



AYURVED PRAKASH

PRAKASH INSTITUTE OF AYURVEDIC MEDICAL SCIENCES & RESEARCH

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Basics of COVID-19

- Full form – Corona Virus Disease
- Causative agent - SARS-CoV-2
- Symptoms – High Fever , Dry Cough , Difficulty in breathing , Diarrhoea , Sore throat.
- Mode of spread - Air by cough or sneeze , Personal Contact , Contaminated objects , Mass gathering .
- Precautions – Social distancing , Mask and gloves, sanitizers

Today , World community is facing an unprecedented pandemic of novel corona virus Disease. Through out the whole country this disease is spreading day by day . It is caused by SARS -CoV-2 (Severe acute respiratory Syndrome Corona Virus -2) .

It originates from the city of China named Wuhan in the month of December 2019 . In India , first case of COVID -19 was reported on 30 January 2020 in Thrissur , Kerala. Then it starts spreading throughout the whole country by the means of contacting people .Now this disease spreads globally with more than 1.43 million confirmed cases in which 82,100 deaths takes place till April 2020 .

Despite worldwide efforts to contain it ,the pandemic is continuing to spread for want of a clinically proven prophylaxis and therapeutic strategy.

This disease stops all the happening across and within the country in a very short period of time .No one think that there will be the day when our whole country stops for that much period of time .All the businesses , factories, , schools , colleges, transportation of goods ,even though the parliament house ,Courts ,markets, spiritual places have been closed from the past two months .

Yet , no confirmed vaccine is made for the treatment of this disease So self precaution is the only cure for this outbreak. Likewise ,

- Don't go out of your home unless it's emergency .
- Don't go where there is a gathering of more people.
- Use of mask is must.
- Always wash your hands for 20 seconds when you came from outside.
- Don't use public transport .
- Immediately remove your clothes after you came from outside.
- Use alcohol based sanitizer when there is shortage of water . Excessive use of sanitizer is also not good for our health .

To cure this pandemic or to control this outbreak , all the medical systems of our country are. Working and doing their best to help us to fight against corona .

Many trials are also going on by our medical department on many medicines . Without worrying about their lives

NOTICE BOARD

Prakash Institute of Ayurvedic Medical Sciences & Research

Organizes
Webinar

On
Menstruation & its Applied Aspect

Speaker:
Dr. Asha Hosur M.D., Phd
Associate Professor

Zoom Platform:
Webinar ID: 816 4596 4613

Date & Time:
07 June 2020
Sunday
12 Pm onward

- **Swarna Prashana** on
23rd Jun 2020 (Tue)
21st Jul 2020(Tue)
17th Aug 2020(Mon)

Venue:
Prakash Institute of Ayurvedic Medical Sciences & Research,
Jhajhar, Rabupura Road,
Yamuna Express Way (NCR)

Co-Editors:
Dr. Robin Chaudhary

and their family ,they are doing their best for us . We are having the worry of ourselves only but those heroes are having the worry of their own life ,their families life and and their patients life also. So respect them for their duty and raise their confidence .

This disease contains many stages. The pandemic is moving like a wave . It also affects our potential, economic crisis that will leave the deep scars. People are also having the tension of their jobs. Every day, many people are losing their jobs and daily income . From the close contact with each other, it spreads. So maintenance of social distancing is just to prevent ourself from this disease. That's why our honorable Prime Minister Narendra Modi Ji had taken decision for the lockdown within the whole country which is perfectly followed by Indians.

Now the counting of confirmed cases in India are 182,000 in which recovered patients are 86,984 and 5,164 deaths .

A lot of vaccines are in the development phase in India as well and there are medicinal trials going on as well for the treatment . Recently , Indian Council of Medical Research has collaborate with Bharat Biotech International Limited for the development of vaccine.

HYDROXYCHLOROQUINE is an antimalarial drug which is now used across the country for the treatment of novel corona virus . BNT162 , PiCoVacc , mRNA1273 are the drugs which are under trial . Our government is also doing their best for curing and be safe against this disease.

COVID KAVACH ELISA is a corona virus test kit developed by the National institute of Virology, Pune . Arogya Setu is an Indian open source platform Covid -19 contact training , syndromic mapping and self assessment app developed by our government on 2 April, 2020. This disease is defined as the greatest challenge faced by our country since world war two.

Being an ayurvedic student , I also prefer ayurvedic system of medicine more effective . The ministry of Ayush also suggests various ways for. Enhancing the body's natural defence system that is called immunity , which plays a very important role in this outbreak . Prevention is better than cure , so we can take preventive measures which boost or immunity untill the vaccine is prepared .In ayurveda,there is a concept of Dincharya and Ritucharya which should be followed by all of us for boosting our immunity and to make us healthy and disease free .

“BE A WARRIOR , NOT A WORRIER”

When we all are at home to become safe from this novel corona virus , our warriors like delivery boys , doctors , nurses , police , were out of their homes for our safety .We should collaborate them and support them for their initiative . Appreciate our heroes for their work towards their nation .

