

**Applicability of Dushivishari Agad in Post Covid-19 Conditions – Conceptual Study****Dr. Pooja Phutane<sup>1\*</sup>, Dr. N.S. Gangasagre<sup>2</sup>, Dr. S.P.Mirajkar<sup>3</sup>, Dr. Diksha Pathade<sup>4</sup>, Dr. Jayshree Bharkade<sup>5</sup>**<sup>1,4,5</sup> PG Scholar, Department of Agadanttra, Govt. Ayurvedic College, Osmanabad, Maharashtra<sup>2</sup> Dean, HOD, Prof., Guide, Department of Agadanttra, Govt. Ayurvedic College, Osmanabad, Maharashtra<sup>3</sup> Asso. Prof., Department of Agadanttra, Govt. Ayurvedic College, Osmanabad, Maharashtra**Abstract**

The novel Corona virus disease 2019 is an illness caused by Severe acute respiratory syndrome coronavirus-2 (SARS-CoV-2). The World Health Organization (WHO) has declared the outbreak of global health emergency and has spread to 213 countries on April 24, 2020.<sup>[1]</sup> Although the SARSCoV-2 infected persons do get recovered from the preliminary effects, there might be some aftermaths which the recovered patients may have to face. Many recovered patients still might have paranoid feelings about the COVID-19 disease. Fresh novel coronavirus infections are declining, but the post-Covid-19 complications have become a major cause of worry for healthcare workers across the globe. Post covid 19 symptoms include shortness of breath, chest pain, headache, muscle pains and weakness, gastrointestinal upset, rashes, thromboembolic conditions, and depression and other mental health conditions etc. There is no specific medicine to prevent or treat post Covid 19 conditions. As of now, there is limited evidence of post-COVID sequelae and further research is required and is being actively pursued.<sup>[2]</sup> Agadanttra is one of the important branch of Ayurveda which deals with poisons and their management. COVID 19 is derived from zoonotic disease. The Agad preparation mentioned in Ayurveda has an antitoxin means that can help fight SARSCoV2 toxins.<sup>[3]</sup> Dushivishari agad is one of the vishaghna formulation mentioned in Ashtang Hruday Uttarsthan in adhyay 35 Vishapratishedh vyakhyasyam. These agad contains Pipalli, Ela, Jatamansi, Lodhra, Suvarchika, Yastimadhu, Dhyamakam, Musta, Chandan, Gairik.<sup>[4]</sup> The various ingredient present in Dushivishari Agad has vishaghna, jwaraghna, swasa- kasaghna, shoolahara, shothahara etc properties which may help in combating the post COVID-19 Conditions.

**Keywords** - Post COVID-19 Conditions, visha, Dushivashari Agad**Introduction-**

The novel corona virus 2019(COVID-19), the unexpected pandemic, has caused severe panic among people world wide. Corona viruses are zoonotic, spreading the disease from animals to humans.

According to WHO's case definition "Post COVID-19 condition occurs in individuals with a history of probable or confirmed SARS CoV-2 infection, usually 3 months from the onset of COVID-19 with symptoms and that last for at least 2 months and cannot be explained by an alternative diagnosis. Common symptoms include fatigue, shortness of breath, cognitive dysfunction but also others and generally have an impact on everyday functioning. Symptoms may be new onset following initial recovery from an acute COVID-19 episode or persist from the initial illness. Symptoms may also fluctuate or relapse over time."<sup>[5]</sup>

After acute COVID-19 illness, recovered patients may continue to report a wide variety of signs and symptoms. These symptoms can be divided into two categories as common symptoms and less common symptoms. Common symptoms include fatigue, dyspnoea, joint pain, chest pain, cough, change in sense of smell or taste and Less common symptoms includes insomnia, low-grade fevers, headaches, neurocognitive difficulties, myalgia and weakness, gastrointestinal symptoms, rash .

Affect Different organ systems in body i.e.

