTRACT

Vasavaleha is one of the best medicine given for respiratory diseases. Corona viruses typically affect the respiratory system, causing symptoms such as coughing, fever and shortness of breath. It also affects host immune system of human body. Spreading rate of this disease is very high. Whole world is seeking for the treatment which can uproots this diseases. There in no vaccine available till date against this pandemic disease. Ayurveda mainly focuses on prevention of diseases alongwith its total cure. Rajyakshma Vyadhi is MadhyamMarga Roga as per Ayurveda. It shows many symptoms such as Kasa, Shwasa etc. By overall view of Covid 19, shows its resemblance with Rajyakshma Vyadhi described in Ayurveda. Vasavaleha is a Kalpa which is described in Rogadhikara of Rajyakshma. It shows Kasahara, Shwashara properties. It consists of Vasa, Pipalli, Madhu and Goghrita. These components shows actions like bronchodilation, antitussive effect and many more other actions. Pipalli shows important Rasayana effect. So in present review, we have tried to focus on role of Vasavaleha in the management of Covid 19. This can be used as preventive as well as adjuvant medication in treating Covid 19. There is need of further clinical research to rule of exact action of Vasavaleha against Covid 19.

INTRODUCTION

Coronaviruses typically affect the respiratory system, causing symptoms such as coughing and shortness of breath. Some people, including older adults and children, are at risk of severe illness from these viruses. These are present in many species of animals, such as bats and camels. Mutations of the virus can infect humans. These viruses work by attaching to cells in the host’s body. By entering into the host body, they reproduce. They can then spread to new cells around the body. They mostly affect the respiratory system, which is a group of organs and tissues that allow the body to breathe. Lings of throat, lungs and airways are getting infected by these viruses. Early symptoms of coronavirus include coughing and shortness of breath. As the condition is worsening, damage to lungs increases that result in respiratory distress. Generally, the immune system identifies and acts against virus early by sending antibodies or particular proteins and combat the infection. The immune response to infection produces side effects for the body in the form of fever. Pyrogens are released in the course of the disease, and that is leading precursor for fever. Other accompanying symptoms are also observed along with fever, such as the runny nose, headache, body aches, sore throat, difficulty sleeping, chills and sweats. Symptoms are not generally straightaway.
People with COVID-19 may get symptoms 7 to 14 days after infection. Due to its high spread rate and unavailability of proper medication, it is spreading rapidly throughout the world.

Ayurveda is the ancient science that has a very beneficial effect in maintaining the health of an individual as well as longevity. Bhaishajya Kalpana is one of the most developed branches of Ayurveda, dealing with the preparation of different formulations from the raw material available in nature. Vasavaleha is one of the critical formulation useful against respiratory diseases. In Bhaishajyaratnavali, there is a recommendation of Vasavaleha in Rakta pitta, Rajayakshma, and Kasa Vyadhi. Vasavaleha mentioned in Rajayakshma Rogadikara by Bhavapraksha is prepared by using Swarasa (juice). It is made by using the classical method. Its main constituents are Vasa, Pippali, Madhu, Goghrita and Shankara. Vasa (Adhatoda vasica) and Pippali are the Dravyas useful in the management of Vyadhis such as Kasa, Shwas which are generally related to the respiratory system. These are used in different dosage and forms like Swarasa, Avaleha and Ghrita. Although the Avaleha Kalpana is not available in Brihatrattaya, Gada Nigraha by Aacharya Sodhal and Bhavaprakasha have described its use in the form of Avaleha to treat the diseases of Respiratory System.

Vasavaleha is recommended in Rakta pitta, Rajayakshma, Kasa Vyadhi. Rajayakshma described in Ayurveda can be considered as a respiratory syndrome in which sufferer's immune and respiratory system is compromised. So there can be somewhat relevance of Rajayakshma and Covid 19. By considering this, Vasavaleha can have an action against Covid 19.

