

Remedy for COVID-19 – Ayurveda Medicine of Anandayya

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Abstract

The lack of treatment options for COVID-19 has led to many attempts to find alternative options to prevent the transmission of the disease or to control the progression of the infection. In this situation, there is a search for the remedies across the globe and has raised many concerns among the common people. In India, the world's ancient medicinal system, Ayurveda has enough potential and possibilities to be employed both for the prevention and treatment of COVID19. This article presents the use of natural products and herbal extracts to increase immunity and decrease the probability of getting infected, as being practised by Anadayya.

Keywords: COVID19, Ayurveda, natural products, herbal extracts, the prevention and treatment.

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INTRODUCTION

One of the surveys of WHO, approximately 4 billion people (80%) of the world currently depend on herbal medicine(s) for some aspect of primary health care. In India, some thousand years ago a system of medicine that has been in use is called Ayurveda. It is also known as Ayurvedic Medicine. The term Ayurveda combines two Sanskrit words: ayur, which means life, and veda, which means knowledge or science. Ayurveda means "the science of life." This system of medicine is considered as HOLISTIC because this medical system which integrates and balances the body, mind, and spirit. This balance is necessary for contentment and good health.

About Indian Herbs

While pharmaceutical companies extract active ingredients from plants and sell them as drugs, the benefits of medicinal plants cannot be replicated because their synergistic combination of hundreds of naturally occurring phytochemicals cannot be reproduced in laboratories. This fact has been known to Ayurveda thousand years back - the benefit comes from using the whole plant, not just an isolated ingredient. Because they contain whole herbs and fruits, Ayurvedic formulas are safer and more effective as opposed to Western formulations which sometimes give harmful side effects.

Present Scenario

In December 2019, a new virus was identified, causes respiratory illness, severe respiratory syndrome

coronavirus 2 (SARS-CoV-2), and designated coronavirus disease 2019, or Covid-19[1]. Several therapeutic agents have been evaluated for the treatment of Covid-19, but no antiviral agents have yet been shown to be effective [2, 3].

While this is the situation, a person B. Anandayya, a self-styled practitioner of Ayurveda from Krishnapatnam town, Nellore District of Andhra Pradesh has formulated a medicine for Covid-19. Thousands of people who took the medicine since 24 April 2021 said that herbal drug or Ayurveda, whatever the name may be, is working on corona and curing it completely within two days or 48 hours. Muthkur village of Krishnapatnam have not recorded single COVID positive case in first wave and second wave, this is all due to the medicine given by Anandayya, says villagers of Muthkuru. A surprising fact that the patients with dropped down of oxygen levels, when Anandayya gives drops to the eyes, the patient oxygen levels are improved par excellence within 15 minutes the observers and the patients told. But there are some cases joined in hospital due to eye infection after got the treatment. Reporting on this, Anil Kumar Singhal, chief secretary, Andhra Pradesh state medical health department, said the people who used the medicine were satisfied with Anandayya medicine. Further he also stated no side effects were reported with the medicine.

5. Types of medicine by Anandayya

Anandayya is distributing a total of five types of medicines for Corona. A drug to boost the immune

system to prevent corona is one of them. Those who come positive are given five types of medication – P, F, L, K and I types to corona patients and also to prevent coronary heart disease which is a result of Covid-19. The I type of dose to those who have dropped oxygen levels are given droplet drops in eye.

1. P: It cleanses the lungs. Those who are positive should take it twice a day for three days and those who are not positive should use it twice a day to boost their immunity.
2. F: Giving to those who are positive. It should be taken twice a day for three days after meals.
3. L: This is also taken by those who are positive. It should be taken once a day for two days along with 2F type of medicine.
4. K: This is also taken by those who are positive. It should be taken once a day for two days for positive patients.
5. I: Eye drops for those who are deficient in oxygen. Apply one drop in each eye depending on the intensity of the pulse.

Whatever may be medicine, some of the ingredients are: palm jaggery, Black Cumin Seeds, Long pepper, Cloves, Neem, Jamun, Mango, Kizhar Nelli, Aerva lanata, the mountain knotgrass, Acalypha indica, Calotropis, Sock Leaves, Eggplant aubergine (Brinjal with thrones), Turemeric and honey.

Let's see the individual medicinal values of the herbs. Palm jaggery: Palm jaggery is rich in vitamins and minerals and especially it is rich in vitamin B, magnesium, potassium, iron, phosphorus, zinc and calcium. More over it has a low glycemic index, useful for the diabetic patients. It is used for the treatment of anemia, for improving immunity, for good digestion, for energy, for treating cough and cold.

Black Cumin Seeds: Also known as Kalonji., a pack of antioxidants and cancer preventive properties. It is helpful to kill Disease-inflicting micro-organism which is accountable for an extended list of dangerous infections, ranging from ear infections to pneumonia.

Long pepper: This has been using for the treatment of Insomnia, Headache, Toothache, Heart problems, Piles, Insect bite, Obesity, IBS (Irritable Bowel Syndrome), Hiccoughs, Liver enlargement, Migraine, also useful for lactating mothers.

Cloves: They are very helpful for treatment of oral problems, sore throat, cough, liver and digestive problems.

Neem: According to the ancient science of Ayurveda, neem is the king of all medicinal herbs. Foundational Ayurvedic texts describe how neem treats skin disorders, hair problems, enhances appetite, boosts digestion, kindles the fire in the belly, improves breathing, helps manage diabetic conditions, aids

healing of wounds and relieves nausea. The flower of the neem tree is known to be an antiseptic that can also cleanse the system when consumed. Neem has been declared the "Tree of the 21st century" by the United Nations. The US National Academy of Science also recognized neem's medicinal value in its 1992 report entitled "Neem: A tree for solving global problems."

