

## How to Cut Down Virus Load in Home Isolation by Using Herbal and Ayurvedic Treatment: A Case Report

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### Abstract

Present case report describes real time situation and observations of four members of a family infected with Covid-19. They have started taking all drug regimens just after evoking of initial symptoms of Covid -19 without any delay just after consultation seek from two physicians. In this case report patients followed Ayurvedic and herbal treatments regularly for 14 days mentioned in tabulated time schedule. These include various herbal hot concoctions, Ayush-64, sheetopaladi churn, honey, alum, steaming inhalation, yoga, breathing exercises, meditation, and prayer. A complete dietary structure was used having balanced diet rich in proteins, carbohydrates, fibers, vitamins, minerals, and plant pigments. All four cases are non-vaccinated, vegetarians, have no secondary clinical health problem. This case report suggests Covid-19 patients should come out of fear, consult doctors and start early medication. Patients should remain more careful about their oxygen level, breathing problems and take a normal sleep for 8 - 10 hrs a day. Patient should keep their attitude very positive; remain cool and calm, stress free so that antibody production may start just after completion of 9th day. From day 6th onwards patient should remain very careful mainly during recovery period. Author advices people should fight the Covid-19 with courage and wait for induction of immunity in response to virus antigens. As soon as production of IgM starts and it is replaced by IgG is a good sign of recovery.

**Keywords:** Corona Virus; Covid-19 Disease; Herbal and Ayurvedic Preparations; Balanced Diet; Natural Immunity; Recovery Period

### Introduction

Corona virus is highly contagious virus, its mutant variants are circulating round the globe and causing high infectivity and large numbers of deaths that have been reported from so many countries [1]. It is highly essential to completely wipe out corona virus from the human society across the world by using all conventional, physical, clinical and therapeutic methods [2]. More important is to stop third wave of this highly mutable virus and its complete mitigation must be done as quickly as possible [3]. W.H.O and other health organizations, states and leadership, manufacturers, therapists, hospitals, public organizations and administration should coordinate, issues necessary directives and guidelines to mitigate the impact of the virus generated threat. World governments and health organizations are at work to establish countermeasures cut

down possible devastating effects. Many uncertainties exist as virus-host interaction and the spread of pandemic is in its full swing, everyone is living under trauma, fear and anxiety; people are waiting for its peak and complete disappearance from community.

### Case Report and Discussion

I was feeling healthy and hearty till 11<sup>th</sup> of April 2021, and my family (wife age 52 years, daughter 20 years, son 13 years) was also in sound health. After returning on 30<sup>th</sup> March 2021 from Holi festival at Agra, my native place, I joined my duties in the department and busy in disbursing my academic duties. On 12<sup>th</sup> of April 2021, university celebrated its 39<sup>th</sup> convocation in Deeksha Bhawan, an indoor auditorium. Though, it was an online and offline program and having a huge gathering of more than 350 people in the indoor

auditorium; the participants were guests, students, teachers, university staff and care takers of organizing system. A procession of Academic council was attraction of the event; I also participated in celebrations as a member of this council. Every one of participating member was unaware about presence of spreader, but most of the teaching and non teaching staff members got infection from convocation hall, because it was a close door organization, inside hall ACs were running and power fans, light system and audio-video system was on. Just after two days of convocation on 14<sup>th</sup> of night I was fevered; this is not even me so many of faculties of other departments and university staff were gripped by corona between 13 to 25<sup>th</sup> of April. Few were infected very profusely and passed through second level Covid-19 severe health issues. Whole families of so many teaching and non-teaching staffs come under grip of corona infection. In early morning of 15<sup>th</sup> of April fever was high and I consulted my family doctors and after seeking their advice I used to take paracetamol thrice, with vitamin B-complex, vitamin C, Zinc-Covid and calcium. They also prescribed me anti-viral and antibiotics, in addition to them, without any delay I have started herbal treatment and followed methods mentioned in periodic chart made by me (Table 1). On 20<sup>th</sup> of April my wife, daughter and son become corona positive and under the grip of high fever. Without any delay they were also given same treatment.

#### Strategic plan for use of herbal and ayurvedic therapy

Use of Karah/concoction of Giloy along with neem leaves, Ajawin, ginger, long, kali mirch Karin patta and fresh lemon leaves assists in boosting immunity. It also assists in cut down of fever and protects mucous lining in stomach and intestine. Similarly use of another Karah/concoction of neem leaves, ginger, black salt is strong germicidal, neem possess the compounds which might inhibit virus replication, it has few compounds which prohibit virus spike protein attachment with host intestinal and lung ACE2 receptors. This I have personally experienced, as on the third day when I started it, I felt massive relief in fever, coughing, breathing and muscular pain. I am sure that both concoctions possess hundreds of bio-organic compounds which can ably check the viral growth and make recovery easy [4].

