



AYURVED PRAKASH

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COVID-19 Prevention is better than cure

Many health experts believe that the new strain of Corona virus likely originated in bats or pangolins. The first transmission to humans was in Wuhan, China. Since then, the virus has mostly spread through person-to-person contact.

Corona viruses are a group of viruses that can cause disease in both animals and humans. The severe acute respiratory syndrome (SARS) virus strain known as SARS-CoV is an example of a corona virus. SARS spread rapidly in 2002–2003. The new strain of corona virus is called severe acute respiratory syndrome corona virus 2 (SARS-CoV-2).

The virus causes corona virus disease 19 (COVID-19). Around 80% of people with COVID-19 recover without specialist treatment. These people may experience mild, flu-like symptoms. However, 1 in 6 people may experience severe symptoms, such as trouble breathing. The earliest cases back to a seafood and animal market in Wuhan. It may have been from here that SARS-CoV-2 started to spread to human's. According to their specific characteristics, there are four main ranks, or genera, of corona virus: alpha, beta, delta, and gamma. As with other corona viruses, the transmission is through the respiratory route, meaning the virus is concentrated in the airways (nose and lungs) and can pass to another person via droplets from their nose or mouth. The WHO states that "The risk of catching COVID-19 from someone with no symptoms at all is very low."

People may begin to experience symptoms 2–14 days after exposure to the virus. As prevention is better than cure so preventions are-

People should wear cloth face masks while continuing to practice physical distancing. (6-5 foot). The symptoms are difficulty breathing, lasting chest pain or pressure confusion bluish tint to the lips or face.

There is last thing from which we can live in this world is to boost immunity.

Immunity is boost by pranayama, yoga and meditation as well as by taking tulsi leaves.

Wheat grass juice is best for immunity it is an idle. Most people who develop COVID-19 only experience mild symptoms. These symptoms may build up slowly and should go away after a few days; of immunity is there.

NOTICE BOARD

Prakash Institute of Ayurvedic
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Organizes
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On
Ayurveda for COVID 19
Pandemic

Speaker:

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Date & Time:
09 Nov 2020
Monday
11 AM onward

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In severe cases, it can cause pneumonia, multiple organ failure, and death.

The incubation period of the virus is thought to be between 1 and 14 days it is contagious before symptoms appear. There are no prompt symptoms. Soon after the virus enters the human systems.

In mainland China, at least three thousand people died and at least 90400 have been infected according to official figures. Deaths have also been confirmed in Hong kong, Phillipine, Japan, France, Taiwan, Iran and South Korea. Cases have been confirmed in Australia, Belgium, Cambodia, Canada, Egypt, Finland, Germany, India, Italy, Israel, Malaysia, Nepal, Philippines, Russia, Singapore, Spain, Sri Lanka, Sweden, Thailand UAE, UK the US, Pakistan, and Finland. China alerted the WHO two cases of unusual pneumonia in Wuhan on December 31, 2019. It is thought that COVID-19 might have originated in the seafood market in Wuhan, China. This market is famous for seafood wildlife trade.

Chinese researchers claimed that pangolins, which are illegally trafficked to China from Asia, might be the original source of the virus. The scientists have pointed to either bats or snakes as the possible source.

WHO Officials visited China to investigate the Outbreak on February 10, 2020. They declared the Virus a global issue and a health emergency. Now it has become a hot issue on international and local media. In Pakistan, the 1st two cases were reported on February 26, 2020.

WHO recommends basic hygiene such as washing hands with soap and water and covering your mouth with your elbow when sneezing coughing, maintaining social distancing, keeping one-meter distance between yourself and others especially when they cough and sneeze. The most recent common ancestor (MRCA) of all coronaviruses is

estimated to have existed as recently as 8000 BCE, although some models place the common ancestor as far back as 55 million years or more, implying long term co evolution with bat and avian species. The most recent common ancestor of the alphaco rona virus line has been placed at about 2400 BCE, of the beta corona virus line at 3300 BCE, of the gamma corona virus line at 2800 BCE, and of the delta corona virus line at about 3000 BCE. Bats and birds, as warm-blooded flying vertebrates, are an ideal natural reservoir for the corona virus gene pool (with bats the reservoir for alpha corona viruses and beta corona virus – and birds the reservoir for gamma corona viruses and delta corona viruses). The large number and global range of bat and avian species that host viruses has enabled extensive evolution and dissemination of corona viruses.

