

# Awareness of COVID-19 Pandemic and General Management Protocol for Home Isolated Patients through Modern and Ayurvedic Perspective

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## ABSTRACT

The corona virus pandemic, is an ongoing pandemic of corona virus disease 2019 caused by severe acute respiratory syndrome corona virus 2. The disease was first identified in December 2019 in Wuhan, China. The WHO declared the outbreak a Public Health Emergency of International Concern on 30 January 2020 and a pandemic on 11 March 2020. The aim and objectives are to describe awareness factors for COVID-19 pandemic and to summarize general protocol for home isolated patients through modern and *Ayurveda* perspective. For this study *Ayurveda Samhitas*, authentic publications, internet and modern medical literature have been reviewed. By this review article it is concluded that all introducing, recognizing, spreading, preventive and treatment modalities for COVID-19 pandemic are very important to aware and controlling this pandemic.

**Keywords:** COVID-19 pandemic, Awareness of COVID-19, Home isolated patient.

## INTRODUCTION

Corona virus disease 2019 (COVID-19) is a contagious disease caused by severe acute respiratory syndrome corona virus 2 (SARS-CoV-2). The first known case is identified in Wuhan, China in December 2019.<sup>1</sup> The disease has since spread worldwide, leading to an ongoing pandemic.<sup>2</sup> There are 144,025,288 confirmed cases and 3,062,087 deaths worldwide.<sup>3</sup> There is lack of accurate knowledge about symptoms, transmission, prevention and possible treatment of COVID-19. Therefore people are not much

aware about this pandemic even there are some stigmas heard regarding COVID-19 and public do not help each other to controlling this ongoing pandemic. There are maximum cases of COVID-19 are asymptomatic to mild, which can easily manageable at home but due to inappropriate knowledge about this disease patients get panic. So a holistic approach of this research paper to describe all symptoms, transmission factors, preventive measures and general modern and *Ayurvedic* management protocol for

COVID-19 pandemic, by which public will get much aware about this pandemic.

### Goals for COVID-19 Awareness

- To raise awareness of the mechanism to respond and manage the COVID-19 pandemic.
- To stop transmission of virus and prevent the spread for saving lives.
- To prevent the infection socially for out breaking the virus chain.
- To take self and family protection and motivating them to avail medical facilities by cooperating with medical personnel, which is ultimately leads to reducing corona virus infection in society and community.
- To introduce the trusted source of information regarding corona virus for reducing rumours.
- For planning and adopting the preventive measures for public to fight against corona virus.

### AIM AND OBJECTIVES

1. To describe awareness factors for COVID-19 pandemic.
2. To summarize general protocol for home isolated patients through modern and Ayurvedic perspective.

### SOURCE OF AWARENESS REGARDING COVID-19 PANDEMIC<sup>4, 5</sup>

- **Mobile Apps**
- Like Arogya Setu which is launched by Indian Government.
- **Social Media**
- One of the fastest mode/medium of public health awareness. Facebook, WhatsApp and Instagram are also other renowned forums of message sharing to public about the latest updates of the situation.
- **Video Based Lectures**
- Video clips about corona virus symptoms, diagnosis and preventive measures to avoid this pandemic.
- **Electronic Resourced**
- Like television (news channels etc.).

- **Posters & Charts**
- By which layman can also aware about this pandemic.
- **Announcement & Short Speech**
- Trough loudspeakers etc.

### HOW CAN AWARE ABOUT COVID-19 PANDEMIC?

#### • COVID-19 SUSPECTS<sup>6</sup>

- Symptomatic individuals or contacts of confirmed cases
- Symptomatic healthcare workers (HCWs)
- Severe acute respiratory illness (SARI)
- Asymptomatic direct contacts or HCWs exposed without adequate protective measures (to be tested within day 5 to day 14 of contact).
- Mild Disease
- Fever, cough, malaise, sore throat without shortness of breath.

#### • Moderate Disease

- Fever  $\geq 100^{\circ}\text{F}$  with or without cough, sore throat, myalgia, difficulty in breathing
- PLUS ANY ONE of the following:
- Respiratory Rate  $> 24/\text{min}$
- SpO<sub>2</sub>  $< 95\%$  in room air
- Altered sensorium- drowsiness/ confusion/ stupor.
- Infiltrates on chest X-ray.
- Altered liver function test/ Renal function test.

#### • Severe Disease

- Moderate disease with ARDS and/or sepsis with MODS and/or, septic shock
- SBP  $< 90$  or, DBP  $< 60$  mmHg

### MEHTODS OF TRANSMISSION<sup>7</sup>

- Sneeze/ cough by infected person.
- Infected droplets
- Infected droplets on your hands
- When touch any surface or person (like hand shaking etc.)
- Come in contact with COVID-19 positive patient.

- Associated with any co-morbidity (like HTN, DM and Bronchial Asthma etc.)
- Travelling through public transport.
- Gathering and participate in large.

