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ROLE OF 'TAB COVID GHANAM' (ANGAMARDA PRASHAMAN GANA) IN THE MANAGEMENT OF MYALGIA I.E. ANGAMARDA IN POST COVID SYNDROME- A CASE STUDY

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ABSTRACT

Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) is the pathogen responsible for the coronavirus disease 2019 (COVID-19) pandemic, which has resulted in global healthcare crises and strained health resources. Has caused morbidity and mortality at an unprecedented scale globally. Scientific and clinical evidence is evolving on the subacute and long-term effects of COVID-19, which can affect multiple organ systems. Long COVID is an often debilitating illness that occurs in at least 10% of severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) infections. The ancient Ayurveda Charaka Samhita explained this epidemic / pandemic diseases as JANOPADODHWANSA. The main etiological factor responsible for any epidemic or pandemic diseases are the contamination of Jala (water) , Vayu (air), Desh (land) , kala (season) giving rise to infectious diseases which kills mass of people. Sushruta Gives one of the causative factor for fever is Agantu Karana or Para hetu (Jivanu). More than 200 symptoms have been identified with impacts on multiple organ systems. At least 65 million individuals worldwide are estimated to have long COVID, with cases increasing daily . A study was performed on the long term effects of the severe acute respiratory syndrome (SARS), the coronavirus that emerged in 2021. This study showed there was persistent and significant impairment of exercise capacity and health status in survivors of SARS over 24 months. After acute COVID-19 illness, recovered patients may continue to report a wide variety of signs and symptoms Including myalgia, dyspnea, olfactory and gustatory dysfunction, chest pain, fatigue, and sleep and mental disorders. According to Ayurveda concepts , the post covid syndrome is similar to Jwara Updrava. Due to jwara which is prominent symptom of COVID-19 , there will be Dhatu-Kshaya & Agnimandya Avastha in Post-COVID-19 infection. most common symptoms that persists after COVID-19 infection is Myalgia . As per Acharya, Jwara 10 updrava includes Angamarda . Besides all correlation in this condition Rasayana , Agnideepana, Amapachana, Brimhana and Rasayana chikitsa is indicated. Many research evidences proved that drugs possess anti-inflammatory, antistress, antioxidant and immunomodulatory properties which help in management of Post COVID Syndrome. Acharya Charaka has described separate groups of drugs in Sutrasthana 4th chapter as Angamarda Prashamanagana . Having property like Angamarda Prashamana, Jwaraghna, Balya, Vishaghna, Rasayan, Vajikaran these can be effectively managed by adopting Ayurveda modalities.

INTRODUCTION

We are facing deteriorating impact of COVID-19 pandemic on body and mind. Severe Acute Respiratory Syndrome CORONA VIRUS-2 is the pathogen responsible for the Coronavirus disease 2019. Pandemic which has been resulted in global healthcare crises and strained health resources. After acute COVID-19 illness, recovered patients may continue to report a wide variety of sign and symptoms these condition are term as Post COVID Syndrome. Post COVID Syndrome (sometimes referred to as 'Post-Acute Sequelae of COVID-19') is a multisystemic condition comprising often severe symptoms that follow a Severe Acute Respiratory Syndrome Coronavirus - 2 (SARS-CoV-2) infection. based on a conservative estimated incidence of 10% of infected people and more than 651 million documented COVID-19 cases worldwide; the number is likely much higher due to many undocumented cases. The incidence is estimated at 10–30% of non-hospitalized cases, 50–70% of hospitalized cases, and 10–12% of vaccinated cases, . Post COVID is associated with all ages and acute phase disease severities, with the highest percentage of diagnoses between the ages of 36 and 50 years, and most long COVID cases are in non-hospitalized patients with a mild acute illness, as this population represents the majority of overall COVID-19 cases. long lasting symptoms after acute phase of illness are called as chronic COVID symptoms, Post COVID symptoms or long term covid symptoms and these patients are termed as long haulers. British National Institute for health and care excellence (Aka NICE) has categorised 3 stages of COVID-19 recovery -1. Acute COVID-19 stage - within 4 weeks after diagnosis. 2. Ongoing COVID-19 stage - lasts 4-12 weeks after diagnosis 3. Long COVID-19 stage - over 12 weeks after diagnosis.

The concept of Infectious diseases is explained under five chapters Jwara , Krimi , Visha , Janapadodhwamsa and Rutucharya. .Janapada refers to particular geographic consideration . Interestingly there is mention of an epidemic cause by entry of pathogenic agent through the Nasal passages. This clinical presentation by Sushruta is amazingly analogous to epidemic like SARS , MERS , COVID-19.

