

Awareness About Covid-19 Symptoms And Precautions Among Practitioners Of Indian Medicine

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ABSTRACT:

BACKGROUND: The COVID-19 pandemic has become a major cause of concern for the healthcare profession. Indian medicine practitioners, such as in, allopathic systems are used for treating the infection, but unfortunately there is no specific medicine for COVID-19. The Ayurvedic fraternity is looking forward to the active involvement in the prevention and cure for COVID-19.

AIM: The aim of this study was to assess the awareness about COVID-19 symptoms and precautions among practitioners of traditional Indian medicine like Ayurveda, Siddha and Homeopathy.

MATERIALS AND METHODS: A survey was conducted among 112 individuals practising Indian Medicine through google form. The responses were recorded in the SPSS software version 25. The responses were recorded in the form of bar graphs and pie charts.

RESULT: Among the 112 individuals 99.9% respondents exhibited high level knowledge about COVID-19 symptoms and precautions. Most of the respondents chose home remedies and natural ayurvedic medicines and syrup for boosting their immunity and to keep themselves healthy and fit.

CONCLUSION: The individuals who attended this survey were well aware of COVID-19 and its precautions and thus were confident in treating the various symptoms.

KEYWORDS: COVID-19, precautions, ayurveda, awareness, innovative technology, novel method, innovative technique.

INTRODUCTION:

Coronavirus (CoV) infections are known to cause illness ranging from the common cold to severe respiratory disorders (SARS). Multiple epidemic outbreaks with 800 deaths occurred in 2002 (SARS). In 2012, MERS-CoV with 860 deaths. (1). The current situation of COVID-19 pandemic, forces the Indian medicine practitioners to prepare themselves to face the present and after effects of COVID-19 (2). COVID-19 has affected a large number of healthcare professionals present in the world. With the global focus on testing, finding a way to cure and prevent transmission of COVID-19, people from all over the world are going under a huge number of psychological problems by adjusting their current lifestyles and fear of the disease (3).

Indian medicine practitioners, such as, allopathic systems are used for treating the infection, but unfortunately there is no specific medicine for COVID-19. The Ayurvedic fraternity is looking forward to the active involvement in the prevention and cure for COVID-19 (4). The central government has brought in the ministry of Ayurveda, yoga and Neuropathy, unani, siddha, Homeopathy (AYUSH), etc; into COVID-19 management strategy. The aim of this is to bring out the concerns by adapting traditional knowledge and practices to public health requirements(5).

COVID-19 is a major cause of the concern for the healthcare profession which is caused by SARS-CoV-2. These are evolved and developed mutations, causing new variants of the disease which leads to dramatic loss of human life world wide. This pandemic has decimated jobs and placed millions of livelihoods at risk. We must rebuild trust and cooperation among nations between people and government. Our team has extensive knowledge and research experience that has translate into high quality publications

(6),(7),(8),(9),(10),(11),(12),(13),(14),(15),(16),(17),(18),(19),(20),(21),(22),(23),(24),(25). The aim of this study is to assess the awareness about COVID-19 symptoms and precautions among practitioners of traditional Indian medicine like Ayurveda, Siddha and Homeopathy.

MATERIALS AND METHODS:

This study took place in Chennai, Tamil Nadu which included 112 participants who were practitioners of traditional Indian medicine like Ayurveda, Siddha and Homeopathy. It was approved by the SRB Committee of Saveetha Dental College. A convenience sampling method was used. A detailed questionnaire survey was conducted which included the following questions:

- Are you aware of COVID-19?
- Can COVID-19 be cured with antibiotics?
- What is the most common symptom seen in COVID-19?
- How do you suspect that this patient is suffering from COVID-19?
- Do you take sufficient precautions for prevention of COVID-19?
- What type of precautions have you taken for prevention of COVID-19?
- Which type of precautions will you advise your patient to prevent COVID-19?
- How often do you think that COVID-19 is a bioterrorism weapon against the world?
- What type of Ayurvedic medicine do you prescribe for prevention of COVID-19?
- Whether climate change is having any impact of COVID-19?
- Which climate do you think for aggravation of COVID-19 symptoms?
- Do you think that vaccine is the perfect solution for COVID-19?
- Which system of medicine has a complete answer to COVID-19?
- Incorporation of Ayurvedic therapies into the practice would result in increased patient satisfaction and attract more patients?
- Is Ayush kadha having any role in the treatment of COVID-19?

The questionnaire was created and circulated through google forms and the responses validity checking was done by consulting experts and data entered in google form was transferred to google sheets, analysed, tabulated, interpreted and compared. Pie charts and bar graphs are used for the representation of data collected. Inclusion criteria includes those who were willing to do survey and the exclusion criteria includes those who were not willing to do survey. Statistical analysis: Data collected and its analysis was done by SPSS software and chi-square test was used for correlation ($p<0.05$ was considered significant).

RESULTS: The above study exhibits that the Indian practitioners have been taking major precautions against COVID- 19 and are aware of its symptoms. 100% of participants were aware of COVID-19. 56.3% of males and 43.8% of females have selected the option “ashwagandha” for the question “Which Ayurvedic medicine is best for the treatment of COVID-19?”(fig-1). 70.7% of males and 29.3% of females for “chyawanprash” and 56.7% of males and 43.3% of females for “kashayas”. 79.2% of males and 20.8% of females for “turmeric”. For the second question “Is Ayush kadha having any role for the treatment of covid-19?”(fig-2). 51.9% of females and 48.1% of males voted for “yes”, 100% females and

0% males voted for “not sure”. For the third question “Which climate do you think for aggravation of COVID-19 symptoms?”(fig-3). 74.4% of females and 25.6% of males voted for “rainy”. 66.7% of females and 33.3% of males voted spring. 87.5% of females and 12.5% males voted for “summer”, 54.7% of females and 45.3% of males voted for “winter”.

For the fourth question “What type of precautions have you taken for prevention of COVID-19?”(fig-4). 70.6% of females and 29.4% of males voted for “all of the above”, 70% of females and 30% of males voted for “wearing face shield”, 62% of females and 38% of males voted for “wearing mask”.

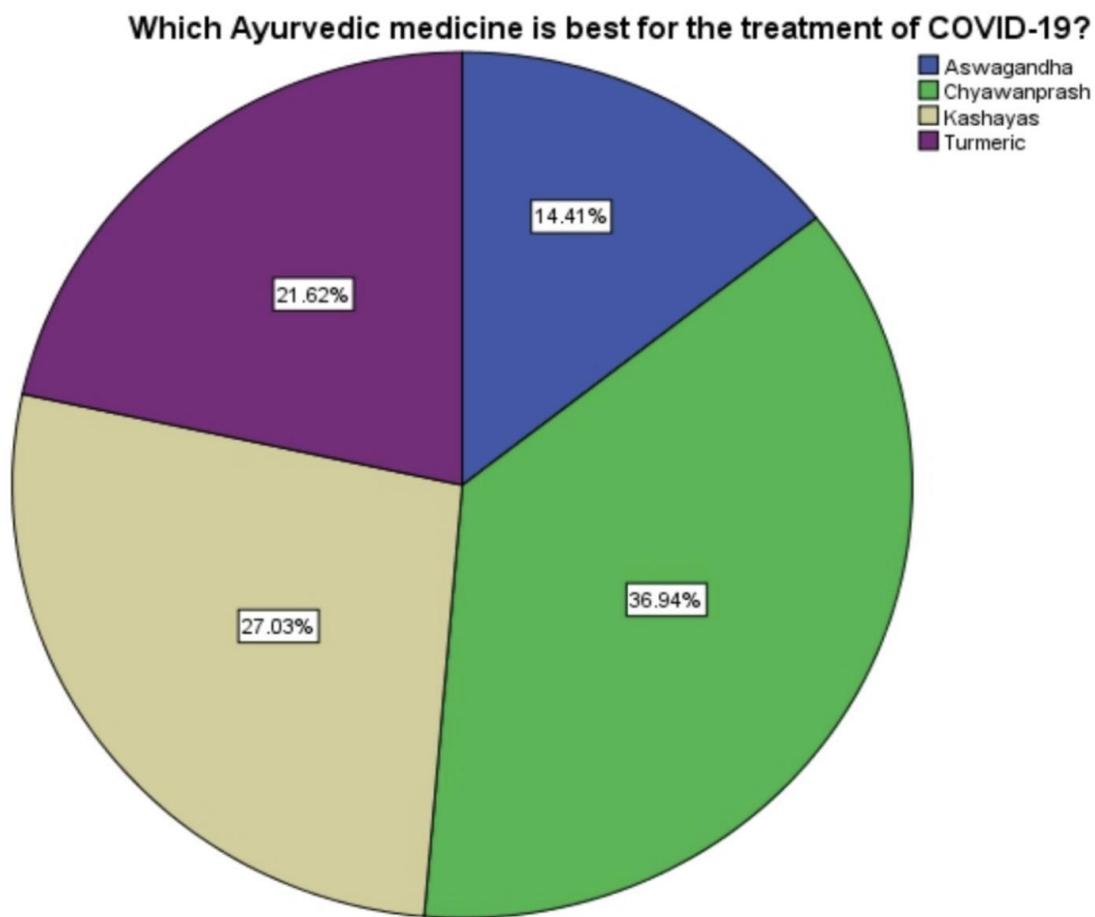


Fig 1: The pie chart shows the response of the best ayurvedic medicine treatment for the COVID-19. Blue represents ashwagandha, green represents chyawanprash, yellow represents kashayas and purple represents turmeric. 14.41% of the participants responded for ashwagandha, 36.94% of the participants

responded for chyawanprash, 27.03% of the participants responded for kashayas and 21.62% of the participants responded for turmeric. Majority of the participants responded chyawanprash as best ayurvedic medicine for treatment of COVID-19 as compared to others.

