

Overcoming the mental health challenges in COVID 19 patients by ancient ayurvedic medication -*Saraswatarishtam*

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Introduction:

Corona Virus (CoVs) is known as the envelope viruses. In recent months, the virus has affected major population worldwide. This virus has a high mutation rate and is said as zoonotic pathogens and can be present in both humans and animals' species. COVID 19 that started with the animal species especially bat underwent gene mutation and affected the human species as bats are regarded as the key reservoir of CoV. (1) The virus was first identified with the symptoms by causing an outbreak in Pneumonia. In December 2019, the evolved nCoV called as novel coronavirus outbreak caused panic globally and posed many threats as the data suggest that CoV is a new species. (2)

Saraswatarishta (SA) is a herbo-mineral formulation consisting of 18 plants some of which are *Medhyarasayan*s. It has been claimed to be useful in treating central nervous system disorders. (3)

Material and method:

Ayurvedic literature is mostly collected from Bhaisajya Ratnavali, Bharat Bhaisajya Ratnakar, Rasratna Samuchaya, rastaringini etc. This ancient literature of Ayurveda enhances the preparation herbo-mineral formulations (*Ras Kalpas*). For the analysis of recent researches *Saraswatarishta* databases like Researchgate, google scholar, Pubmed etc are being used. Effect of these two herbo-mineral formulations (*Ras Kalpas*) is being reviewed for

mental health promotion and restoration in Covid19 infected & post Covid 19 patients.

Description:

The common clinical feature shows signs and symptoms of cough and fever. Since this virus attacks the immune system of the body, the treatment protocol is suggested to help boost the immune system and help fight the virus. The same principle is very well explained by Acharya Charaka in Ayurveda discussing Dinacharya i.e., daily regimes and Rutucharya known as seasonal regimes. It also mentions similar signs and symptoms of the disease and how well it can be managed. Acharya Charaka mentions about three basic principles that should be followed to treat any disease in Ayurveda which is by knowing the cause, symptoms and medicine as no disease gets manifested without the involvement of Dosha (4)

“गुरु शीतम् अति स्निग्धम् अति मात्रं सम्भनताम्।
रस वाहीनि दुष्यन्ति चिन्त्यानां च अति चिन्तनात् ॥”
(च.वि. ५/१३) [5]

SN	Sanskrit Literature	Meaning
1	Guru aahara	heavy foods
2	Sheeta aahara	cold foods
3	Ati snigdha	excessive consumption of oily foods
4	Ati maatram	eating in excess
5	Ati chintanaat	excessive thinking (stress)

[6]

These are the factor for the rasavah Strotas dusti but in Covid 19 infected & post covid19 patients especially Rasdusti due to Chintyanam ch ati chintama (Over thinking & Anxiety) is observed.

“अश्रद्धा चारुचिश्चास्यवैरस्यमरसज्ञता ।
हल्लासो गौरवं तन्द्रा साङ्गमर्दो ज्वरस्तमः॥
पाण्डुत्वं स्रोतसां रोधः क्लैब्यं सादः कृशाङ्गता ।
नाशोऽग्नेरयथाकालं वलयः पलितानि च॥
रसप्रदोषजा रोगा, ... ॥” (च.सूत्रस्थान २८/९-११)
[7]

SN	Sanskrit Literature	Meaning
1	Ashraddha	lack of interest in the food
2	Aruchi	tastelessness
3	Aasya vairasya	feeling of weird tastes in the mouth
4	Arasagnata	failure to identify any taste
5	Hrullasa	watering of mouth, excessive salivation, nausea
6	Gourava	heaviness
7	Tandra	drowsiness
8	Angamarda	pain in body parts
9	Jwara	fever
10	Tama	feeling of darkness before the eyes
11	Pandutva	anaemia
12	Srotorodha	block in multiple channels of the body
13	Klaibya	impotence
14	Saada	fatigue, stoppage of working of organs and tissues
15	Krushangataa	emaciation
16	Nasho agnehe	destruction of agni, the metabolic fire
17	Ayatha kala Vali	premature wrinkling of skin
18	Ayatha kala Palita	premature greying of hairs

[8]

These are the symptoms due to Rasavah Strotas dusti.

