

# Successfully Resisting SARS-CoV-2

## Administering 800 Year Old Ayurvedic Medicine “Sarvjwarhar Churn” on People Exposed to COVID-19 Patients

Location: (SBLDAVB) Shri Bhanwar Lal Dugar Ayurveda Vishva  
Bharti (Estb. 1955), Sardarshahar, Rajasthan

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# 1. Corona Pandemic Dilemma: Low Immunity leads to Increased Exposure to Infection

## a) Low Immunity

As this report [“If You're Immunocompromised, You Are at a Higher Risk of Coronavirus—Here's What That Means”](#) quotes Dr. Melinda Ring, MD, executive director of Northwestern Medicine's Osher Center for Integrative Medicine:

A person with compromised immunity is more at risk for infection because their immune system may not mount the usual obvious reactions to threats, such as a fever or swelling. “This can lead to infections being missed early on and allow them to become more deeply seated in the body before a person realizes there is a need to seek help from a health care professional,” explains Dr. Ring.

Immunocompromised patients may also lack the ability to respond appropriately to vaccination. That may mean they don't develop immunity, and they mistakenly assume they are protected against an illness when they are not. “When the immune system isn't working at full capacity, it doesn't have the army of immune cells and mediators ready to mount a defense at the first sign of attack,” says Dr. Ring. “This means infections may progress more rapidly from a mild virus into sepsis, a widespread infection leading to malfunction of the body's organs.”

## a. Exposure to infection

Community Spread of Covid-19: With time, the likelihood of community transmission is increasing. AIIMS head Dr Randeep Guleria has said that Stage 3 has begun in some parts of the country as reported by [IndiaToday.in](#).

Another [TOI](#) report says “Coronavirus: India has 30 days to halt onset of stage III, says ICMR DG”: Indian Council of Medical Research director-general Balram Bhargava said, **“The progression to the next stage may eventually happen but by delaying it India is making itself better prepared to localise and contain the situation. India has around a 30-day window to halt the beginning of community transmission of Covid-19 cases. The time to act is now.”**

See graphic on next page.

## 4 STAGES OF A PANDEMIC...



## ...HOW WE CAN KEEP IT IN STAGE II-III

**Quarantine** | Anyone coming from countries affected by Covid-19 outbreak is being quarantined for 14 days, regardless of symptoms

**Contact tracing** | If a person has been found positive, everyone he or she may have come in contact with is put under surveillance. If they show any symptoms, they are tested and quarantined too

**Stop mass gathering** | Most states have closed schools, cinema halls or aren't organising public events

**Awareness** | Public is being made aware of hand hygiene and respiratory etiquette

**Preparation** | Scaling up infrastructure—testing facility, isolation beds and acute management of positive cases—taking place simultaneously

Line showing stages is illustrative

**TESTING CAPACITY**

- 51 Testing labs
- 90 Samples each lab can test daily
- 4,590 Overall capacity for daily testing
- 1.3% utilisation at present

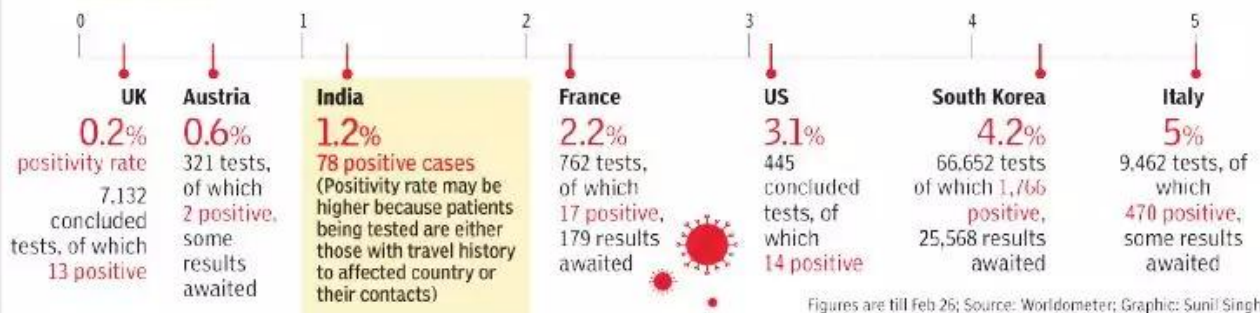
**Number of tests and positivity rate in India**

6,500 No. of tests performed

78 No. of positive cases

Source: ICMR

### GLOBAL RATE OF POSITIVE TESTS



Figures are till Feb 26; Source: Worldometer; Graphic: Sunil Singh

## 2. Pre-existing medical conditions further compromises immunity to fight covid-19 infection

[\[https://www.worldometers.info\]](https://www.worldometers.info) **Pre-existing medical conditions (comorbidities):** Patients who reported no pre-existing ("comorbid") medical conditions had a case fatality rate of 0.9%. Pre-existing illnesses that put patients at higher risk of dying from a COVID-19 infection are:

### **COVID-19 Fatality Rate by COMORBIDITY:**

\***Death Rate** = (number of deaths / number of cases) = **probability of dying if infected by the virus (%)**.

