कोविड-19 के विकास, सीसीआईएस की पहल

इसमें कोई टूटों नहीं है कि कोविड-19 बीमारी एक महामारी का रूप ले चुकी है तथा एक अभावपूर्ण वैज्ञानिक सार्वजनिक स्वास्थ्य चिड़िया का विवाद जन आत्मा है। सामाजिक दृष्टि, मात्रा का उपयोग तथा अभी कोविड-19 प्रदर्शनकला का अंतर जल्द पहल होगे के काबूपूर्व भी यह महामारी काफी संभव है। परस्पर निर्भरता, विवाद संकेत, परंपरा, भाषा तथा लोगों का वातावरण होगे के कारण तथा तदनुसार सामाजिक रजस्तों के अधिक अवसर होगे के कारण भारत में भी यह महामारी तेजी से चली गई है। कोविड-19 की इस वर्तमान दृष्टि के युग-आधीनी दुर्भिक्षण के माध्यम से संबंधित करने की आवश्यकता है, जिससे पहिचान तथापि के अलावा लक्षण रूपरेखाओं से विस्तार और नेशनल के विशेषज्ञ समस्त व्यक्ति जगत में जाना चाहिए। लक्षण निर्माण तथा नेशनल रूपरेखा के विशेषज्ञ आज पेश कर देंगे। वर्तमान परिस्थितियों में यह आवश्यक हो जाएगा कि अपने के विवाद, उपयोग और तदनुसार तथा व्यक्तिगत उपयोग संकेत करने का प्रयास किया जाए। इस महामारी से बचाव, संयम और व्यक्तिगत उपयोग संकेत करने का प्रयास किया जाए। इस महामारी से बचाव, संयम और व्यक्तिगत उपयोग संकेत करने के लिए बेहतर परिस्थितियों के माध्यम से आत्मा संबंधित जाना चाहिए।

संपादकीय

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प्रो. वैध कर्तवर रिहाध धीराव
सुप्रसिद्ध तत्त्वकर्मी
आंध्रप्रदेश प्रविठ अनुशासन परिषद
महाजनीशिक्षा
केंद्रीय आंध्रप्रदेश प्रविठ अनुशासन परिषद्
आंध्र मंडल, भारत सरकार
बई दिल्ली, भारत
CCRAS Initiatives against COVID-19 Pandemic

COVID-19 has emerged as the latest pandemic and is of an unprecedented global public health concern. Being a country and population that thrives on interdependence, within families, relatives and friends and with more chance to numerous religious, cultural and social gatherings, the disease has spread rapidly despite the norms for social distancing and affecting all states with significant impact on the economy and health care. This current challenge of COVID-19 pandemic needs to be addressed through a multi-pronged approach, with equal emphasis on active prophylactic measures besides exploring therapeutic interventions that would offer better survival and better prognosis than the existing interventions to control the spread of the pandemic. It is imperative that the capacity of Ayurveda is fully harnessed to ensure maximum use of its preventive, curative and rejuvenative potential to manage the pre- and post-exposure prophylaxis, active management of the disease and also to offer better outcomes in post-COVID-19 sequel.

The concept of Salutogenesis that focuses on the origins of what creates health (strengths and resources) and focuses attention toward the development of an effective state of health despite the health-disease continuum stresses on successful coping with any physical or psychological stressors can also be applied in terms of Ayurvedic concept of Swasthya (health and wellness) and Samprapthivighatana (disruption of etiopathogenic mechanism) and the principle may be utilized in COVID care. In this era of evidence-based research, the Council has ventured into COVID-19 research through community-based Ayurvedic prophylactic care in high-risk population and also through non-randomized and randomized controlled clinical trials adhering to good clinical practice to scientifically evaluate usefulness of Ayurvedic formulations with potential to regulate the internal homeostasis and Bala (innate immunity) like Ayush-64, Chyavanprash and Guduchi Ghan Vati, etc. in the management of COVID-19. The AYUSH ministry constituted an interdisciplinary task force to design, execute and monitor various clinical trials to demonstrate the efficacy and safety of selected Ayurvedic interventions in the management of COVID-19. These studies are being executed in collaboration with various institutes such as KGMU, Lucknow; BMC COVID centre, Mumbai; DMIMS University, Wardha, etc. and the interim trends show early clinical cure rate in study groups compared to control groups, with no mortality or adverse drug reactions.

The community-based studies were executed at various containment zones of the country and prophylactic studies were also done in the high-risk population such as healthcare workers at different healthcare facilities in India and the interim analysis reports depicts promising protective potential. Molecular docking study of Ayush-64 to determine the mechanism of molecular interaction and its binding mode, has also been conducted in collaboration with NIN, Hyderabad.

So far, the Council has taken up a total 23 studies in prophylactic and therapeutic research mode till date and more than two lakh people have benefitted through these studies. Being the apex institute for research in Ayurveda in India, the Council has extended technical support to several other Ayurveda institutions such as Pt. Khushilal Govt. Ayurvedic College, Bhopal; Shri Dhanwantri Ayurvedic College, etc. to equip them to conduct clinical research in COVID-19.

It is expected that the increase in the quantum and quality of clinical research and the evidence generated would enable us to realize the potential of Ayurveda in the arena of prophylaxis and therapeutics in COVID-19.

Prof. Vaidya Kartar Singh Dhiman
Editor-in-Chief
Journal of Research in Ayurvedic Sciences
Director General
Central Council for Research in Ayurvedic Sciences
Ministry of AYUSH, Government of India
New Delhi, India