Cardiovascular- inflammation of heart muscles

Respiratory- lung function abnormality

Psychiatric - Depression, Anxiety, changes in mood

Fresh novel coronavirus infections are declining, but the post-Covid-19 complications have become a major cause of worry for healthcare workers across the globe.<sup>[2]</sup> There is need of further research.

*Agadtantra* is one of the section of *Ashtang Ayurveda* which deals with toxic substance and treatment of their poisoning. COVID- 19 has zoonotic origin. *Agad* formulations mentioned in *Ayurveda* possesses anti-toxic action which may help to combating toxins of SARS-CoV-2<sup>[3]</sup>

*Dushivashari Agad* mentioned in *Agad kalpa* can help to nullify the effect of toxins produced by SARS-CoV-2. *Dushivishari Agad* mentioned in *Ashtang Hrudaya Uttarsthan*.<sup>[4]</sup> The various ingredient present in *Dushivishari Agad* has *vishaghna, jwaraghna, swasa- kasaghna, shoolahara, balya, rasayan* etc properties which may help in combating the post covid19 conditions. Due to unique combination of drugs *Dushivishari Agad*, it can be used in post COVID-19 Conditions.

**Material And Methods**

This is a Literary review, data will be collected from various *Ayurveda* classic books, contemporary textbooks, relevant journals and website

**Observation And Results**

List of the ingredients of *Dushivishari Agad*

No	Name of drug	Botanical name	Quantity
1	<i>Pippali</i>	<i>Piper longum</i> Linn.	1 part
2	<i>Dhayamaka</i>	<i>Vitiveria Zozanoidis</i>	1 part
3	<i>Jatamamsi</i>	<i>Nardostachyas jatamansi</i> DC (N. grandiflora)	1 part
4	<i>Lodhra</i>	<i>Symplocos racemose</i> Roxb.	1 part
5	<i>Ela</i>	<i>Elettaria cardamomum</i> Maton.	1 part
6	<i>Suvarchika</i>	<i>Gynandropis pentaphylla</i>	1 part
7	<i>Mustak</i>	<i>Cyperus rotundus</i>	1 part
8	<i>Tagar</i>	<i>Valeriana wallichii</i>	1 part
9	<i>Kushta</i>	<i>Saussurea lappa</i> C.B. Clarke	1 part
10	<i>Yasthi</i>	<i>Glycyrrhiza glabra</i> L.	1 part
11	<i>Chandana</i>	<i>Santalum album</i> L.	1 part
12	<i>Gairika</i>	Ferrous Oxide	1 part

**Review of Individual Drugs –**

S r. n o.	Name of drug	Rasa	Virya	Vipa k	RogaghnaK arma (Pharmacol ogical action)
1	<i>Pipalli</i>	<i>Katu</i>	<i>Anushnan ashita</i>	<i>Mad hur</i>	<i>Kapha-vata shamaka, kushtaghna, jwaraghna, balya rasayana, hrudya Shoolaprash mana, janthughna deepana pachana, shwas-kasa- pliharogaha ra</i> <sup>[3]</sup>
2	<i>Dhyama kam</i>	<i>Mad hur</i>	<i>Shit</i>	<i>Mad hur</i>	<i>Raktajvikarh ar</i> <sup>[6]</sup>
3	<i>Jataman si</i>	<i>Tikta, kash ay, Mad hur</i>	<i>Shit</i>	<i>Katu</i>	<i>Medhajanak a, balaprada, dipana, vatanulomak a, mruvu virechaka, medya, jwaragna, twakdośahar a, hrdaya, balya</i> <sup>[7]</sup>
4	<i>Lodhra</i>	<i>Kash ay</i>	<i>Shit</i>	<i>Katu</i>	<i>jwarghna, sothaghna, raktastamba ka, slesmaghna, vranaropan a, balya</i> <sup>[8]</sup>
5	<i>Ela</i>	<i>Katu, Mad hur</i>	<i>Shit</i>	<i>Mad hur</i>	<i>Kasaghna, svasaghna, kaphanisara ka, mukhasodha na, durgandhas naska, chardhinigr ahana, dipana, pachana, ruchya, vatanuloma na, sugandhi</i> <sup>[9]</sup>

