



A CASE REPORT

TREATMENT OF SARS CoV-2 WITH CLASSICAL SIDDHA MEDICINE

Gayatri, R.¹ and S. Vinayak²

¹Project Associate (Siddha), Traditional Knowledge Digital Library (TKDL), Council of Scientific and Industrial Research (CSIR), Chennai, Tamilnadu,

²Research Officer (Siddha), Siddha Central Research Institute), Chennai, Chennai, Tamilnadu, India.

Abstract

Introduction: AYUSH system of medicines has got wide acceptance in India during current scenario of COVID-19 pandemic. Here case report of a 30-year-old COVID-19 positive patient following primary contact is presented, who underwent Siddha treatment. Methods: Classical *Siddha* medicine *Nilavembu kudineer* along with *Vasantha Kusumakaram* pills were given, dietary regimen was also followed for a period of ten days. Qualitative SARS CoV-2 RT-PCR test was used as a confirmatory test for COVID-19. Results and discussion: Following intake of *Siddha* medicines and dietary regimen the subject showed improvement symptomatically and reported negative after seven days. This case report shows a positive outcome of Siddha treatment on COVID-19 but is incapable of generalizing a conclusion, since it is based on a single case.

Key words: Siddha medicine, *Nilavembu kudineer*, *Vasantha Kusumakaram*, SARS CoV-2.

INTRODUCTION

AYUSH medical systems are getting popularity during this Covid pandemic period. Siddha medicine, the widely accepted medical system of South India has already proven its track records in dealing various types of epidemics from the time immemorial. [1] The strong foundations of Siddha medicine helped the physicians to understand the aetiogeneiss of disease occurrence and the holistic way to treat it. [2] Many of the research in Siddha medicine is now focussed on unrevealing the pharmacology of Antiviral formulations, to explore new drug candidates suited for the viral illnesses and its clinical possibilities. [3] Experts of Siddha medicine are now in a position to manage this pandemic with commendable results. Many of the Siddha practitioners of

Government and private sector in and around Tamilnadu and Kerala are successfully handling Covid cases or its preventive aspects. Here a Covid positive individual was treated with a Siddha medicine. One of the Siddha classical poly herbal decoction *Nilavembu kudineer (NVK)*, along with *Vasantha Kusumakaram(V.K pills)*, and standard care with diet was found effective in this case.

CASE REPORT: A 30-year-old female, reported with having mild symptoms of cold, nasal congestion, sneezing and headache for 5 days. The symptoms were persistent throughout the day but didn't progressed further. She was afebrile, euthyroid, without any known history of pneumonia, tuberculosis, or a recent attack of sinusitis and influenza. She had the history of bronchial asthma from her childhood and was under inhaler occasionally. She was having a travel history from Bengaluru in the previous week, and was advised for home quarantine from the health officials due to the reporting of a Covid positive case in the same flight journey. On examination the patient was weak, and anxious. There were no signs of rashes or petechial marks and lymphadenopathy. She was insisted to screen for a Qualitative SARS-COV-2 (COVID 19) RT-PCR test (Nasal & Oropharyngeal swab specimen) which reported positive on the eight day of primary contact. Her family members were asymptomatic but advised for the same test which came negative for all. She was advised for home isolation along with her family members. She was prescribed to use the following Siddha medicines along with a healthy dietary regimen and external therapy for 10 days (Table 1). Few days after the medication, she regained her health and completely recovered from the symptoms she was suffering. She again took the RT-PCR test (Nasal & Oropharyngeal swab specimen) which reported negative. She continued the medication for further 2 weeks, and she didn't suffer with any of the symptoms and were in perfect health.

