

## **Herbal Management of Covid19 – An astrological perspective**

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### **Abstract:**

The COVID-19 pandemic has posed significant challenges to healthcare systems worldwide, prompting a global search for effective treatments and management strategies. While conventional medicine continues to seek vaccines and pharmaceutical interventions, complementary and alternative approaches, such as herbal medicine, have also gained attention. This paper explores the potential of herbal management of COVID-19 from an astrological perspective.

Keywords: COVID-19, Pandemic, Astrology

### **Introduction**

COVID-19 is caused by severe acute respiratory syndrome coronavirus 2, which invades cells through the angiotensin-converting enzyme 2 receptor. Among patients with COVID-19, there is a high prevalence of cardiovascular disease, and >7% of patients experience myocardial injury from the infection (22% of critically ill patients). Although angiotensin-converting enzyme 2 serves as the portal for infection, the role of angiotensin-converting enzyme inhibitors or angiotensin receptor blockers requires further investigation.

A multipronged approach has been put into action to prevent, reduce morbidity and minimize mortality in patients with COVID19. India, has employed all the AYUSH systems to complement with conventional medical management to enable better prognosis. While there are several research activities being pursued across the globe, several traditional remedies are now seen beneficial in managing the outcomes.

Astrology expounds deep understanding of Vedic sciences of the soul. It is considered the supreme spiritual science, and is known in the Vedic literature as the ‘Science of the Sciences’. Astrology intrinsically shows how Nature’s Infinite Intelligence is reflected in ongoing processes in our finite world. The Vedic literature embodies this in the saying “*Anoraniyan Mahatomahiyan*”.

### **Covid19 from the Astrological perspective**

The origin of Covid-19 also happened in a very peculiar time period of many sense. Jyotisha takes into consideration nine planetary bodies, known as the Nava (nine) Grahas: Surya (Sun), Chandra (Moon), Kuja (Mars), Budha (Mercury), Guru (Jupiter), Sukra (Venus), Sani (Saturn), and Rahu and Ketu (North and South Nodes of the Moon). The first seven luminous bodies, usually visible in the night sky, are known as the Sapta (seven) Grahas, whereas the last two are known as shadowy Grahas, also as “sensitive points.” Being invisible, their precise locations must be computed by mathematical calculations.

Previous research found that Jupiter and Rahu consistently exerted opposing influences. Consistent with Astrological tradition, Jupiter supported life, while Rahu opposed it. Mars is malefic like Rahu.

Previous experimental studies on vaccine production have also demonstrated that Ketu and Rahu promote viral growth. Considering these phenomena we propose the use of selected herbs that would alleviate the detrimental effects of the COVID19 virus.

**Factor(i)**

The rare phenomenon of alignment of size celestial bodies of solar system came into a position to create a great impact in the life of living things because of these alignment the intensity of the magnetic energy emission from these celestial bodies creating an adverse impact in living things and this propelling the Covid-19 into a most dangerous to mankind.

**Factor(ii)**

The most important factor is intensification of Rahu & Ketu due to astrological changes. These two planets are known to malefic to humans and are also well understood to promote viral growth. So all three factors are coming together in one point the RNA and its mutations.

**Remedy:**

Herbal remedies specific to specific changes of planets of astrological significance known to cause diseases have been documented in Siddha system of medicine. As explained earlier, the present pandemic can be attributed to the astrological position of Rahu and Ketu. Accordingly, Withania somnifera (Ketu) and Acorus calamus (Rahu) have been recommended to alleviate the detrimental effects of the planets. Based on this, we propose addition of Ashwagandha and Vasampu to the already existing Covid-19 management strategies. We have also made a brief summary of the scientific relevance of using these herbs in the management of Covid19.

**Astrological Changes during onset of Pandemic**

We have outlined below the astrological chart for the month of December 2019, depicting the unique position of Rahu and Kethu, which are considered responsible for the present outbreak.

			<i><b>RAHU</b></i>
	<i><b>RASI</b></i>		
<i><b>MOON</b></i> <i><b>VENUS</b></i>			
<i><b>SUN</b></i> <i><b>MERCURY</b></i> <i><b>JUPITER</b></i> <i><b>SATURN</b></i> <i><b>KETU</b></i>	<i><b>MARS</b></i>		

Astrology can explain the origin, spread and control of COVID-19. For instance, though the disease was reported from early December 2019, the first confirmed cases came to light only on December 29 at Wuhan in China. Incidentally during the last week of December, six planets converged on Dhanur

rasi (Sagittarius) and a solar eclipse took place on the 26<sup>th</sup> December.

During the solar eclipse influenced by Ketu, the planet which performs divine functions is predicted to have suffered a loss of divine powers, resulting in the present pandemic.

Another peculiarity of the December 26<sup>th</sup>, was that the moon, sun, mercury, and Jupiter were under the star Moolam, which is as well influenced by Ketu. It is speculated that this arrangement could have been responsible for this viral outbreak. This outbreak was intensified when Rahu joined Kethu.

