

# Role of Internal Medicines in the Management of Infections w.s.r. to Viral and Fungal Diseases: A Review

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## REVIEW ARTICLE

Neeraj Kanungo <sup>\*a</sup>, Vijayata Kanungo <sup>b</sup>, Ajit Kumar Ojha <sup>c</sup>

<sup>a</sup>Assistant professor in Kayachikitsa department, Govt.Ashtang Ayurved College and Hospital, Indore (MP) India

<sup>b</sup>Reader in Department of Panchkarma, Shubhdeep Ayurveda Medical College and Hospital, Indore (MP) India

<sup>c</sup>Assistant professor in Panchkarma Department, Govt.Ashtang Ayurved College and Hospital, Indore (MP) India

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### ABSTRACT

Ayurveda works towards the prevention and management of various health problems, Ayurveda also suggests many natural ways to promote general health. Ayurveda in this regards provides several modalities for controlling infectious diseases which described as *Sankramak Roga* in Ayurveda. As per Ayurveda these *Sankramak Roga* mainly arises due to the vitiated state of *Doshas* and this vitiation arises by microbial toxins in case of infectious diseases. Therefore *Doshas* pacifying medicines recommended controlling infections. Ayurveda drugs like *Kapura*, *Neema*, *Guduchi*, *Tulsi* and *Vacha*, etc. helps to treat such pathological conditions. The present scenario of pandemic disaster requires an approach where Ayurveda and modern science can join hand together to combat against this situation. The consequences of viral infections also increases susceptibility towards other infections i.e.; fungal diseases. Considering these all facts this article explored Ayurveda as well as modern approaches for the management of various types of *Sankramak Roga* w.s.r. to viral and fungal infections.

**Keywords:** Ayurveda, Microbes, Viral Infections, Fungal Infections, *Doshas*

### 1. Introduction

The ancient Ayurveda scholars have mentioned *Sankramak Roga* as communicable diseases which can transmit from diseased to healthy person and in this way causes mass destruction. The pandemic health issues always affected mankind since ages of civilization and recently world is also facing pandemic health issue of Covid-19 disease. The preventive and therapeutic measures suggested by medical fraternity helping people to remain healthy in present scenario.

Ayurveda along with modern therapy can provide an effective way to controlling consequences of infectious diseases. Ayurveda on the basis of mode of transmission classified *Roga* as

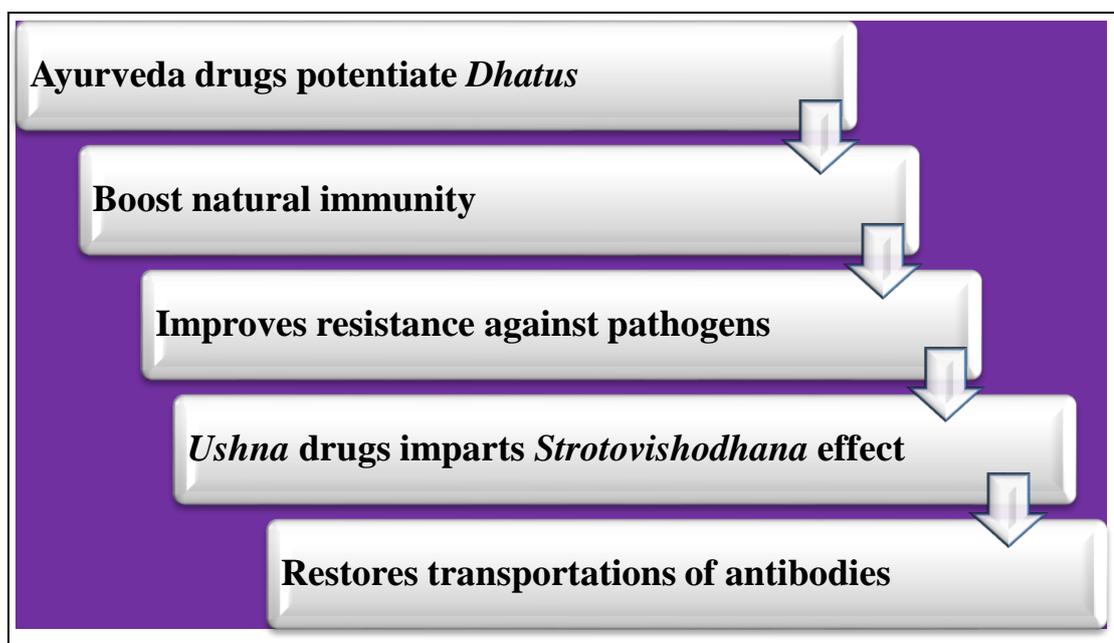
*Upsragaja* and *Sansargaja*. As per ayurveda the pathophysiology of infectious diseases depends upon state of *Dhatu* which ultimately alter *Doshas*, *Srotas* and *Agni*. Therefore drugs which potentiate *Dhatu* and *Agni*, balances *Doshas* and clear obstruction of *Srotas* are useful to suppress pathogenesis of infectious diseases.