This probability differs depending on pre-existing condition. The percentage shown below does **NOT represent in any way the share of deaths by pre-existing condition**. Rather, it represents, for a patient with a given pre-existing condition, the **risk of dying** if infected by COVID-19.

PRE-EXISTING CONDITION	DEATH RATE confirmed cases	DEATH RATE all cases
<b>Cardiovascular disease</b>	<b>13.2%</b>	<b>10.5%</b>
<b>Diabetes</b>	<b>9.2%</b>	<b>7.3%</b>
<b>Chronic respiratory disease</b>	<b>8.0%</b>	<b>6.3%</b>
<b>Hypertension</b>	<b>8.4%</b>	<b>6.0%</b>
<b>Cancer</b>	<b>7.6%</b>	<b>5.6%</b>
<i>no pre-existing conditions</i>		<b>0.9%</b>

\***Death Rate** = (number of deaths / number of cases) = **probability of dying if infected by the virus (%)**. The percentages **do not have to add up to 100%**, as they **do NOT represent share of deaths by condition**.

Source: <https://www.worldometers.info/coronavirus/coronavirus-age-sex-demographics/>

### 3. Importance of building immunity to fight corona virus

a) Background:

- i) Report: 23 March 2020: COVID-19 infection: the perspectives on immune responses [<https://www.nature.com/articles/s41418-020-0530-3>]
  - 1) We propose some simple, but largely ignored, approaches to the treatment of COVID-19 patients.
  - 2) **We believe that the two-phase division is very important: the first immune defense-based protective phase and the second inflammation-driven damaging phase.**
  - 3) **Doctors should try to boost immune responses during the first, while suppressing it in the second phase.**
- ii) Doss, M. Treatment of COVID-19 with Individualized Immune Boosting Interventions. Preprints 2020, 2020030319 (doi: 10.20944/preprints202003.0319.v1).
  - 1) The weakening of the immune system is one of the major reasons for the increased incidence of community-acquired pneumonia in the elderly (Meyer, 2001) and inflammation has been implicated for the increased mortality rates in pneumonia patients (Curbelo et al., 2017).
  - 2) Hence, an improvement in the immune system response may be effective in reducing the incidence of pneumonia and reduction of inflammation may be effective in reducing the mortality rates due to pneumonia. There are indeed a large variety of interventions that can improve the immune system response and/or reduce the inflammation.
  - 3) However, all the interventions would not be applicable or acceptable to everyone and so the interventions would need to be individualized based on individual circumstances and preferences.
  - 4) This approach, known as “Individualized Interventions to Improve the Immune Response”, or the I4R approach, should be studied in pilot clinical trials urgently, in order to potentially reduce the harm caused by the current coronavirus pandemic.

## 4. Hypothesis: Ayurvedic supplement to boost immunity against SARS-CoV-2

### About the supplement

#### a) History

- This medicine called Sarvjwarhar Chum is from a 800 year old family tradition of Ayurveda Of Shri A. Nagraj (Propounder Madhyasth Darshan, Sahastitvavaad).
- Shri A. Nagraj used this formulation to treat various types of fevers including typhoid, viral infections, respiratory tract infection, acute cough etc.
- The tradition Of Shri A. Nagraj is being kept alive by Kumari Sharda Sharma (Amba Didi) and Mr. Sachan Bhattacharya. They have readily given their consent to SBLD AVB for use of this medicine.