		( <i>Aglaia elaeagnoidea</i> )	
5	Jupiter	Nagarmotha ( <i>Cyperus rotundus</i> )	Bharangi (Prang-gadawn)
6	Venus	White Shiras	Vaghoti
7	Saturn	Daru halad ( <i>Berberis aristata</i> )	Vacchil
8	Rahu	Sharakunkha	Malaychandam (Sandalwood)
9	Kethu	Lodra ( <i>Symplocos racemosa</i> )	Ashwagandha ( <i>Withania somnifera</i> )

### Scientific basis of the herbs specific to the astrological changes:

#### Ashwagandha:

Ashwagandha (*Withania somnifera*) is an immunomodulatory herb that has been widely used for treating several ailments and more commonly musculoskeletal disorders. IN traditional medicine, there are a specific class of drugs called adaptogens<sup>1</sup>, that cause specific adaptations to the disease – making them unique and act as vitalisers<sup>2</sup>. It is now well known that the newly emerged COVID-19 has been shown to engage the host cell ACE2 through its spike protein receptor binding domain (RBD)

Molecular docking studies revealed that the active ingredient of *W. somnifera*, Withanone docked very well to the ACE2-RBD complex. Withanone significantly decreased electrostatic component of binding free energies of ACE2-RBD complex. Two salt bridges were also identified at the interface; incorporation of Withanone destabilized these salt bridges and decreased their occupancies. The findings from this insilico experiments indicate that such an electrostatic interaction between RBD and ACE2 would block or even weaken COVID-19 entry and associated subsequent infectivity<sup>3</sup>. Extensive

<sup>1</sup> Dadkar VN, Ranadive NU, Dhar HL. Evaluation of antistress (adaptogen) activity of *Withania somnifera* (Ashwagandha). *Ind J Clin Biochem* 1987;2:101-108.

<sup>2</sup> Mishra, L. C., Singh, B. B., & Dagenais, S. (2000). Scientific basis for the therapeutic use of *Withania somnifera* (ashwagandha): a review. *Alternative medicine review*, 5(4), 334-346.

<sup>3</sup> Balkrishna, A., POKHREL, S., Singh, J., & Varshney, A. (2020). Withanone from *Withania somnifera* may inhibit novel Coronavirus (COVID-19) entry by disrupting interactions between viral S-protein receptor binding domain and host ACE2 receptor.

research studies suggest anti-inflammatory, antiviral, antitumor<sup>4</sup>, antistress<sup>5</sup> and antioxidant<sup>6</sup> properties<sup>7</sup>.

### **Acorus calamus**

*Acorus calamus* commonly known as vasampu, vacha is a wetland perennial monocot plant, in which the scented leaves and rhizomes have been traditionally used medicinally against different ailments like, fever, asthma, bronchitis, and cough and mainly for digestive problems such as, bloating, colic, and poor digestive function<sup>8</sup>. It is also one of the commonest drug used for the management of fever by a largest tribal community<sup>9</sup>. This herb is known to produce neuroprotective effects by interaction with GABA receptors and by reducing Ach levels.

A study on immunomodulatory roles of *Acorus calamus* indicated inhibition proliferation of mitogen (phytohaemagglutinin, PHA) and associated antigen (purified protein derivative; PPD)-stimulated human peripheral blood mononuclear cells (PBMCs). In addition, *A. calamus* extract inhibited growth of several cell lines of mouse and human origin. It also inhibited production of nitric oxide (NO), interleukin-2 (IL-2) and tumor necrosis factor- $\alpha$  (TNF- $\alpha$ )<sup>10</sup>.

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<sup>4</sup> Devi PU, Sharada AC, Solomon FE, Kamath MS. In vivo growth inhibitory effect of *Withania somnifera* (Ashwagandha) on atransplantable mouse tumor, Sarcoma 180. *Indian J Exp Biol* 1992;30:169-172

<sup>5</sup> Archana R, Namasivayan A. Antistressor effect of *Withania somnifera*. *J Ethnopharmacol* 1999;64:91-93.

<sup>6</sup> Dhuley JN. Effect of ashwagandha on lipid peroxidation in stress-induced animals. *J Ethnopharmacol* 1998;60:173-178

<sup>7</sup> Anbalagan K, Sadique J. Influence of an Indian medicine (*Ashwagandha*) on acute-phase reactants in inflammation. *Indian J Exp Biol* 1981;19:245-249.

<sup>8</sup> Balakumbahan, R., Rajamani, K., & Kumanan, K. (2010). *Acorus calamus*: An overview. *Journal of Medicinal Plants Research*, 4(25), 2740-2745.

<sup>9</sup> Phumthum, M., & Sadgrove, N. J. (2020). High-Value Plant Species Used for the Treatment of "Fever" by the Karen Hill Tribe People. *Antibiotics*, 9(5), 220.

<sup>10</sup> Mehrotra, S., Mishra, K. P., Maurya, R., Srimal, R. C., Yadav, V. S., Pandey, R., & Singh, V. K. (2003). Anticellular and immunosuppressive properties of ethanolic extract of *Acorus calamus* rhizome. *International immunopharmacology*, 3(1), 53-61.