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Journal of Research in Indian Medicine
An Official Publication of Bureau for Health & Education Status Upliftment
 (Constitutionally Entitled As Health-Education, Bureau)

JRIM

Post COVID 19 Sequelae: An analysis, Ayurveda understanding, and revered herbs for prevention and management

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ABSTRACT-Background: -

Post COVID complications involve multiple organs, systems and presents as Chronic fatigue syndrome, Pulmonary embolism, Diabetes mellitus and many diseases even after recovery from COVID. The exact pathogenesis of post covid complications is not clearly understood and only the symptomatic treatment is provided by conventional medicinal system. To prevent and manage post COVID complications the root cause analysis using Ayurveda principles can give a structured insight. As COVID is an *Anukta Vyadhi* (Unexplained in Classical texts), treatment modalities of its complications can be designed according to the *Srotodushti* (Contamination of Systems).

Data source and review method: -

A detailed study and analysis of pathogenesis and systemic involvement of COVID 19 and its post complications is done from contemporary sources and critically analyzed on the basis of Ayurveda ideology.


Results: -

The analysis revealed the involvement of *Pranavaha* (Respiratory system), *Udakovaha* (Fluid and electrolytes), *Rasavaha* and *Rakatavaha* (Circulatory systems) *Srotodushti*. Further specific herbs *Draksha*, *Kumari*, *Sariva*, *Musta*, *Parpat*, *Haridra*, *Kiratatikta*, *Kutaki*, *Guduchi* and *Ashwagandha* were selected on the basis of their specific target action on involved *Srotas* (System) and literature survey from Ayurveda and Conventional science.

Conclusion: -

The modus operandi of the selected herbs in prevention and treatment of Post COVID 19 complications are critically analyzed and presented in a systematic way. The present analysis may help for selection of herbs in prevention and management of post COVID complication and give insight for further research.

Key Words: Ayurveda, Post COVID complications, Herbal drugs

Access this Article Online	Quick Response Code: 
Website: http://heb-nic.in/jrim	
Received on 23/11/2021	
Accepted on 08/12/2021 © HEB All rights reserved	