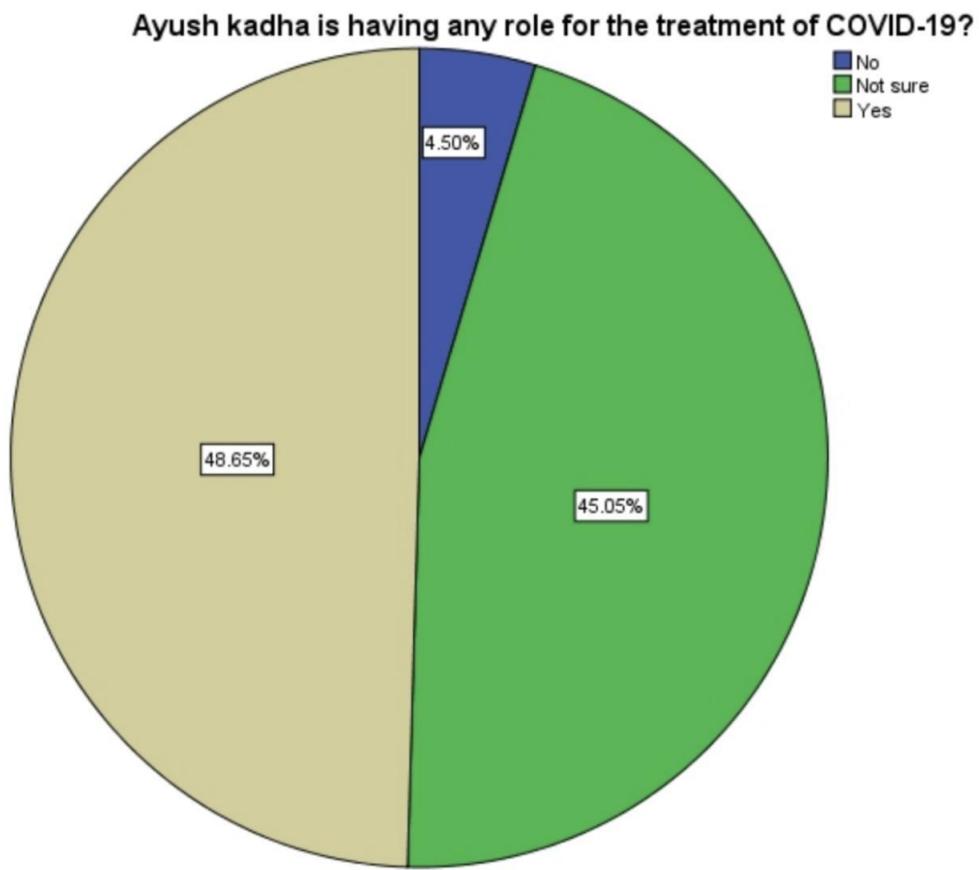


Fig 2: The pie chart shows the response of the role of ayush kadha for the treatment of COVID-19. Blue represents no, green represents not sure and yellow represents yes. 4.50% of the participants responded for no, 45.05% of the participants responded for not sure and 48.65% of the participants responded for yes. Majority of the participants agreed that ayush kadha plays a role for the treatment of COVID-19.

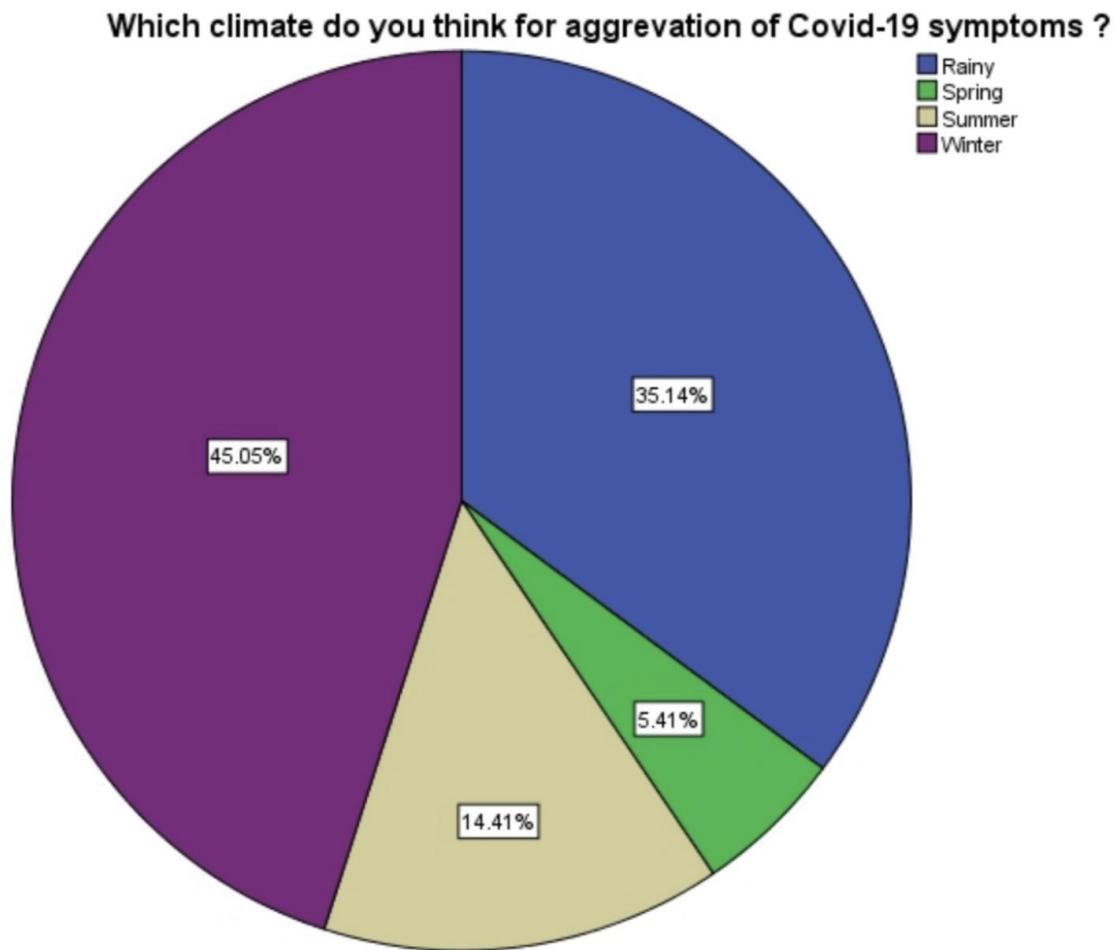


Fig 3: The pie chart shows the response of the participants who chose climate for the aggravation of COVID-19 symptoms. Blue represents rainy, green represents spring, yellow represents summer and purple represents winter. 35.14% of the participants responded for rainy, 5.41% of the participants responded for spring, 14.41% of the participants responded for summer and 45.05% of the participants responded for winter. Majority of the respondents agreed winter season aggravates covid-19 symptoms.

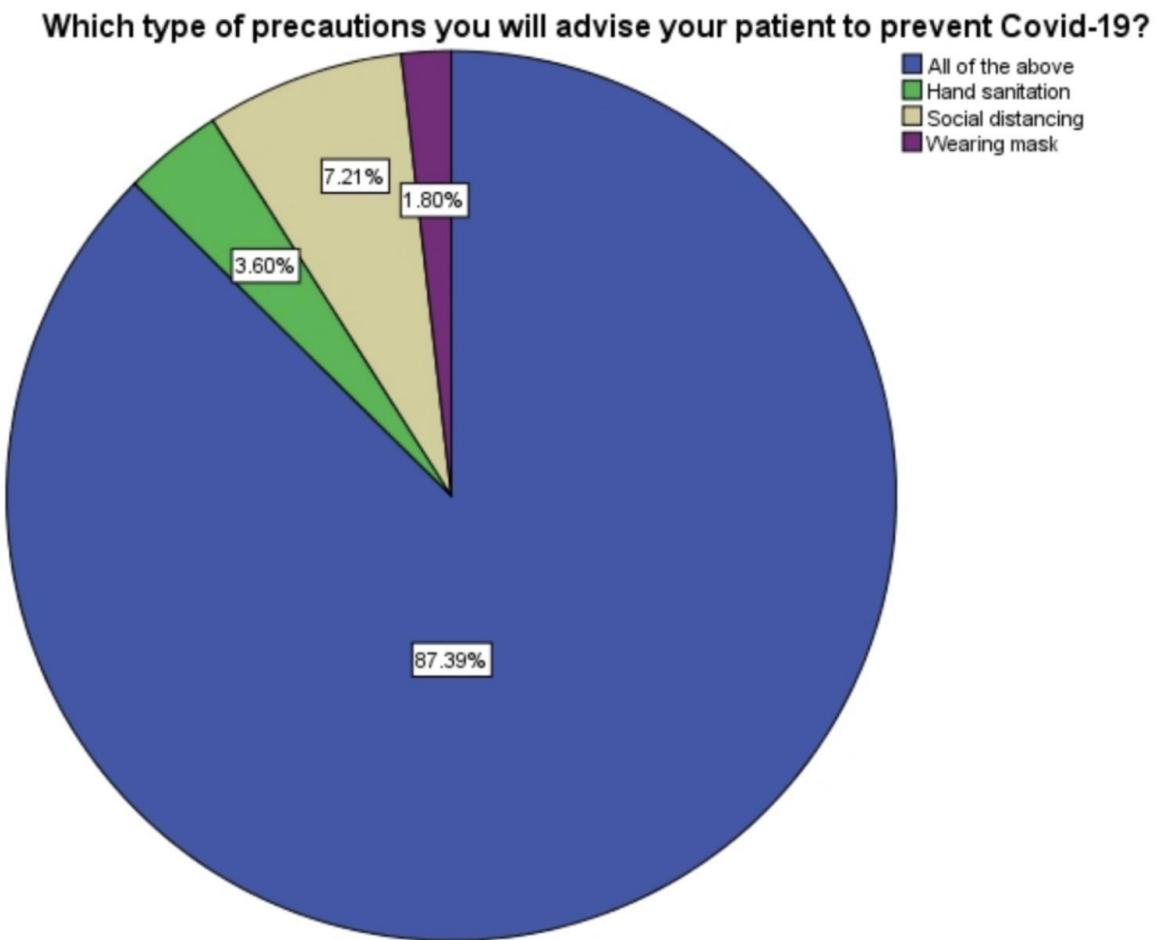


Fig 4: The pie chart the response for the type of precautions advised by your patient to prevent COVID-19. Blue represents all of the above, green represents hand sanitation, yellow represents social distancing and purple represents wearing mask. 87.39% of the participants responded for all of the above, 3.60% of the participants responded for hand sanitizer, 7.21% of the participants responded for social distancing and 1.80% of the participants responded for wearing masks. Majority of the participants responded all of the above.

