

*Editorial*

**Experience of Integrated Approach of Treatment  
During COVID-19**

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**Abstract:** During lockdown period due to Pandemic - COVID-19 we conducted a study on the patients suffering from mild to moderate symptoms of COVID-19 through Telemedicine<sup>1</sup>. The patients were agreeing to take medicine as per telephonic consultation on the basis of their complaints and available reports. Randomly patients were divided in two groups-1 and 2.

Patients of groups-1 were prescribed only allopathic medicine. In 1<sup>st</sup> group - 16 patients participated for the study whereas Patients of groups-2 were prescribed Allopathic medicine with AYUSH Quath<sup>2</sup> and Chyawanprash<sup>3,4</sup>. In 2<sup>nd</sup> group-16 patients participated for the study<sup>2,3,4</sup>.

**Key word:** AYUSH Quath, COVID-19, Sore throat and headache.

**Conflict of Interest :** None

**Support:** None

**Introduction:** lockdown was imposed by Government of India on 23 March 2020 due to Pandemic - COVID-19. This was a tool for controlling the spread of Pandemic - COVID-19. All the flights, trains, public transport were stopped. The hotels, restaurants, public places and school-colleges were closed. The scenario was as like curfew. All were inside home and under stress of virus.

Now all the services e.g. classes, offices, health services and shopping were only available through online mode. In this situation medical health system had to play an important role to maintain the normal routine and emergency services. This was a big change to control the Pandemic and to continue the normalcy in health services. Banaras Hindu University managed it in a very effective manner. Super specialty block was allocated for COVID-19 suspects and Telimedicine Centre worked to provide routine consultation very effectively.

During this crisis we offered our services on call and conducted this study as per AYUSH guidelines and G.O.I. guidelines<sup>4</sup> issued on the day.

**Material and Method:**

During lockdown period due to Pandemic - COVID-19 we conducted a study on the patients suffering from mild to moderate symptoms of COVID-19 through Telemedicine. The patients were agreeing to take medicine as per telephonic consultation on the basis of their complaints and available reports. Randomly patients were divided in two groups-1<sup>st</sup> and 2<sup>nd</sup>.

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The patients, who gave their consent to take Allopathic medicine, were prescribed allopathic medicine. The patients, who gave their consent to take Ayurvedic medicine<sup>4,3,2</sup>, were prescribed allopathic medicine with Ayurvedic medicine as per AYUSH guidelines<sup>1</sup>.

**Groups-1<sup>st</sup> patients** <sup>6</sup>were prescribed as below- (16 patients participated in this group).

Monteleucast and Leocitrizine Tablet - 1B.D. for 7 days,  
 Ascoril Cough Syrup-2tea spoon full -Thrice Daily,  
 PCM 500 Mg. Tab. –when temperature raise,  
 Becosules Z Capsule-Once Daily, Vit-C Tab -Once Daily -10 days

**Groups-2<sup>nd</sup> - patients were prescribed as below:** (16 patients participated in this group).

Monteleucast and Leocitrizine Tablet - 1B.D. for 7 days,  
 Ascoril Cough Syrup-2tea spoon full -Thrice Daily,  
 PCM 500 Mg. Tab. –when temperature raise,  
 Becosules Z Capsule-Once Daily, Vit-C Tab -Once Daily -10 days.

With these drugs AYUSH QUATH- decoction was prescribed.

**Content of (1)AYUSH QUATH-** decoction (Kadha) <sup>1</sup>:

Tulsi (Basil) churna 9gm+ Dalchini(Cinnamons) 1 gm+ Kalimirch(Black pepper)1gm+ Sonth (Dry Ginger) 1gm+ Munnakka Raisin) were advised to be boiled in 200 ml water and to take it THRICE DAILY in equal part. It was also advised to add jiggery (natural sugar) and / or fresh lemon juice as per taste of patients, if needed.

2) Chyavanprash <sup>1</sup>10gm (1tsf) in every morning with milk was also advised.

The patients of both groups were under observation for 21 days. The patients were assessed as per their symptom relief- Cough, Fever, Sore throat, headache and bodyache . The patients with high fever and difficulty in breathing were advised to contact nearest COVID-19 hospital.

