SWINE FLU - AYURVEDIC APPROACH

Introduction:

Swine influenza, also called pig influenza, swine flu, hog flu, pig flu, is an infection caused by any one of several types of swine influenza viruses.

Swine influenza virus (SIV) or swine-origin influenza virus (S-OIV) is any strain of the influenza family of viruses that is endemic in pigs. Influenza A (H1N1) virus is the subtype of influenza A virus that was most common cause of human influenza (flu) in 2009. Pandemic H1N1 2009 (Swine flu) virus was the virus of the year 2009 because it affected the lives of many people in this year.

Virus overview:

It is an orthomyxovirus that contains the glycoprotein’s- Haemagglutinin (H) and Neuraminidase (N). For this reason, they are described as H1N1, H1N2 etc depending on type of H or N antigens they express. The influenza virion is roughly spherical. It is an enveloped virus.

The outer layer is a lipid membrane which is taken from the host in which virus multiplies. Inserted into the lipid membranes are ‘spikes’ which are proteins that is HA and NA. The HA and NA are important for immune response against virus, antibodies against these spikes may protect against infection.

Transmission :- (to humans)

People who work with poultry and swine, especially those with intense exposures are at increased risk of zoonotic infection with influenza virus. Other professions at risk of infection are veterinarians and meat processing workers.

Influenza spread between humans when infected people cough or sneeze, then other people breath in the virus or touch something with virus on it and then touch their own face.

In Ayurveda, it may be defined as Aupsargika roga/Samsargaj roga (communicable disease). The disease which are communicable due to history of contact with person who is affected. The different modes of disease transmission one person to another is mentioned as :-

- Prasangaat (sexual route)
- Gatrasamsparsaat (body contact)
- Nihshwasaat (Droplet infection)
- Sahabhojanaat (taking food with diseased person)
- Sahashayyasanaat (sitting or sleeping with infected person)

NOTICE BOARD

Prakash Institute of Ayurvedic Medical Sciences & Research
Organizes
One Day Seminar
On
Life Style Disorders & Ayurved
Chief Guest:
Dr. K. S. Dhiman
Venue:
Prakash Institute, Pocket P2,
Omega 1, Builders Area,
Greater Noida
Date: 4th May 2019(Sat)
Time: 10:30 A.M. to 3:30 P.M.

- Swarna Prashana on
  11th May 2019 (Sat)
  07th June 2019(Fri)
  4th July 2019(Thur)
Venue:
Prakash Institute of Ayurvedic Medical Sciences & Research,
Jhajhar, Rabupura Road,
Yamuna Express Way (NCR)
Signs and Symptoms :-

Its clinical signs and symptoms can be compared with Abhinyasa Jwara.

Table: Comparative symptoms of Abhinayasa jwara & Swine flu.

<table>
<thead>
<tr>
<th>Abhinyasa Jwara</th>
<th>Swine Flu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jwara</td>
<td>Fever</td>
</tr>
<tr>
<td>Kasa</td>
<td>Coughing</td>
</tr>
<tr>
<td>Shushka Kantha</td>
<td>Sore throat</td>
</tr>
<tr>
<td>Bhaktadweshi</td>
<td>Anorexia/Nausea</td>
</tr>
<tr>
<td>Pralap</td>
<td>Delirium</td>
</tr>
<tr>
<td>Shirorodanam</td>
<td>Headache</td>
</tr>
<tr>
<td>Chhardi-Atiisaar</td>
<td>Vomiting/Diarrhoea</td>
</tr>
<tr>
<td>Alpasangya</td>
<td>Sudden Dizziness</td>
</tr>
<tr>
<td>Nischetana</td>
<td>Loss of consciousness</td>
</tr>
<tr>
<td>Shwasanadini graha</td>
<td>Difficulty in Breathing, shortness of breath</td>
</tr>
</tbody>
</table>

Management of Swine Flu :-

Swine flu (Abhinyasa Jwara) treatment follows Sannipataja Jwara Chikitsa.

Few preventive measures according to Ayurveda and Modern science:-

- Start practicing Pranayam, especially ‘hot pranayam’ like Bhashrika and Kapalbhaati. This will improve lung capacity and immunity to combat any infection from the viruses.
- The Puja, Hom, Hawan etc being done in Hindu has disinfecting properties. Studies have shown that lightening the lamp of cow’s ghee has antiviral properties
- The ‘Dhupan’ being done with the help of Guggulu has very effective disinfectant properties.

