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## A case report study on effectiveness of T-AYU-HM Premium tablet and Onion steam vaporisation in Covid-19 patient

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### INTRODUCTION

Global outbreak of corona virus occurred in 2019 December. The virus is single stranded RNA type which was already studied and reported in 2003. [1, 2] The virus outbreak became extremely severe for the entire world and stopped the routine life of everyone. The reported symptoms mentioned in various literature are cough, difficulty in breathing, fever, fatigue, loss of taste and smell sensation. [3-6] There are diagnostic test like RT PCR and rapid antigen test considered important for confirmation. The laboratory markers like CRP and ESR, PCT are amongst

### ABSTRACT

Covid-19 a word needs no introduction in the current situation for anyone. Everyone is anticipating a early solution for the current pandemic. The situation right now depends on symptomatic management of each patient. Every approached from alternative system of medicines in covid-19 might be considered as an attempt to contribute in reducing the mortality of the current pandemic. To strengthen the knowledge and information regarding importance of the role alternative system of medicine in the management of Covid-19, a case report is discussed. In this article, a case report was studied on a patient with 48 years of age having HRCT thorax with lung involvement between 20-30% with history of cough, fever, difficulty in breathing, weakness and fatigue consulted our clinic. After prior concern and consent, we advise to follow 21 days onion steam vaporisation and Tablet T-AYU-HM Premium 600mg twice a day during his home quarantine period. Tablet Paracetamol 650 mg was also advised, only for fever with temperature above 99 F. The response obtained indicated that regular onion steam vaporisation and T-AYU-HM Premium for 21 days period showed remarkable effect. The vital diagnostic measures CBC, HRCT Thorax, ESR, CRP and D-Dimer are used to evaluate the effectiveness of treatment. During the follow up period, a marked improvement in the pathological and clinical parameters was observed. For better patient outcomes in the current pandemic situation demands for clinical studies on safety and efficacy of Onion steam vaporisation and T-AYU-HM Premium in covid-19 patients.

**KEY WORDS:** Covid-19, T-AYU-HM Premium, Onion steam vaporisation, CRP, ESR, D-Dimer

the important biomarker in Covid-19. [7-10] D-dimer test is most vital to diagnosed chances of pulmonary embolism in Covid-19. [11]

Alternative system of medicine might be considered as an important option for prevention and management of Covid-19. Indian medicinal plants have ancient therapeutic values which help them to combat against Covid-19. With strong determination patients can fight and defeat corona virus infection. Proper care, healthy diet, avoiding stress, regular light aerobic exercise, staying safe and aware will

definitely help to overcome from the current pandemic. Traditionally used vegetable in routine life like Onion, Garlic, Ginger, Tulsi, Turmeric and spices have the potential to help sustain immunity and fight against viral infections. [12] T-ATU-HM Premium is a novel anti sickling herbo-mineral formulation with incorporation of ancient herbs and minerals might have possible role in management in Covid-19. [13]

**CASE REPORT**

Case study is reported at Dhanvantari Ayurvedic Health Care And Research Centre, Vyara, India. In case study prior consent was received from patient before proceeding for management as well as sharing reports for better patient

outcome information in current situation. Proper care and monitoring were done by the healthcare members though out the observation period during home quarantine.

Mr. X, 48 years old with history of fever, cough and weakness, HRCT Thorax with lung involvement between 20-30 %. He was suggested to home quarantine himself and maintain proper care. During his home quarantine period he followed the instruction provided for onion steam vaporisation and T-AYU-HM Premium tablet 600 mg twice a day for 21 days. The observation is done on day 1, day 5, day 10 and day 21. During his follow up visit remarkable improvement was seen in his clinical and pathological findings. The laboratory findings are mentioned in below table.

**Table 1: Laboratory findings during the treatment period.**

| Investigation              | Day 1                                 | Day 5  | Day 10 | Day 21 |
|----------------------------|---------------------------------------|--------|--------|--------|
| Hb (gm/dl)                 | 14.3                                  | 14.4   | 13.6   | 14.9   |
| RBC(in millions)           | 4.83                                  | 4.8    | 4.6    | 5.01   |
| WBC(per microlitre)        | 5300                                  | 7300   | 6800   | 7200   |
| Platelets( per microlitre) | 250000                                | 282000 | 504000 | 351000 |
| ESR(mm/hr)                 | 46                                    | 38     | 70     | 34     |
| CRP(mg/l)                  | 14.4                                  | 32.9   | 27.4   | 3.6    |
| D-dimer (ng/ml)            | -                                     | -      | 146.33 | -      |
| B.P (mmHg)                 | 130/80                                | 130/80 | 130/0  | 118/70 |
| BT (°F)                    | 97.2                                  | 97.3   | 97     | 97.2   |
| SpO2 (%)                   | 99                                    | 99     | 98     | 99     |
| PR (in minutes)            | 107                                   | 117    | 104    | 112    |
| Weight(in kg)              | 73.6                                  | 70.49  |        | 69.9   |
| HRCT                       | 20-30 % lung involvement (co-RADS-05) |        |        | -      |

**RESULT AND DISCUSSION**

From the clinical parameters observed during the follow up period, the symptoms have markedly recovered on day 21. Patients Spo2 remain balanced thought out the observation period which is suggestive of not progressing towards any further complications. The Formulation consist various herbs which helps to sustain oxygen and haemoglobin balance in patients. The important biomarkers like CRP and ESR showed marked improvement and D-dimer level also showed no possibilities of embolism associated complications. The improvement in biomarkers suggested inflammatory response resolves markedly in patient. Body temperature and blood pressure are maintained throughout the observation period. The improvement in haemoglobin and red blood corpuscles levels are also responsible for preventing the elevation in ESR. The improvement in haemoglobin and red blood

corpuscles also helps in restoring and balancing the oxygen demand of body organs. The reduce inflammatory response also leads to reduce chances of bronchoconstriction or breathing difficulties due to inflammatory mediators. The onion steam vaporisation might help to restrict virus to spread further into the lungs and body organs. Onion has potent antiviral activity as well as anti-inflammatory and anti-asthmatic activity. [12-13]

**CONCLUSION**

The patient for 21 days observation period showed remarkable improvement in his clinical sign and symptoms. The purpose of the reporting case study was to enhance the knowledge of symptomatic management of Covid-19 with respect to alternative system of medicine. To prove safety and efficacy of T-AYU-HM Premium and Onion steam vaporisation, there is a need to design a clinical trial for better outcome for patients.

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