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A LITERARY REVIEW ON EFFICACY OF *AGASTHYA HARITAKI* AS *RASAYANA* IN COVID-19

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Abstract

In the current era having major public health issues associated with various communicable diseases. Due to low socio economical standard, poor hygienic conditions and population explosion, communicable diseases have become a serious threat to the society in our developing country. *Rasayana* therapy is particularly helpful in management of such a disorder where immunity and infections are playing central role. In today's context, the whole world is facing the communicable and infectious pandemic, termed Covid 19. No any specific treatment modality is been established till date. There are many post covid infections especially related to Respiratory tract including breathing difficulty, severe tiredness and Dry cough. *Rasayana* which gives strength to the *Pranavaha srotas* and prevent the recurrent Respiratory tract infections will be useful in this condition. "*Agasthya haritaki avaleha* being one such preparation which is best *Vyaadhihara* as well as *Rasayana* (Curative and rejuvenative treatment) in *pranavaha srotodushti vikaras*. It enhances the quality of *Dhatu*s & this performs its *Vyadhinashana* functions and deals with prevention and rehabilitation of *Vatakapha pradhanaja vyadhis*. In Covid 19 disease, the most affected srotas is *Pranavaha* and it consists *Vatakaphakara lakshanas*. *Agasthya haritaki* has clinically proven that it is best in rehabilitation and curative aspects of *pranavaha srotodushti vikaras*. Hence present paper is an attempt to evaluate the role of *agasthya haritaki* as preventive and rehabilitative effect in Covid-19.

Key words: - *Rasayana* therapy, Communicable disorders, Covid 19, Respiratory tract infections, *Agasthya haritaki avaleha*, post covid complications.

Introduction

The transmission of Covid 19 virus is directly through respiratory droplet/saliva and indirectly by contact with contaminated objects. Co morbid conditions in general and respiratory diseases like Asthma/COPD as well as old age appear to be the risk factors at the individual level including women and children. The mankind is facing an unprecedented pandemic of Novel Corona Virus Disease (COVID-19). In the 21st century alone, the corona virus outbreak has emerged thrice - as COVID-19, MERS, SARS-CoV - from animal reservoirs to cause global concerns. Corona virus chiefly circulates among animals primarily pigs, camels, bats, and cats. The transmission of COVID-19 virus is directly through respiratory droplet/saliva and indirectly by contact with contaminated objects. Co-morbid conditions in general and respiratory diseases like Asthma/COPD as well as old age appear to be the risk factors at the individual level including Women and children. No specific drug or vaccination against the virus is available at present and intense research is going on to find a vaccine against the disease across the globe. Although some drugs have been used empirically, the present emphasis is more on prevention of the spread of the infection. Home isolation for the suspected cases, quarantine of the positive cases, social isolation, and self-imposed curfew are some adopted strategies, showing promising results. Most common symptoms as per WHO are fever, dry cough, and tiredness. Less common symptoms are aches and pains, sore throat, diarrhoea, conjunctivitis, headache, loss of taste or smell, a rash on the skin, or discoloration of fingers or toes. Serious symptoms include difficulty in breathing or shortness of breath, chest pain, loss of speech, or movement. Most of the infected people are found to develop mild to moderate symptoms and recover without medical interventions¹.

In Ayurvedic literature, the communicable diseases are mentioned under *Janapadoddhvamsa*² (~communicable diseases affecting an entire country or the whole world) impairment of *Vayu* (~air), *Udaka* (~water), *Desha* (~land) and *Kala* (~season) and are more lethal in their consecutively increasing order. *Adharma* (~unrighteousness) is the root cause of vitiation of all factors and is led by *Pragyapradha* (~intellectual error). *Sansargaja* (~diseases transmitted directly through close contact or droplet infection) and *Upsragaja* (~diseases transmitted indirectly through

contaminated surfaces), are also mentioned in Ayurveda. Ayurvedic management of these infectious diseases can be preventive and curative.

Evidence on COVID-19 should be adopted by the AYUSH fraternity. These can include, but is not limited to, Animal-human interface and food safety, clinical care, critical preparedness, readiness and response, health services, resources planning, infection prevention and control, risk communication and community engagement epidemiological protocols, travels, points of entry and mass gatherings, vulnerable populations, and fragile settings. Invariably a serious effort is needed in present time to prevent such pandemics in the near future. Meanwhile there are a lot of expectations from the world community from India to handle this critical situation by using its indigenous medical system Ayurveda. It's high time to show the strength of Ayurveda and other AYUSH systems to combat this disastrous condition.