<b>6</b>	Suvarchika	Katu	Shit	Katu	kaphaghna, dipana, pachana, svedajanana <sup>[10]</sup>
<b>7</b>	Mustak	Tikta, katu, kashay	Shit	Katu	Grahi, agnidipaka, pachana, kaphaghna, pittaghna, jwarghna, krmighna, svedajanana, balya and visaghna <sup>[11]</sup>
<b>8</b>	Tagar	Tikta, katu, kashay	Ushna	Katu	Tridoṣahara . Visaghna, apasmarahara, sulaghna, netrarogahara, vedanasthapanana <sup>[12]</sup>
<b>9</b>	Kushtha	Tikta	Ushna	Katu	Kaphavatas amaka. Sukrala, vatara ktahara, kasaghna, kusthaghna, vataghna, rakta sodhaka, varnya, dipana, pachana, sugandhi, uttejaka, kaphanisaraka, rasayana, and tvakdosahara <sup>[13]</sup>
<b>10</b>	Yashtimadhu	Madhur	Shit	Madhur	Kaphavatas amaka  Dahasamak a, Sotahara, chardinigra hana, trusnanigra ha, vatanuloma na, mrdivirecha ka,

					kaphanigraha, Kantya, kandughna, jwarghna, jivaniya, rasayana, chaksusya <sup>[14]</sup>
<b>11</b>	Chandan	Tikta, Madhur	Shit	Katu	Kaphapittas amaka.  shoshaghna, kaphaghna, dahaghna, grahi, hradya, varnya, kandughna, angamarda prasamana <sup>[15]</sup>
<b>12</b>	Gairik	Madhur, kashay	Shit	Katu	Vishaghna <sup>[6]</sup>

**Discussion –**

After acute COVID-19 illness, recovered patients may continue to report a wide variety of signs and symptoms. Common symptoms include fatigue, dyspnoea, joint pain, chest pain, cough, change in sense of smell or taste.

Less common symptoms includes insomnia, low-grade fevers, headaches, neurocognitive difficulties, myalgia and weakness, gastrointestinal symptoms, rash.

*Dushivishari Agad* mentioned in *Ashtang Hrudaya Uttarsthan* can help to nullify the effect of toxins produced by SARS-CoV-2. The *Dushivishari Agad* has qualities of *Madhur ras & Shit virya* it reduces *pitta* and due to *katu vipak* act as *jwarghna*. Also act as *Sapttadhatuwardhak, ojovardhak, balya, jivaniya, vishghna, kaphghna*. Hence it can be useful in fever, fatigue, Myalgia, weakness, cough etc symptoms in post covid 19 conditions.

The contents of *Dushivishari Agad* has *jwarghna, jivaniya, rasayana, dipan, pachana, tvakdosahara, Balya, hrudya, Shoolaprashmana, Kasaghna, swasaghna, kaphanisaraka, Tridoṣahara, Visaghna* etc. properties.

So *Dushivishari Agad* can be helpful to reduce post covid conditions.



**Conclusion –**

Fatigue, dyspnoea, joint pain, chest pain, cough, change in sense of smell or taste, insomnia, low-grade fevers, headaches, neurocognitive difficulties, myalgia and weakness, gastrointestinal symptoms, rash these symptoms appear in Post covid 19 conditions.

Literature reveals that, the contents of *Dushivishari Agad has jwarghna, swasaghna, Kasaghna, Shoolaprashmana, jivaniya, dipan, pachan, balya, rasayan* etc properties which will help in combating the post covid 19 conditions. *Dushivishari agad* is cost effective herbal drug with no side effect.

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