Vitamin C function as a very good anti-oxidant, it protects immune cells and other body cells from oxygen depletion and from apoptosis. Vitamin C also slow down dehydration of body fluids, it

provide relief in congestion, cough, and stop growth of microbial flora and protects gut lining from virus attack when takes in addition to vitamin B-complex. Vitamin B complex mainly biotin or vitamin H protect gut micro flora from virus invasion. It also stops virus entry into the mucus epithelial cells. Furthermore, calcium is required for mitochondrial function, cell permeability, nerve conduction and cytoskeleton function. Zinc is required normal enzyme function. Due to fevered state body cells mainly lymphocytes, blood platelets and RBCs start dying, hence cut down of fever is highly important we have used paracetamol each dose of Dollo-650 was taken at an interval of 6 hrs. Further, green vegetable soup provides carbohydrates, water, minerals, vitamins and fibers, natural steroids, terpenes. This herbal soup furnishes all micronutrients essentially required in plasma for physiological buffering and ionic permeability. However, use of different treatments cut down virus load in intestine, liver, kidney and lungs. Use of organic turmeric clears flora from liver and relieve in pain [5]. All essential ingredients present in balanced diet, soup and herbal concoction assist the body to maintain homeostasis, water regulation, conduction of nerve function and assist in taking normal sleep.

For disinfection of eyes take 100 mL of rose water (natural should not have any preservative) and 0.1 gram of white alum powder was added. Its two drops were used for five to three times a day.

#### Clearance of air ways

Use hot water concoction for gorgles with 2% table salt water mixed with 0.1% turmeric, azwain 1%, mint leaves (1.0 gm only), citrus lemon leaves or peel of orange (2.0 gms only) and 5 - 6 drops of clove bud essential oil. Use same mixture for hot air stem inhalation (bafara) for 30 minutes at least twice a day. Take sunbath in open air for 15 - 20 minutes a day by making social distancing. It can do thermal denaturation of surface virus and can de-associate its fusion with membrane [6,7].

Use steam from hot distillation herbal preparation take 10 gms fresh leaves of curry patta, 5 gms leaf of citrus lemon and 10 gms of Chirayta spike with stem. Chop all them in to small pieces with a knife, put them in 200 ml of water in a fry pan on a gas burner, add 1 gm of black salt and 1 gm of black pepper in it, boil it till 100 mL of it remains in the pan. Use 10 mL of it was used twice a day as with equal amount of lukewarm water.

Most challenging task is to keep clear respiratory passage ways, breathing and control coughing and lung infection during acute-phase of infection. However, for nasal passage clearance we have used one drop of Anu oil or mustard oil in nostrils before sleeping in each nostril, it cleared the nasal sacs and nasal air passage-ways. Patient feel relaxation and lungs get more oxygen. Both oils prohibit growth of black fungus inside nose. Initial symptom of ASRD is problem in breathing, for fighting this situation, carry patient in open air, and start taking deep breathing. Patient should lay down on left shoulder for one hour then right shoulder for one hour, then two hour lay down on stomach side, and then for two hours on backbone side. For restoration of breathing thermal heat should provide to the diaphragm, ribs, through, wind pipe region, chest/breast, backbone and both shoulders and waist region by using hot water plastic bag used in clinics. Patient's chest, backbone, diaphragm, ribs and head must massaged by using coconut oil. Both palm and sole regions are equally massaged with coconut oil for 30 minutes. In severe condition one can use this home preparation i.e. take 10 gms of deshi cow ghee and add 100 mg of camphor, warm both in steel utensil, till both of mix well, use it for massage over chest, back, shoulders, knee and sole of both foot. It will increase the blood circulation; patient oxygen level can be restored. Before massage patient should provide hot water having ajwain, 10 drops of lemon juice, lahsun and ginger 50 mL in quantity. Oxygen level of patient should check just after half an hour. Patient should not allow to sleep on backbone side for whole night; he/she should follow instructions as given in previous paragraph.

