

AYUSH to assess Vasa and Guduchi for COVID-19 therapy

25 September 2020 | News

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The Ministry of AYUSH has recently taken up systematic studies on different possible solutions through multiple channels. As part of this effort, a proposal for a clinical study to assess the role of Vasa Ghana, Guduchi Ghana and Vasa-Guduchi Ghana in the therapeutic management of symptoms in Covid-19 positive cases has recently been approved. This will be a 'randomized, open label three armed' study, and will be conducted at the All India Institute of Ayurveda (AIIA), New Delhi, in collaboration with the IGIB unit of CSIR.

The detailed proposal with methodology including outcome measures, clinical and laboratory parameters, the logistics of the research has been prepared. The study will use a unique Case Report Form (CRF), suitable for Ayush mode research. The study will be undertaken subject to the required approvals like that of the Institutional Ethics Committee (IEC).

The project would investigate the following specific considerations:

- The efficacy/action of mono-herbal formulations of whole extracts of Vasa and Guduchi respectively, and polyherbal formulation of Vasa-Guduchi whole extract on therapeutic management of SARS-CoV2 positive asymptomatic and/ or mild Covid-19 symptomatic cases. The impact of the said formulations on the speed of viral replication.
- Whether the said mono-herbal and polyherbal formulations can alter the expression profiles of key biomarkers associated with Covid-19 disease.

Vasa and Guduchi are time tested herbs in Indian healthcare traditions, used in a variety of disease conditions. The outcome of this study would therefore be of considerable interest to the entire Ayush Sector.