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POSSIBLE PREVENTION OF PANDEMIC INFECTIONS THROUGH *GANDUSHA* AND HERBAL DRUGS (*TRIPHALA* AND *HALDI*)

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ABSTRACT

The formulations based on medicinal plants contributed significantly in the development of modern medicine. Ayurveda researchers presented many herbal preparations for the management of different health ailments. The plant based drugs offers therapeutic response with minimal chances of side effects. The presence of bioactive molecules in herbal preparations can be attributed to their pharmacological responses. Ayurveda described some natural drugs as potent antibacterial and antiviral agents; *Triphala* and *Haldi* are some of them. These drugs known for their immune-modulator and antimicrobial properties. The *Gandusha*, uses of *Triphala* and *Haldi* can reduce susceptibility towards the respiratory infections. The guideline suggested by authorized agency also mentioned that use of such practices probably reduces spread of current pandemic infection.

KEYWORDS

Ayurveda, COVID-19, *Gandusha* and *Haldi*.

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INTRODUCTION

Natural products derived from plant sources have been used extensively for various therapeutic purposes. Natural products provide way of healthy living and facilitate process of modern drug discovery and development. Ayurveda the holistic system of Indian medicine also utilizes many plant based products to cure different health related problems. The historical period witnessed utilization of Ayurvedic herbal preparations in different health ailments and well documented literatures are also

available in this regards. The ayurveda drugs also used to improves and restore immune system against many infectious diseases. These products also used for their antiviral properties and active constituents of plant helps to boost defense mechanism against infection.

The disease COVID-19 occurs due to the infection of Corona viruses (SARS-CoV-2). The disease now a day's considered as outbreak a pandemic. Fever and breathing difficulty are major symptoms of disease along with others like tiredness, aches and sore throat. Elderly and diseased peoples are more susceptible towards fatal consequences of disease. The disease mainly spreads through close contact with infected person, spreads when infect person cough and sneezes. The disease can also spread through infected surface when some touches contaminated surface. Figure No.1 depicted some suggested advises to prevent spread of COVID-19.

The reported pathological consequences of COVID-19 are as follows

- Lung consolidation
- Pulmonary oedema
- Serous and fibrin exudation
- Acute Respiratory Distress
- Severe hypoxemia

Diagnosis

Diagnosis can be made using a swab to take nasal sample. If person coughing up sputum, that may be send for testing.

The following factors help in diagnosis of disease COVID-19

- Recent travelling history to infected region.
- Close contact with infected person.
- Occurrence of primary symptoms such as; fever, breathing difficulty and coughing.
- Residential or working area where spread is predominant.

Suggested therapeutic approaches which can relief symptoms up to some extents

- Pain relieving drugs
- Anti-inflammatory or NSAIDs
- Respiratory reliever
- Plenty of rest
- Fluid intake

The uses of ayurveda drugs and practice of *Gandusha* can reduce susceptibility towards the respiratory infections. The guideline suggested by authorized agency also mentioned that use of such practices probably reduces spread of current pandemic infection.

Triphala

Triphala Kwath composed of *Terminalia chebula*, *Terminalia bellerica* and *Emblica officinalis*. The *Triphala* helps to boost immune system against infections and also acts as an immune-modulator.

It offers following biological responses in microbial infections

- It stimulates neutrophil functions thus improves body's defense mechanism.
- *Triphala* prevents elevation of inflammatory mediators in infectious fever thus can provide symptomatic relief.
- Macrophage activation and free radical scavenging activity prevent oxidative damage during infections.
- *Triphala* acts as a potential immunostimulants thus helps to boosts inherent immunity.

Haldi

Haldi means *Curcuma longa* L. belonging from family *Zingiberaceae* offers remarkable therapeutic responses in many infectious diseases due to the presence of active constituent curcumin.

The biological responses of curcumin in microbial infections are as follows

- It helps to clean respiratory tract thus provides relief from viral flu which mainly affect respiratory tract.
- *Haldi* boost natural immunity and enhances resistance against microbial infections.
- *Haldi* helps in asthma and improves process of respiration thus may offers possible health benefits in breathing problems associated with microbial infection.
- *Haldi* pacify inflammatory symptoms associated with microbial infections since it possess strong anti-inflammatory activities.
- *Haldi* prevent oxidative damage of tissue thus reduces severity of viral infections.