Another most severe challenge is to fight against ARDS (Acute respiratory distress syndrome). It is most severe clinical issue as fluid builds up in the tiny, elastic air sacs (alveoli) and filled inside lungs. The fluid keeps lungs from filling with enough air, but lower down oxygen assimilation rate and supply much less oxygen to bloodstream. This deprives normal oxygen supply to organ systems and cells. Patient experience worsening inflammatory-induced lung injury, there is a decrease in oxygen saturation (< 93%). Use of ginger, sheetopaladi churna and ashwagandha powder provides an instant relief in coughing and breathing problems. Take 10 gms of clove bud and 10 gms of makhana, charred them by putting them on hot iron base. These homemade preparations can be used to treat for

common family ailments [8] (Sinclair A). Similarly, char 10 gms of dry coconut to ashes by same method. Mix them and make their fine powder. Take 1 gms of white alum and warm it on the same hot iron base to remove its water, it will lose its crystalline structure and become amorphous, take it to make powder and finally mix with previously made charred coconut ashes powder. White alum is used as adjuvant to prepare immunogen for development of vaccine. It includes ammonium salts precipitated under basic conditions. Aluminum works as a carrier of antigen, as it binds and absorbs them and easily does their retention after injection into the host body [9]. For using it take 20 gms of honey and 0.5 gm of this mixture, mix it well and use orally through mouth. Patient should do gargles three times a day with hot water having pinch of haldi, table salt and 20 drops of lemon juice.

Yoga exercise provide easy breathing and assist in normal supply of oxygen to tissues and cells. Deep breathing and yogic exercise increase the oxygen level in blood, it also normalize the cellular respiration and increase the lung function. Further, inhalation of hot steam from distillation mixture of various herbs thrice a day as provides much relief in breathing, cough and congestion [10] (Table 1). It is established from researches that volatile organic compounds in steam showed strong antiviral activity [11]. In more severe condition patient should use oxygen incubators to mitigate hypoxia and to maintain  $PaO_2/FiO_2$  parameter in artificial viable mode respiratory supply of oxygen on the advice and intensive care of Covid-19 specialist. There is a need to arrange intubation and protective mechanical ventilation to manage quick respiratory failure, including protective mechanical ventilation and high-flow nasal oxygen (HFNO) or non-invasive ventilation (NIV).

Low oxygen level causes respiratory distress and obstruction in oxygen supply in lungs, sepsis starts with respiratory burst and other sudden evoking clinical problems. Start of sepsis carry patient from level two to level three. This is too serious and hard to tackle because of multi-organ failure due to cytokine burst with serious respiratory manifestations such as severe dyspnea and hypoxemia, renal impairment with reduced urine output, tachycardia, altered mental status, and functional alterations of organs

S. No	Time	Activity/use of ingredients	Physiological assistance/improvement noted
1	5.0 A.M.	Awakening, finishing of natures activity, brushing	Freshness
2	6.0 A.M.	Use hot water mixed 10 drops of lemon and little sendha salt, sip it slowly	Freshness, normalization of muscular function
3.	6.15 A.M.	Gargle repetitively with hot water containing turmeric powder (haldi), neem leaves, salt for 10 minutes	Provide relief in throat and wind pipe pain, clearance of nasal passageways.
4.	6.30 A.M.	Morning prayer, omkar nad, yoga practices tadasan, bhujangasan, mundukasan, pranayam anulom-vilom, kapalbhati, bhrumri and deep breathing	Increase oxygen level of body, restore lung function and provide relief in congestion
5	7.15 A.M.	Sip hot water concoction of Giloy, long, ginger, satawar, kali mirch, long, and ashwagandha	Reduce congestion, cough and sneezing
6.	7.45 A.M.	Sip hot water concoction of neem leaves, ginger, Tulsi, kesar buds, black salt	Anti-viral and anti-parasitic
		Steam distillate for 5-10 minutes	Air passage clearance
7	7.50 A.M	One spoon Chywan prash, Take Sheetopaladi churna, crushed ginger and 20 gms of honey	Immunity booster
7.	8.0 A.M.	Breakfast either take dalia or 250 mL of boiled milk, cornflex, roasted ramdana, date palm, munnakka, badam and kajuin required amount	Energize the body and boosting body physiology
8.	8.15 A.M.	Take one paracetamol, multivitamin, B complex, and zinc covid	Cut down fever, protect from virus invasion on membranes
9.	8.15 -10 A.M.	Take rest, read news papers, books, keep mood light and positive thinking, give up fear of being diseased, try to come out of trauma, tension and stress, disburse very easily house hold duties, cleaning, sanitation, dusting, and care of garden plants for making mood stress free	Rejuvenate body, carry out of anxiety, psychological integration
10	11.30 A.M.	Take organic tea	Rich in anti-oxidants, save major pathways, tissues, cells
11	12.00 noon	Take home made wheat flour soup full one bowl having ingredients roasted wheat flour, kaju, badam, chhwahra, munakka, and makhana. Light lunch, take wheat chappaties, arahar dal, salad, papad, and lemon (no curd, no rice, no ghee, and no ice-cream and any type of cold drink	Energize the body and boosting body physiology Nutritional satisfaction and energetic
12	12.30-4.0 P.M	Take sleep and complete rest, check oxygen level before and after sleep or rest	Rejuvenation of body, relieve from anxiety and restlessness
13.	4.0-4.15 P.M.	Sip hot water, with 10 drops of lemon juice, and 1 pinch of sendha salt	Anti-microbial, stop coughing and sneezing
14	4.15-4.20 P.M.	Take one paracetamol 650 mg, multivitamin, B complex, and zinc covid	Protection of membrane and permeability
15	4.30-5.30 P.M.	Breakfast, boiled Kablee channa or lobia, roasted makhana, dalia, take organic tea rich in vitamin C	Nutritional satisfaction and energetic
16	6.0-6.15 P.M.	Milk tea	Rejuvenation and refreshment
17	6.15-6.45 P.M.	Anulom, vilom, kapalbhati, bramaree, and slow walking	Increasing the oxygen level
18	7.00 P.M.-8.00 P.M.	Evening prayer, Arti, chanting of bhajans or sankieertan	Relieve from fear and make yourself stress and anxiety free
19	8.00-9.00 P.M.	Dinner	Nutritional satisfaction and energetic