Therapeutic intervention:

A Siddha polyherbal decoction formula *Nilavembu Kudineer* along with the tablet *Vasantha Kusumakaram* were prescribed for a period of 2 weeks. [4] Counselling was done to ease fear and instil self-assurance to the subject. She was permitted to follow a usual diet, which comprises plenty of fruits. Restrictions were there to avoid chilled food and drinks, till the recovery period. She was advised to gargle with turmeric and salt mixed warm water thrice daily and warm water bath. Steam inhalation by adding *Nochi (Vitex negundo.Linn)* leaves were advised along with the breathing exercises twice daily. [5,6] Follow up were done over telephonic conversation with the patient for

every day monitoring. She was recommended to strictly track the home isolation and quarantine schedules as per the Ministry of Health and Family Welfare (MOHFW) guidelines.[7]. Furthermore, she was directed to measure her oxygen saturation (Spo₂) levels using a pulse oximeter three times a day and temperature twice daily.[8]

Table- 1: Treatment Schedule

Intervention	Drug Name	Dose	Timings
Internal Medicine	<i>Nilavembu kudineer</i>	60 ml	Thrice daily before food for 7 days
	<i>Vasantha Kusumakaram</i>	2 pills	
External Therapy	Vethu therapy (Medicated steam inhalation with Nochi leaves (Vitex negundo))	-	Twice daily for 7 days
Vasi Soothiram (Breathing exercises)	-	-	Twice daily

RESULTS

The outcome of this treatment was assessed with her improvement from the symptoms and the repeated qualitative SARS-COV-2 (COVID 19) RT-PCR test. (Fig 2 & 3) [9] Pulse oximetry was also used to monitor the fall of SpO₂ level regularly for two times a day and the readings were normal during the entire treatment schedule. [8] The results of the Siddha medications were very practical and observed an overall improvement in the wellbeing of the subject. From the starting to the completion of the medication schedule, no untoward effects nor discomfort were reported by the patient. This means that the medications and therapies were well accepted by the subject.