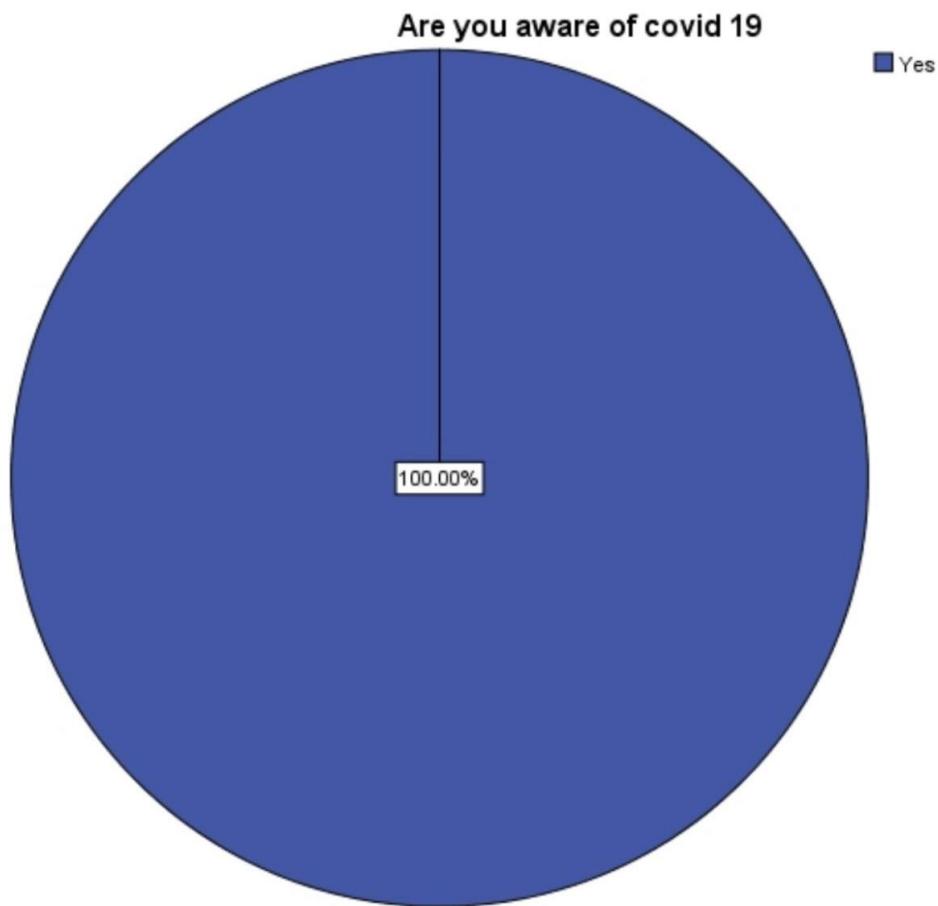


Fig 5: The pie chart the response for the awareness of COVID-19. Blue represents yes. 100% of the participants responded yes.

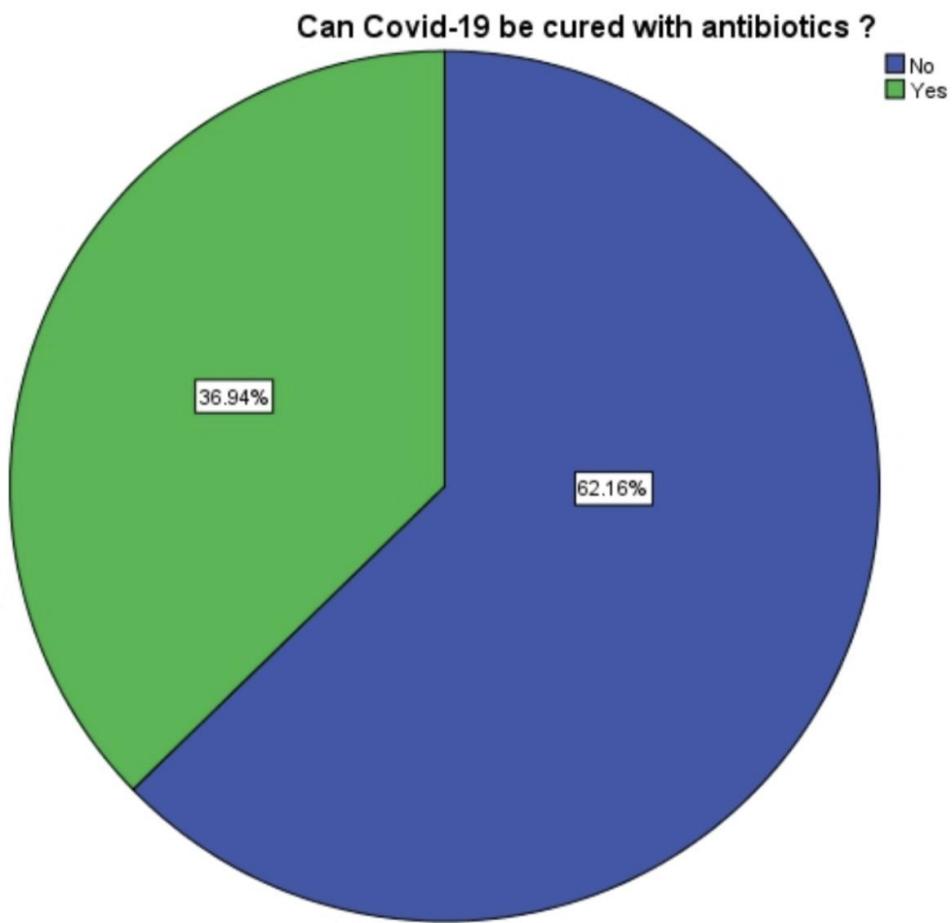


Fig 6:The pie chart the response to cure COVID-19 with antibiotics. Blue represents no and green represents yes. 36.94% of the participants responded yes and 62.16% of the participants responded no.Majority of the participants agreed antibiotics cannot cure COVID-19.

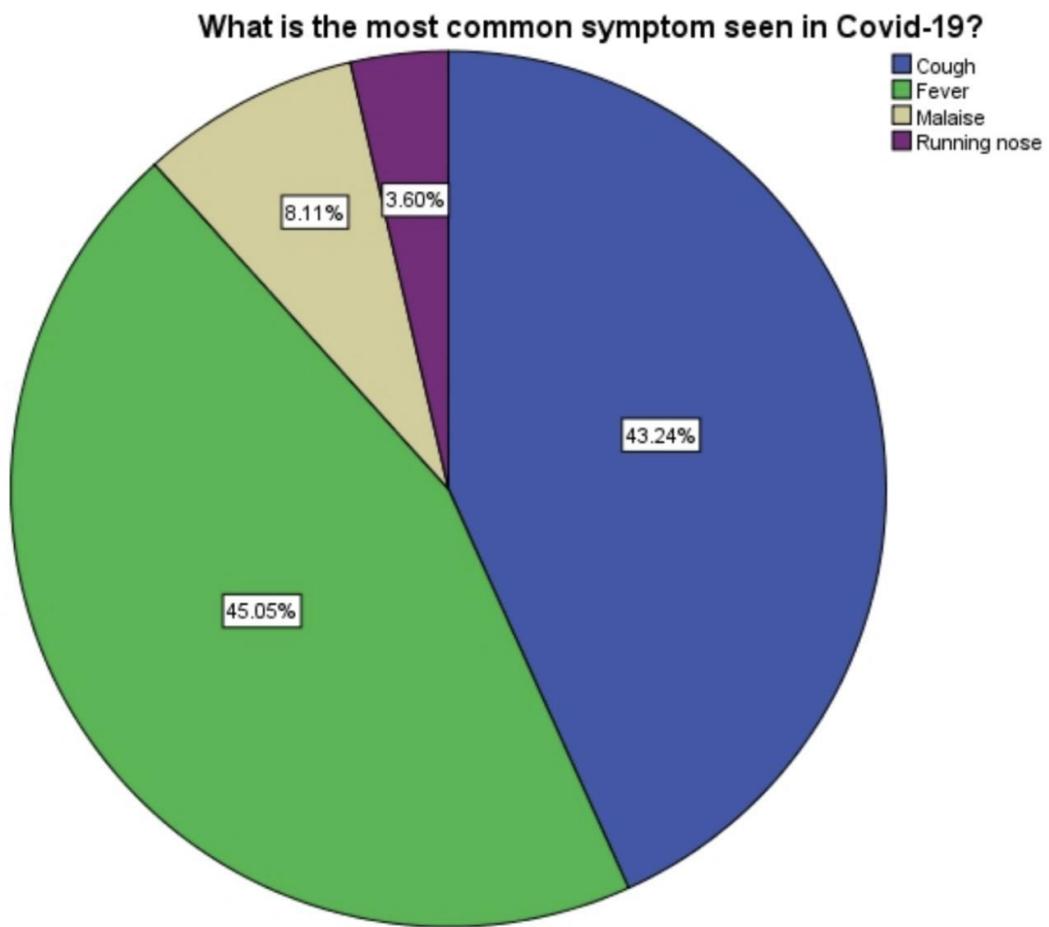


Fig 7: The pie chart the response for the most common symptom for COVID-19. Blue represents cough, green represents fever, yellow represents malaise and purple represents running nose. 43.24% of the participants responded for cough, 45.05% of the participants responded for fever, 8.11% of the participants responded for malaise and 3.60% of the participants responded for running nose. Majority of the participants responded fever as the most common symptom of COVID-19.

