Role of Amrutkalanidhi Rasa on Symptoms of Covid 19: A Literary Review

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Abstract: COVID-19 is the pandemic caused by novel corona virus in which fever, respiratory symptoms like shortness of breath, cough, sore throat; fatigue, diarrhoea, body ache, loss of appetite are the major symptoms. Scientist has succeeded in finding vaccine against corona virus. Although vaccines are available now, if someone is already suffering from COVID-19, symptomatic treatment can increase chances of recovery and facilitate cure. Ayurveda is a holistic science. Ayurveda has a tremendous potential to fight against Coronavirus disease by application of its basic principles. Amrutkalanidhi rasa is mentioned is Yogratnakara for the treatment of fever or jvara. Contents of Amrutkalanidhirasa are proved to be effective in many symptoms which are found in Corona virus infection. Hence Amrutkalanidhi rasa can be proved effective on symptoms of COVID-19. In this article, Amrutkalanidhi rasa and its contents have been reviewed from ayurvedic samhitas, books and research articles.

Keywords: COVID-19, Ayurveda, Fever, Amrutkalanidhi rasa.

Article Received: 26 Jan. 2021 Revised: 15 Feb. 2021 Accepted: 27 Feb. 2021

Introduction

The world has now been facing a serious pandemic in the form of COVID-19 for more than one year. In December 2019, the first case was reported in Wuhan, China. Since then, it has spread all over the globe. The prominent symptoms of COVID-19 include fever, coughing, shortness of breath, fatigue, body ache, sore throat, runny or stuffy nose, loss of smell or taste and appetite, diarrhea etc [1]. It is observed that the immunity plays an extremely important role in the recovery of a person from COVID-19 symptoms.

This is precisely what Ayurveda, a holistic life science preaches. Maintaining one’s health and treating one’s illness is the basic principle of Ayurveda. Following this basic ayurvedic principle, we can combat the COVID-19 pandemic more effectively and efficiently. Many scientists all over the globe worked hard to overcome the coronavirus and as their efforts came to fruition, several vaccines are available today that are trusted to be effective against the coronavirus. However, as new variants of coronavirus were reported, such as in the UK in December, 2020, the efficiency and effectiveness of these vaccines against the new strains became questionable. Besides, complete vaccination in a densely populated country such as ours will be a prolonged activity. This is where the role of Ayurveda in preserving the health and fighting against diseases becomes even more important.

Amrutkalanidhi Rasa is a medicine mentioned in Yogratnakara [2] under jvarachikitsaadhyaya. Contents of Amrutkalanidhi rasa are Maricha, Vatsanabha and Kaparadika bhasma. Its contents are proven to have an antipyretic activity. They are also useful in treating respiratory diseases such as shwasa, kasa, pratishay and improving appetite as well as treating diarrhoea. Since these are also some of the prominent symptoms of COVID-19, Amrutkalanidhi rasa and its contents have been reviewed in this article.
Materials and Method

Table 1: The following table shows components of amrutkalanidhi rasa

<table>
<thead>
<tr>
<th>Contents</th>
<th>Latin name</th>
<th>Part used</th>
<th>proportion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shodhit vatsanabha churna</td>
<td>Aconitum ferox</td>
<td>Root</td>
<td>2 parts</td>
</tr>
<tr>
<td>Kapardika bhasma</td>
<td>Cyprea moneta Linn</td>
<td>Whole kapardika</td>
<td>5 parts</td>
</tr>
<tr>
<td>Maricha churna</td>
<td>Piper nigrum</td>
<td>Fruit</td>
<td>9 parts</td>
</tr>
</tbody>
</table>

Water for bhavana and making pills. Q.S.

Other Materials Required for Preparation

- **Kanji** -for kapardika shodhan
- **Gomutra** (cow urine)-For vatsanabha shodhan
- For making kapardika bhasma, gajaputa is required, henceranshenya (cowdung cakes), *sharava* (mud vessels), *multani mati* are required.

**Instruments**

Weighing machine, measuring cylinder, stove and gas cylinder, mortar and pestle, spatula, spoon, sieves (85 mesh no.), cotton cloth, stainless steel vessel, rod, knife etc.

Table 2: Shows properties of ingredients used in amrutkalanidhi rasa

<table>
<thead>
<tr>
<th>Content</th>
<th>Rasa</th>
<th>Veerya</th>
<th>Vipaka</th>
<th>Guna</th>
<th>Doshaghnata</th>
<th>Indication</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shuddha Vatsabhachurna</td>
<td>Katu, Tikta, Kashay Madhur</td>
<td>Ushna</td>
<td>Katu</td>
<td>Ruksha, Tikshna, Laghu Vyavayi, vikasi</td>
<td>Vata-kaphahara, RAsayana Balya Vyavayi Vikashi</td>
<td>Jwara(Sannipataj), Madhumeha, Shwasa, Kasa, Pleehodara, Agnimandya, Vata rogas,</td>
</tr>
<tr>
<td>Kapardik bhasma</td>
<td>Tikta, Katu</td>
<td>Ushna</td>
<td>Katu</td>
<td>Laghu, Ruksha, Tiksha Deepak Grahi</td>
<td>Pacific mainlyKapha, Sama Vata and pitta</td>
<td>Agnimandyahara, shoolashaman, Grahi, kshayanashak, Karnasaravahara, Netrarogahara</td>
</tr>
<tr>
<td>Maricha churna</td>
<td>Katu(Dry)</td>
<td>Ushna</td>
<td>Katu(Dry)</td>
<td>Ruksha, Tikshna, Ushna</td>
<td>Pittakar, Kaphahara, Vatahara</td>
<td>Shwasa, Shula, Krumirog nashak</td>
</tr>
</tbody>
</table>

Shodhanof Vatsanabha: By Yogratnakara [3]

Preparation of Amrutkalanidhi Rasa

The Following Steps are Required for Preparing amrutkalanidhi Rasa

Step 1: Shodhanof Vatsanabha: By Yogratnakara [3]
The cow urine is replaced everyday. After 3 days, they are washed with hot water and dried.