#### b) Composition of the supplement

<b>Ingredients</b>	<b>Qty(gms) 1 pouch for 7 uses</b>
Saunth	1.53
Kali Mirch	1.53
Piple	1.53
Laung	0.769
Chotee Elaiche	0.769
Badee Elaiche	0.769
Dalchini	0.769
Jaifal	0.769
Javitri	0.769
Tulse patr	0.769

The medicine will be packed in 10 grams packets and each packet is enough for a family of 7 peoples for 1 day (1.5gms person/day)

**To prepare 100 ml of fant kalpana**

1. Boil 100ml water
2. Put in 1.5gm of medicine
3. Stop heating and cover the utensil with a lid for 10 min
4. Sieve the liquid and drink

**c) Benefits of the supplement as proposed**

The most prominent benefit of the medicine is in boosting immunity. Shri A. Nagrai used this formulation to treat various types of fevers including typhoid, viral infections, respiratory tract infection, acute cough etc. It has been widely used and studied by the SBLDAVB for multiple fevers, infections, cough, cold and other ailments for last 7 years. It has also been used in calamities like Kashmir & Uttarakhand floods and found to be extremely potent.

**d) Dosage of the medicine**

Although there are varied doses as per the patient and acuteness of disease between 1.5 — 7 gms per day. He gave this as simple powder with honey or as decoction (Kwath). The medicine consists of simple spices used in everyday Indian kitchens. No side effect has been seen of this medicine.

In times of viral infection a infusion of 100ml is recommended once every day for atleast 3 days for individuals exposed but asymptomatic.

**Relevant for**

Individuals at risk of contracting SARS-CoV-2 categorised as:-

- a) Individuals showing no symptoms
- b) Individuals in self or government managed quarantine facility



## 5. Treatment details with the proposed solution

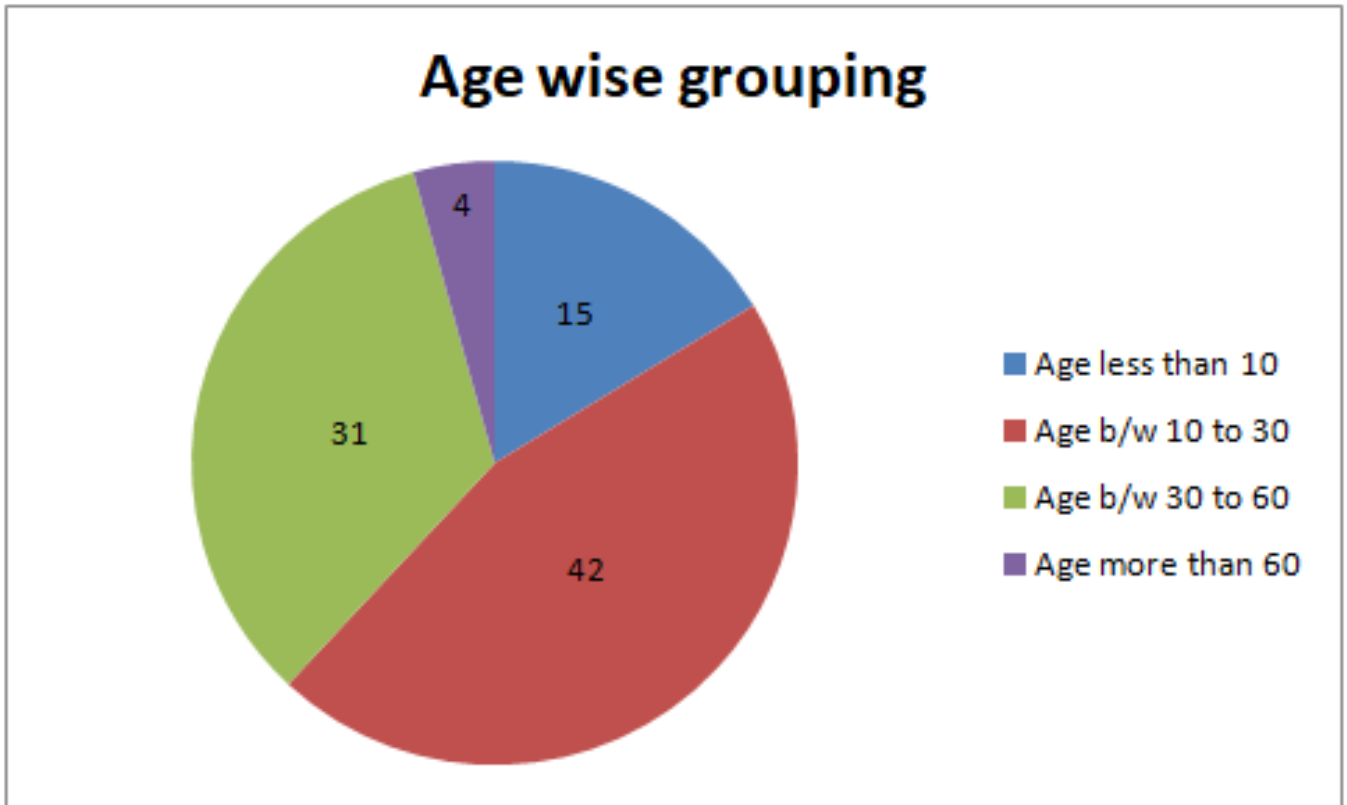
Date	Event	Testing facility or Authorised by
16th to 19th March 2020	Around 2lakh residents of Sardarshahar distributed Sarvjwarhar Churan for free.	Gandhi Vidya Mandir
21st Mar 2020	A group of 7 Individuals attended Markaz of Tablighi Jamat at Nizamudin, Delhi	Rajasthan Police
24th March 2020	Gandhi Vidya Mandir and its sister organisation IASE (Deemed to be University) got together and setup a 500 bed Quarantine hospital within their campus	Govt. of Rajasthan under guidance of ICMR
27th March 2020	The concerned 7 individuals entered Sardarshahar after spending a few days in Gurgaon & Mewat.	Rajasthan Police
30th March 2020	The same group of 7 individuals were brought to quarantine	Govt.of Rajasthan under guidance of ICMR
31st March 2020	These 7 individuals were diagnosed as corona positive and taken to PBM Bikaner.	Bikaner Medical College
2nd Apr 2020 to 7th Apr 2020	102 individuals who are close family member and relatives of these 7 patients, who lived in close proximity to the Corona positive cases were admitted to quarantine at Gandhi Vidya Mandir	Govt.of Rajasthan under guidance of ICMR

