

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

Dr Pooja Shelke, final year¹. Dr Richa Acharya²

¹SKSS Ayurvedic medical college and hospital sarabha Ludhiana Punjab ²Assistant Professor, Dept of Panchkarma, SKSS Ayurvedic medical college and hospital sarabha Ludhiana Punjab.

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 aptopadesh and anumana we 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 comprised of matrix protein. The envelop bears club shaped glycoprotein projection[2].It

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 Sankramaka Roga, which are described by Acharya Sushruta in Nidansthaan chapter 5/32-33. In this verse he said Prasangatgatra sansparshatnishvas hat| Sahshayyanatchapivastramalyaanulepanat|| Kushtajwarshoshashch netrabhishyandev cha| Aupsargikarogashch sankramantinaranaram|| [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, sahsayya, 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.

Akshetre beejautsrishtamantraivinashyati|

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 Karyakarana Sidhanta [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,MadhavaNidanaprovides 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 AupsargicRoga.

ButAcharyaCharakahas given the most detailed description of Shosha. Kshaya, Rajyakshma,Yakshmaareits synonyms. Any disease or a pathological condition in which dhatus 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 AcharyaCharakavery smartly differentiated its types on the basis of its Nidanaor 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 shadarupa[10]group, these are as follows,

[Shirshool, Ansataap, Kaas, Swarkshay, Arochaka, Parshwashool, Atisaar, Angmard, Jwar, Pratishtay, Shwaas] and [Kaas, Jwar, Parshwashool, Swarbhed, Varchabhed (Atisaar),Aruchi] respectively under shosha orRajyakshma .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 pratyaksha 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 Aptopadesha.

NIDAAN

Samvayikaran – imbalanced conditions of the doshasbecause of Irshya, Krodha,Bhaya makes body weak due to loss of shukradhatu and ojha [11] Asamvayikarana- amalgamation of weakened tissues and organs with vitiateddoshas