PREPARATION OF VASA AVALEHA AND ITS PHARMACO-ANALYTICAL STUDY

Introduction:

Avaleha are semisolid to solid forms of medicaments, predominately used for internal administration. These medicaments are prepared by evaporating the moisture moiety of aqueous solutions [Swarasa, Kwatha, Hima, Phanta] and by adding some other substances like sweet substance, adjuvants until semisolid to solid form is achieved and lastly unctuous substance and the powder drugs are added in the form of Prakshepa.

Pharmaceutical Study:

Aims and Objective:
1. Extraction of Vasa Swarasa
2. Preparation of Vasa Avaleha using Swarasa as liquid media

Method of Preparation of Vasa avaleha:

Ingredients-
- Vasa swarasa (1 part)
- Sugar (½ part)
- Ghrita (1/8 part)
- Madhu (½ Part)
- Pippali (1/8 part)

Equipments: -
1) Heating device – Gas burner with LPG cylinders.
2) Stainless Steel Vessel
3) Ladle etc.

Procedure: -
1) Pour the freshly prepared Vasa Swarasa in Stainless Steel Vessel.
2) Mix the Sugar and mild heat is applied.
3) Mild heat is applied till ‘Patitasu Na Shiryate’ stage is arrived. Then heating was stopped.
4) Remove the vessel from the heat and add the Ghrita in it. Mix it properly.
5) After cooling fine powder of trikatu are added and mixed properly.
6) Honey is added on the second day.
Observations:
1) After mixing of Sugar in Swaras, colour of the mixture becomes darker.
2) Typical smell of Sugar appears during Paka.
3) All Avaleha Lakshana were seen properly in the Vasa Avaleha preparation.
4) After cooling, mixture of decoction, Sugar, Ghirta and condiments became hard.
5) Honey was added when mixture attains the room temperature (360C) and proper mixing convert it into semisolid form.

Precautions:
1) Continuous stirring was needed in initial stage after addition of Sugar; otherwise Sugar in the central part gets caramelized.
2) Ghirta should be added in hot stage which leads to melting of Ghirta and uniform mixing.
3) Fine powder of condiments should be taken.
4) Add little quantity of condiments and mix it uniformly. And repeat the procedure to prevent lump formation.

ANALYTICAL STUDY:

Organoleptic character:

<table>
<thead>
<tr>
<th>Characters</th>
<th>Vasa Swarasa</th>
<th>Vasa Avaleha</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rasa [Taste]</td>
<td>Tikta</td>
<td>Katu-Madhura</td>
</tr>
<tr>
<td>Rupa [Color]</td>
<td>Green</td>
<td>Brownish-black</td>
</tr>
<tr>
<td>Gandha [smell] of Vasa</td>
<td>Typical smell of Vasa</td>
<td>Typical jaggery smell</td>
</tr>
<tr>
<td>Consistency</td>
<td>Liquid</td>
<td>Semi solid</td>
</tr>
</tbody>
</table>

Physico-chemical Parameters:

<table>
<thead>
<tr>
<th>Physico-chemical Parameters</th>
<th>Vasa Avaleha (S)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. pH of 5% aqueous sol.</td>
<td>6.10</td>
</tr>
<tr>
<td>2. L.O.D. at 110 °C</td>
<td>14.23% w/w</td>
</tr>
</tbody>
</table>

Dr. Sandip Funde  
(Associate professor)  
Deptt. Of Rasa Shastra

विभिन्न स्त्रीरोगों में उपयुक्त स्थानिक चिकित्सा

विभिन्न स्त्री रोगों में प्रयुक्त पंचकर्म द्वारा शरीरशुद्धि होने के बाद, बर्तन, अयंग परिषेक, प्रलेप, चिकित्सा का निर्देश किया है।

स्त्रीणां स्त्रीहादि युक्तानां चतुर्भाषार्थवारिष्ट
कुर्यात्कल्कान्व पिच्छाचापि पश्यायाचमनानिना च।

खुद शा 2/15

स्थानिक चिकित्सा के अन्तर्गत निम्न उपकर्मों की समिलित किया जाता है।

1. उद्देश्यभित्र 6 योगी पूरण
2. योगी अवश्यक (स्नेह) 7 योगी वर्ति धारण
3. योगी भवन (परिषेक) 8 योगी धूरण
4. योगी लेप (प्रलेप) 9 क्षार एवं दहन कर्म
5. पिच्छाचारण

