

Indigenous Medical Management for Home Quarantine COVID -19 Cases in Trincomalee District

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Abstract

Department of Ayurveda, Sri Lanka introduced special ayurvedic medical facilities to home quarantine COVID-19 cases in island wide in pandemic crisis 2021. This research is very useful to get evidence based ayurvedic medical system in pandemic situations with action of health crisis in present. This research helped to explore the indigenous medical system in novel pandemic crisis. Samples collected were COVID positive and negative (quarantine with positive patient) cases and enrolled with hotline acceptance with concern of indigenous medical system managements. Data collected from direct interview over the telephone. Data analysis with simple descriptive statistics methods. Demographical data were; 14% below 14 years (10), 57% of 15 years to 49 years (40) and 29% of above 50 years (20). Gender: 40 were male and 30 were female. COVID positive cases were 54 (77%) and negative cases were 16 (23%). Status of symptoms were; mild was 64% (45), moderate was 7% (5), no symptom was 29% (20). Co-morbidities: Diabetes Mellitus - 11% (8), Hypertension - 21% (15), Bronchial Asthma - 7% (5). Special care cases were: pregnant mothers were 5 and infants were 10 cases and above 65 aged cases were 15. Feedback after 10 days: satisfied were 44 (63%), neutral were 16 (23%) and unsatisfied were 10 (14%). progress of Symptoms was; fever- reduced for 20 cases, not reduced for 08 cases. Dry cough reduced for 15 cases, not reduced for 14 cases. Sensory loss (smell & taste) reduced were 22 & not reduced for 08 cases. Headache reduced for 08 cases and not reduced for 02 cases. Body pain were reduced for 10 cases and not reduced for 16 cases. Fever, dry cough, headache and smell & taste were reduced within 10 days of indigenous medical managements.

Keywords: COVID 19, Home Quarantine, Indigenous medical managements