Title : Integration of Ayurveda in the management of critically ill patients of covid 19 enables remarkable and quick recovery.

Abstract

The world was not ready to face covid 19 pandemic which has caused havoc across the continents. It is a new viral disease for modern system of medicine for which no specific antiviral or vaccine is available till date. Emergency experimental drugs have been allowed to be used by WHO without any scientific back up or promising results. According to ayurveda (The Indian traditional science of not only the medicine but about the whole human life that dates back to more than thousands of years), it is not a new disease rather an imbalance of tridosha viz. Vata, Pitta and Kapha which can easily be corrected by following the ayurveda principles of management. Five critically ill patients of covid 19 were treated with ayurveda drugs along with the allopathy support system. Significant over all recovery along with remarkable improvement in fever, oxygen saturation and all the blood markers of acute inflammation and blood coagulation was observed in two days time. Ayurveda management is showing definite positive impact on the outcome of the critically ill covid 19 patients. Larger studies are required to re-establish the ayurveda as safe and effective medicine which can be of great use in bringing down the rate of mortality and alleviating the sufferings of the society due to this covid 19 pandemic.

Key words – Ayurveda, Covid 19 pandemic.

Authors – Dr. Sanjay jain, MBBS, MS orthopaedics, Vaidya Alok Sharma, BAMS, MD Ayurveda, DR. Rajeev kumar, MBBS, MD Medicine, Dr. Anil Taliyan, MBBS, MD medicine, Dr. Subhash yadav, MBBS, MS, Mch Urosurgery, Vaidya Diwakar Singh Prajapati, BAMS, Dr. Rahul Malik, MBBS.