20	9.0-9.15 P.M.	Inhale hot steam distillate	Air passage clearance, restore vitality of lungs
21	9.20 P.M.	Put one drop of Anu oil or mustard oil in each nostril	Air passage clearance, restore vitality of lungs
22	9.30 P.M.	Take one tablet on Ayush-64, suashari tablet. Use ginger and sheetop-ladi churna with 20 gm of honey	Antiviral, anti-cough and decongestant
23	9.35 P.M.	Go inside dhyana and prayer and take tension free sleep, use non AC room for sleep, or verandah for inhalation of better oxygen during sleep, no high fan	Rejuvenation and refreshment, support body immunity and speed up recovery
24	Midnight	Check oxygen level, urinate and take one glass of luke warm water, then go under sleep again.	Restoration of oxygen level

**Table 1:** Showing time schedule for using herbal treatments, methods and strategies for cut down virus load.

expressed as laboratory data of hyperbilirubinemia, acidosis, high lactate, coagulopathy, and thrombocytopenia. Virus also causes severe viral gastroenteritis with watery diarrhea; abdominal cramps, nausea or vomiting, and low-grade fever are common symptoms. The biggest challenge to clinical sciences is to protect immunocompromised patients and the elderly, with sever lower respiratory tract infections. This herbal treatment can be provided to them because it has no side effect even it assists in treatment of associating problems.

By taking all concoctions, methods and medicines mentioned in table 1 become negative on 25<sup>th</sup> of April, wife on 30<sup>th</sup> April, daughter and son on 1<sup>st</sup> of May 2021. After defeating the corona virus we have followed the chart regularly up to 14<sup>th</sup> day, till having complete relief. Both concoctions we have taken up to 21 days in half amount, steam one time, vitamin C or lemon tea or lemon drops in hot water thrice a day. After complete recovery we are still doing yoga, breathing excesses, meditation and prayer regularly in morning time for 60 minutes.

**Precautions**

Do not take ice cream, cold drinks, avoid smoking, hot drinks and fast food. No heavy exercise, should avoid brisk walking. Do not move upstairs in a single go. Take high calories diet, having proteins, carbohydrates, vitamins, salads for minerals, use concoctions at least 30 minutes interval, continue these up to 21 days. Patient can take allopathic drug regimens and prescriptions for their safety only after advice of their doctors. These are paracetamol, Ivermectin, Doxycycline, Azithromycin, Zinc-covid, multivitamin, B complex, vitamin C and calcium. Herbal treatment support body immunity and help to cut down virus load in nasal sacs, trachea, lungs and intestine. People can follow their medicines according to

doctor’s advice, they can follow.

**Conclusion**

This report is based on personal observations, situations faced and treatment followed by us. Immunity level differs from person to person; hence, patient must consult their doctor before treatment. In this report over all treatment assisted us a lot in combating corona virus infection in home isolation. This report is making clear that herbal and Ayurvedic preparations along with use of various vitamins, zinc and calcium provided extreme relief to the corona patients. All these methods were also used by me and my family members accordingly and have shown hundred per cent recovery without any side effect. Though, effectiveness of methods, strategies and formulations have shown no side effect but physiological and immune potential of people differs, hence, for making under use as alternative medicines human clinical trials are to be required in heterogeneous groups. Clinical trials will also open the way for large-scale use of this made if it remains successful. Large scale human trials are highly needful to determine both dosage and quality management and efficacy of method. This will open the gateway for the treatment of symptomatic and asymptomatic patients with much potent target specificity. People are free to show their choice for any method they feel suitable for them. Patient should seek physician’s advice to seek antiviral therapy and go for all clinical and therapeutic measures accordingly.

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