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## Research Publication

Our staff Dr. Sameer Jamadar Asst. Professor, Samhita Dept. and other four docyors has submitted the Research Paper on Proposed Protocol For Covid 19 in Ayurveda Perspectivr To Ministry of AYUSH, Govt. Of India, New Delhi

**आयुर्वेदिक डॉक्टरांचा कोरोना प्रतिबंधात्मक शोधनिबंध**

पाच डॉक्टरांनी सादर केला शोधनिबंध : सिंधुदुर्ग जिल्ह्यातील तीन डॉक्टरांचा समावेश

अजय कांडर  
कणकवली

विश्वभरात कोरोनावर संशोधन सुरु असतानाच जिल्ह्यातील तीन आणि कोल्हापुरातील दोन अशा पाच आयुर्वेदिक डॉक्टरांच्या टीमने कोरोना व्हायरस समजून घेऊन त्यावर उपचार व प्रतिबंधात्मक उपाय असा शोधनिबंध केंद्र सरकारला पाठविला आहे. या वैद्यक टीममधील शहरातील डॉ. नीलेश कोदे यांची भेट घेतली असता, त्यांनी या शोधनिबंधातील उपचार व प्रतिबंधात्मक उपाय प्रोटोकॉलसंदर्भात केंद्र शासनाने अधिकृत वैद्यकीय संस्थांमध्ये अधिक संशोधन करावे व आम्ही केलेल्या संशोधनाची सत्यता तपासावी, असे आवाहन केले आहे. या आयुर्वेदिक डॉक्टरांच्या टीममध्ये कणकवली येथील डॉ. नीलेश कोदे, मालवण येथील डॉ. श्रीराम खाडिलकर, कुडाळ येथील डॉ. माधव पटाडे आणि कोल्हापूर येथील डॉ. ऋषिकेश जाधव, डॉ. समीर जमादार (कोडोली) यांचा समावेश आहे. दरम्यान, केंद्रीय आरोग्य

डॉ. नीलेश कोदे  
डॉ. ऋषिकेश जाधव  
डॉ. श्रीराम खाडिलकर  
डॉ. समीर जमादार  
डॉ. माधव पटाडे

खात्यासह सर्व मुख्य आस्थापना तसेच वैद्यकीय संघटनांना हा शोधनिबंध ई-मेलच्या माध्यमातून पाठवून सूचविलेल्या आयडियल प्रोटोकॉलची सत्यता सत्यात उतरली आणि त्याची अंमलबजावणी झाली, तर भारतातीलच नव्हे, तर जगभरातील कोरोनाचे संकट दूर होण्यास मदत होईल, असा विश्वास या टीमने व्यक्त केला आहे. भारतीय वैद्यक शास्त्रात आयुर्वेद हे महत्वाचे प्राचीन वैद्यकशास्त्र मानले जाते. मात्र, कोरोनाच्या पार्श्वभूमीवर या वैद्यकशास्त्राचा हवा तसा उपयोग करून घेतला गेला नाही. या सर्व पार्श्वभूमीवर या डॉक्टरांनी केंद्र शासनाला सादर केलेला हा निबंध महत्वपूर्ण मानला जात आहे. कोविड-१९ च्या एकूण लक्षणांचा, प्रसाराचा व शरीरामध्ये घडणाऱ्या संप्राप्तीचा विचार करता आणि आयुर्वेदामध्ये अशा पद्धतीच्या संप्राप्ती असणाऱ्या विविध व्याधींचा आढावा घेऊन तसेच यावर उपलब्ध चिकित्सा सिद्धांतांचा विचार करून आजच्या या जागतिक महामारीमध्ये सहजरित्या चिकित्सा करता यावी, यासाठी प्रमुख नऊ प्रकारे रुग्णांचे वर्गीकरण करून त्या प्रत्येक प्रकारासाठी आयुर्वेद औषधी चिकित्सा वर्णन केली आहे.