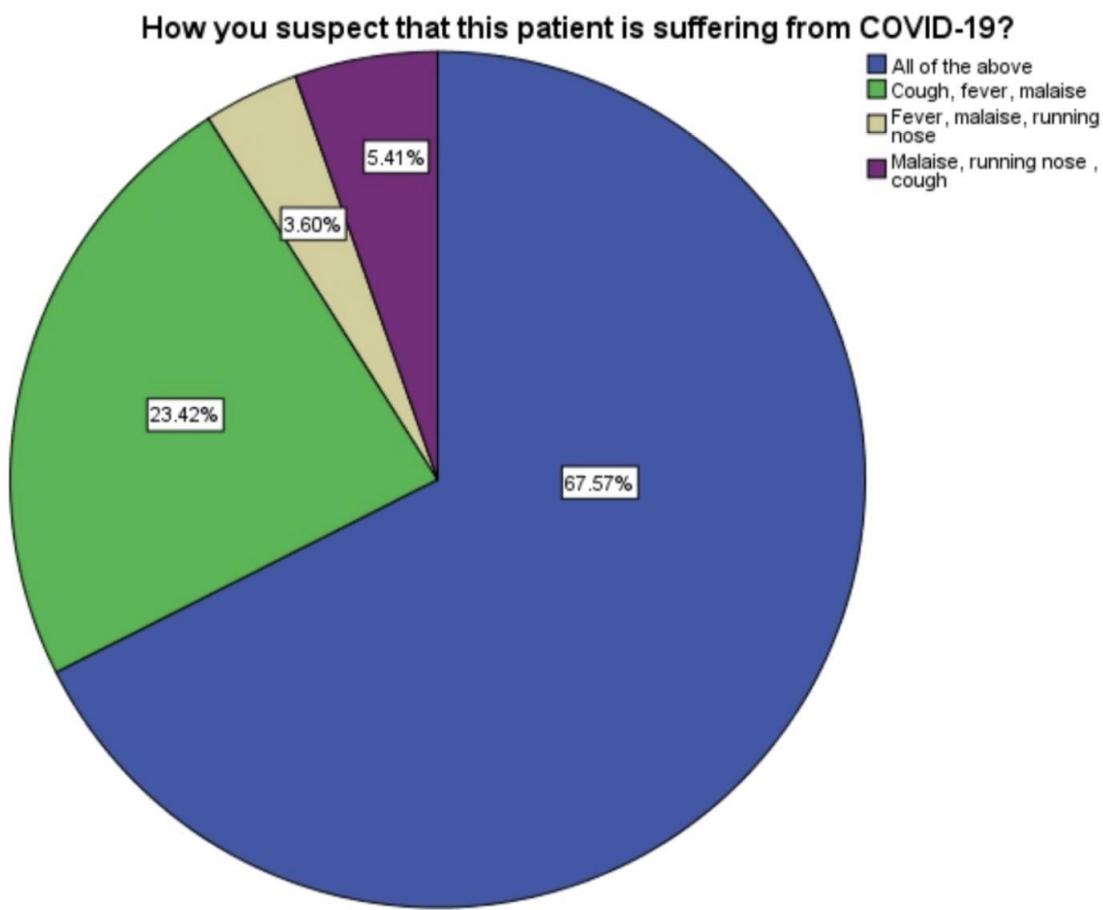


Fig 8:The pie chart shows the response for the patient suffering from COVID-19. Blue represents all of the above, green represents cough, fever and malaise, yellow represents fever, malaise and running nose, purple represents malaise, running nose and cough. 67.57% of the participants responded for all of the above, 23.42% of the participants responded for cough, fever and malaise, 3.60% of the participants responded for fever, malaise and running nose and 5.41% of the participants responded for malaise, running nose and cough. Majority of the participants responded all of the above.

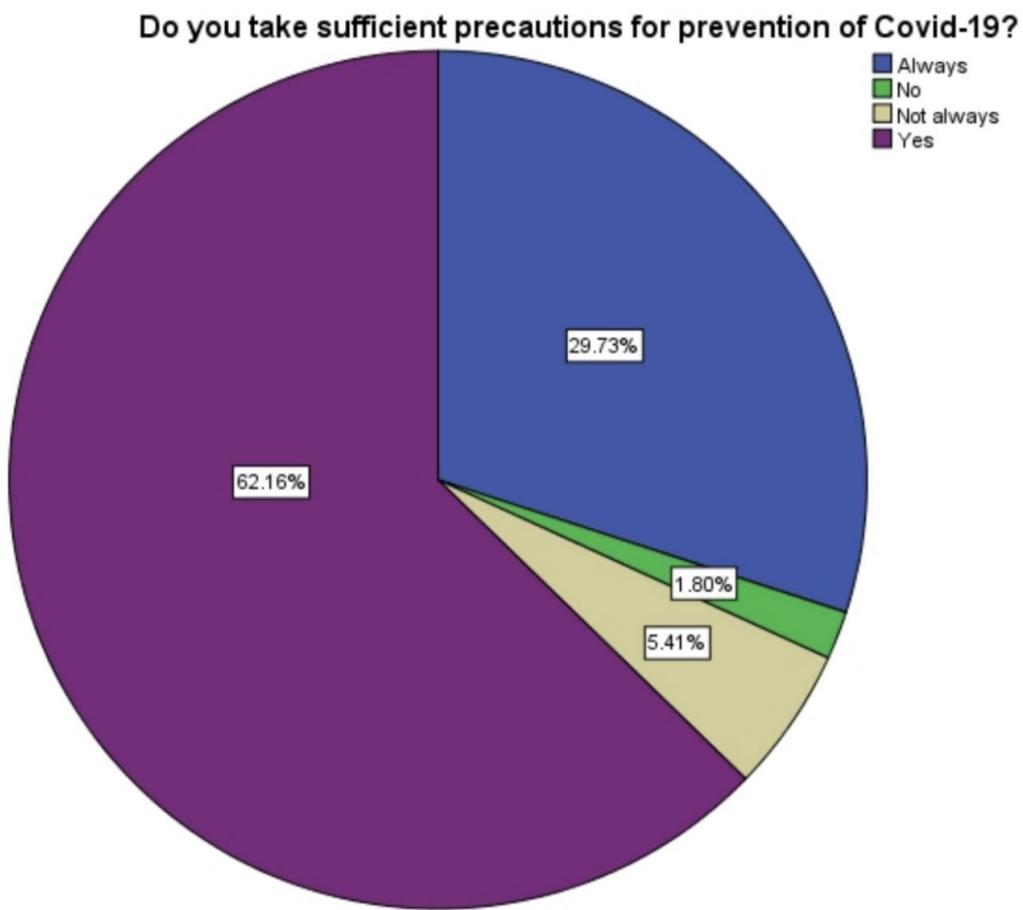


Fig 9: The pie chart the response for the sufficient precautions for prevention of COVID-19. Blue represents always, green represents no, yellow represents not always and purple represents yes. 62.16% of the participants responded yes, 29.73% of the participants responded always, 1.80% of the participants responded no and 5.41% of the participants responded not always. Majority of the participants said they take sufficient precautions for prevention of COVID-19.

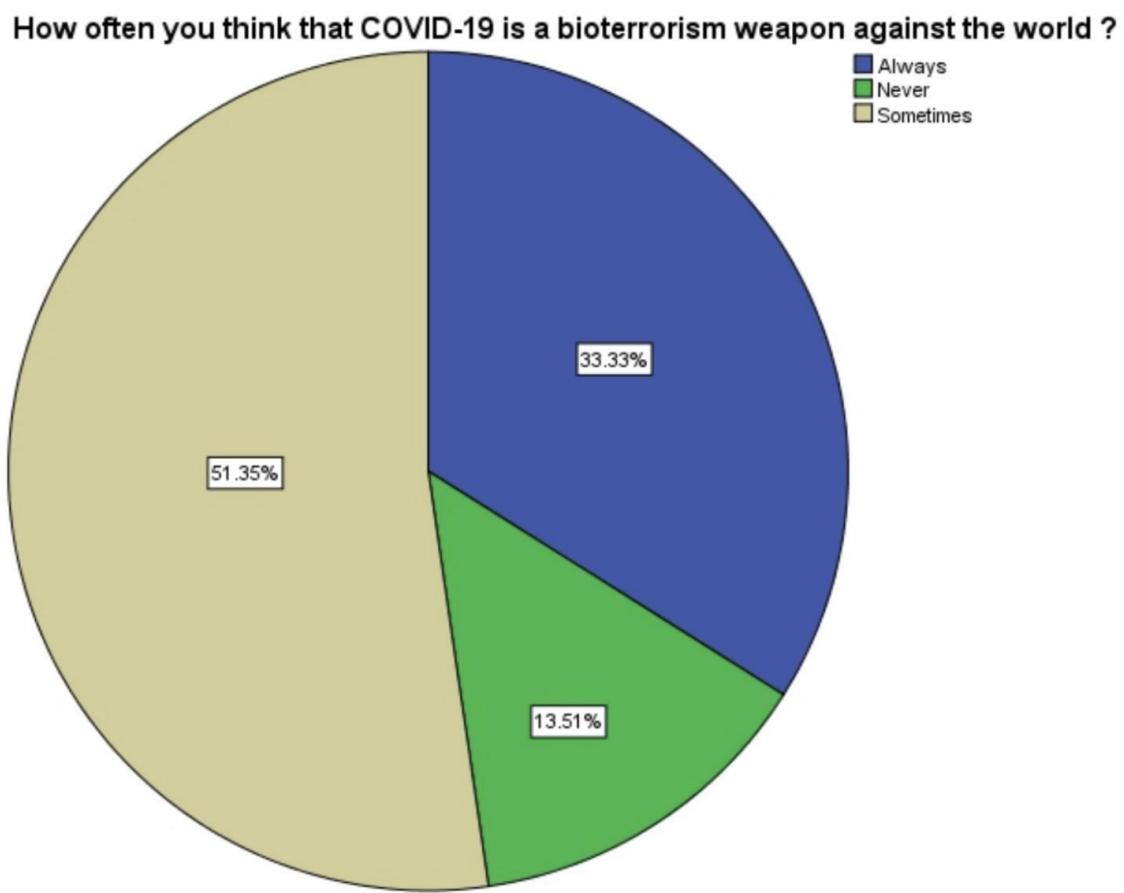


Fig 10: The pie chart the response that COVID-19 is a bioterrorism weapon against the world. Blue represents always, green represents never and yellow represents sometimes. 33.33% of the participants responded always, 13.51% of the participants responded never and 51.35% of the participants responded sometimes. Majority of the participants responded sometimes COVID-19 can be considered as a bioterrorism weapon against the world