Unlike other beta corona viruses, bovine corona virus of the species Beta corona virus 1 and subgenus Embecovirus is thought to have originated in rodents and not in bats. Besides causing respiratory infections, human corona virus OC43 is also suspected of playing a role in neurological diseases. In the 1950s, the human corona virus OC43 began to diverge into its present genotypes. Phylogenetically, mouse hepatitis virus (Murine corona virus), which infects the mouse's liver and central nervous system, is related to human corona virus OC43 and bovine corona virus. Human corona virus HKU1, like the aforementioned viruses, also has its origins in rodents. So, in summary is that if it is compulsory only then move out from your houses, always remember about hygiene and at last be aware of your diet. Take less species follow yoga and at prefer naturopathy and Ayurveda treatment.



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COVID-19 AND IMPACT ON HEALTH

Many social determinants of health—including poverty, physical environment (eg, smoke exposure, homelessness), and race or ethnicity—can have a considerable effect on COVID-19 outcomes. Homeless families are at higher risk of viral transmission because of crowded living spaces and scarce access to COVID-19 screening and testing facilities. Smoke exposure and smoking has been linked to adverse outcomes in COVID-19. A systematic review found that current or former smokers were more likely to have severe COVID-19 symptoms than non-smokers as well as an increased risk of intensive care unit (ICU) admission, mechanical ventilation, or COVID-19-related mortality. In the USA, the COVID-19 infection rate is three times higher in predominantly black counties than in predominantly white counties, and the mortality rate is six times higher.

SIGN & SYMPTOMS OF COVID-19 : The usual incubation period (the time between infection and symptom onset) ranges from one to 14 days, and is most commonly five days. Some infected people have no symptoms, known as asymptomatic or presymptomatic carriers; transmission from such a carrier is considered possible. As at 6 April, estimates of the asymptomatic ratio range widely from 5% to 80%.

Symptoms of COVID-19 can be relatively non-specific; the two most common symptoms are fever (88 percent) and dry cough (68 percent). Less common symptoms include fatigue, respiratory sputum production (phlegm), loss of the sense of smell, loss of taste, shortness of breath, muscle and joint pain, sore throat, headache, chills, vomiting, coughing out blood, diarrhea, and rash.

Among those who develop symptoms, approximately one in five may become more seriously ill and have difficulty breathing. Emergency symptoms include difficulty breathing, persistent chest pain or pressure, sudden confusion, difficulty waking, and bluish face or lips; immediate medical attention is advised if these symptoms are present. Further development of the disease can lead to complications including pneumonia, acute respiratory distress syndrome, sepsis, septic shock, and kidney failure.

Ashwagandha (Withania somnifera) Against Coronavirus :- India's Ministry of AYUSH and CSIR announced a slew of measures and clinical trials aimed at studying the use of ashwagandha, along with other Ayurvedic herbs as a preventive treatment to front line workers and infected patients in a large study which is to start soon. Other medicines under study include ashwagandha, Guduchi, Yasthimadhu, Peepli and another formulated drug, 'Ayush 64', which will be tested on close to 50,000 people.

While researches are still being carried on, we do know that ashwagandha is considered to be one of the most superior and powerful Ayurvedic remedies, used for many purposes and benefits. It is quite effective in fighting common ailments like cold and cough and some respiratory ailments, which make it a potent remedy in fighting some viral diseases as well. Regularly consuming Ashwagandha can also supercharge your immunity. Experts actually say that increasing the dosage of ashwagandha during a sudden spike or onset of a cold can work really well in healing the body. The herb's natural immuno-boosting properties can also help you deal with chronic stress and fatigue which can come with viral infections. It is also known as an ayurvedic vitalizer which is good for the heart and the body. There's another way ashwagandha benefits you. Regular consumption of ashwagandha has been found to lower down or control stress and cortisol production in the

body and even cut down on inflammation. People of all ages should be ideally consuming ashwagandha and it absolutely safe. Depending upon your usage, taking 250-300 mg daily, for a month's time can do plenty of benefits for your health and wellness.