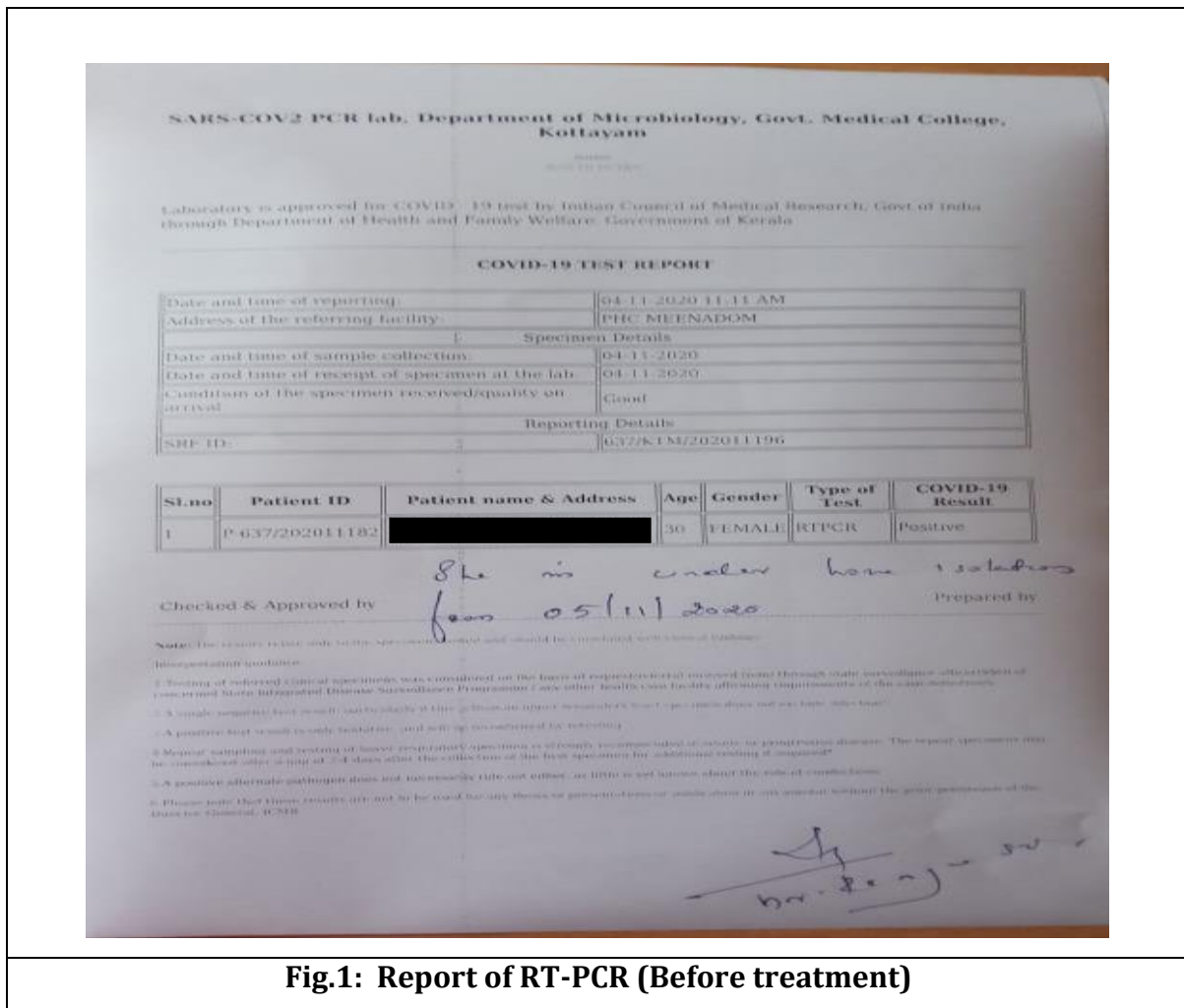


Fig.1: Report of RT-PCR (Before treatment)

