

# SIDDHA MEDICAL MANAGEMENT ON COVID-19 POSITIVE CASE STUDY IN GSMC&H, TIRUNELVELI, TAMIL NADU, INDIA

S R Pholtan Rajeev<sup>1\*</sup>, D Samuvel<sup>1</sup>, P Sathieshkumar<sup>1</sup>, C Thirumavalavan<sup>1</sup>, S Chitra<sup>1</sup>, Y R Maneksha<sup>1</sup> and Ramasamy<sup>1</sup>

<sup>1</sup>Department of Siddha Toxicology, Govt. Siddha Medical College & Hospital, Tirunelveli, Tamil Nadu, India.

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## Address for Correspondence

PG Scholars, Department of Siddha Toxicology, Govt. Siddha Medical College & Hospital, Tirunelveli, Tamil Nadu, India

E-mail:  
[drsprajeev@gmail.com](mailto:drsprajeev@gmail.com)

## ABSTRACT

The most recently discovered coronavirus causes coronavirus disease COVID-19. The common symptoms of COVID-19 are fever, dry cough, and tiredness. Siddha medicines which mainly focusses on enhancing the host immunity could play a major role in viral diseases. As per Siddha classical wisdom, improving immunity with immune boosters is one of the key approaches for prevention of disease and maintenance of health. The treatment protocol was fixed such as all the patients admitted in the ward were given kabasura kudineer as base medicine. In addition, other siddha medicines were given based on the associated symptoms. If fever was present *Linga chendooram* with *thirikaduku chooranam*, *Brahmanantha Birava mathirai* twice a day was given additionally. If cough was present *Thalisadi vadagam*, *Adathodai manapagu* was given additionally until the symptoms subsides. If anosmia was present *Herbal Smolder*, *vasantha kusumahara mathirai*, *thalisadi vadagam* and *adathoda manapagu* twice a day, if loose motion was present *sundai vatrul* was given additionally. The treatment protocol and diet pattern was planned such that it balances the three humours, combats the diseases, improves general immunity with specific actions on the respiratory tract and provides adequate nutrition. Apart from this the entire In Patient (IP) block was disinfected using herbal fumigation. Further, a novel herbal air cleanser pouch was also provided to all patients which is to be kept inside the mask which would precisely filter the inhaling air & ward off the airborne microorganisms. The results and observations are encouraging. The combined therapy and procedure seemed to be very effective in the management of COVID-19 disease.

**Keywords:** COVID-19, Siddha medical system, PCR positive cases

## INTRODUCTION

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered coronavirus causes coronavirus disease COVID-19. [1-4]

Symptoms: the most common symptoms of COVID-19 are fever, dry cough, and tiredness other symptoms that are less common and may affect some patients include aches and pains, nasal congestion, headache, conjunctivitis, sore throat, diarrhoea, loss of taste or smell or a rash on skin or discoloration of fingers or toes. These symptoms are usually mild and begin gradually. Some people become infected but only have very mild symptoms. [5-8]

Most people (about 80%) recover from the disease without needing hospital treatment. Around 1 out of every 5 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart and lung problems, diabetes, or cancer, are at higher risk of developing serious illness. However, anyone can catch COVID-19 and become seriously ill. [9-11]

Many reports have indicated that people with no symptoms can transmit the virus. It is not yet known how often it happens. As on 23rd July 2020, in India 1,239,684 confirmed cases, deaths 29,890 and recovered as 784,266. In Tamil Nadu 181,000 were confirmed, 127,000 recovered and deaths 2,626 on 23<sup>rd</sup> of July, 2020. [12]

The Government of India has presently imposed a lockdown in the country as a way of preventing COVID-19 and breaking its chain of spread. The Government is also taking effective steps for early

identification of the infection and providing adequate prevention and timely medical care. [13, 14]

WHO states that, till date, no effective management to address this infection has been discerned and attempts are being made to integrate a few traditional interventions along with standard treatment protocols of COVID-19.

Unlike other pathogenic microorganism viruses are unique in that they have no cell wall and they can't multiply on their own instead they need a live cell (host) within which they multiply. So, anti-viral drugs are usually less effective because the viruses are present within the live cells. Instead the host immunity plays a major role in determining the course of viral diseases. So, siddha medicines which mainly focus on enhancing the host immunity could play a major role in viral diseases. [15-18]

As per Siddha classical wisdom, improving immunity with immune boosters is one of the key approaches for prevention of disease and maintenance of health. Therefore, a strategy to enhance immunity and provide symptomatic relief in upper respiratory tract infection is advocated in these guidelines for qualified Siddha Medical practitioners.