Kapardika are placed in cotton cloth and pottali is prepared. Swedan of pottali is performed for 3 hours in a vessel containing kanji. Then the kapardika are removed, washed with water and dried.


Shuddha kapardika are placed in sharava and sharavasamput is formed. After drying sharava samput, it is subjected to gajaputa. Once all cowdungcakes are properly burnt and the pit is cooled, sharava samput is removed and opened to get bright white coloured kapardika bhasma.

Step 4: Making Powders of all Ingredients Separately

Step 5 : Making pills

Vatsanabha churna, kapardika bhasma, maricha churna are taken in khalvayantra in the ratio of 2:5:9. Sufficient quantity of water is added and triturated for 3 days. Mudga pramana vati (60mg vati) are formed. (Mudga pramana is calculated by calculating mean weight of 100 mudga, i.e. dividing the sum of weights of 100 mudgaby number of mudga).

Pharmaceutical Uses and Therapeutic Actions of the Contents of Amrutkalanidhi Rasa

Shuddhavatsanabha Churna

- As mentioned in Ayurvedic Samhita, vatsanabhahas Rasayana properties (rejuvenating).
- It is a potent antipyretic drug by vyavayi, vikashi and swedajanan properties.
- It has effect on respiratory diseases like shwasa, kasa.
- Shirashoolahara (effective against headache) and balavardhanam (improving strength and immunity) properties of vatsanabha are mentioned in Ayurvedic Samhita.
- Purified vatsanabha is therapeutically indicated in the treatment of acute fever, chronic fever, inflammation induced fever - such as rheumatic fever, loss of appetite (rarely used unless fever, but beneficial during fever or illness for improving appetite), splenomegaly, diabetes, respiratory infections, indigestion, poor digestion, asthma, cough, common cold [6].
- Though vatsanabha contains toxic alkaloid-Aconitine, if it used after purification or by adding equal quantity of tankan and double the quantity of Maricha, it will not have any toxic effects.

Kapardika Bhasma

- Processed C. moneta shell powder i.e. kapardikabhasma can be used as an alternative medicine, as it has antipyretic, wound healing as well as antimicrobial properties [7].
- According to Ayurveda literature it is used for treating agnimandya, ajirna, grahani, parinamshool, amlapitta.
- In vivo anti-ulcerative activity [8] of kapardikabhasma is proved.
- Kapardika bhasma is used for abdominal pain, flatulence, and bloating, duodenal ulcers. Loss of appetite, irritable bowel syndrome, sour taste of mouth, dyspepsia, otorrhea [9].
- In traditional system of medicine, the kapardika (Cypreeamoneta), has been used as medicine to cure various ailments mainly related with stomach and in the treatment of dyspepsia, jaundice, enlarged spleen, liver, asthma, cough and also reported to be externally used as caustic in various forms of ointments [10].

Maricha Churna

- Maricha shows analgesic, antipyretic [11] and antimicrobial activities[12]
- Anticancer, tumor reducing activity and anti-inflammatory [13] properties of Maricha have been proved by research.
- In vivo studies conducted on Maricha have shown that it has effects on bile secretion [14] and proved to be hepatoprotective [15], anti-diarrheal medicine [16].
- Maricha possesses anti-asthmatic properties.
- Anti-diabetic [17, 18] and anti-depressant [19] activities of Maricha are also proved.
Gomutra

- For detoxification of vatsanabha, gomutra is used as medium.
- Modern research show scow urine to be effective against drug resistant bacteria and viruses [20].
- *In vivo* study proves the immunomodulatory [22] and antioxidant properties of gomutra.
- In Ayurvedic literature, it is mentioned that gomutra can be used against school (pain), udarroga (ascites), gulma (tumor), ama and arijna (indigestion), skin diseases, kamala (jaundice), pandu (anaemia), krumi, kasa and vataroga.

Discussion

Ayurveda believes that *Ama* is the root cause of all diseases including fever or *Jwara*. Amrutkalanidhi rasa contains Maricha, Kapardikabhasma and Vatsanabha, all are effective in agnideepan (increasing digestive fire); hence used for amapachan. By doing so it helps in breaking samprapti (pathogenesis) of Jwara which is the main symptom of COVID-19. Vatsanabha is a potent antipyretic medicine in Ayurveda. It has properties like vyavayi, vikashi and wedjanana.

By sweat generation it reduces body temperature and effective against pyrexia. Maricha and gomutra (used for media for purification of vatsanabha) are also having kriminashak properties due to which it acts as antiviral, antimicrobial, antifungal. Maricha and Vatsanabha are also effective against respiratory diseases like cough and cold. Kapardikabhasma is also used for improving digestion and effective against diarrhoea. Appetite can also be increased because of agnideepan. Due to these properties Amrutkalanidhi rasa can be proved effective against symptoms of COVID-19.

Conclusion

Since the ingredients present in Amrutkalanidhirasa are effective against various symptoms of COVID-19 such as fever, cough, cold, loss of appetite, diarrhoea, bodyache; if allowed to use it as a treatment, it may prove effective medication against COVID-19 symptoms.

References


