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Review Article**SHALAKYA TANTRA: TRADITIONAL APPROACHES TO MANAGING COVID-19****Shrutika Sarode^{a*} | Mrunali Bhosale^a | Preet Bang^a****AFFILIATIONS:**^aResearch Associate, ICRO**CORRESPONDENCE:**Shrutika Sarode, Research Associate,
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ABSTRACT:

In the world of medical research, coronavirus is a new virus that has recently grown to be a hazard. It is now considered a global menace that has killed millions of people or caused extremely severe acute respiratory distress symptoms. There is currently no action taken to stop its growth. There is currently no known vaccination or drug that can stop or slow the spread of a virus. In December 2019, a contagious respiratory disease was discovered for the first time in China. Because it was a new virus, it was known as SARS CoV-2, and the illness it produced was known as COVID 19, or coronavirus disease, and it was first identified in 2019.

The immune system, which is the body's line of defense against viruses and other pathogens that we come into touch with, consume, and breathe on a daily basis, has become the focus of the coronavirus pandemic on a global scale. Around 220 countries have been impacted by the virus, and the death toll is rising daily. Nowadays, when there is no vaccination and no surefire treatment for the infection, Ayurveda plays a crucial role. One of the seventh branches of ayurveda, Shalakya, has taken the lead in combating the deadly infection. With the help of ayurvedic medications, we can strengthen our immunity and combat infections more successfully.

KEYWORDS: Coronavirus, Covid 19, SARS, Immunity, Shalakya and Vaccination

INTRODUCTION:

The COVID-19 pandemic, also known as the coronavirus pandemic, is caused by the severe acute respiratory syndrome coronavirus. The coronavirus disease COVID-19 is the hallmark of the pandemic, which is still running strong. In Wuhan, China, the outbreak was first identified in December 2019. The epidemic was declared a global public health emergency by the World Health Organization, and in March 2020, it was classified as a pandemic. The name "coronavirus" refers to the group of viruses that cause common colds and other respiratory ailments. This new coronavirus strain that surfaced as a pandemic in 2020 is referred to be novel, or new. The virus spreads by droplets and mucosa in the mouth, nose, and other areas. When contaminated hands come into contact with the upper mucosa, the virus enters the body and results in COVID-19 sickness. Fever, dry cough, and sore throat are the major symptoms. However, the patient may experience no symptoms at all for an extended period of time. For this reason, patients may unintentionally spread the infection and raise the morbidity^[1,2,3,4].

Within the context of Shalakha

COVID-19 (SARS-CoV-2) is composed of RNA, envelope protein, and hemagglutinin-esterase dimer. One of the eight branches of Ashtanga Ayurveda that treats ailments of the upper clavicle is Shalakya. Since COVID-19 symptoms are primarily limited to the upper respiratory tract and clavicle, shalakya plays a critical role in both the prevention and management of COVID-19.

The telltale signs and symptoms of COVID-19 include runny nose and dry cough. Similar characteristics may be seen in Vatika pratishyaya in Shalakya. Additionally, Pratishyaya's purva roopa and the clinical presentation of COVID-19 are comparable.

The primary objectives of treatment for Shalakya still revolve around these two things:

1. Protecting the throat and nose mucosa.
2. Increase immunity to enable the body to combat diseases^[5,6,7,8].

Defense of the throat and nose mucosa

As of right now, there is no vaccination to ward against the 2019 coronavirus sickness. Steer clear of this virus if you want to avoid getting sick. The virus is believed to mostly travel between individuals.

between individuals who have frequent interaction with one another. via respiratory droplets that are released when a sick person sneezes, coughs, or speaks. These droplets may land in the noses of those nearby, or they may be inhaled and enter the lungs. Recent research has revealed that individuals who are asymptomatic may be the ones that disseminate COVID-19. Since the primary method of virus transmission, as we all know, is through droplets, one should wear a cloth face covering over their mouth and nose while they are among other people. Even in healthy individuals, there is still a risk of COVID-19 transmission.

When going somewhere in public, like the grocery store or to get other supplies, everyone ought to cover their faces with cloth. Face coverings should not be placed on anyone who are

unconscious, young children, have respiratory issues, are unable to remove their mask without assistance, or who suffer from any combination of these symptoms. If you become ill, the purpose of the cloth face covering is to shield others from harm. Never put on a facemask intended for medical personnel.