As per Ayurveda Covid-19 can be correlated with *Agantuja vyadhi* in which *Sannipata Jwara* is main feature of disease. *Agantu* causes infection with *Abhyantara Roga marga* and *Pranavaha Srotadushti* arises. As per ayurveda *Jwara*, *Kasa* and *Svasa* are main symptoms of current pandemic problem. Pathogens responsible for *Sankramak roga* can transmit *via* different mode of transmission from one to another person therefore

susceptibility of an individual towards disease causative organism play an important role towards spread of disease. The good immune system decreases susceptibility towards disease causative organism therefore Ayurveda approaches which can restore immune system also recommended for controlling infectious disease. Anti-infective, analgesics and anti-inflammatory drugs along with *Rasayana* therapy can provides symptomatic as well as pathological relief in such conditions. *Shodhana* therapy and disciplinary conduct of daily and dietary habits can also help to remain free from infectious diseases. (1-5)

## 2. Prevention and Treatment of Infectious Diseases

Drugs which offer *Kapha* pacifying capacity and relieve symptoms of *Kasa* & *Shwasa* can be used. *Neem*, *Ginger*, *Guggulu*, *Amla*, *Guduchi*, *Punarnava*, *Pippali*, *Turmeric*, *Bhallatakasava*, *Tulasi* and *Vasa*, etc. can be advised for therapeutic management of different infectious diseases. *Ushna* and *Katu* properties these drugs impart *Vishaghna* action thus control microbial toxins inside the body and suppress pathological progression of infectious diseases. (6-7) The specific therapeutic effects of ayurveda approaches in *Sankramak Roga* depicted in **Figure 1**. The ayurveda drugs used for viral and fungal infections and their effects mentioned in **Table 1** and **2**.



**Figure 1.** Effects of Ayurveda therapy in *Sankramak Roga*

**Table 1.** Ayurveda drugs and their effects in viral infection

S. No.	Herbs/plant/formulation	Effect in viral infections
1	<i>Amla</i>	Cure fevers, restore gastric strength, improves immunity, remove toxins from body and boost healing process naturally.
2	Pippali	Possess antimicrobial property, reduces microbial load in case of infections, cure digestive power thus boost immunity and helps to suppress fever.
3	<i>Guggulu</i>	Nourishes body, boost natural healing process, enhances leukocyte migration during infection and can be used as antipyretic drug against infection induced fever.

4	<i>Punarnava</i>	Improves immune power, control viral load and maintain circulation of body thus alter leukocyte migration during viral infections.
5	<i>Turmeric</i>	It is anti-microbial drug, reduces fever and fatigue, suppress microbial load and boost immune response.
6	<i>Neem</i>	It helps to prevent infections, possess antiseptic and anti-viral action.
7	<i>Guduchi</i>	Used as an antimicrobial agent, reduces viral infection, suppress throat infections, improve immunity and control pathological progression of infectious diseases.