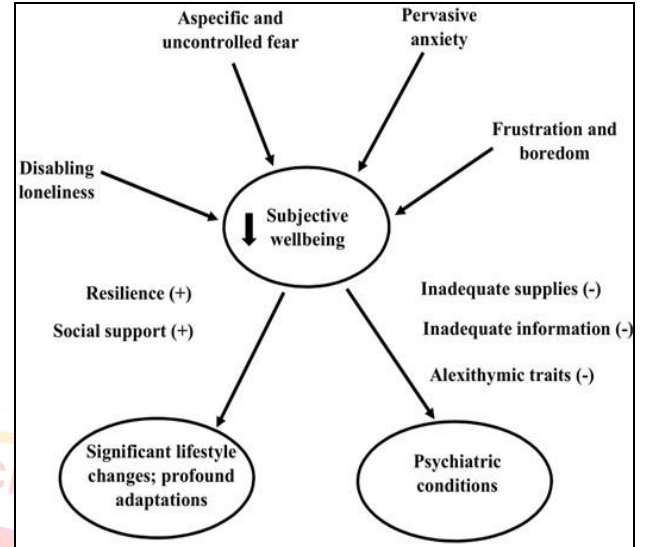


Figure 1: Summary of the most relevant psychological reactions in the general population related to COVID-19 infection. (9)

Saraswatarishtam (Bhaishjya Ratnavali, Adhyayam 73):

It consists of the following ingredients:

SN	Official Name	Botanical Name/ English name
01	Sita	<i>Saccharum officinarum</i>
02	Makshika	Honey
03	Brahmi	<i>Bacopa monnieri</i>
04	Satavari	<i>Asparagus racemosus</i>
05	Vidarika	<i>Pueraria tuberosa</i>
06	Abhaya	<i>Terminalia chebula</i>
07	Usira	<i>Vetiveria zizanioides</i>
08	Ardraka	<i>Zingiber officinale</i>
09	Misi	<i>Anethum graveolens</i>
10	Dhataki	<i>Woodfordia fruticosa</i>
11	Renuka	<i>Piper cubeba</i>
12	Trivrita	<i>Operculina turpenthum</i>
13	Kana	<i>Piper longum</i>
14	Devapushpa	<i>Syzygium aromaticum</i>
15	Vacha	<i>Acorus calamus</i>
16	Kushtha	<i>Saussurea costus</i>
17	Vajigandha	<i>Withania somnifera</i>
18	Vibhitaki	<i>Terminalia bellirica</i>
19	Amrita	<i>Tinospora cordifolia</i>
20	Ela	<i>Elettaria cardamomum</i>
21	Vidanga	<i>Embelia ribes</i>
22	Twak	<i>Cinnamomum verum</i>
23	Swarnapatra	Gold

(10)

According to *Bhaishjya Ratnavali, Adhyayam 73* it Improves cognitive skills, dementia, psychomotor retardation. Most of vaidyas from Maharashtra uses it for the cases of insomnia due to stress & anxiety.

Discussion:

Chintā (चिन्ता).-F(S) Care, concern, anxiety, solicitude. 2 S Thinking, considering, pondering &c. See cintana. cintā vāhaṇēm g. of o. To take thought of or about; to care for. cintā nāhim It is of no importance; it does not matter. **Source:** DDSA: The Molesworth Marathi and English Dictionary cintā (चिन्ता). - F Care, anxiety; thinking. cintā nāhīm It does not matter. cintā vāhaṇēm To care for. Cintā (चिन्ता). -[cint-bhāve a] 1) Thinking, thought. 2) Sad or sorrowful thought, care, anxiety; चिन्ताजडं दर्शनम् (cintājadam darśanam) **Source:** DDSA: The practical Sanskrit-English dictionary (11)

In May's book —The meaning of anxiety (2015), anxiety is explained as the manner in which a person reacts or response to stress, accept and interpret. In this view, stress Burnout Fear Worry Distress Anxiety 1stress is seen as a journey to anxiety thus anxiety is an outcome of stress and it how an individual handles stress. A good handler of stress is likely to experience or no form of anxiety. Whereas those without effective management skills is prone to a high level of anxiety.



(12)

The significant role of Manas mitra vatak & Saraswataristam in for mental health promotion and restoration in covid 19 & post covid 19 patients is seen due to its activity on rasavah strotas & acting on

the reason for rasadusti . It also acts on manovah strotas as heart is involved in both the strotas. One of the major contributing factors is ojas.Both the herbo-mineral formulations raskalpas acts on ojas which stimulates the mind & mental physique of the patient. **Conclusion:** In ancient ayurvedic literature different topic related with mental physique are described such as rasavah ,manovah, pranavah strotas. In covid19 pandemic especially due to anxiety Chintyanam ch ati Chintanat Ras & Manovah Strotas dusti is seen. The significant role of manas mitra vatak & Saraswataristam is already mentioned in ancient ayurvedic text viz. sahatrayogam & Bahisajya Ratnavali. Many viadyas (Ayurvedic Doctors) have been prescribed these drugs & got successful results in the management of mental illness in Covid19 patients.

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