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Clinical trial to evaluate prophylactic action of Twakadi Herbal Tea in Police Professionals working in COVID 19 pandemic

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Abstract:

Introduction - Ayurveda has unique aspect prevention of diseases. Here in this project, efforts have been made to evaluate prophylactic treatment against COVID 19.

Objectives -

To compare the incidence of COVID19 between the control and test group of Police professionals working in COVID 19 pandemic

To compare the severity of the symptoms after the incidence of disease in control and test group of Police professionals working in COVID 19 pandemic

Materials and Methodology- Project population was Police professional with age more than or equal to 25, working in Covid 19 pandemic with RTPCR negative. Two groups were taken test group and control group.

Drug Administration details as per groups- For test group Twakadi herbal tea was given as 2.250 gm tea bag dipped for 5 minutes in one cup (150 ml) of boiling water and taken for two twice a day before breakfast; and in the afternoon at tea time; for 14 days. For control group regular tea bags are given. They are following the same procedure as test group. Assessments - Investigations were done Nasopharyngeal /Throat Swab for RT-PCR for SARS-CoV-2, Haemogram, RFT- BSL random, CRP, Serum Ferritin before and after the treatment was done. Flu like symptoms recording were done as Rhinitis, Muscle Pain, Fever, Sneezing, cough, Sour throat, headache, debility in breathing and abdominal discomfort . If the symptoms observed it was recorded as 1 and if absent; recorded as 0

Conclusion - Within the given time framework of the study design, we would like to conclude that-No statistically significant results were found in any of the parameters. The control group which received normal green tea also didn't witness any conversion to Covid positive status. All the cases, who received the Twakadi herbal tea (IP), remained Covid negative at the end of the study duration of 14 days. Twakadi herbal tea's efficacy in declining Sr. Creatinine can be explored in further studies

Key words – Twakadi herbal tea, prophylactic, covid 19 pandemic

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