### PREVENTIVE MEASURES<sup>8</sup>

- Practice hand hygiene (using soap & sanitizer).
- Practice respiratory hygiene.
- Social distancing (at least 2 metres distance)
- Careful about high risk group.
- Home quarantine – self.
- Mask management.
- Clean/disinfect surface regularly.
- Eat healthy diet.
- Avoid visitors in the house.
- Avoid going to public area.
- Create supportive environment.
- Monitor symptoms.
- Seek medical help if you feel unwell.
- Should Stay informed and follow advice given by healthcare provider and government (like vaccination etc.).

### GENERAL PROTOCOL FOR HOME ISOLATED PATIENTS

- As per the guidelines of ministry of health & family welfare, the patients should be clinically assigned as very mild/mild, moderate or severe and accordingly admitted to COVID care centre, COVID health centre or dedicated COVID hospital respectively. In view of large number of asymptomatic cases being detected, the current guidelines have been extended to asymptomatic positive cases also besides very mild and pre-symptomatic cases can be treated in home isolation.

### PATIENTS ELIGIBLE FOR HOME ISOLATION<sup>9</sup>

- **Home isolation should be advised to patients having characteristics:**
- Asymptomatic positive patients
- Symptomatic positive patients without co-morbidity

- Symptomatic positive patients with controlled co-morbidity
- Elderly patients aged more than 60 years and those with co-morbid conditions shall only be allowed home isolation after proper evaluation by the treating medical officer.
- A care giver should be available to provide care on 24 x 7 basis. A communication link between the caregiver and hospital is a prerequisite for the entire duration of home isolation.
- A care giver and all close contacts of such cases should take Hydroxychloroquine prophylaxis as per protocol and as prescribed by the treating medical officer.
- Download *Arogya Setu* App on mobile and it should remain active at all times (through Bluetooth and Wi-Fi).
- The patient shall agree to monitor his health and regularly inform his health status to the District Surveillance Officer, who will facilitate further follow up by the surveillance teams.
- The patient will fill in an undertaking on self-isolation and shall follow home quarantine guidelines. The treating doctor should satisfy himself before allowing home isolation.
- **When to seek medical attention:**
- Difficulty in breathing.
- Dip in oxygen saturation (SpO<sub>2</sub><95%).
- Persistent pain/pressure in the chest.
- Mental confusion or inability to arouse.
- Slurred speech/ seizures.
- Weakness or numbness in any limb or face.
- Developing bluish discoloration of lips/face.
- **When to discontinue home isolation**
- Patient under home isolation will stand discharged after 10 days of symptoms onset and no fever for 3 days. Thereafter, the patient will be advised to isolate at home and self-monitor their health for further 7 days. There is no need for testing after the home isolation period is over.

### HOME ISOLATED PATIENT SHOULD OBSERVE FOLLOWING INSTRUCTIONS

- Have separate room with attached toilet and bathroom.
- Hand hygiene and mask management.
- Oxygen concentration should check on pulse oximeter at least 3 times in a day (if <94% call treating physician immediately).
- Temperature and blood pressure should check (if temp. >101 F for >3days, should inform physician).
- Patient should get his hemogram and CRP test done on day 0, 5, 10. If tests are abnormal contact the physician.
- X-ray chest or HRCT is indicated only after 5 days if cough or fever persists.
- Adequate hydration (2.5 to 3 lit/day) and protein rich diet should be maintained.
- Associated co-morbidities should be under controlled.

### MODERN MANAGEMENT PROTOCOL FOR HOME ISOLATED PATIENTS

- **Asymptomatic positive patients**
- No antivirals required.
- **Symptomatic positive patients without co-morbidity or with controlled co-morbidity**
- No antivirals required.
- Ivermectin 12mg once a day for 5 days.
- Doxycycline 100mg twice a day for 5 days.
- Favipiravir 200mg/9 tablets/BD for day one then 4 tablets twice a day for 5 days.
- Additionally all these patients should receive
- Vitamin C - 500 mg / BD x 10 days
- Zinc 20 mg / OD x 10 days
- Vitamin D - 60000 unit single dose
- Antitussive cough syrup- for dry cough
- Tab Cetirizine 10mg OD- for running nose if required
- Tab Paracetamol 500mg/650mg SOS- for fever
- Tab Pantoprazole 40mg OD/empty stomach, if required

- All persons to continue the regular medications for the pre-existing co-morbid illnesses like HTN, DM, Hypothyroidism etc.
- Tab Hydroxychloroquine Sulphate (HCQS) prophylaxis for the Household/ Caregiver of COVID-19 positive person:
- Tab HCQ 400 mg/BD on first day followed by 200 mg /BD for next 4 days