Jamun: Jamun has many health benefits that work wonders for the body. It has many medicinal benefits and is used to treat different types of medical issues. They are: Fights Respiratory Problems, Increases Haemoglobin, Keeps the Heart Healthy, Treats Digestive Problems, Helps with Weight Loss, Keeps Skin Healthy and Radiant, Diabetes Management, Strengthens Teeth and Gums, Protects against Infections.

Mango: Different parts of mango tree are known to help in following conditions: Bacterial Infections, Clogged Pores, Constipation, Diarrhoea, Dysentery, Eye-disorder, Fever, Hair Loss, Heat Stroke, Leucorrhoea, Liver Disorders, Menstrual Disorders, Morning Sickness, Piles (haemorrhoids), Prickly Heat, Respiratory Problems, Scurvy, Sinusitis, Spleen Enlargement, Vaginitis.

Kizhar Nelli: This wonder herb is used in medicine, since time immemorial by both Chinese and Indian medicines. The whole herb is useful. Kizhar Nelli has anti-inflammatory, anti-viral and anti-spasmodic qualities.

Aerva lanata (the mountain knotgrass): Aerva lanata is used for cough, head ache, and also for throat infection. The roots are used to treat snakebite and constipation. A leaf-decoction is prepared as a gargle for treating sore-throat. The juice from crushed leaves is also used for eye-complaints. A decoction is considered to be an efficacious diuretic and is used against the catarrh of the bladder and gonorrhoea. It is described as one of the best-known remedies for bladder and kidney stones. The juice of crushed Aerva lanata root is used for jaundice therapy. Root extract of the Aerva lanata which is having anti HIV properties. Root decoction is often prescribed by Siddha and Ayurveda practitioners for relief from headache. Flowers of Aerva lanata are soft and look like cotton. Take the Aerva flowers, and burn them. Obtain the ash and sieve it in a fine cloth to remove any impurities. The ash thus obtained can be gently rubbed on the back for relief from backache. It is capable of fighting pathogens both on the skin and inside the body, thanks to its anti-microbial activity. Mountain knotgrass are maintaining blood sugar to an optimum level and removing stones from kidneys.

Acalypha indica: It is an herbaceous annual that has catkin-like inflorescences with cup-shaped involucre surrounding the minute flowers. Leaf powder is used for maggot-infested wounds. Acalypha

indica is listed in the Pharmacopoeia of India as an expectorant to treat asthma and pneumonia. It was formerly listed in the British Pharmacopoeia. This plant is held in traditional Tamil Siddha medicine as it is believed to rejuvenate the body.

Calotropis: It is commonly called as tella Jilledu in Telugu; even though it is poisonous it has been in use for treatment of certain diseases. It has been remedy for Cholera, Digestion, Stomach Pain, Paralysis, Scorpion Bite, Wounds, Pneumonia, Hemorrhoids and Asthma.

Sock Leaves: Also known as drumstick leaves, the nutrients bring the health benefit of as follows: Protect the healthy eyes, Keep the healthy bone, Stimulate the nervous systems, Help to prevent heart disease, Boost your immune system, Prevent the growth of cancer cells, Act as the detoxifying agent, Control the blood sugar level in diabetes, Prevent constipation, Help to treat asthma, Help to treat arthritis and Control the blood pressure.

Eggplant aubergine: Health benefits of eggplant include blood pressure, prevention of diabetes, heart, skin, menstrual health and many other health issues. The presence of so many nutrients makes the eggplant an ideal food for boosting your immune system as well as promoting healthy metabolism.

Turmeric: Turmeric is commonly used for conditions involving pain and inflammation, such as osteoarthritis. It is also used for hay fever, depression, high cholesterol, a type of liver disease, and itching. Some people use turmeric for heartburn, thinking and memory skills, inflammatory bowel disease, stress, and many other conditions.

Honey: Honey possesses anti-inflammatory properties. It helps with allergies and reduces symptoms because it contains little amounts of pollen. Eating teaspoon honey will produce antibodies which will build up a defence against the allergy. Instant Energy booster, Heal wounds faster, Help in weight loss, Memory Booster, Helps to fight Cancer, Improve the testosterone level.

After going through all these herbs medicinal values it can be observed they are very helpful for the treatment of covid-19.

Experts Opinions and Comments

A team of experts from Andhra Pradesh lead by Dr. V Ramulu, Commissioner of Ayush Department has visited, inspected, enquired locally and gave his report to the chief minister of Andhra Pradesh. While taking to media he told that, the medicine has no side effects observed and there are no harmful ingredients. He added it is indigenous medicine but not Ayurveda.

Dr T P Naidu form Sri Krishna Ayurveda Speciality Hospital Nellore said that there is no harm in taking the drug for covid effected patients and has to be taken by the people who tested positive only.

Reports received by the State government from higher officials indicated that there are no side effects for the drug, but it should be noted that Anandayya was not an authorised practitioner. Andhra Pradesh Chief Minister Jagan Mohan Reddy requested ICMR to conduct studies on the herbal drug, now the samples of herbal drug were sent to Hyderabad lab for further analysis. The distribution of drug was stopped and will continue once ICMR gives green signal.

Considering it in a positive way, Hon.ble vice-president of India Sri M. Venkaiah Naidu also directed Ayush Minister-in-charge Kiran and ICMR Director-General Professor Balaram Bhargava to start a study on this particular Ayurveda medicine of Anandayya.

Now the team will study the wonder drug that is being promoted as an antidote to Corona. If the report by ICMR reveals that medicine is working, it would be great news for India and the world.

CONCLUSION

Now it is the responsibility of the govt. to consider the people's belief and the health needs through safe, well-researched, and effective Ayurveda based remedies using premier quality herbal extracts and sound manufacturing practices.

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