The drugs mentioned above potentiate *Agni* thus nourishes body and boost strength of *Dhatu*s hence improves inherent immunity. These natural drugs eliminate toxins, control metabolic activities and nourish *Dhatu*s by virtue of

their *Guna*. The *Vishaghna* effect of these drugs pacifies aggravated *Doshas*, purifies *Rakta Dhatu*, clears *Strotas* due to their *Strotovishodhana* effect and relieves symptoms of throat infections. (7-9)

**Table 2.** Ayurveda drugs for fungal infections

S. No.	Herbs/plant/formulation	Effect in fungal infections
1	<i>Rasonam</i>	Improves circulation thus facilitate removal of toxins and antibodies. Disinfectant and detoxifying effect of <i>Rasonam</i> provide symptomatic relief in skin infection.
2	<i>Punarnava</i>	Enhances natural immunity, control infections, alter cell-mediated immune response and facilitate leukocyte migration.
3	<i>Katuki</i>	Prevent skin infections and helps in nutritional supply.
4	<i>Yashtimadhu</i>	Eliminate toxins from body, cure inflammation in case of fungal infection, reduces irritation due to its cooling effect and imparts soothing property.
5	<i>Ashwagandha</i>	Possess rejuvenating, astringent, immune-boosting and anti-inflammatory properties thus help in fungal infections.
6	<i>Tulsi</i>	This ancient plant known to possess antibacterial and antiseptic properties thus relief symptoms of infection. Maintain supply of pure body and improves immunity thus effectively resist infectious conditions.

Ayurveda formulation *Dadrughni vati* used as antifungal drug since it cure skin infection, *Chandraprabha vati* also used to prevent fungal infections. Another formulation *Hinguliya manikyarasa* provides antifungal action due to the presence of ingredients such as; *Gandhak*, *Haritala* and *Hingula*. *Arogyavardhini vati* is useful in case of fungal skin infection. Ayurveda herbo-mineral formulations such as; *Abhraka* and *Tamra bhasma* helps in purification thus relives skin manifestations related to fungal infection.

These ayurveda drugs control aggravated *Doshas*, purifies blood and regulates circulatory process of body therefore considered useful for fungal infection. *Katu Vipaka*, *Laghu Guna* and *Ushna Veerya* of these drugs provide relief in *Kushta*.

There are many Ayurveda drugs which clean toxins when used as *Lepa* for external purpose in fungal infection. The soothing, anti-inflammatory and *Shodhka* effects of ayurveda drugs give imparts health benefits against fungal infection.

The *Kashaaya* and *Kshraia* properties of natural drugs control effects of microbial infections. (10-11)

### 3. Conclusion

Ayurveda the traditional way of health management described several measures to prevent and treat diseases induced by microbes. Ayurveda mainly focuses for improving immunity which gives disease resistance power. Ayurveda drugs nourish *Dhatus*, facilitate antibodies migration, control cell-mediated immunity, clear *Srotodushti* and strengthen *Agni* therefore restore strength against infectious diseases. *Saha Bhojnat*, *Nihsvasat*, *Gatrasansparsat*, *Vastramalyanulepanat* and *Sahashaiyasanat*, etc. are mode of transmission of infectious diseases. Medical fraternity advocated social distancing and concept of home quarantine of disease person to control spread of infections, these preventive measures restrict communication of infectious diseases therefore everyone should adopt them during pandemic situation. Ayurveda formulations such as; *Pipplyadi Yoga*, *Triphala*, *Gangadhar Churna*, *Sudhasar Rasa* and *Satavari Kalk*, etc. possessing *Krimighna* effects, restore *Ojas*, impart antioxidant effect and improves natural healing process therefore useful in microbial infections. *Shodhana* procedures (*Virechana* and *Raktmokshan*, etc.) also advocated in Ayurveda for treating microbial infections which purify *Rakta* and eliminates vitiated *Doshas/toxins*.

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### Conflict of Interest

The authors declare that there is no conflict of interest regarding the publication of this article.

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