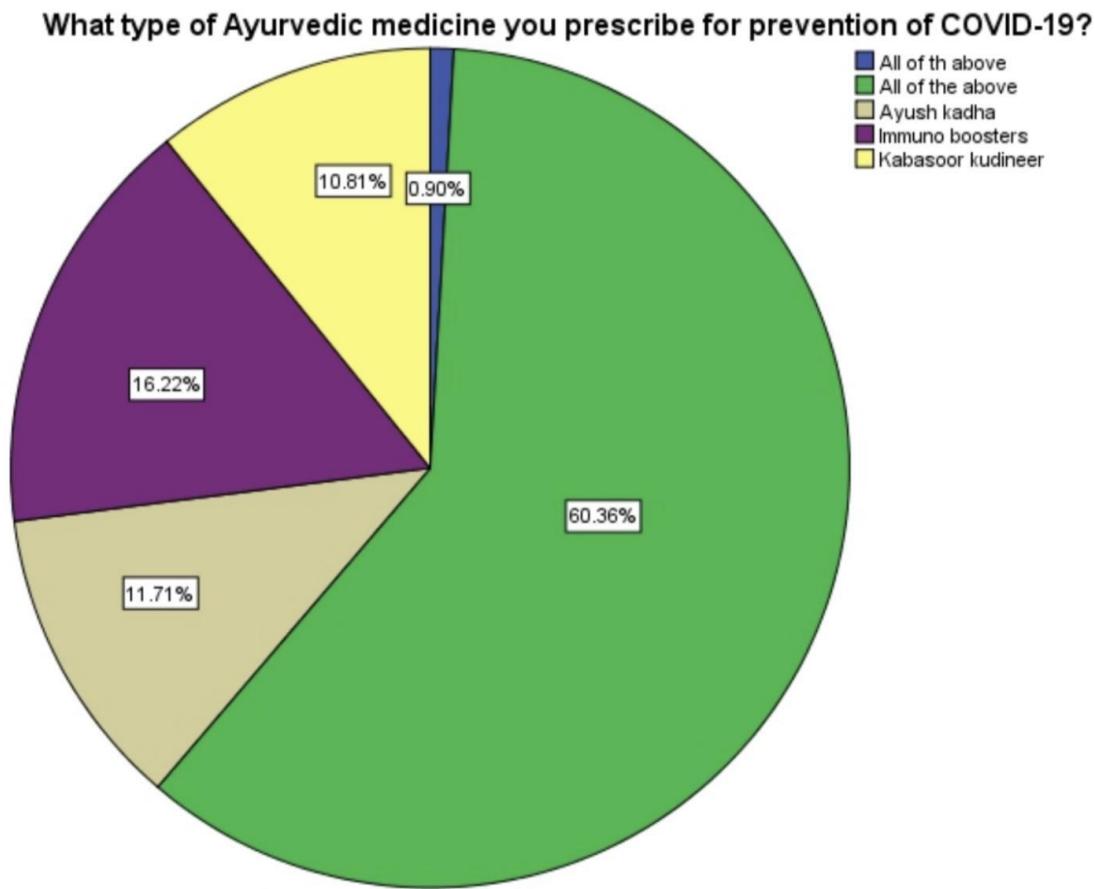


Fig 11: The pie chart shows the response for the type of ayurvedic medicine you prescribe for the prevention of COVID-19. Green represents all of the above, grey represents ayush kadha, purple represents immuno boosters and yellow represents kabasura kudineer. 60.36% of the participants responded for all of the above, 11.71% of the participants responded for ayush kadha, 16.22% of the participants responded for immuno boosters and 10.81% of the participants responded for kabasura kudineer. Majority of the participants responded to all of the above.

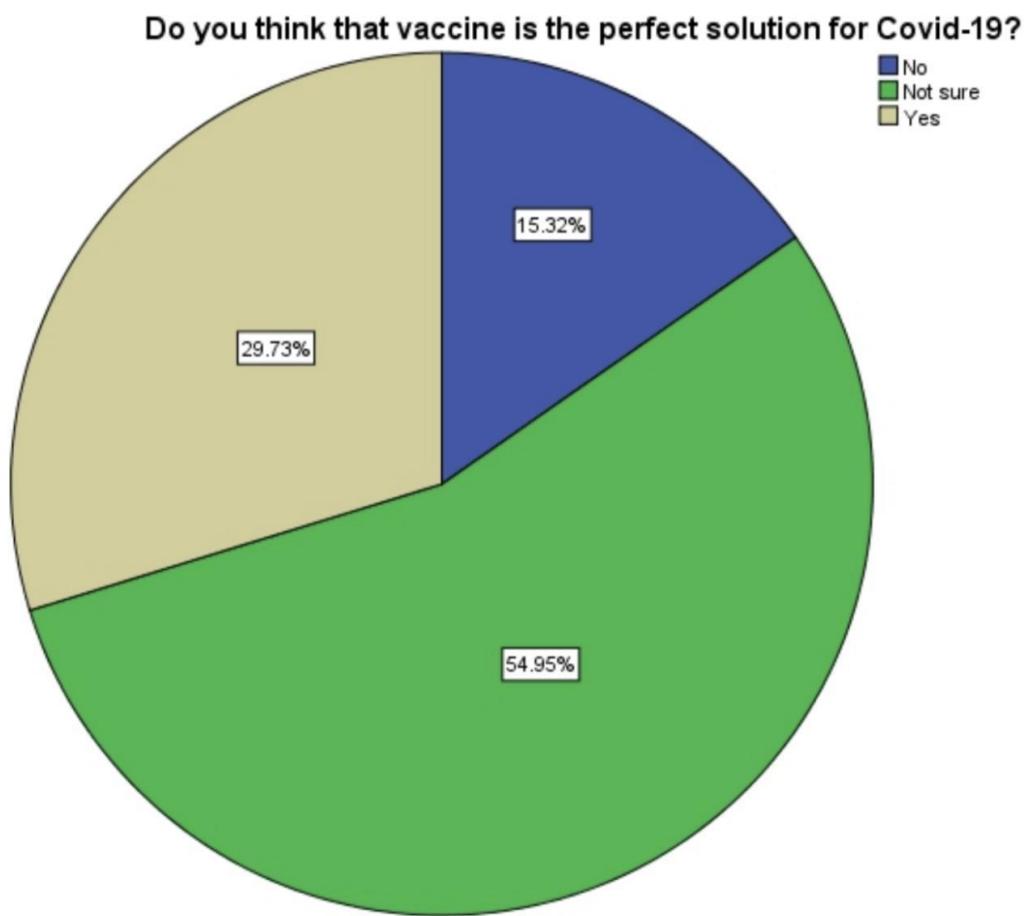


Fig 12:The pie chart shows the response for vaccines perfect for COVID-19. Blue represents no, green represents not sure and yellow represents yes. 15.32% of the participants responded for no, 54.95% of the participants responded for not sure and 29.73% of the participants responded for yes. Majority of the participants are not sure whether the vaccine is perfect for COVID-19.