The concept of pathogenic agents and infectious diseases was not unknown to Ayurveda. Fundamentally Ayurveda classified disease as Nija (Intrinsic) , Agantuja (Extrinsic) and Manasa (Psychosomatic). Aupasargika (Infectious) and Sankramak (Contagious) are mentioned by Sushruta (7 th century BC) .

प्रसंगात्	गात्रसंस्पर्शात्	वस्त्रमाल्यानुलेपनात्	
एकशय्यासनाच्चापि	निश्वासात्	सहभोजनात्	
कुष्ठं	ज्वरश्च	शोफश्च	नेत्राभिष्यंद एवच
औपसर्गिक रोगांश्च संक्राम्यति नशनम्			

सु. नि. 5

Patients suffering from Viral infections including COVID-19 show Myalgia as a common symptom. Myalgia shows generalized inflammation and Cytokine response. Patients suffering from COVID-19 may exacerbate Myalgia and Fatigue for prolonged duration as compared to patients with other Viral infections. They may be unresponsive to conventional painkillers. Post COVID-19 Syndrome, a long term state of chronic Fatigue and Myalgia. This explained by Post Exertional Neuroimmune exhaustion. Interlukin 6 and Interlukin 10 are predictors of development of Chronic Myalgia as they are known to promote inflammatory changes in the body .

Post COVID syndrome can be correlated with the Jwara Updrava as per Ayurveda. As 72% Post COVID patient suffering from Myalgia. which is also mentioned in Jwara Updrava as Angabheda in Ayurvedic classics. Angamarda is commonly associated with suffering. Although the term Angamarda is associated with pain in numerous situations, is one among the Rasapradoshaja vikaras.

'श्वासो मूर्च्छाऽरुचिच्छर्दिस्तृष्णातीसारविड्ग्रहाः।

हिक्काकासांगभेदाश्च ज्वरस्योपद्रवा दशः ॥'

- मा.नि. ज्वर ६६/ टीका

Pain symptoms caused by The Virus includes Myalgia , Arthralgia. For the treatment of pain, each patient requires an individual approach based on available knowledge and patients condition and comorbidities. Presently very few clinical trials or specific guidelines are present for managing pain in COVID-19 patients.

Pain management is a broader aspect in the field of Ayurveda and medical science. In this aspect Charak Samhita, the most trusted therapeutic oriented Ayurveda describes Certain plant drugs exclusively with the pain killing properties. Probable mode of action of 'TAB. COVID GHANAM ' is Angamardahara , Balya , Jwaraghna , Rasayana , Medhya , Vishaghna properties. So this compound is helpful in Myalgia I.e. Angamarda in Post COVID Syndrome .

- AIM

To evaluate the effect of 'TAB COVID GHANAM' (ANGAMARDA PRASHAMANGANA) in the management of Myalgia i.e. Angamarda in Post COVID Syndrome.

- OBJECTIVE –

To study the effect of 'TAB COVID GHANAM' (ANGAMARDA PRASHAMANGANA) in the management of Myalgia i.e. Angamarda in Post COVID Syndrome.

- CASE REPORT –

A 72 years old female housewife presented to a S. C. M. Aryangla Vaidyak Mahavidyalaya, Satara, Maharashtra, OPD with complaints of

-Angamarda kriyakalin (household work)

-Asamyaka malapravrutti

-Alasya

-Angagaurava

-Khandit nidra

since 2 years on and off.

Addiction : tea (4 times/day)

O/e -

BP – 130/80 mmofhg

P – 88/m

Spo2 – 97 %

RR – 20 / m

N/H/O – HTN, DM, Thyroid

having history of - covid 19 infection in 2021 April

HRCT score 7/25 mild

- TREATMENT –

TAB COVID GHANAM (ANGAMARDAHARA PRASHAMANGANA)

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MATERIAL –

Sr. No.	Dravya	Dose	Matra
1	TAB COVID GHANAM	Bid	4 tab Each 500 mg

• OBSERVATIONS –

Sr. No	Symptoms	Before treatment	After treatment of 14 days	After treatment of 21 days
1	ANGAMARDA	++++	++	-
2	ALASYA	++	+	-
3	ANGAGAURAVA	+++	-	-
4	ASAMYAK MALAPRAVRUTTI	++	-	-
5	KHANDIT NIDRA	++	+	-

