

Antipyretic, Analgesic & Serum Uric Lowering Properties of DOLO-G in Pre and Post COVID Infection - An Observational Study

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ABSTRACT

COVID pandemic has created a lot of panic health morbidities including several deaths in the past 3-years globally. Vaccination, symptomatic approach along with antiviral medicines could be able to high extent for prevention & management of COVID health situations however herbal & herbomineral combinations of ayurveda has also contributed a lot for this morbid situations but it would be worthwhile to mention here that due to lack of sufficient clinical & observational patient data the efficiency of specific ayurveda preparation have not been able to come to limelight or for a wider awareness in medical field. In this paper a coded drug DOLO-G combination of two herbal mix has been presented in certain pre & post COVID health condition which has shown remarkable response.

KEYWORDS

Guduchi; Guggulu; Covid infection; Ayurveda; Antipyretic; Analgesic

INTRODUCTION

In the last three years the pandemic situation of COVID-19 has not only given health hazards rather it has highly affected the mental, physiological morbidities along with global economy and societal, familial morbidities. It was a panic before the invention of vaccinations and certain antiviral medicines. In spite of such several antibiotics, antipyretic and analgesics were also used rampantly looking to various symptoms.

In between also several Ayurvedic preparations like Ayush kadha, guduchi, & some other classical preparations were also used by the ayurvedic physicians and which was also helpful but the clinical data was lacking to create confidence in patients.

Aim

An observational study was undertaken on few patients to see the efficiency as supportive therapy not as management

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or treatment in pre & post covid patients. Since immunity was highly threatened along with fever and body ache was

MATERIALS AND METHODS

Drug, Dose, and Vehicle

There are several herbal preparations either single or in compound formulations for their claimed immunomodulator activities, antioxidant activities along with antipyretic and analgesic effects. Out of which Guduchi (*Tinospora cordifolia*) stands ahead in ayurveda texts and having several multi-dimensional study references as having antipyretic and immunity enhancing properties are available [1]. This herbal drug was also heavily used during pandemic situations of Covid-19 in India. Apart from this Guggulu (*Comiphora wightii*) is also of importance for its analgesic effects [2]. So, only these two herbal mixes were considered for observation. Guduchi satwa 500 mg along with Guggulu Sudha 500 mg were taken together with a dose of thrice daily with warm water for 15 days. The authentic drugs were procured from DNA formulations having ISO and GMP facilities.

Criteria of Inclusion

Since COVID-19 was having multiple morbidities affecting vital organs of the body but initially it shows with high fever and body ache, running nose or sneezing etc. So, considering the only mild cases having symptoms of fever, myalgia, headache etc. were considered for ayurveda drug intervention in both the sex with age from 11-years to 60-years [3,4].

Exclusion Criteria

Patients with morbid symptoms, co-morbidity conditions, age above 60-years and below 11-years with other complications were excluded.

Trial

The patients having mild symptoms of fever, body ache principally was taken for study with guduchi guggulu (coded as DOLO-G) 1 gm tds for adults and 500 mg bd

prime concern, it was the aim to see the efficiency focusing on these two aspects.

Above 10-years to 20-years with water, twice daily. Temperature was recorded by hick's thermometer. Similarly, body ache with gradation was also recorded Before treatment & after 15 days of treatment. Light (Loghu) diet & rest with possible isolations with other instructions required was advised.

OBSERVATION & DISCUSSION

Since it was a study of observation on few nos. of cases i.e., 20 both male & female of age between 11-years to 60-years with only inclusion criteria of fever & body ache. The difference in symptoms after trial period was analyzed.

So far temperature was concerned it was seen that the mean temperature before treatment was 101 ± 0.5 which was 98 ± 0.6 after treatment. it was more affective in pre covid condition than post COVID condition, but it was more effective in body ache reducing in post covid conditions than fever. However, it was observed that pre covid cases were 8 NOS in comparison to post covid cases i.e., 12 NOS.

It is to mention here that the patients were not allowed to take additional medicine other than the coded drug DOLO-G. It was also to mention here that the study was undertaken during January 22 to June 22 when the covid Anti PCR test was not of importance due to 3rd wave of COVID. All the patients were provided the drug were reluctant for COVID test and desired to be included in study with the major symptoms of fever & body ache.

STUDY CONCLUSION

Though it is only an observational study of 20 NOS of cases the final conclusion could not be possible to draw However, more no of pts are required for a larger study with possible mechanism of action in future to establish the claim. It was also observed with additional benefit to most of the patients of post covid were adults and their serum uric acid was seen

to have been reduced to normal in four cases along with reduction of swelling in joints also who were having arthritis complain earlier. so, it can be presumed that the combination could be effective in gout and arthritis also [5].

Ayurvedic medicines have got immense potentialities in preventing & managing various disease conditions and should be explored through clinical & experimental studies

at large. This study does not claim sufficiently but invites more clinical studies based on the observation stated here. However, it may show a ray for future researchers [6,7].

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