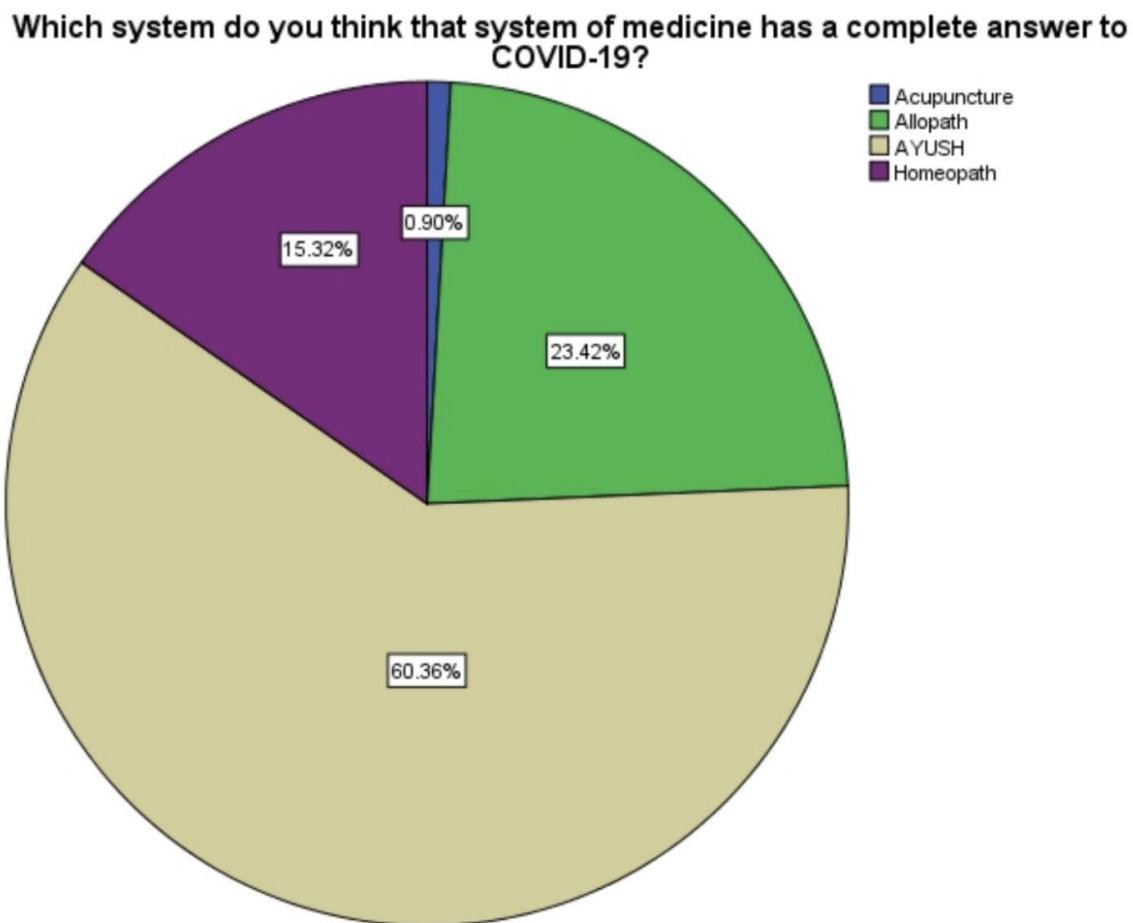


Fig 13: The pie chart shows the response for the system of medicine that has a complete answer for COVID-19. Blue represents acupuncture, green represents allopath, yellow represents ayush and purple represents homeopath. 0.90% of the participants responded for acupuncture, 23.42% of the participants responded for allopath, 60.36% of the participants responded for ayush and 15.32% of the participants responded for homeopath. Majority of the participants responded AYUSH.

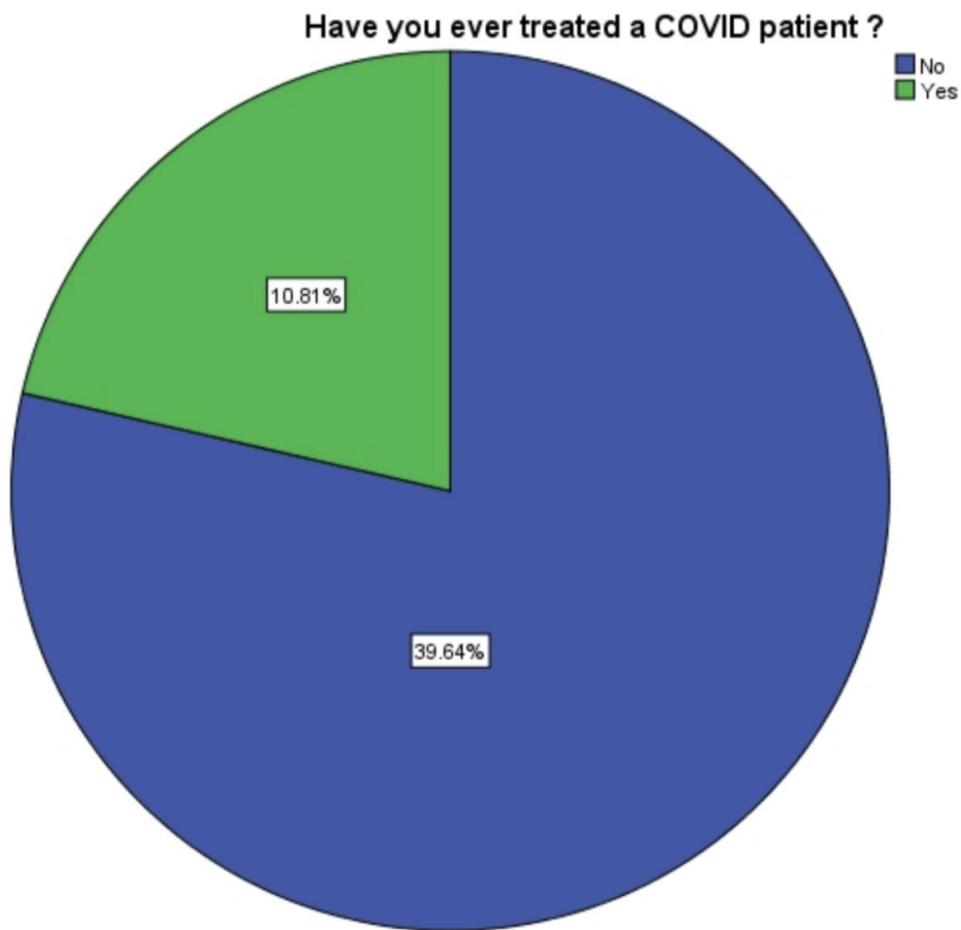


Fig 14: The pie chart shows the response for ever treated a COVID-19. Blue represents no and green represents yes. 39.64% of the participants responded for no and 10.81% of the participants responded for yes. Majority of the participants have not treated COVID patients.

Incorporation of Ayurvedic therapies into the practice would result in increased patient satisfaction and attract more patient

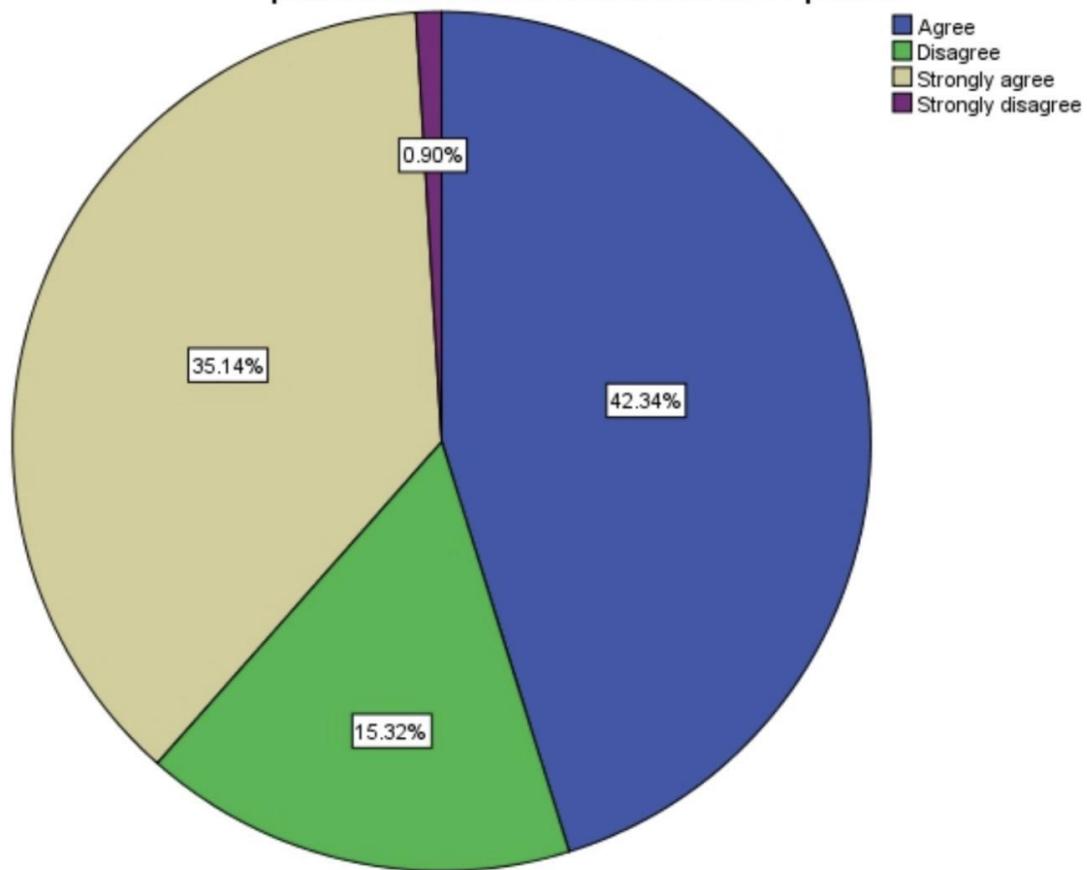


Fig 15:The pie chart shows the response for the incorporation of ayurvedic therapies into the practice would result in increased patient satisfaction and attract more patients. Blue represents agree, green represents disagree, yellow represents strongly agree and purple represents strongly disagree. 42.34% of the participants responded for agree, 15.32% of the participants responded for disagree, 35.14% for the participants responded for strongly agree and 0.90% of the participants responded for strongly disagree. Majority of the participants agreed.

