

Ayurvedic management of pneumonia -post covid complication in the patient of chronic diabetes mellitus- A Case Report.

Nanal Satyavrat Ramesh¹, Kini Jai kiran¹

¹Department of Rognidan, Dr G D Pol Foundation YMT Ayurvedic Medical College And Hospital, Navi Mumbai, India

Corresponding Author :

Kini Jai kiran

Email – drjaikini@ymtayurvedcollege.org



Abstract-

Introduction-

Pandemic SARS COVID 2 caused significant mortality world wide. This multifactorial diseases carrying post covid complications which is the challenge for existing medical sciences and ayurveda has shown effective results in management for every stage . All traditional Indian treatment modalities helped to control this disaster worldwide any were very effective in every condition and stage of this disease .Pneumonia was the most significant complication developed in covid phase. **Objective-** Need to use the validated protocol for management of post covid pneumonia as well every ayurveda practitioner should be able to successfully treat every anukta vyadhi with ayurvedic diagnostic and treatment protocol. **Diagnosis-** It is a case study of a confirmed case of pneumonia after covid 19. **Significant clinical findings** -breathlessness, weakness, fatigue, loss of appetite, sayankalinjwara, cough, dyspnoea, headache. **Intervention-** The case was successfully managed with dhatwagniaamapachan, agnideepan, jwaraghna, shothahar ,saraktamansabalavardhak, srotasrasayan. **Outcomes-**Marked radiological improvement seen, scores of Mental and physical health have improved, appetite improved, quality of life has improved a lot. **Conclusion-** Ayurvedic management in post covid pneumonia has significant results in terms of curative and rejuvenatory treatment.

Keywords : ayurvedic, post covid 19, pooyapachak, dhatwagni, aampachak

Introduction-

Since December 2019, more than 160 millions population suffered by SARS-Covid 19 The most dangerous and mortal second wave of covid 19 laid many versions of emergencies as well still many people are struggling for recovery from post covid situations.⁽¹⁾ Among other post covid complications, pneumonia is the one of the significantly detected complication⁽²⁾ which is challenging to treat in many aspects .Many patients have experience long term respiratory complication specially in high risk group.⁽³⁾ The journey of covid 19 from wuhan December 2019 till now has created many challenges for medical sciences worldwide and many traditional medicines helped significantly all over world.⁽⁴⁾ In many cases symptoms were not clear but objective criteria was proven⁽⁵⁾ and this way patterns were different in every case.

Traditional ayurvedic medical stream that is ayurved treated and still treating successfully these all stages⁽⁶⁾ and patterns of post covid diseases on the basis of classical guidelines of nidanpanchak, srotovaigumya, rogabala, vyadhibala, awastha, dosha, dushya, agnibala.⁽⁷⁾ We can finalize the standard treatment guideline in these patients. In modern science all possible treatment guidelines changed as per changed strain of covid 19⁽⁸⁾ Many treatment protocol were tried to get recovered in every phase and every wave of this pandemic. but still post covid pneumonia remained major challenge for medical fraternity⁽⁹⁾

Case report-

67 years old female recovered from covid. Again after 15 days she started with mild fever, weakness, cough, breathlessness, bodyache, loss of taste, insomnia, and admitted in hospital on 28th sept 2021. She was in high risk group⁽¹⁰⁾, known case of covid 19 with HBA1C 6.8, D Dimmer was 8052, Post prandial sugar was 239, anti SARS covid specific protein was 2500, H1N1 not detected ,CRP 261, Procalcitonin 0.81, Hb was 10.5 and very importantly WBC count was 9000, SGOT and SGPT were raised, IL6 was 532, pleural effusion was seen broncho vascular marking increased ,in the both the lung field, more in right lower zone will identified opacity, mild pleural effusion noted on one side, Right costo phrenic angel obliterate, serum sodium was 145, serum potassium was 2.99

So at this stage patient had told to start standard yoga breathing practices i.e. pranayam, pathya regarding all guru, snigdha, sheet veerya food items, Every time for thirst ,patient has to take only luke warm water, patient should not do overexertion

Patient was given mixture of rasa sindoor , trikatu, chausashtha pimpalli, abhrakbhasma ,shrunga bhasma for three times in a day, vasakumari 4 tspn was prescribed for thrice in a day for 1 month

After follow up of thirty days the patient appetite was improved, breathlessness on every small activity was diminished, body ache, insomnia was not there, his chest xray

