

COVID-19 Decreasing Morbidity and Mortality with the Traditional Medicine

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As the world is engulfed by the Covid-19 since December 19, doctors are working relentlessly and searching for effective treatment protocols to prevent and reduce mortality and morbidity.

Sometimes we find a promise in particular pharma salt and treatment protocol, later when it is analysed it is found ineffective. There are so many instances, need not to mention.

Situation has remained grave, and it is but natural that in this time there are many knee jerk actions observed to find a probable solution to this disease.

Many of the doctors have been infected and many succumbed to this infection; few of them were my dear and near colleagues, it is all painful.

Knowing that Covid-19 disease mainly involves respiratory tract and most of the complications and mortality has occurred primarily due to respiratory complications.

Can we at this time think about the traditional wisdom and assimilate it with the Modern Medicine principles scientifically and effectively?

Is there any point where all these three systems Modern medicine, Ayurveda, the Indian traditional system and Acupuncture, the Chinese traditional system can be explored to find treatment of this disease. Are there similar treatment principles we can utilise without any doubts to find a solution to this complex situation?

Definitely many stalwarts of Medicine will like to know evidence for this understanding, yes there is evidence and if I say that in this time we have lost introspection with our present knowledge to find a solution.

What Ayurveda and Traditional Chinese Medicine have mentioned about Lungs or Respiratory passage.

Throughout the development of Traditional system it has been practised with clinical evidence that health of Lungs depends on the health of Large intestine and vice versa, very clearly more than 2000 years in Chinese medicine it taught Lungs and Large intestine are paired organs, they have reasons to give this submission which seems laughable to the practitioners of the Modern medicine.

In Chinese system there is one very vital concept of pairing of organs, one hollow organ and one solid organ are paired, as spleen with stomach, kidneys with urinary bladder, brain with the spinal cord in this same way lungs are taken as solid organs and are paired with the large intestine. How these organs are paired and concept behind this cannot be scope of this article.

There are acupuncture points in the Chinese system and Herbs in the Ayurveda well prescribed since ancient times which balances the two organs.

Moreover, this effect of interlinking the two through Acupuncture points of Lungs and large intestines have been proven and shown by the recent investigative gadgets of Modern medicine as functional MRI have shown that both these organs communicate.

Infact one concept of descending function of lungs, means how deeply we usually breath, can be shown by simply messaging one Acupressure point Lung7 and its effect can be observed subjectively and measured by spirometer. Lung7 acupuncture point can be Googled to find more details.

Evidences coming from modern medicine

Clinically it was first established by the work of Kraft, *et al.* in 1976 that how in IBS or irritable bowel syndrome affect the health of lungs. There is very vast literature, even mentioned by World Journal of Gastroenterology.

It is also seen that as the symptoms of irritable bowel syndrome improves, the lesions in the lungs improve simultaneously, here I am not going in details of histopathological classification of lung ailments.

Epidemiological evidences from India

There has been much mortality in Covid-19 patients from one state Gujarat in our Country, in spite of availability of best medical infrastructure compared to the other parts of Country, mortality remained high.

Diet has remained a prime reason for this, as natives of this State are fond of adding sugar to every dish, which has been marked as damaging the internal health of the large intestine according to principles of Ayurveda.

Thus, poor health of Large intestine has weakened the lungs with more morbidity and mortality.

In India some states as states from north east observed healthy food habits and routinely take foods enriching intestinal flora they are least suffered during to this pandemic.

Infact, many survivors of 90 years or more it is seen they have good GI health.

There are other well defined food habits according to Ayurveda, which if observed can be found to prevent this disease very well. As there are evidence that if there is more gap in last food at night and first food in the morning say about 13 to 14 hours and if infected by this virus chances of mortality is less.

Other suggested habits

Always have balance of cooked food and raw food to increase general immunity, as this combination balances energy of stomach and spleen.

Take care of vitamins, minerals and balance diet accordingly.

Yoga and Pranayama, if observed are very well proven by the evidence based medicine to help in such conditions.

Prescribing herbs

The most negligent part observed during prescribing herbs from Ayurveda is that they have recommended it universally.

While most vital part of this treatment system is, first you have to ascertain in traditional way constitution of patient, same herb beneficial to one patient can be harmful to other one, this is the reason that they could not evolved statistically effectiveness of herbs recently in management of this disease. Although, Govt gone through many studies.

So, we can very well conclude that if we observe.

It is true that we have developed vaccines for this, till we develop immunity for this disease why not observe habits described in traditional medicine, still there are Countries where this pandemic is creating havoc due to mutation of this virus or some other reasons.

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