Respiratory system is most affected in covid 19. In various institutions of the medicine, the study about the treatment of Covid 19 is going on over a larger period of time however still no permanent solution regarding the control & treatment of Covid 19 has not been established till today, so this is also an effort, which may be some sort of help for the management of this disease. In the context of various current health problems, leading to impairment of immune system; rasayana takes an important role. In reference to this Agastya haritaki rasayana proven as best vyadhihara kalpa in pranavaha srotodushti vikaras

Agasthya haritaki is a good rejuvenator, dispels wrinkles and greying of hair, bestows colour/complexion, life span & strength. Cures all 5 varieties of Kasa, kshaya. It is abest shwasahikkahara. It cures Vishama jwara, Prameha, gulma, arsha, hridroga, Peenasa. It is best Aruchi-hara and peenasa hara

Agasthya Haritaki in Covid 19

Agasthya haritaki is mainly indicated in Vishamajwara and all types of Kasa, it is best in increasing the immunity (aayurbalavardhanam). Agasthya haritaki having – katu, Tikta, kashaya madhura rasa. laghu rooksha theekshna guna, katu vipaka and ushna veerya, deepaneeya, pachaka and having kapha vata shamaka properties. It is considered it as a

best rasayana dravya in pranavaha srotas especially in conditions of Shwasa and Kasa. It helps in removing the obstruction in srotas with the help of Ushna veerya and Vatanulomana³. Clinically it has proven that it is very useful in all respiratory infections*

Mode of Action⁴:-

Ingredients:-

Dasamoola, Swayamgupta, Sankha pushpi, Sathi, Bala, Hastipippali, Apamarga, Pippali moola, Chitraka, Bharangi, Pushkaramoola	2 Pala each
Yava	1 adhaka
Jala	5 adhaka
Haritaki	100 fruits
Ghrita	1 kudava
Taila	1 kudava
Guda	100 pala
Pippali	1 kudava
Madhu	1 kudava

Procedure & dosage :- Prepare lehya with the above drugs taken in the specified quantity and administer internally in a dose of 2 Haritaki fruits with leuke warm water or milk and thereafter the lehya attached to these fruits should be consumed or an alternative manner may also be followed by using lehya first and then eating of the fruits of Haritaki.

Agastya haritaki rasayana contains haritaki as one of the main ingredients is Ruksha, Laghu, kashaya pradhana pancharasa (except lavana), Madhura vipaka, Ushna veerya, rasayana and Vatakaphahara. Haritaki has been well reported for its antioxidant,

antimutagenic, anti carcinogenic, anti ageing, antibacterial. Antifungal, antidiabetic, cardio and hepatoprotective, anti ulcer and wound healing properties. It's Katu, tikta will helps to increase Agni and does amapachana, acts as ruchya. Most of the diseases mentioned in phalasruti are of Vatakapha pradhana type & the ingredients in Agastya haritaki rasayana have Vatakapha shamana and Tridosahara properties⁵.

DISCUSSION

Agastya haritaki avaleha is one of the rasayana kalpa explained by charakacharya especially for the diseases of pranavaha srotas. It performs both functions Ramayana as well as vyadhhara. It is easy to prepare, affordable and well tolerated to the patients with no undesired effects. It has clinically proved in improving physical parameters i.e., pulmonary function tests seen highly significant statistically and there was a significant improvement in haemoglobin level & total RBC Count. Eosinophil was markedly reduced which showed clinical efficacy of Agastya haritaki avaleha in allergic conditions. There was significant effect on ESR value which may be evident to prevent the recurrent respiratory tract infections. According to charaka acharya if this drug given for a long period of time relapse would not be there & results would be more significant.

Shwasa kashtatha, Peenasa, Kasa are the most prominent symptoms in Covid 19. Agastya haritaki eliminates srothorodha present in channel leading to the hrudaya and jnanendriyas and opens up channels of their nutrition. As a result by nourishing dhatus it increases their strength and refreshes mind. Since it digests and excretes malas accumulated in the circulatory channels it facilitates nutrition of dhatus by removing obstruction. It stimulates dhatwagni by its tikta rasa and ushna veerya. It acts as rasayana of dhatus and indriyas to achieve a healthy life of 100 years⁶.

CONCLUSION

All the ingredients of Agasthya haritaki are having immune booster properties. It really helpful in fighting against Corona infections. Agasthya haritaki rasayana eliminates srothorodha present in body channels leading to the heart and Jnanendriyas and opens up channels of their nutrition. As a result by nourishing dhatus it increases their strength and refreshes mind. Since it digests and excretes malas accumulated in the circulatory channels

it facilitates nutrition of dhatus by removing obstruction. It stimulates dhatvagni by its tikta rasa and ushna veerya. It acts as rasayana of dhatus and indriyas to achieve a healthy life of 100 years. Thus by taking all these facts into consideration it can be said that there is major advantage of this formulation for the patients of Covid 19 and can give a better quality of life.^{7,8,9,10}

Agastya haritaki is practically applicable in all the respiratory infections especially in conditions of post covid complications too such as fibrotic scar in lungs as it contains maximum quantity of Haritaki which is best Vrunaropana dravya. As Covid 19 can be considered as a yapya vyadhi, if this drug given over a long period of time relapse would not be there & results would be more significant. Based on gunakarma and doshakarma of the drug; it can be used as a main line of treatment in disease as well as Naimittika rasayana to boost up the immunity and cure the diseases in faster & best way. Concepts of Naimittika rasayana bring a new dimension into the health care and promote an integrated approach between different modalities in the field of medicines. Further research work can be taken to analyze the potent Agastya haritaki rasayana as mentioned in different classical texts

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