• DISCUSSION –

PROBABLE MODE OF ACTION –

TAB COVID GHANAM –

विदारीगन्धापृश्निपर्णीबृहतीकण्टकारिकैरण्डकाकोलीचन्दनोशीरैलामधुकानीति दशेमान्यङ्गमर्दप्रशमनानि भवन्ति
|| (४४)

च.	सु.	<u>KAKOLI</u> - (Roscoea procera)
४VIDARIGANDHA - (Desmodium gangitacum)		Medhya , Hrudya , Shwaskasahar
Bruhan	,	Balya ,
Shonitastapan, Rasayan	,	Brihan , Rasayan ,
Vajikaran Kasashwashara	,	Vajikaran

<u>PRISHNPARNI</u> (Uraria picta) Vatahara Trishnaprashamak, Shonitastapan Kasashwasghna Jwarghna , Balya	-	<u>CHANDAN</u> (Santalum album) Medhya Krimighna Vishaghna Jwarghna	-
<u>BRIHATI</u> - (Solanum indicum) Hridya Kasashwasghna Jwarghna Deepak Vajikaran	-	<u>USHEERA</u> (Vetiveria zizanioides) Jwarghana Balya Medhya Vatavahinya Balya	-
<u>KANTAKARI</u> (Solanum xanthocarpum) Sadnyaprabodhak , Hrudya Kasashwashar Vajikaran Shonitastapan	-	<u>ELLA</u> - (Elletaria cardamom) Vedanastapak , Agnidipaka, Hridya Kasashwashar , Jwarghna Balya	-
<u>ERANDA</u> - (Ricinus communis) Vatashamak Balya Vedanastapak Medhya	-	<u>YASTIMADHU</u> - (Glycyrrhiza glabra) Jwarghna Rasayan Raktagami Vatanulomak	-

Acharya Charaka mentions specific Ten drugs as Angamarda prashamana which were correlated with Anti-inflammatory, anti-stress, antioxidant and immunomodulatory properties. In order to find out Angamardahara , Balya , Jwaraghna , Rasayana , Medhya , Vishaghna properties. As per Acharyas 'Angamarda' is a vata dosha dominating symptom. considering the dosha dominance of 'TAB. COVID GHANAM' maximum drugs are vatashamak; where

- VIDARIGANDHA and MADHUKA - Tridosha shamak , Rasayana
- PRISHNIPARNI - Tridoshashamak , Deepaniya quality
- BRIHATI, KANTAKARI and ELA - kapha vata shamak properties and Deepan Pachaneeya quality.

- CHANDAN and USHEERA - Kaphapitta hara properties , Vedanastapak (painfull to painless condition) and Dahaprashamana (burning sensation pacifying) qualities
- KAKOLI - is pure Vata shamak properties.

action of plants in 'TAB COVID GHANAM' enlisted group of drugs of Charaka Samhita search was made and it was found that some of the plants/drugs of 'TAB. COVID GHANAM' were found Angamardahara , Balya , Jwaraghna , Rasayana in action and some of plants were found as Medhya , Vishaghna. Moreover, it was also found that few drugs were having both. Over all these 10 drugs having properties like Angamarda prashaman, Jwargha, Balya, Vishaghna Rasayan, Vajikaran from this analysis all the drugs strengthen the idea of restorative and analgesic properties of 'TAB COVID GHANAM' and can used all of them in Post Covid Syndrome condition together which will pacify the symptoms of Myalgia I.e. Angamarda.

- **PREVENTIVE MEASURES –**

- Regular gentle stretching exercises
- Deep breathing exercises
- Small walks in house
- Positive optimistic outlook to reduce stress
- Endurance exercises involving light weights
- Hot fermentation and gentle massage for tight muscles
- Drinking lot of water and healthy well balanced diet.
- Regular change of posture and avoiding sitting in one position for long period.

CONCLUSION

The present study revealed that efficacy of tretment given was safe and effective in Myalgia i.e. Angamarda in post covid syndrome without any reported adverse reaction. From the above analysis, it is evident that Acharya Charaka- has correctly described the herbal drugs in a qualitative manner to combats particular disorder. The herbal agents of 'TAB. COVID GHANAM' has shown analgesic, neuroprotection, restorative properties . In the pathology of Post Covid illness along with Tridosha there is involvement of Dhatu also. Hence 'TAB COVID GHANAM' showed significant result in Myalgia I.e. Angamarda in Post covid syndrome.

In this study we observed that treatment was very effective as Angamarda prashaman, Jwargha, Balya, Vishaghna, Rasayan, Vajikaran in post Covid syndrome without further deterioration of the disease.

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