Vasavaleha mainly consists of Vasa, Pippali and Madhu, and Shankara. Its Anupama is given as Godugdha, and its dose is 5-10gm. (Kashyap et al., 2014) Vasa is Laghu and Ruskha Gunatmaka. It is Tikta and Kashaya Rasatmaka. It is Sheet Viryatma, and its Vipaka is Katu. Its main chemical compositions are Vasicine, Adhatodic acid. It is used in Kasa and Shwas diseases (Gupta and Prakash, 2010). Likewise Pippali Laghu Snigdha and Tiksha Gunatmaka. Its rasa is Katu and Vipaka is Madhur. Its Virya is Anushnashita. Its main constituents are piperine. It is included in Kasahara, Shirovirechana, dipaniya and Shirovirechana Gana by Acharaya Sushruta (Patel et al., 2011). It also shows Dipan Pachan properties, and it is said as Rasayana by Acharaya Charaka. Bhavaprakasha has described features of Madhur in his commentary. According to him, Madhu is Madhur and Kashaya Rasatmka. It has Laghu, Ruksa, Vishad and Sukshma properties. It is Sheeta Viryatmaka. It is Alpa Vatalam and Kapha Pitta Nashak. (Bagde et al., 2013).

Discussion

Coronavirus disease (COVID19) has an immense effect on the respiratory system and shows symptoms like cough, fever and breathlessness. It can be correlated with Rajayakshma Vyadhi as per Ayurveda. In Rajayakshma Vyadhi, there is vitiation of Kapha Dosha mainly along with Vata and Pitta. This vitiated Kapha Dosa does Strotavarodh, and further Samprapti of Vyadhi is carried out in which Kshaya of all the Dhatus, starting from Rasa takes place. Due to this Dhatu Kshaya immune system of the body is worsened. The symptoms of this Vyadhi are exhibit in the form of Triropa, Shadroopa and Ekadashroopa Rajayakshma (Samal, 2016). Vasaavaleha, which is one of the potent formulations of Vasa, which is useful for treatment for Respiratory diseases. Vasa is one of the bronchodilator drugs as per Ayurveda. It shows Kasahara and Kshayahara Properties. Laghu Ruksa guna of Vasa help in alleviating Dushit Kapha which is responsible for the pathogenesis of the disease. Also, Pippali is Tiksha Gunatmaka, and Madhu is Laghu, Ruksa and Sukshma. These properties of Pippali and Madhu help in Strotovishodhan. Vasacine, which is the main constituent of vasa, shows a bronchodilatory effect (Basu et al., 2011). This property can be helpful against bronchospasm in some of the cases of Covid 19. Pippali is said as Rasayana by Acharyas. This Rasayana property is useful for Dhatu Pushhti of Dhatus which are debilitating in Samprapti of diseases. Piperine which is an essential constituent of Pippali enhances the bioavailability of the Vasavleha due to which for a long time, therapeutic duration of it is maintained (Paneliya et al., 2015). Pippali acts on malnourished Dhatu (Antiwal and Singh, 2011). Madhu is called as Yogvahi, which means it works like a catalyst; it enhances the properties of formulation without changing its features (Dudhamal et al., 2010). Katu, Tikta Rasa of Vasa and Pippali shows Kaphghna properties. Thus Dushit Kapha Dosha is soothed by these Dryavayas (Kumari et al., 2013). Also, Tikta Rasa is said to have Jwarghna, Dipana, Pancha properties. Due to this fever which is one of the cardinal symptoms of Covid 19 can be soothed and Dipana, Panchana of Vittaed Kapha Dosha is carried out.

Goghrita is said as “Rasashukroajaas Hitam”. That means it is useful for corroborating Rasa, Shukra and Oja in the body, thereby boosting the immunity of sufferer, which is one of the most elixir components.
in the management of covid. Also, it is Balya (Akhtar et al., 2010). Due to Madhur Guna Sharkara is also helpful in Briana of body Dhatus.

CONCLUSIONS

The constituents of Vasavleha are well known and readily available in a day to day practice. Preparation is also cost-effective—all these posses enormous properties which are useful in boosting immunity and alleviating the symptoms of Covid 19. So concerning the overall review, it can be said that Vasavaleha has some action against Covid 19. So it can be used as an adjuvant drug along with other medication to have relief and prevention using Godugdha as Anupama in proper dose as per Bala of the sufferer. However, its treatment is given as 10gm. A further clinical trial should be carried out to prove its efficacy clinically. It can be an elixir in the prevention and management of Covid 19.

ACKNOWLEDGEMENT

The author is thankful to Research cell of MGACH & RC, Salod (H) and Datta Meghe institute of medical sciences (DU) for giving such an excellent opportunity. It will flourish in research knowledge.

Conflict of Interest

Does not have any conflict of interest.

Sources of funding

There is no source of any kind of funding.

REFERENCES