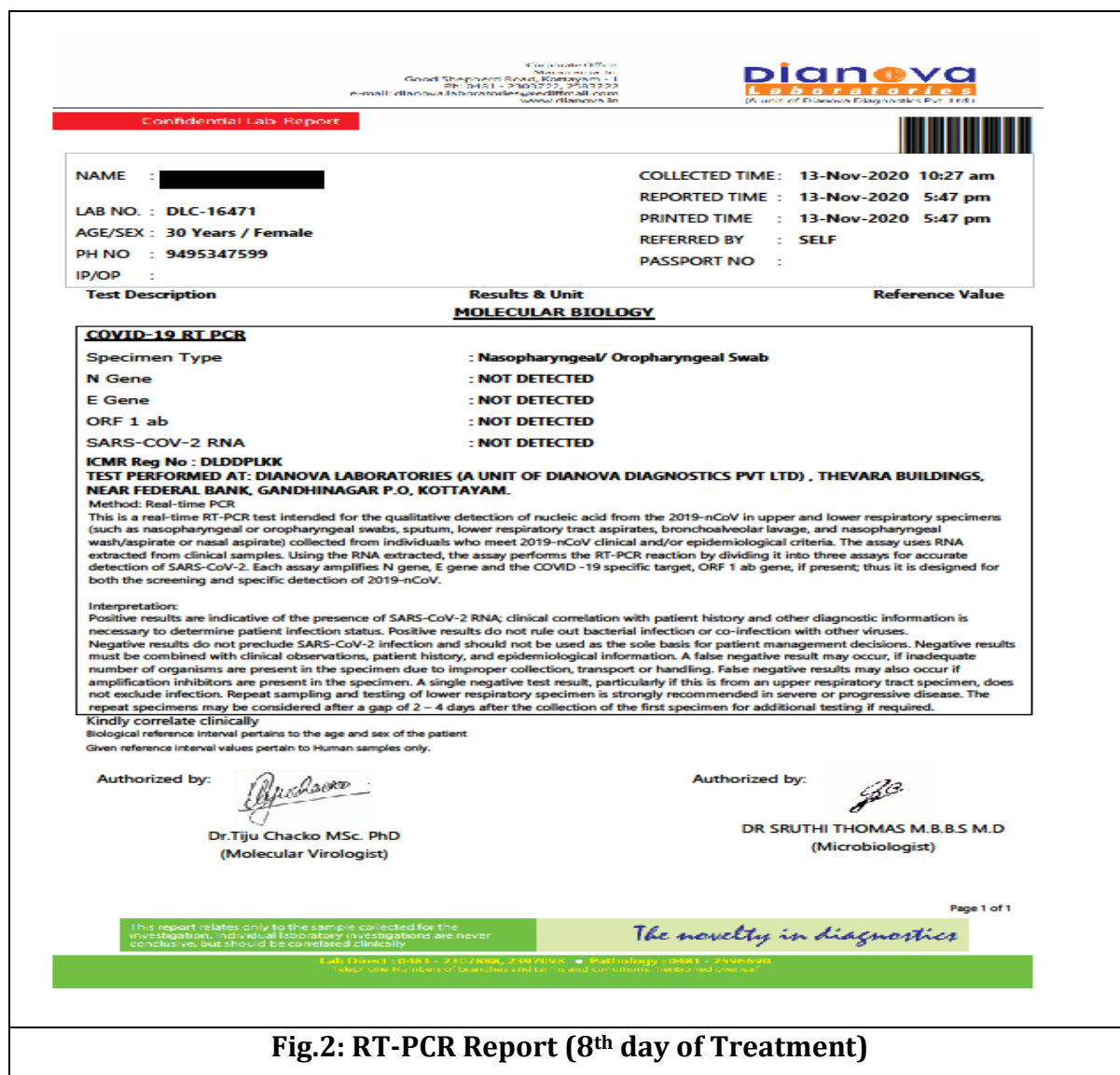


Fig.2: RT-PCR Report (8th day of Treatment)

DISCUSSION

Covid 19 is a viral respiratory illness transmitted through droplets or aerosol transmission. [10] Here the subject may get acquired the viral illness during her flight journey. she was already having an asthmatic history, and by overseeing the complications which she may suffer due to improper handling of the case, a very systematic monitoring and medication schedules was implemented for her complete recovery. But for her favour, she suffered from the milder form of the illnesses without leading into the array of typical features of Covid 19 respiratory illness. In TSM, respiratory illnesses attended with fevers are categorized under *Kapha Suram*. [11] *Kapha suram* includes fevers of phlegmatic origin affecting respiratory system that could be more or less correlated with the clinical picture of Covid 19. [12] Siddha

medicine advocates the usage of medications from herbal to herbomineral origin depending on the stage of the illness. Numerous external therapies are also prescribed depending on the symptomatic management. Out of numerous formulations practiced, Nilavembu kudineer is a very popular concoction formula, which is a blend of 9 herbal ingredients. [13] All the ingredients are reported for its unique property in controlling various types of fevers. Many studies have already proven its Anti-viral properties and its efficacy in mitigating Covid 19. [14] *Vasantha kusumakaram Mathirai* is a tablet form usually indicated for respiratory illnesses with or without infectious origin.[4] It is herbomineral preparation, with a unique combination of herbs and minerals possessing expectorant, mucolytic, antitussive, and antipyretic properties. [15] Here the subject was advised to prepare fresh dose of decoction each time by boiling 10 g with 400 ml water and reducing to 1/4th or 100 ml. The decoction was consumed in empty stomach along with the *Vasantha kusumakaram* tablets. For the first 7days three timings were followed and then the frequency was reduced to two. Here two diagnostic approach were used to monitor the outcome of the patient and her prognosis on treatment. Pulse oximetry is a reliable measure of peripheral capillary oxygen saturation in Covid symptomatic and asymptomatic subjects. The patients of high-risk comorbidities like Asthma, pneumonia or COPD have greater chance of showing a declined level of SpO₂ an indicator for immediate hospitalization. [8] As the subject is already a victim of Bronchial asthma, she was advised to strictly monitor the SpO₂ level twice a day. There was no change in the SpO₂ readings during the entire treatment period. RT-PCR is a highly reliable and sensitive test to confirm the viral attack due to Covid 19. Specimens from Oropharyngeal and Nasal swabs are been used for the test parameters. [16] The subject who went positive as per the records from the 8th day of primary contact had scheduled repeated RT-PCR tests after 8 days of treatment which reported negative in both the tests.

CONCLUSION:

Here the case report highlights and justifies the role of Siddha medicine as a simple, and effective measure in the management of Covid like illnesses. The therapies offered by Siddha medicine works holistically, improving the immunity, and overall wellness of the individual, simultaneously alleviating the sufferings associated with the illness. As this is a single case report, more systematic clinical data is required to validate the efficacy of Siddha medicines in Covid 19 illness.

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