Siddha scholars have prescribed several single drugs as well as compound formulations for the prevention and treatment of infectious diseases in general. They have emphasized more on the use of certain drugs which are known to improve host immunity during the outbreak of epidemics, endemics and pandemics. [19, 20]

This research objective was to evaluate the Covid-19 symptoms control by the siddha treatment protocol because of the siddha medical system handling with the host response management with combined natural resources. [21]

## MATERIALS AND METHODS

### Research Type

### Clinical Case Study

### Research Design

Collected data from Government Siddha Medical College and Hospital COVID-19 isolation ward, campus of Tirunelveli medical college, Tamil Nadu, India.

COVID -19 Positive all cases were included for study with their concern.

Maximum 10 days of direct observation was carried out in this isolation ward and continued the followed up data collection of every samples.

### Sample size

159

### Data collection instrument

Case sheets

### Research Analysis

Simple Descriptive Statistical Methods

### Clinical study

Assessment criteria: Symptoms - by grading the score: 0-10

No complaint -	0	
Mild symptom -	2	
Moderate symptom -	4	
Marked symptom -	6	
Highly marked symptom -	8	
Severe symptom -	10	
Symptom as Fever (in body temperature °F)		
No fever	0	97 °F - 97.9 °F
Mild fever	2	98 °F - 98.9 °F
Moderate fever	4	99 °F - 99.9 °F
Marked fever	6	100 °F - 100.9 °F
Highly marked fever	8	101 °F - 101.9 °F
Severe fever	10	102 °F and above

Reality Test with sample verbal score of symptoms used in loss of smell and loss of taste.

## RESULT AND OBSERVATIONS

The results as tabulated revealed that the patients were completely relieved from the symptoms by the end of the 10 days treatment.

Apart from internal medicines various infectious disease control measures recommended in siddha classical literatures were also introduced which acted synergistically and fastened the recovery.

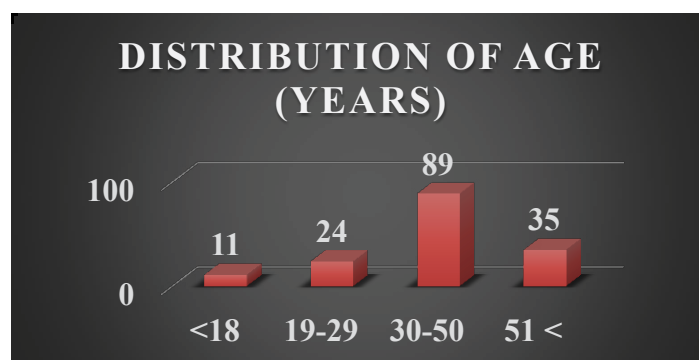


Figure 1: Age distribution of samples.

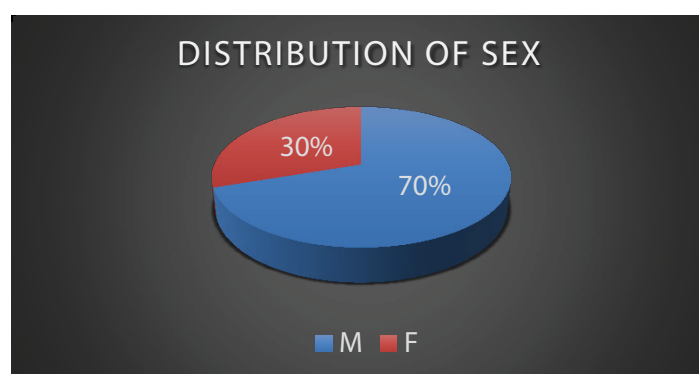


Figure 2: Gender distribution.

The herbal juices and herbal tea which was formulated with drugs having antiviral properties and drugs having promising effects on respiratory tract, proved to be very useful. (Figures 1-8 and Tables 1-7)

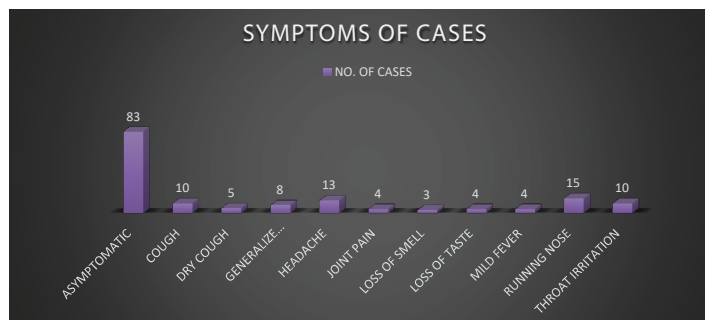


Figure 3: Symptoms of COVID-19 PCR test - positive samples.