BE HEALTHY , BE SAFE

FIGHT AGAINST CORONA



Vindhya Singh
2nd Yr B.A.M.S
Batch 2017-18

प्रकाश इंस्टिट्यूट ऑफ आयुर्वेदिक मेडिकल साइंसेज एंड रिसर्च
झांझर - रघुपुरा रोड , झांझर , बुलन्दशहर (30 प्र 0) २०३२०३

आयुष विभाग , उत्तर प्रदेश

आयुष काढ़ा

शरीर की रोग प्रतिरोधक क्षमता बढ़ाने के लिए एवं सभी प्रकार के संक्रामक रोगों से बचाव में सहायक ।

निर्देश- इस काढ़े को प्रतिदिन ताज़ा बनाकर घाघ के स्थान पर प्रयोग करें ।

आयुष काढ़ा	मात्रा	प्रयोग की विधि
दुलसी	1	3-5 साल पूर्ण को
सोडा	2	5-10 साल तक के
दारापीपी	2	पीपी और पर
कार्बोनिर्घ	1	10-15 साल तक
		अधिक मात्रा से

डा० विजय झालानी
सीनियर आयुर्वेदिक एवं सुामी अधिकाारी
बुलन्दशहर

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सेक्टरल
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डा० अशोक कुमार शर्मा
भाषाई
प्रकाश इंस्टिट्यूट ऑफ आयुर्वेदिक मेडिकल साइंसेज एंड रिसर्च, बुलन्दशहर



Covid19 Pandemic: A Curse to World

INTRODUCTION

The capricious outbreak coronavirus disease 2019 was first recognised in patients with severe respiratory Disease in Wuhan, Hubei,

China. Earlier research has been called this outbreak as pneumonia of unknown etiology . The causative agent was identified by testing throat swab of such infected patients led by the Chinese Center for Disease Control and Prevention (CCDC) on Jan 2020, which later on named by World Health Organization (WHO) and International Committee on the taxonomy of Virus (ICTV) as Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV2) and disease as COVID-19 due to its crown like structure . The name of SARS-CoV2 due to genetically and structurally resemblance with severe acute respiratory syndrome coronavirus. From the last two decades there are three emerging viruses from same family of coronavirus that are severe acute respiratory syndrome (SARA-CoV), middle east , respiratory syndrome (MERS) and recently SARS-CoV2.

Coronavirus disease (COVID-19) pandemic is continuously spreading across the world very promptly. The mild conditions like the common cold and severe circumstances such as severe acute respiratory syndrome coronavirus (SARS-CoV)and Middle East respiratory syndrome coronavirus (MERS-CoV) are the leading problems of coronavirus infection. The worrisome feature of COVID-19 are its capacity to spread rapidly, and its tendency to reason severe disease in geriatric populations and patients with existing health disorders. The virus is contagious and transferred from one individual to next through sneezing and coughing or contact with the secretion of infected persons. Covid-19 disease is more severe in the elderly and persons with other chronic diseases such as chronic respiratory disease, diabetes, cardiovascular disease, hypertension, and renal injury.

The COVID-19 is characterized by symptoms such as dry cough fatigue, fever, and, as well as sputum production, headache, etc.

At present no hopeful antiviral regimens or vaccines are existing for COVID-19.

Ayurvedic Perspectives / Probable Cure

In a recent positive development, Ministry of Ayush, in collaboration with the Council of Scientific & Industrial Research (CSIR) has started clinical trials testing formulation of four important Ayurvedic herbs in fighting the novel coronavirus. The medicines under study include ashwagandha, guduchi, yasthimadhu, peepli and another formulated drug, 'Ayush 64'.

The trials, which will be done on health workers first will be conducted in high-risk zones identified by the Arogya Setu App first. Reports say that over 50 lakh people from cities like Delhi, Mumbai, Ahmedabad and Pune will be a part of the clinical trial. Ayush ministry is also studying the impacts of Ayush-based prophylactic interventions in some preventive cases. In the first phase, patients are likely to be administered ashwagandha and later, the other drugs will be given to patients, depending on how they react or severity of the symptoms.

Recommended Measures (According to AYUSH Ministry)

I General Measures

1. Drink warm water throughout the day.
2. Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes as advised by Ministry of AYUSH
3. Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended in cooking.

II Ayurvedic Immunity Promoting Measures

1. Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyavanprash.
2. Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka

(Raisin) - once or twice a day. Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed.
 3. Golden Milk- Half tea spoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.

III Simple Ayurvedic Procedures

1. Nasal application - Apply sesame oil / coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening.
 2. Oil pulling therapy- Take 1 table spoon sesame or coconut oil in mouth. Do not drink, Swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.

IV During dry cough / sore throat

1. Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be practiced once in a day.
 2. Lavang (Clove) powder mixed with natural sugar / honey can be taken 2-3 times a day in case of cough or throat irritation.
 3. These measures generally treat normal dry cough and sore throat. However, it is best to consult doctors if these symptoms persist.

Conclusion

The COVID-19 pandemic becomes a global threat to affect public health systems. The severity of pandemic leading to an increasing number of cases and deaths day by day. Although WHO and other health authorities of world and every country prescribed several guidelines to deal with this pandemic and Regardless of knowing infectious cycle SARS-CoV-2, there are no promising approaches for COVID-19 patients' treatment. For the last few months, many scientists and physicians working day and night to find novel curative treatments and vaccine against SARS-CoV-2 infection. Most of these findings are based on antiviral activities of existing drug candidates.



Neha Singh
1st Year BAMS
Batch 2018-19



Donating 2 Lakh in PM Care Fund



Online Meeting with Our Director, Dr. V. S. Chauhan



PIAMSR made Quarantine Zone

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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

Co-Editor: Dr. Robin Chaudhary