Gandush

Gandush means gargling which helps to clean of oral cavity and throat. This technique can help to reduce susceptibility against viral infections mainly pertaining to the respiratory infections. *Gandush* prevent diseases of oral cavity, relief sore throat and helps to cure throat infections, etc. The gargling can prevent spread of infections which initiated through throat or respiratory tract. It also offers symptomatic relief in pathological conditions associated with throat and respiratory tract.

Related Advisory by Authorized Agency

The Ministry of AYUSH also suggested some uses of some possible immune booster for self-care during COVID-19 outbreak. Here it was advised that enhancing natural defense system can help to maintain optimum health.

This advisory suggested uses of *Haldi* as spice for their general health benefits and it is also advised to consume milk with *Haldi* powder to improve natural immunity. This advisory also encompasses uses of Ayurvedic immunity booster and *Triphala* offers immune responses however guideline directly does not mention name of *Triphala*. The concept of *Dinacharya* also mentioned here, the daily gargling (*Gandusha*) is part of good conduction of *Dinacharya* which can provide relief from throat infections and can help to reduce susceptibility against infections related to the respiratory tract.

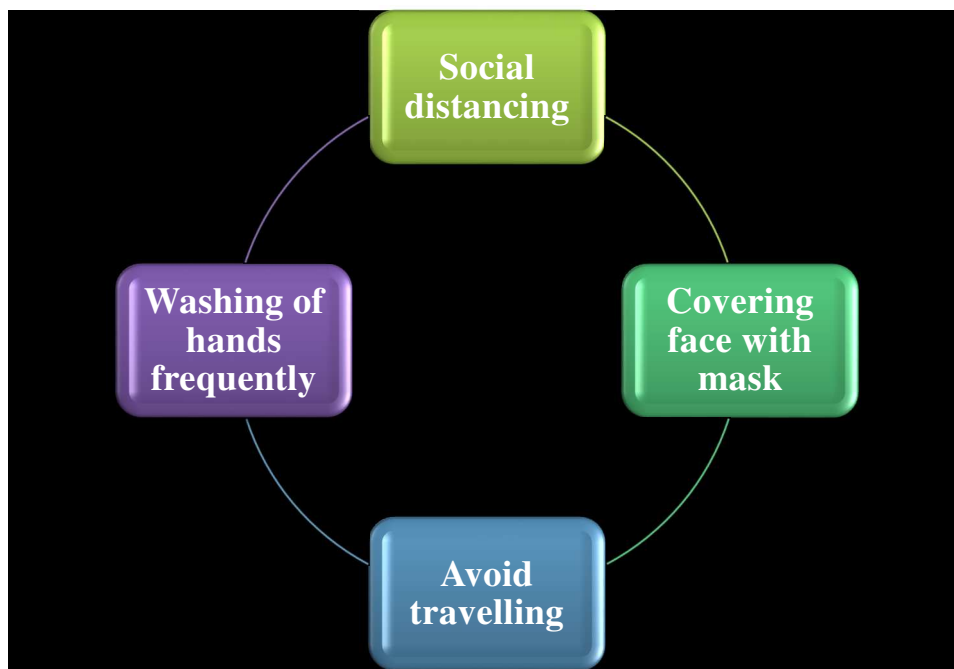


Figure No.1: Suggested preventive measures to restrict spread of COVID-19

CONCLUSION

The disease COVID-19 occurs due to the Corona virus infection involving symptoms of fever, coughing and shortness of breath. Ayurveda suggested some advises which can help to reduce susceptibility towards such types of infections; however these recommendations do not claim any evidences or prove regarding the prevention of

disease. The practices of *Gandusha with warm water* and uses of ayurveda drugs can reduce chances of respiratory tract infections. The guideline suggested by authorized agency also mentioned that use of such practices probably reduces spread of current pandemic infection

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CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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