Figure 4: Herbal hot infusion



Figure 5: Herbal concoction



Figure 6: Herbal fumigation

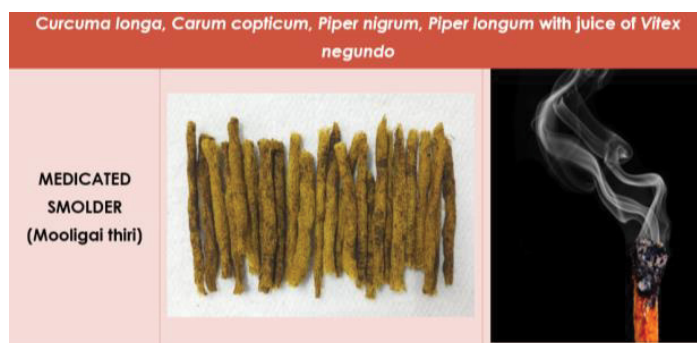


Figure 7: Medicated smolders



Figure 8: Herbal air cleanser for mask

Table 1: Distribution of age groups.

AGE	NO. OF CASES
<18	11
19-29	24
30-50	89
51 <	35

Table 2: Gender distribution.

GENDER	NO. OF CASES
M	111
F	48

Table 3: Symptoms of COVID-19 PCR test - positive samples.

SYMPTOMS	NO. OF CASES
ASYMPTOMATIC	83
COUGH	10
DRY COUGH	5
GENERALIZE WEAKNESS	8
HEADACHE	13
JOINT PAIN	4
LOSS OF SMELL	3
LOSS OF TASTE	4
MILD FEVER	4
RUNNING NOSE	15
THROAT IRRITATION	10

Table 4: Daily management schedule.

Time	Schedule	Purpose
07:30 am	Kaba Sura kudineer	Improve the immunity
08:30 am	Break fast	Nutrition
09:45 am	Hot Infusion	Strengthen the immunity
10: 30 am	Pepper Golden Milk	Balancing the three humor of body
12:30 pm	Lunch	Nutrition
04:30 pm	Sukku Tea	Balancing the three humor of body
06:00 pm	Concoction	Balancing the iya (Kapha) and vali (Vatha) humors
07:30 pm	Dinner	Nutrition
08:30 pm	Fruits	Nutrition
09:00 pm	Hot water	For urgent use

Table 5: Supportive managements.

Time	Activity	Purpose
08:00 am	Fumigation	Create the Aseptic promises
10: 30 am	Doctor consultation	Medical Consultations
6:30 pm	Fumigation	Create the Aseptic promises

Table 6: Personal practices.

Item	Uses	Purpose
Medicated Smolder (herbal <i>thiri</i> )	Burnt and smoke then inhalation	Nasal congestion, headache
Herbal Air Cleanser pack	Keep inside the mask	Clearing the air flow
Neer Kovai mathirai	Soaked into water and apply on forehead	For Headache

Table 7: Medicines which were used in management of COVID-19 positive cases.

No.	Medicine	Dose
1	Kaba Sura kudineer	60 ml, bd, ac
2	Brahmanantha Biravan mathirai	2 pills, bd, pc with warm water
3	Thalisadhi vadagam	1 pill, tds, pc, chewing
4	Adathodai manapahu	10 ml, bd, ac
5	Sundai vatral	2-3 g, sos with warm water
6	Neerkovai mathirai	½ pill, sos, External on forehead
7	Linga chendooram	200mg, sos, pc with TKC
8	Vasantha kusumakara mathirai	2 pills, sos, pc, with ginger juice

Table 8: Clinical symptoms progress on 10 days' managements in particular selected samples.

Sl. No.	Age	Sex	C/O	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
1	23	M	Dry cough	10	10	10	8	6	2	2	0	0	0
2	46	F	Fever	10	10	10	6	3	0	0	0	0	0
3	67	M	no smell	10	10	10	8	8	6	4	2	1	0

Clinical Study (Figures 9-11 and Table 8)

## DISCUSSION

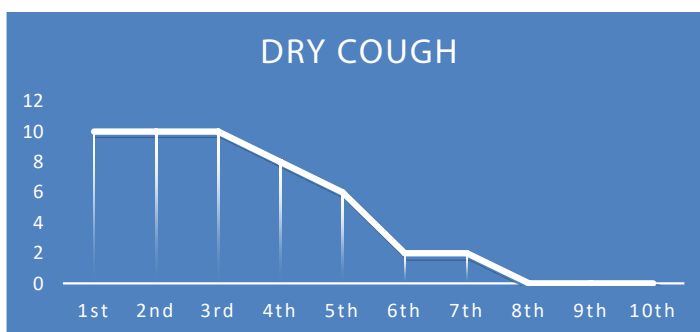
The results and observations showed that the siddha treatment protocol followed during the study period is very effective in the management of COVID19 disease.