Nimittakaran- Corona virus

SAMPRAPTI

RasahSrotasrudheshuswasthanasthovi

Samanyasamprapti

dahyate|

Sa

Srotassannirodhashchraktadinaachsank

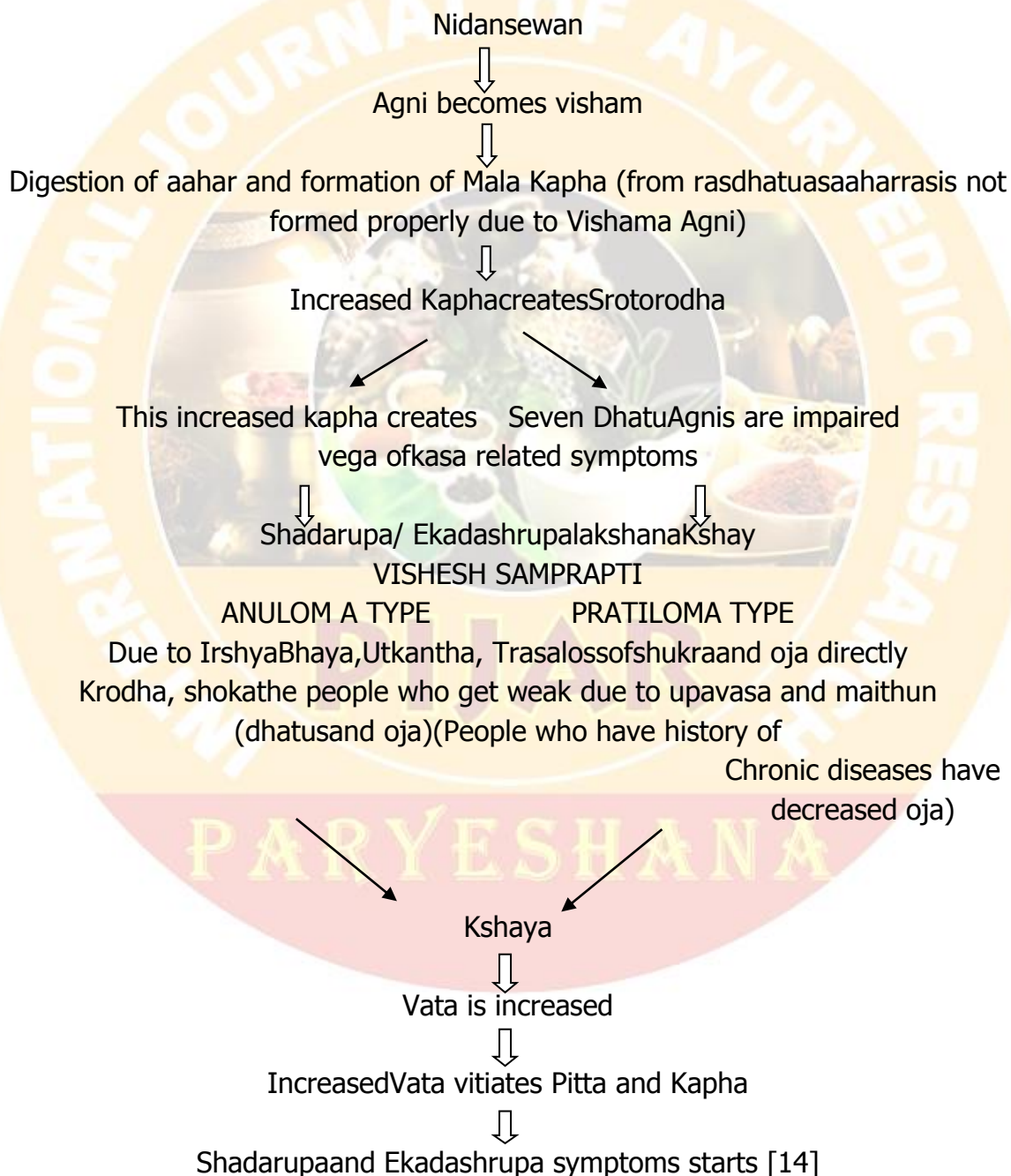
urdhwakasvegenbahuruppravartate||

shyayat

[ch. chi.8/ 43][13]

Dhatushmanachayapchayadrakshyamp

ravartate|| [ch. chi. 8/40][12]



PURVARUPA

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

RUPA

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 to infections of skin and eyes like skin rashes and conjunctivitis are seen, these are due to vitiation of Raktadhatu by 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 Charak under 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 creates Kaphaj structure and Vataj karma gives the symptoms similar to itself in which Kapha Avrodh 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.

REFERENCES

1. Textbook of Pathology [Harsh Mohan] Ch 6 page no. 165 Jaypee Brothers Medical Publishers (P)Ltd. Seventh Edition:2015
2. www.ncbi.nlm.nih.gov/books / Medical Microbiology Ch 60 by prof David A.J. Tyrrell and Steven H. Myint, fourth edition
3. www.who.int
4. Sushruta Samhita Nidan Sthan Ch 5 Page no. 325 by Kaviraj Dr. Ambikadatt Shastri Chaukhamba Sanskrit sansthan Part 1 edition; reprint 2018
5. Madhava Nidan part -1 Ch 10 page no.278 by sudarshansastri Chaukhamba Sanskrit sansthan, Varanasi edition thirtyfirst: 2002
6. Padarthvigyan Ch 6 page no. 265-267 by Hiralal R. Shivhare, Chaukhamba Surbharati Prakashan, Varanasi
7. Charak Samhita Chikitsa Sthan Ch 8

- /13 Page no. 279 by Kashinathshastri, ChaukhambaBharatiAcademy, Varanasi Edition:reprint 2017
8. CharakSamhitaChikitsaSthanCh 8 /45Page no. 284 by Kashinathshastri, ChaukhambaBharati Academy, Varanasi Edition:reprint 2017
9. CharakSamhitaChikitsaSthanCh 8 /25-26 Page no.280 by Kashinathshastri, ChaukhambaBharati Academy, Varanasi, Edition:reprint 2017
10. CharakSamhitaChikitsaSthanCh 8 /45 Page no.284 by Kashinathshastri, ChaukhambaBharati Academy, Varanasi, Edition:reprint 2017
11. CharakSamhitaChikitsaSthanCh 8 /25-26 Page no.280 by Kashinathshastri, ChaukhambaBharati Academy, Varanasi, Edition:reprint 2017
12. CharakSamhitaChikitsaSthanCh 8 /40 Page no.283 by Kashinathshastri, ChaukhambaBharati Academy, Varanasi, Edition:reprint 2017
13. CharakSamhitaChikitsaSthanCh 8 /43 Page no.284 by Kashinathshastri, ChaukhambaBharati Academy, Varanasi, Edition:reprint 2017
14. CharakSamhitaChikitsaSthanCh 8 /25-26 Page no.280 byKashinathshastri, ChaukhambaBharati Academy, Varanasi, Edition: reprint 2017
- CharakSamhitaNidanSthanCh 6/13 page no.547 by Kashinath PandeyShastri, Chaukhmba Bharati Academy, Varanasi Edition: revised 2019

Corresponding author:

Dr.Richa Acharya

Assistant Professor, Dept of Panchkarma, SKSS Ayurvedic medical college and hospital sarabha Ludhiana Punjab.

Email: richa60@gmail.com

Published BY:

Shri Prasanna Vitthala Education and Charitable Trust (Reg)

Source of Support: NIL

Conflict of Interest : None declared