**Observation and Result:**

1) Age distribution of patients:

Group	Age
1	22-40 years
2	22-71 years

2) Symptoms/ Chief complaints:

Symptoms/ Chief complaints	Group-1	Group-2
Fever	100-101 degree F	100-101 degree F
Cough	Present	Present
Sore throat	Present	Present
Headache	Present	Present
Bodyache	Present	Present

**3) Observation after 3 days :**

Symptoms/ Chief complaints	Group-1(16 patients)			Group-2(16 patients)		
	Present No. of pts.	Absent No. of pts.	% relief	Present No. of pts.	Absent No. of pts.	% relief
Fever	01	15	93.75	0	16	100
Cough	06	10	62.5	04	12	75
Sore throat	08	08	50	05	11	68.75
Headache	02	14	87.5	0	16	100
Bodyache	01	15	93.75	01	15	93.75

**4) Observation after 7 days :**

Symptoms/ Chief complaints	Group-1(16 patients)			Group-2(16 patients)		
	Present No. of pts.	Absent No. of pts.	% relief	Present No. of pts.	Absent No. of pts.	% relief
Fever	0	16	100	0	16	100
Cough	03	13	81.25	02	14	87.5
Sore throat	04	12	75	02	14	87.5
Headache	0	16	100	0	16	100
Bodyache	0	16	100	0	16	100

**5) Observation after 10 days :**

Symptoms/ Chief complaints	Group-1(16 patients)			Group-2(16 patients)		
	Present No. of pts.	Absent No. of pts.	% relief	Present No. of pts.	Absent No. of pts.	% relief
Fever	0	16	100	0	16	100
Cough	0	16	100	0	16	100
Sore throat	0	16	100	0	16	100
Headache	0	16	100	0	16	100
Bodyache	0	16	100	0	16	100

**Discussion :**

After 3 days:

The above table shows that in the patients of Gp.1<sup>st</sup> - relief in Fever was 93.75% whereas it was relieved 100% in Gp. 2<sup>nd</sup> after 3 days.

Relief in Cough was 62.5% in gp.1<sup>st</sup> whereas it was relieved 75% in Gp. 2<sup>nd</sup> after 3 days.

Relief in Sore throat was 50% in gp.1<sup>st</sup> whereas it was relieved 68. 75% in Gp. 2<sup>nd</sup> after 3 days.

Relief in Headache was 87.5% in gp.1<sup>st</sup> whereas it was relieved 100% in Gp. 2<sup>nd</sup> after 3 days.

Relief in Bodyache was 93.75% in gp.1<sup>st</sup> whereas it was relieved 93.75% in Gp. 2<sup>nd</sup> after 3 days (identical).

After 7 days:

The above table shows that in the patients of Gp.1<sup>st</sup> and Gp. 2<sup>nd</sup> both after 7 days - relief in Fever , Headache and Bodyache was 100% .

Relief in Cough was 81.25 % in gp.1<sup>st</sup> whereas it was relieved 87.5 % in Gp. 2<sup>nd</sup> after 7 days.

Relief in Sore throat was 75% in gp.1<sup>st</sup> whereas it was relieved 87.5% in Gp. 2<sup>nd</sup> after 7 days.

After 10 days all the symptoms were relieved in the patients of both groups.

Summery and conclusion: During lockdown period due to Pandemic - COVID-19 this study was conducted on the patients suffering from mild to moderate symptoms of COVID-19 through Telemedicine. The patients were agreeing to take medicine as per telephonic consultation on the basis of their complaints and available reports were selected and prescribed either Allopathic medicine or Allopathic medicine with Ayurvedic medicine standard composition. The results were very encouraging and useful for this emergent situation.

It was concluded on the basis of observation that:

1. Integrated approach is more beneficial for the patients.
2. The relief of symptoms e.g. Cough, fever and Sore throat were better in group 2<sup>nd</sup> patients who were prescribed Allopathic medicine with Ayurvedic medicine standard composition.
3. Other symptoms relief was identical in both groups.
4. No adverse sign and symptoms were reported by any patients.
5. Thus the study is in favour of integrated approach of treatment.

**References:**

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