The treatment protocol was specifically planned for each patient depending on the various manifestations of the disease. If the patient has dry cough; *Kaba sura kudineer* - 30 ml before meals, twice a day, *Thalisadi vadagam* - 2 tab. After meals, twice a day, *Adathodai manapagu* - 2 tea spoon with warm water, after meals, twice a day were used to relief dry cough completely by the grading score analysis.

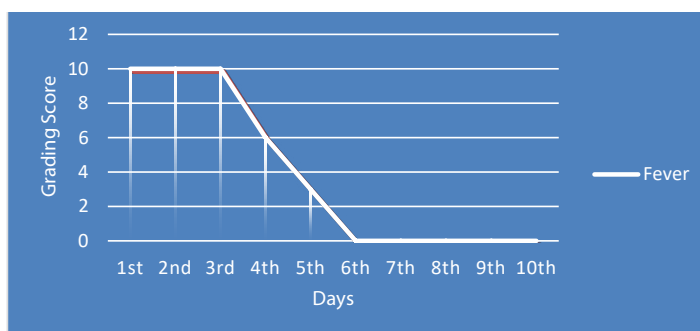
If fever condition, following management had given as; *Kaba sura kudineer* -30 ml before meals, twice a day, *Linga chendooram* -200 mg mixed with *Thirikaduku chooranam* -2g after meals, twice a day, *Brahmanantha Birava mathirai* 01 pill, after meals, twice a day were observed to reduce body temperature to normal.

*Kaba sura kudineer*-30 ml before meals, twice a day, *Herbal Smolder* - frequently, *Vasantha kusumahara mathirai*-01 pill, after meals, twice a day, *Thalisadi vadagam* - 2 tab. After meals, twice a day and *Adathoda manapagu* - 2 tea spoon with warm water, after meals, twice a day were observed to cure the anosmia to normal. These medicines were continued until the symptoms subsides completely.

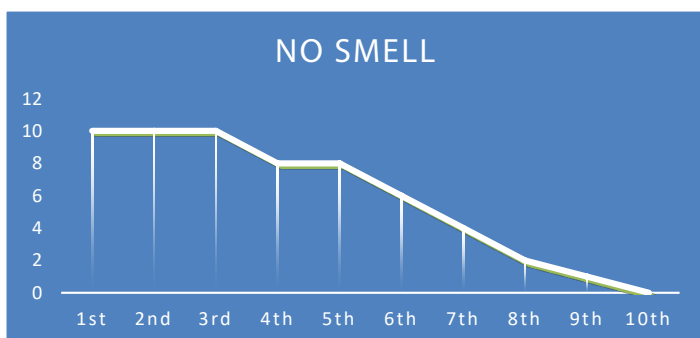
As other specific symptoms also control and cure by the specific siddha management or treatment respectively within 10 days.



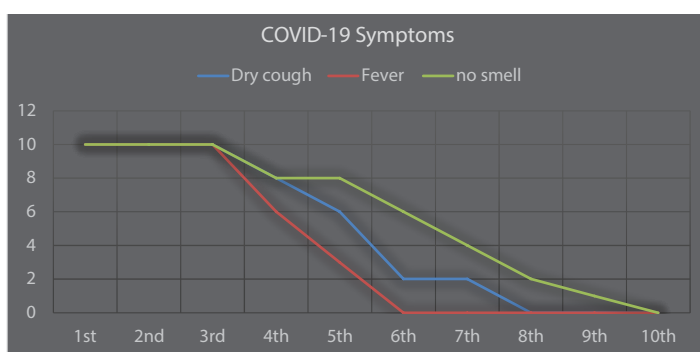
**Figure 9:** Progress of COVID -19 symptoms – dry cough



**Figure 10:** Progress of COVID -19 symptoms – fever



**Figure 11:** Progress of COVID -19 symptoms – no smell



**Figure 12:** summary of COVID – 19 symptoms' relief of samples

Other symptoms such as; Throat irritation, Headache, Running Nose (rhinitis), No Taste (ageusia), Joints pain (arthralgia), Lose motion (diarrhoea), Drowsiness, Generalize weakness and Difficult to breath (dyspnoea).

This research revealed that, how to maintaining Aseptic condition in personal and surrounding such as; air cleanser for mask is personal use and herbal fumigation for disinfection process of

premises of individual. These innovative thoughts developed to maintain and proved siddha medical system is equal to modern medical system by ancient scientists as siddhars. (Figure 12)

## CONCLUSION

Finally concluded as; symptoms of COVID-19; dry cough, fever, loss of smell (anosmia), Throat irritation, Headache, Running Nose (rhinitis), No Taste (ageusia), Joints pain (arthralgia), Lose motion (diarrhoea), Drowsiness, Generalize weakness and Difficult to breath (dyspnoea) were control and cure by the specific siddha management within short period of isolation wards successfully.

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## CONFLICT OF INTEREST

Author declares that no any conflict of interest in this research work.

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