Steps taken by Government's measures against Covid-19 amid lockdown:-

1. The government recently introduced the Aarogya Setu mobile application to educate citizens about novel coronavirus and help them make informed decisions amid the crisis.

2. On Sunday, an oil ministry spokesperson said that poor households using 5kg cooking gas cylinders will be entitled to eight free refills in three months as a relief from the disruptions due to the Covid-19 outbreak. The number of free refills will be limited to three for beneficiaries using 14.2kg cylinders.

3. The government said it plans to set up a chain of 20 lakh retail shops called 'Suraksha Stores' across India which will provide daily essentials to citizens while maintaining stringent safety norms, news agency PTI reported.

4. Under its Ujjawala scheme, the government is providing free LPG refills for the next three months to over 8.3 crore poor women.

5. The government decided to double the collateral-free loan amount for women in self-help groups to Rs 20 lakh.

6. Under the PM-KISAN scheme, the finance ministry said that over 6 crore farmers have been benefited amid the lockdown. Rs 13,855 crore have gone towards payment of the first instalment of PM-KISAN.

7. Wages under MGNREGA to be hiked to Rs 202 from Rs 182. The move would bring in Rs 2,000 in addition to workers.

8. Under the National Social Assistance Programme, Rs 1,400 crore has been disbursed to about 2.82 crore old age people, widows and disabled people.

9. The last date for filing income tax returns for the financial year 2018-19 has been extended to June 30, 2020. The interest rate on delayed income tax payment has been decreased to 9% from 12%.

10. Over 2 crore construction workers received financial support worth Rs 3,066 crore under the Building and Construction Workers' Fund.

11. The deadline for filing GST returns for March, April, May has been extended to June 30, 2020. There will be no interest or penalty on late fee for delayed returns for companies with turnover up to Rs 5 crore

12. Nearly 20 crore women Jan Dhan account holders received Rs 500 each in their account. The total disbursement under the head was 9,930 crore, the finance ministry said.

13. The government has also released around Rs 30,000 crore in assistance to various sections of the society.

14. The government said it will release 12 million MT of food grain during the April-June quarter under Pradhan Mantri Garib Kalyan Ann Yojana amid the Covid-19 crisis.

15. The government is also providing medical insurance cover of Rs 50 lakh per person to health workers fighting the coronavirus pandemic.



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Role of Pracchana in Indralupa

Introduction

Hair is one of the defining characteristics features of human being and has always remained the centre of attraction. Hence each one is over conscious about it and is in search of better remedy for their crowning glory. *Indralupta* is one among the *kapalagataroga* and *kshudraroga* by *Vaghbata* which is characterized by loss of hair. In *Ayurveda Pitta* and *Vaata* are explained as main causes for the loss of hair and *Kapha* or *Kleda* is another important cause can uses hindrances for the growth of new hair *Prachhanna* is indicated in *raktajavyadhi* that helps in draining the vitiated *rakta*, in turn plays an important role in *sampraptivighatana* of *Indralupta*, where in the vitiated *rakta* and *kapha* obstructs the hair follicle due to which hair loss is seen. Ayurveda suggests many preventive and curative treatment measures like *pathyasevana*, *rasayana*, *murdhnitaila*, *shirolepa* and *para surgical procedures* like *prachhanna* and *raktamokshana*. Alopecia is essentially a cosmetic disorder. Alopecia areata (AA) is a common form of non-scarring alopecia involving the scalp and/or body, characterized by hair loss without any clinical inflammatory signs. It is one of the most common forms of hair loss seen by dermatologists and accounts for 25% of all the alopecia cases . It was first described by Cornelius Celsus, and the term AA was coined by Savages in 1760 . It accounts for 2-3% of the new dermatology cases in UK and USA, 3.8% in China, and 0.7% in India .

Case History

A female patient of 35 yrs age visited the OPD of Shri KLE Ayurveda hospital belagavi with an O.P No.5565/13 for the following complaint.

Chief Complaints

Patchy hair loss since 1 year. Associated with acidity and hair fall.