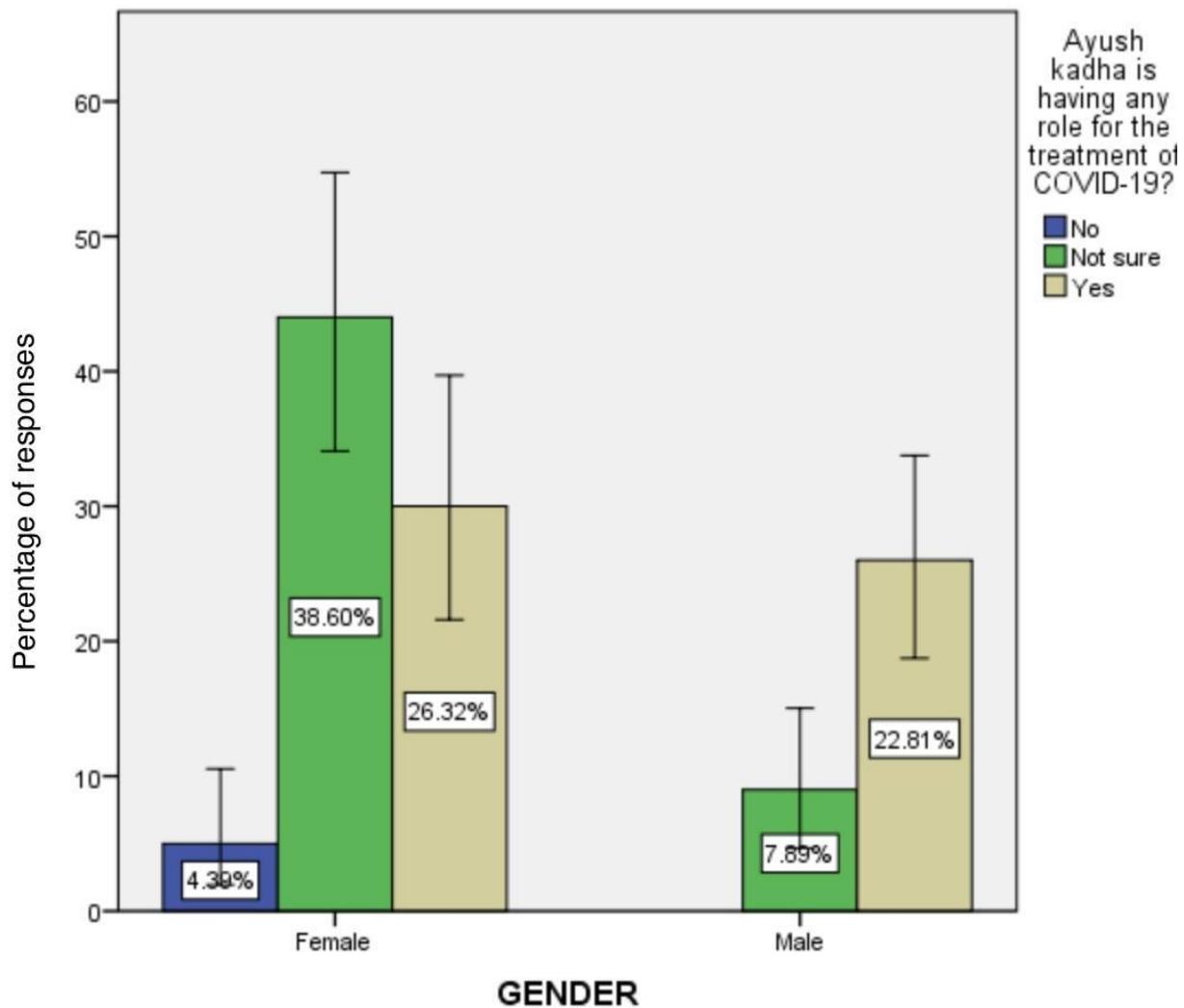


Fig 16: the bar graph represents the association between the gender and percentage of the respondents. Blue represents no, green represents not sure and yellow represents yes. X-axis represents the gender and Y-axis represents the number of responses for the ayush kadha having a role for the treatment of COVID-19. Pearson chi square test shows p value is 0.001 ($p<0.05$) which is statistically significant. Majority of females (38.60%) are not sure whether ayush kadha is having any role for the treatment of COVID-19 as compared to males(7.89).

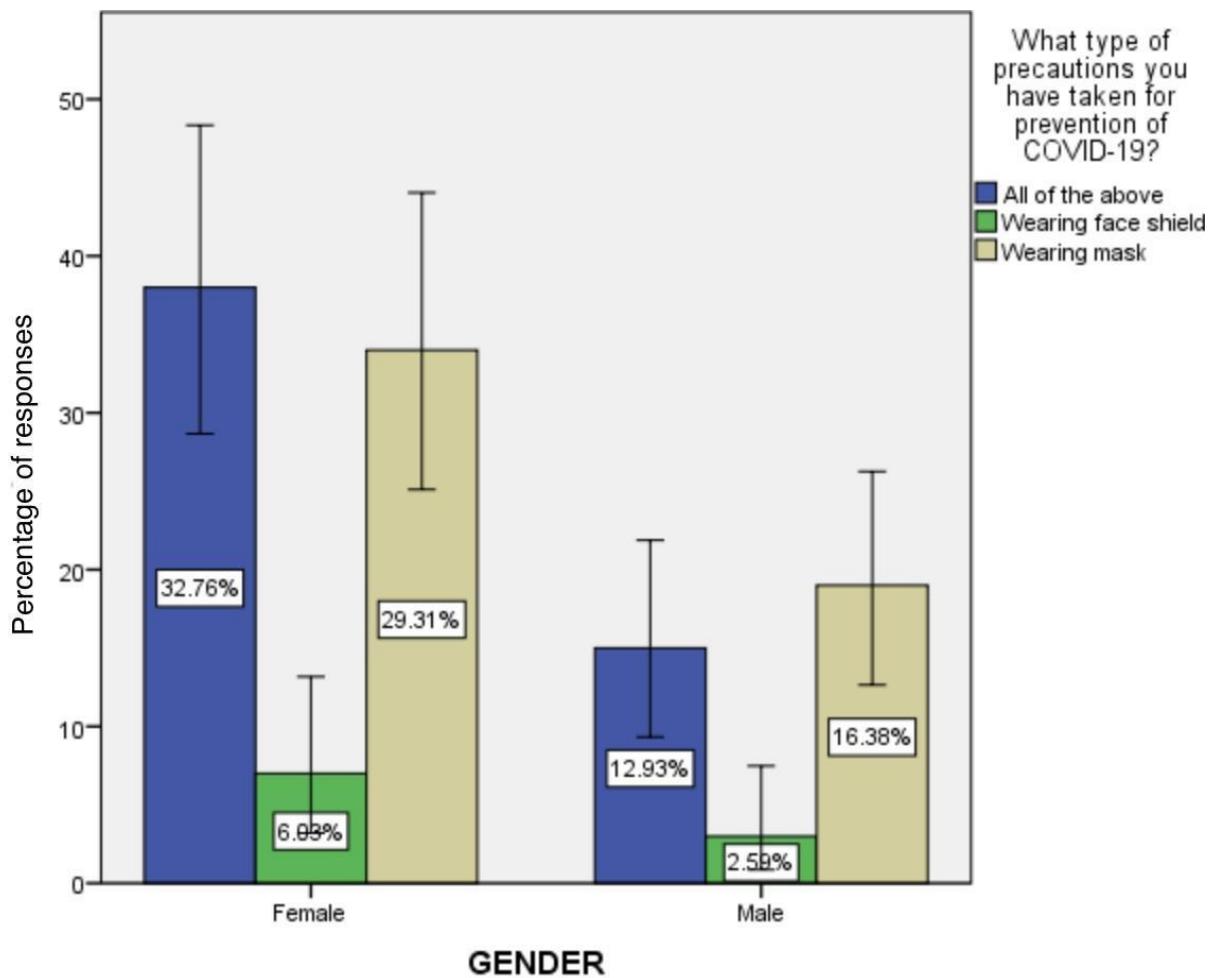


Fig 17: The bar graph represents the association between the gender and the percentage of the respondents. Blue represents all of the above, green represents wearing a face shield and yellow represents wearing a mask. X-axis represents gender and Y-axis represents the number of responses for the precautions that have been taken for the prevention of COVID-19. Pearson chi square test shows p value is 0.640($p>0.05$) which is statistically not significant. Majority of females(32.76%) have taken all the precautions for the prevention of COVID-19 as compared to males(12.93%).