स्थानिक चिकित्सा के लिए रोग एवं दोषों के अनुसार , द्रव्यों का प्रयोग किया जाता है।

1. गर्भाशय —उपविष्टक गर्भ (IUGR)
यष्टीयजु + कामश्रीफल सिद्ध घृत मात्रावर्ति 60ml प्रतिदिन , 7 दिनोत्तक.
2. गर्भनीटी–गर्भवर्शों (Oligohydramnios)
यष्टीमूड + विदारकंड सिद्ध कीर्तितवत
60ml प्रतिदिन , 7 दिनोऽतक.

3. श्वेतप्रदर–(Leucorrhoea)
योनिधान
i. पंचवत्कतकवाध
ii. व्रफला + गिलोय +दार्वी कवाध
tiii. त्रिफला + गिलोय + दंती कवाध
tiv. त्रिवला + गिलोय +दार्वी + सारीवा कवाध
tv. निब कवाध
t
4. PID–(उदरशृङ्खल) अघोधर प्रदेश में
बाह्य स्नेहन– चंदनबलालकायदी तेल
निरुहवर्ति – दसरूलकवाध
अनुवासन बर्ति – बला तेल
t (योगदर्श)

5- Genital ulcer –
ब्रणधानार्थ – यष्टीमूड + देवदार + गिलोय
tकवाध
t
6- Small – Hypoplastic Uterus
ब्राह्मिधंत नस्त
निरुहवर्ति दशमूल कवाध
tअनुवासन बर्ति बला तेल
t
7- Uterine Fibroid
क्षारतेल उत्तरवर्ति
t
8- PCOS
i. साहचरादीतेल मात्रा बर्ति 60ml प्रतिदिन
t7 दिन तक, प्रत्येक महिने में रजः स्त्राव
tके बाद 3 से 6 मास तक।
t
ii. अघोधर प्रदेश– स्थानिक स्नेहन सर्वप तेल
tस्थानिक स्वेदन पत्रपोष्टली
tकोषा/रक्त मस्त बाढ़
t
iii. नामी प्रदेश में हिंगुलेपन – रात्री
t
9. कष्टर्तक–(Dysmenorrhoea)
1. स्थानिक अप्यंग– अघोधर प्रदेशमे–
महान्यायण तेल, बला तेल
t2. स्थानिक स्वेदन –Hot Water Bag
t3. बला तेल/दशमूलतेल-मात्रावर्ति 60ml

10. कर्ननी योनिवापद– (Cervical Erosion)
1. योनिवापद – मित्र कवाध/ पंचवत्कल
tकवाध
t2. क्षारकर्म – यक्षार/अपामारक्षार
t3. योनिपिच्छ – धातकवाणीतेल
tजायली तेल
tब्रणशोधक तेल पिच्छ
t4. यष्टीमूड घूत योगियनिप्रतिसारण
t
11. सुखप्रसवार्थ–
1. मात्राबर्ति – After 34 weeks of
tप्रेग्नेंसी
tबला तेल/शतायरी तेल मात्रा बर्ति
t60ml प्रतिदिन , 7 दिनोऽतक
t2. योनिपिच्छ – बलातेल
t
12. रक्तप्रदर–(DUB)
1. चंदन बलालकायदी तेल मात्रा बर्ति
t60ml प्रतिदिन 7 दिनोऽतक
t2. शतायरी तेल नर्तक 2° – 2°
t
13- Haemorrhagic cyst in ovary
(less than 5×5 cm)
सहचरादीतेल मात्रावर्ति 60ml
tप्रतिदिन, 7 दिनोऽतक – 3 मास तक
t(मासिक रजः स्त्राव के बाद)
t
Dr. Tejaswini Buchade
(Assistant professor)
tDeptt. Of Stri Roga evum Prasuti Tantra

Dear Readers,

Ayurved Prakash is a Quarterly Newsletter. We are inviting Research articles, Case Reports, Conceptual discussions from the classical text. You can mail us on “ayurvedprakash9@gmail.com”

We are open to any suggestions and guidance from you, if you want to receive newsletter regularly please send us your email id

Thanking you
Editor: Dr. Jyotsna