### AYURVEDIC MANAGEMENT PROTOCOL FOR HOME ISOLATED PATIENTS<sup>10, 11, 12, 13, 14</sup>

- **Asymptomatic positive patients**
- *Arogya Kashayam* 100ml/BD
- **Symptomatic positive patients without co-morbidity or with controlled co-morbidity**
- *Arogya Kashayam* 100ml/BD + *Sudarshan Ghan Vati* 2BD
- *Dashmool katutray kwath* 3TSE/ TDS
- *Lavangadi vati /Khadiradi vati* 3tab/TDS/slowly dissolve in the mouth
- *Haldi+Saindhava Lavana* with lukewarm water for gargles
- Steam inhalation 4 times for 10 minutes
- *Nasya* (nasal drops) x *Anu Taila* / 2 drops/empty stomach once a day
- *Pranayama* and yoga.
- If required :
- *Tribhuvankirti rasa* 125mg+ *Godanti Bhasma* 250mg + *Sitopaladi Churna* 3gm/BD with honey for fever
- *Mallasindura* 65 to 125 mg/BD with honey
- *Shringa Bhasma* 250mg/BD with honey or ghee
- *Anand Bhairava Rasa* 250mg/BD
- *Chandramrta Rasa* 375mg/BD
- *Chausat Prahar Pippali* 2tab/BD
- *Kaphakuthara Rasa* 125mg/BD
- *Kaphaketu Rasa* 125mg/BD
- *Laxmivilasa Rasa* or *Nardiya Laxmivilasa Rasa* 125mg/BD
- *Rajmringanka Rasa* 125mg/BD
- *Shringabhra Rasa* 125mg/BD
- *Shwasakasachinta Mani Rasa* 125mg/BD

- *Shwasa Kuthar Rasa* 125mg/BD
- *Vasant Tilak Rasa* 1tab/BD
- *Tralokyachintamani Rasa* 125mg/BD
- *Babbularishta* 10-20ml/BD with equal quantity of water
- *Kanakasava* 10-20ml/BD with equal quantity of water
- *Vasarishta* 10-20ml/BD with equal quantity of water
- *Agastya Haritaki Rasayan* 10gm/BD with lukewarm water or milk
- *Chyavanprash* 10gm/BD
- *Chitrak Haritaki* 10gm/BD
- *Kantkaryavaleha* 10gm/BD
- *Kushmanda rasayan* 10gm/BD
- *Vyaghriharitaki* 10gm/BD
- *Haridrakhanda* 6gm/BD with lukewarm water or milk
- *Sitopaladi Churna* 5gm/BD or TDS with honey
- *Talishadi Churna* 5gm/BD or TDS with honey
- *Shringyadi Churna* 5gm/BD or TDS with honey
- *Vyoshadi Vati* 1tab/q.i.d.
- (these all above *Ayurvedic* formulations should be used as per symptoms)

## HOME QUARANTINE SCHEDULE

Table No. – 1:

S.No.	Timing	Dose	Details
1.	06:00am	--	Wake up
2.	06:30 to 7:00am	½ hour	Yoga <i>Pranayam</i>
3.	07:00am	50 to 100ml	Hot lemon water
4.	07:00 to 8:00 am	Vitamin-C	Break fast
5.	08:30am	50 to 100ml	Hot milk
6.	09:00am	50 to 100ml	Steam inhalation
7.	09:30am	50 to 100ml	<i>Arogya Kashayam</i>
8.	11:00am	50ml	Hot tea
9.	12:00pm	50 to 100ml	Hot lemon water
10.	1:00 to 2:00pm	Vitamin C + B	Lunch
11.	03:00pm	5 to 10 minute	Steam inhalation
12.	04:00 to 5:00pm	1 hour	Rest
13.	05:30pm	50 to 100ml	<i>Arogya Kashayam</i>
14.	06:00 to 7:00pm	1 hour	Yoga & <i>Pranayam</i>
15.	07:00pm	50 to 100 ml	Hot lemon water
16.	07:30 to 8:30pm	Vitamin C+E	Dinner
17.	09:00pm	5 to 10 minutes	Steam inhalation
18.	09:30pm	50 to 100ml	<i>Arogya Kashayam</i>
19.	Before sleep	50 to 100ml	Hot milk

## DISCUSSION

COVID-19 pandemic awareness is the most important for breakdown the virus chain. Awareness about COVID-19 pandemic reduces death rate and help in controlling this ongoing pandemic. The information providing through this research paper is useful to identifying symptoms, aware about transmission factors, take precautionary measures and most important, possible management of this contagious disease. By home isolation of asymptomatic to mild cases, can reduce unnecessary hospital admission and cut down the admission burden in hospital.

## CONCLUSION

It is concluded that, enlist the symptoms, transmission factors, preventive measures and general management protocol of home isolated patient are very important to aware and controlling COVID-19 pandemic. It is also play a vital role to avoid unnecessary hospital admission, early recognition of COVID-19 symptoms and for well management.

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