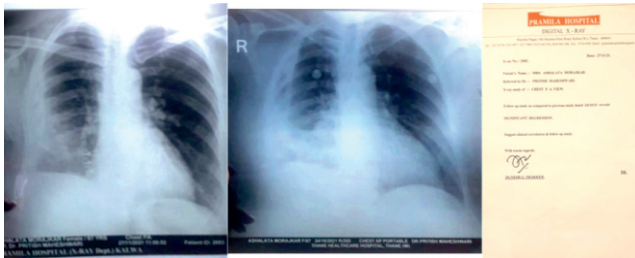
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shown remarkable changes, BsL fasting and Post prandial was repeated, D Dimer, LFT, RFT <Crp was repeated every 15 days

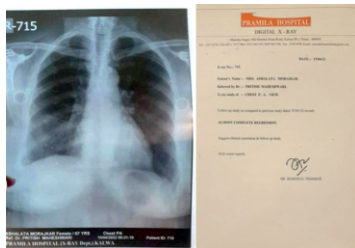
Again in second month the same mixture of churna with same regimen was repeated

Investigations-

1. Figure 1: x-ray showing significant regression (before and after 2 MONTHS treatment)



2. Figure 2 : x-ray showing complete regression (At the end of the treatment)



Treatment Plan (Table No. 1)

Medication Dose	Timing/ Frequency	Duration
Rasa sindoor 125mg + Trikatu 125 mg + Chusashtha Pippali 125mg + Abhrak Bhasma 125mg + Shringa Bhasma 500 mg(4)	1 tspn three times a day	2 Months
Vasakumari Syrup	4 tspn three times a day	2 Months

Results and observations-

Assessment of quality of life- Appetite was improved within 15 days, quantity of food has improved on 11th day, breathlessness has reduced in first 23 days, and fever spike was not repeated after 72 hours. (Table No. 1)

Weakness was firstly started getting diminished after first 15 days then after 1 month completely diminished still entire course of medicine was taken in tapering dose for total two months as well Deepan pachan healing of srotas and dosha vigunata was the main focus of treatment with the help of vatanulomak, tikta, pachakdravya. (Table No. 2)

Before and After lab findings - (Table No. 2)

Sr. No	Test Name	Pre Treatment	Post Treatment
1.	CBC	Rbc- 3.79 x 10 ⁶ /UI Wbc -13000/cmm Neutrophil -78% Lymphocyte -19%	Rbc- 3.34 x 10 ⁶ /UI Wbc -6000/cmm Neutrophil -62% Lymphocyte -24%
2	CRP	462.8 mg/lt	141.16 mg/lt
3	D-Dimer	16.68 mcgm/ml	7.12 mcgm/ml
4	Fasting sugar	160 mg /dl	99.4 mg/dl
5	Post prandial	239 mg /dl	106.80
6	LFT	SGOT-34.1 IU/L SGPT-32.8 IU/L	SGOT-39. IU/L SGPT-32.8 IU/L
7	RF	TCreatinine -0.80	Creatinine -0.60

Discussion-

73 percent of covid cases suffered from variety of complications. Post covid pneumonia was the commonest one. Patients with co morbidity in terms of diabetes mellitus, hypertension and hyperlipidemia, obesity were very much challenging to treat.

In these case, patient needed care and proper medicines. As per standard treatment of ayurvedic chikitsa, here also deepen pachan of vitiated dosha was done by the combination of churna. Vitiated doshas pacified and corrected as per the concept of guna properties and their status in the body of the patient. The dravya also needs agni bala to get digested in time in body and show results within time so aamapachan and agnideepan these two modalities are important at initial stage of treatment. Pathyapathya prevents further vitiation of dosha and helps to get restored at their basic combination.

Srotovishodhan which helps to restores the velocity of physiology of pranavaha strotas which was corrected by the combination of rasasindoor,⁽¹¹⁾ trikatu⁽¹²⁾ and chaushasta pippali⁽¹³⁾. The absorption at capillary level and level of alveoli was enhanced by abhrak bhasma⁽¹⁴⁾⁽¹⁵⁾ and shringa bhasma⁽¹⁶⁾ which are effectively working as catalyst for vatagati and correctors for rasa rakta dhatu channels.

Conclusion-

The present case report represents that the management given to covid 19 and its complication for total 2 months in which initially panchan, deepan of vitiated dosha, srotovishodhan, healing of srotas made this patient improve in respect of blood sugar control which shows after treatment within normal limits, liver function within normal limits, renal

function within normal limits, inflammation reduced so CRP became normal, general condition of patient became better appetite, skin texture and mental health by confidence point of view was improved

Bala of agni, dhatu was restored gradually. Srotobala was restored with help of pathyapathya and treatment regimen. Doshapachan and restoration of dhatuwagni were keys of treatment protocol

Conflict of Interest: Nil

Source of Support: Nil

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