Maintain a 6-foot distance between you and other people. Social separation cannot be substituted with a fabric face covering. The nose and throat are the virus's primary entrance points. The virus first enters the upper respiratory tract through the nose or throat^[9].

Coughing is the first symptom of a respiratory tract infection, which progressively progresses to severe acute respiratory syndrome (SARS). Therefore, it is imperative to avoid contact and cover the mouth and nose in order to stop its spread. Because of this, everyone should routinely wash their hands for at least 30 seconds with soap and water, especially after coughing or blowing their nose in public.

If soap is not readily available, use a hand sanitizer containing at least 70% alcohol. Hands should be covered on all areas and rubbed together until they feel firm. Keep your hands clean before contacting your mouth, nose, or eyes.

Increase immunity to enable the body to combat diseases

The word "Ayurveda" comes from the combination of the words "Ayur," which means "life," and "Veda," which means "science." Ayurveda is a conventional medical system that treats patients with a dual focus: Prevention and treatment of the illness^[10]. The most important thing we can do as ayurveda practitioners, and especially the branches of Kaya Chikitsa, is to prevent the disease from spreading. The immune-boosting Rasayana therapy is replete with allusions to Ayurvedic texts. These are just a handful of the tools that can be used to strengthen immunity and combat viruses.

Drug Therapy- Single

- i. Ashwagandha
- ii. Guduchi
- iii. Pippali

Ayurvedic remedies

- i. Sitopaladi Churna
- ii. Sanjeevani Vat
- iii. Indukant Ras
- iv. Dashmoola Kwatha, and so on

Rasayana aids in boosting an individual's immunity and warding off illness. Rasayana are renewing and health-promoting substances that, via their practical use, build physical and mental resilience to illness. According to Charak Samhita, the benefits of rasayana therapy include improved memory, skin luster, and physical strength as well as ideal physical strength and sense organ functioning. When herbal remedies are applied, they minimize oxidative stress in the oral and nasal mucosa caused by the new coronavirus sickness. Additionally, they are rich in many vitamins that aid in the battle against the infection.

Ayurvedic measures for prevention of respiratory infections include gargling with medicated water, instilling drops in the nose, and gold milk drinking^[10,11,12].

Kawal and Nasya^[13]



1. Oil pulling therapy: Fill your mouth with two table spoons of coconut. After four to six minutes of swirling it about in your mouth, spit it out and give it a quick rinse with warm water. This can be done twice or three times a day.

2. Nasal application: Apply coconut oil on your nostrils in the morning and evening (Pratimash Nasya).

Nasya is the inhalation of powder or decoction through the nose. The only better method for treating diseases affecting the upper half of the sternum is through the nasal route.

Nose is gateway of Head^[14]

According to the Ayurvedic school of thinking, the nose serves as the entrance to the cranium, the nasal medication enters through Shringatak marma, spreads to the eyes, throat, and tiny capillaries on the face, and eliminates the doshas from the area.

Kawala is the retention of several types of fluids in the mouth. Kawala is the term for the trapped fluid that is easily rotated or shifted from side to side. When gandusha is done methodically, it eliminates vitiated kapha from the surrounding structures. These structures are then combined with gandusha pastes and discarded at the conclusion of the procedure. The process is beneficial. The application of ayurvedic medications in the prevention of COVID-19 might be studied more and further^[15].

Yoga poses are crucial for improving the body's immunity and detoxification. Regular practice of meditation and yoga poses such as surya namaskar, bhramri, and rechak can help maintain physical and mental well-being.

In the current situation, where there is widespread fear due to this new epidemic, yoga poses can be helpful in reducing tension. One of the main factors lowering immunity is stress and mental tension because they produce free radicals and open the body up to the entry of different germs and viruses. Not to mention, leading a healthy lifestyle is essential for both mental and physical well-being. Thus, the way of living must be good. It is not advisable to partake in Vishmashana. Maintain a healthy diet at all times^[16].

As there are currently no known cures or treatment options for this new pandemic, there is a chance to explore the full potential of Ayurvedic systems and use integrative approaches to develop novel countermeasures to the COVID-19 pandemic. India can serve as an example of how AYUSH systems might be used to alleviate the current global health crisis. Numerous scientific investigations and studies are underway, and they can be expanded with the use of ayurvedic remedies to help the country recover from this pandemic.

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