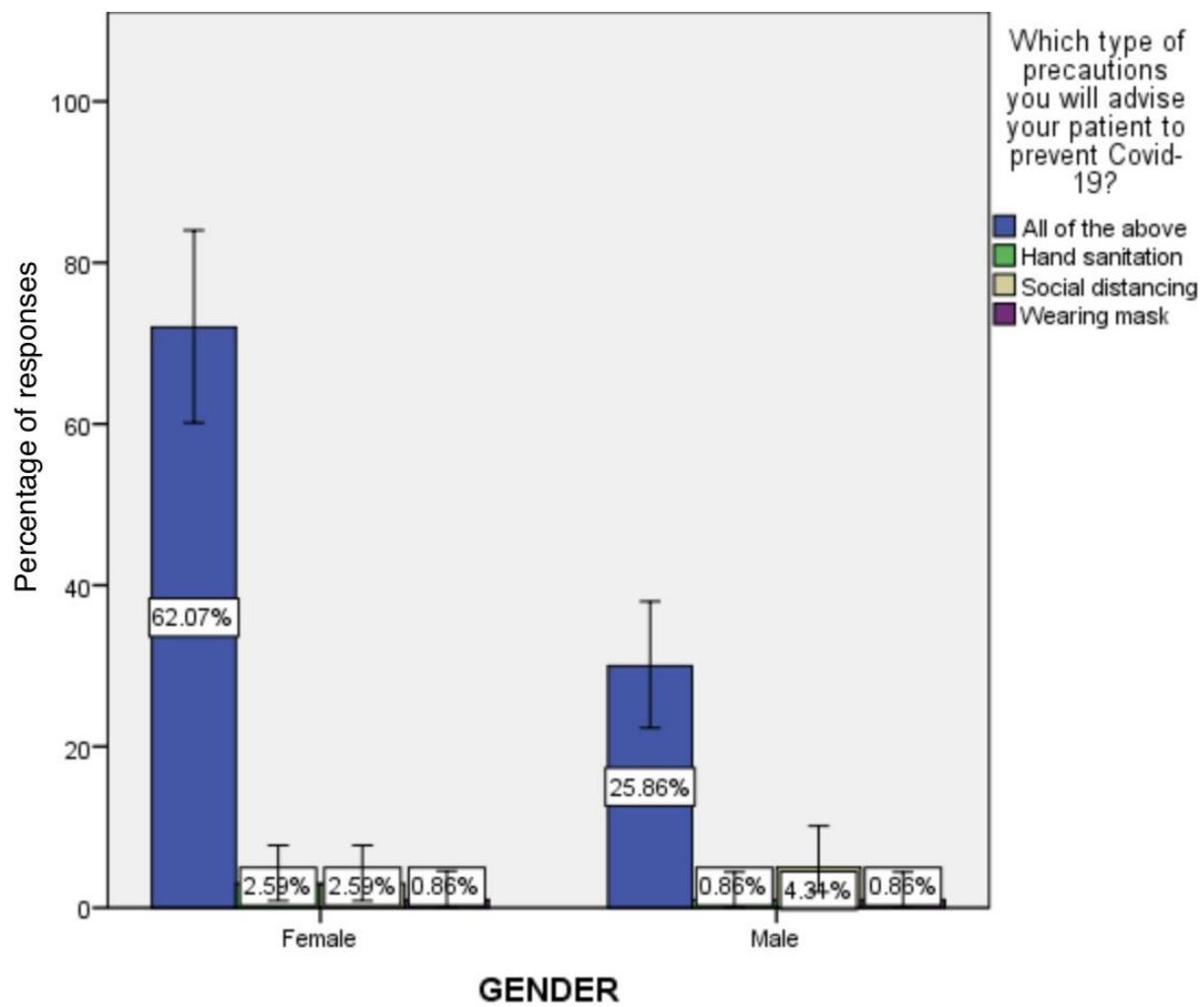


Fig 18: The bar graph represents the association between the gender and the percentage of the respondents. Blue represents all of the above, green represents hand sanitation, yellow represents social distancing and purple represents wearing a mask. The X-axis represents gender and the Y-axis represents the percentage for the type of precaution advised by your patient for the prevention of COVID-19. Pearson chi square test shows the p value is 0.297($p>0.05$) which is statistically not significant. Majority of females(62.07%) have advised all the precautions to patients as compared to males(25.86%).

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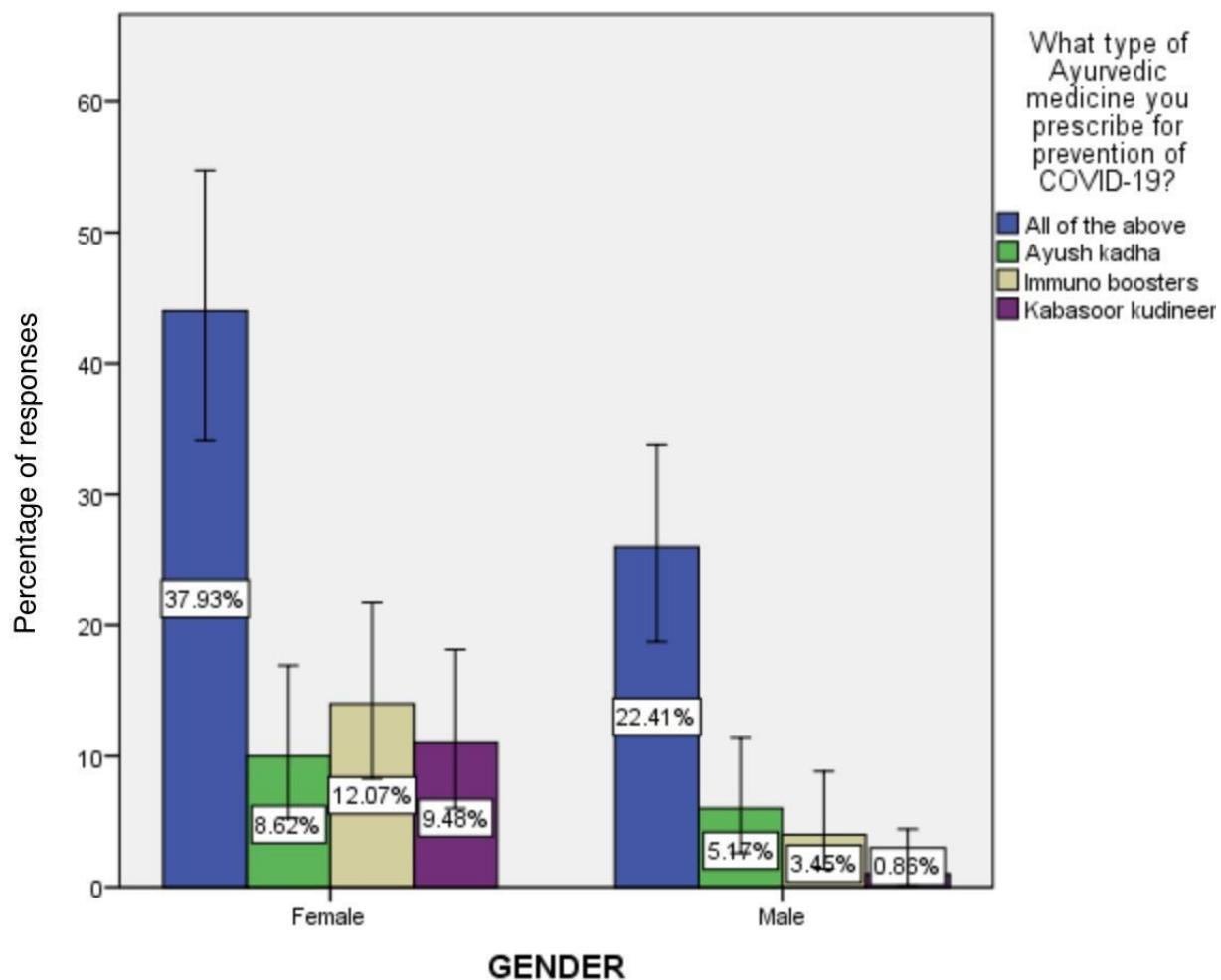


Fig 19: the bar graph represents the association between the gender and percentage of the respondents for the type of ayurvedic medicine you prescribe for the prevention of COVID-19. blue represents all of the above, green represents ayush kadha, yellow represents immuno boosters and purple represents kabasura kudineer. The X-axis represents the gender and the Y-axis represents the percentage. Pearson chi square test shows the p value is 0.115 ($p>0.05$) which is statistically not significant. Majority of the females (37.93%) prescribed all types of ayurvedic medicines as compared to males.(22.41%)

DISCUSSION:

Knowledge is crucial for establishing perceptions and preventive behaviours, affecting coping interventions to some degree. The present study postulates that the traditional Indian practitioners are aware of COVID-19 and its symptoms and have been taking the major precautions against it. In previous studies there were additional protocols to adhere to social distancing, wearing a mask and avoiding

gathering among more than 50 people. (26). In another previous study it has been concluded that patients over the age of 65 and those with weak immune systems are more likely to die. Because there are no authorised medications or vaccines for this virus, prevention is essential, and some complementary therapies, such as Ayurvedic remedies, can help. The Ayush Ministry has issued some Ayurvedic advice to improve immunity through easy home remedies and to halt the spread of viral infections. (27)The first study was on the knowledge and perception of COVID-19 and their willingness to work during the COVID-19 pandemic situation. Along with the workload they have been taking the major precautions against COVID- 19 (28). The COVID-19 pandemic has led to high levels of psychological distress in the general public, including symptoms of anxiety and anxiety and depression. The possible effects of Ayurveda, a traditional system of medicine promoted by the Indian government as an “immune booster” are the point of view of psychoneuroimmune mechanisms(29). The COVID-19 epidemic has caused the most significant disruption to education systems in human history, affecting approximately 1.6 billion students in over 200 nations. More than 94 percent of the world's student population has been touched by school, institution, and other learning facility closures. This has resulted in significant changes in many facets of our life.(30). COVID-19 Ayurvedic clinical profiling is required before developing independent and integrated therapy modalities. Ayurvedic clinicians currently do not have access to COVID-19 patients in clinical settings. In these conditions, a preliminary clinical profile of COVID-19 was conducted based on a study of current medical and ancient Ayurvedic literature, as well as feedback from Allopathic doctors treating patients assuming significance. (31). The novel coronavirus disease 2019 (COVID-19) is caused by SARS-CoV-2, which is a causative agent of a potentially fatal disease that is of great global public health concern. Varying symptoms among COVID-19, SARS, MERS and common flu, the probable mechanism behind the infection and it's immune response.(32)

The objectives of the global surveillance for human infection with COVID-19 are: to monitor trends of the disease where human to human transmission occurs rapidly detect new cases in countries where the virus is not circulating, provide epidemiological information to conduct risk assessment at the national, regional and global level and provide epidemiological information to guide preparedness and response measures(32,33). This study only considers traditional Indian medicine rather than focusing on other modern medicine. The present study contains limited sample size, so future studies with other medicines such as modern, neuropathy, etc can be considered more reliable and more evident.

CONCLUSION: The present study concludes that the practitioners of traditional Indian medicine like ayurveda, siddha, etc are aware of precautions and symptoms of COVID- 19. Therefore, by

strengthening the body's natural immunity to resist COVID-19, the study's findings may give a preventive strategy to Ayurveda practitioners as well as ordinary people throughout the world. For the time being, it looks unsuitable and premature to propose any COVID-19 therapy; nonetheless, these recommendations can improve immunity in both healthy and immune-compromised people.

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We thank Saveetha Dental College and Hospitals for providing us the support to COVID-19 Ayurvedic clinical profiling is required before developing independent and integrated therapy modalities. Ayurvedic clinicians currently do not have access to COVID-19 patients in clinical settings. In these conditions, a preliminary clinical profile of COVID-19 was conducted based on a study of current medical and ancient Ayurvedic literature, as well as feedback from Allopathic doctors treating patients. conduct the study.

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- Saveetha Institute of Medical and Technical Sciences
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CONFLICT OF INTEREST:

The author declares that there was no conflict of interest in the present study.

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