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History of Present Illness

3yrs back patient had multiple honey bee stings bite on the scalp and since then developed generalized

hair fall. But since one & half years she noticed patchy hair loss and took treatment from several places but not got relief and she approached our hospital for further treatment.

Systemic Examination

General condition of patient is moderate 2. Pulse rate: 98/min 3. B.P. 130/80 mm of Hg 4. No Pallor 5. Weight- 50kg, Height- 158cm 6. RS - AE=BE clear, CVS – S1 S2 normal, no abnormal sound CNS – well conscious oriented Ashtavidhpariksha: 1. Nadi– Vatpradhanpitta 2. Mala–malavshambha 3. Mutra–samyakpararitti 4. Jivha–sama 5. Shabd–spashta 6. Sparsh–ushana 7. Druk–panduta 8. Akriti– madhyam.

Assessment Criteria

1. Number of patches- before treatment & after treatment
2. Appearance of patches –Before treatment - baldness –After treatment - re growth of hairs
3. Photo before treatment and after treatment.

Treatment Protocol

Triphala choorna - 1tsf at bed time Haridra (30gm)+ Vidanga(20gm) + Amalaki Choorna(30gm)- ½ stf tid B/F with Jaggery Asaneladi taila – for external application on Scalp. Advised for Pracchanna on next visit *Pracchanna* was done on 13.04.13. Scalpel is taken and continuously close pricks are made over the scalp where area is affected. From below upwards *praachhanna* has to be done so that area is visualized properly. Prick should be neither too deep nor too superficial but should be sufficient enough for the blood to ooze out. On 29.06.13 treatment given was *Guduchi choorna* (60gm)+ *Mustha choorna* (30gms)+*Amalaki choorna* (40gms) – 1tsf BD



Discussion

It was a case of *Indralupta*, in contemporary Alopecia. It is a *raktajavikara*. Keeping all this in consideration treatment planned was *prachhana* followed by internal medicine were adopted. The treatment enables the damaged hair follicles to recover through their inherent regenerative capacity, they do not affecting directly on the damaged hair follicles. Mostly hair disorders involve changes to hair follicle distribution, size and growth cycle. By modulating one or more of these parameters the disorder can be treated potentially [1]. The effects are due to the stimulation of hair follicle and scalp metabolism by improving blood circulation, activation of dermal papilla, ant testosterone action and increased nutrition to the hair follicle through accelerated blood flow but the mechanism are still not clear [11,12]. According to *Ayurveda* vitiated *pitta* in association with vitiated *vata* causes falling of hairs from scalp. After that vitiated *rakta* and *kapha* blocks orifices of hair follicles, restricts growth of new hair this is called as *indralupta* disease. Action of *amalaki choorna*, *vidang choorna* and *haridra choorna* all are *kaphpittahar* dravyas in that *amalaki* is *tridoshshamak*, especially *pittashamak*, *keshya* (stimulant for hair growth), *haridra* is *kandughn* (reducing itching) and *vidang* is *krimighn* and *raktshodhak* (blood purifier) in second follow up patient advised for *Guduchi choorna* (60gm), *Mustha choorna* (30gms) and *Amalaki choorna* (40gms) – 1tsf BD A/F. These all are having properties of *keshya* and *rasyana* which helps in growing of the hair. Raktamokshana is the ideal treatment when *doshas* are vitiated in *dhatuantargata*. *Prachhana* helps in clearing the obstructed *romakupas* and vitiated *rakta* is expelled out. *Prachhana* drains out the vitiated blood from the *srotas*. Internal medicine by *prachhana vidhi* counteracts the pathogenesis of *indralupt*. It drains out impure blood from unhealthy scalp which is produced by *dushit rakt*. The hair follicles which in

turn cause the pores to open up and by the *prabhava* of the drugs hair growth can be observed. *Choorns* having *tikta*, *Kashaya rasa*, *ushnaveerya* and has *lekhana* property and it has the property of hair regeneration.

Conclusion

From this case report, we can conclude that *Prachhana* followed by *amalaki choorna*, *haridra choorna* and *vidang choorna* can be used in treating *Indralupta*.



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