7 positive individuals were tracked and their contact history was traced. Two very glaring things were found

1. The 7 positive cases were from three municipal wards of Sardarsher town. During these 4 days they led a normal life, met multiple people and interacted with them. These municipal wards were distributed this Quath door to door between 16th - 19th March. No other positive case has been identified till date from these three wards. As on 14th April 2020, no other positive case has been identified from the town of Sardarsher (Population of around 1.00 lac). Agressive door to door screening has been conducted by the Government.
2. Through the contact history of these 7 positive cases, people they had been in contact with were identified and quarantined. These include family members, neighbours, associates, driver etc. 102 of the quarantined patients were found to have consumed the medicine before coming in

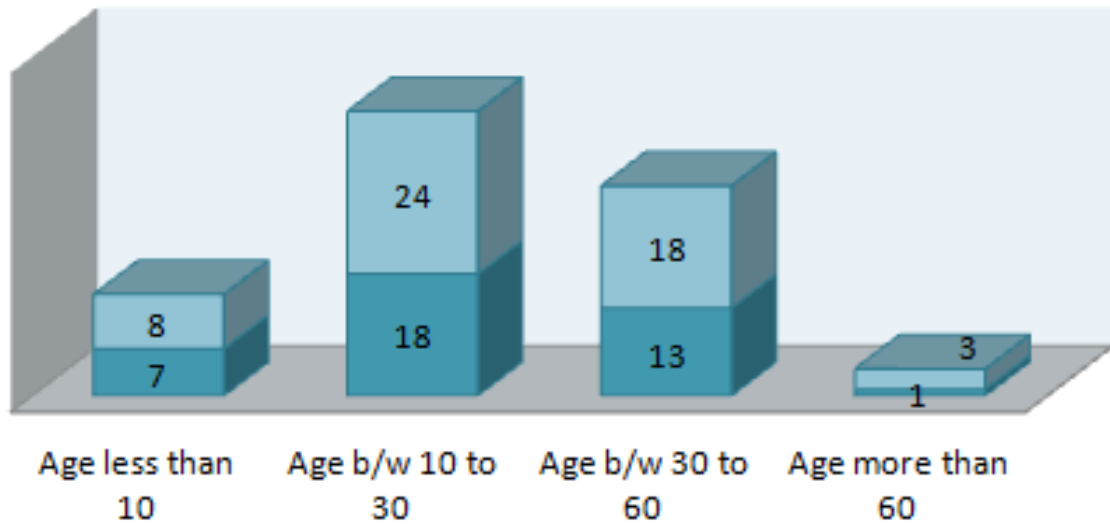
contact with the positive patients. All 102 of them were found to be Corona Negative when tested by Bikaner Medical College.

## 6. Impact assessment



## Gender based grouping

Female Male



## Health history