**खबरदारीचे आयडियल उपाय काय?**

कोरोनाच्या या भीषण संकटात आरोग्य रक्षणार्थ काही महत्वाचे मुद्दे या शोधनिबंधात नमूद केले आहेत. स्थान परित्याग (आजच्या काळातील सोशल डिस्टन्सिंग), नस्य चिकित्सा-नाकामध्ये औषधी तेल आणि तुपाचे थेंब सोडणे. यात प्रामुख्याने गायीचे तूप, अणू तेल, पंचेन्द्रिय वर्धन तेल यांची उपयुक्तता सांगितली आहे. पंचवल्ल क्वाथ, हरिद्रा जल, इरिमेदादी तेल यांचा वापर करून गंडुष करणे (तांडामध्ये औषधी काढा कित्रा तेल भरून घेऊन थोडावेळ धारण करून चूळ मरणे) हलका आहार प्राणायाम-अनुलोम विलोम, रोगप्रतिकार शक्ती वाढविण्यासाठी चित्रक हरितकी अवलेह, अगस्ती हरितकी अवलेह, वासावलेह, अडुक्सा सिरप इत्यादी.

## **Title**

### **Proposed protocol for COVID -19in Ayurveda perspective**

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## **Introduction**

Here we are in a terrible lockdown phase because of one invisible enemy, "COVID -19" - It's a pandemic. Whole world is slowed down a bit, rather in it's in a standstill zone and trying to find out solution. Looking at the figures, number of patients and number of deaths occurring in the world, we as an Indian should feel relived as no of patients and no deaths in our county are less than expected. But this is not the end. We must have to take care and try to find out the solution. As Ayurvedic physician we must accept that the entity like corona virus doesn't exist in our text but at the same time some diseases with similar symptomatology (? Symptomatology) has been described in detail. Here in this article we are trying to explore the scope of Ayurveda in the view of 'COVID -19' pandemic.

## **Methodology**

1. Detailed study of COVID -19through Modern Point of view as per available research materials and survey.
2. Comparative study of symptomatology and causes of COVID -19with diseases as per Ayurveda text.
3. Analysis and discussion of observation
4. Decide probable different presetting stages & treatment protocol for COVID -19

## **Results**

As per available research material pathophysiology and symptomatology of COVID -19 was compared with Ayurveda concepts which is presented in tabular form as follows

<b>Symptoms of COVID-19<sup>1</sup></b>	<b>comparative Ayurveda terminology</b>	<b>complications<sup>1</sup></b>	<b>comparative Ayurveda terminology</b>	<b>diseases having comparative symptoms complications in Ayurveda text</b>
Fever	Jwar – Satat, Tivra	Sepsis		VataPittajwara (C. Ch. 3/85) <sup>2</sup>
Cough	Kasa	Respiratory failure	Shwas	VataKaphajwara – (C. Ch. 3 / 86-87) <sup>3</sup>
Headache	Shirashul		Shwas	VataKaphajwara – (C. Ch. 3 / 86-87) <sup>3</sup>
Sputum	Shthivan	Pneumonia		VataKaphajwara – (C. Ch. 3 / 86-87) <sup>3</sup>
Difficulty in breathing	Shwasakruchhrata	ARDS	Shwas	PittolbanVatamadhyakaphahina SannipataJwara - (C.Ch. 3/102) <sup>5</sup>
Pneumonia	Parshvashul	Heart failure	Hrudroga	VataKaphajaJwara – (C. Ch. 3) <sup>3</sup>
Myalgia	Angamarda	Septic shock	Raktapitta	TridosholbanaSannipata – (C. Ch. 3/ 103 -108) <sup>6</sup>
Fatigue	Daurbalya	Coagulation pathy		C. Ch. 3/103-108 <sup>6</sup>
Diarrhea	Atisara	Acute cardiac injury	Hrudroga	UpadravaswaroopTridoshlabanSannipat - (C. Ch. 3/ 99) <sup>4</sup>
Nausea, Vomiting	HrullasChhardi	Acute kidney injury	Mutraghata	karkatsannipat from BhavaprakashaSmhita

Sometimes Rhinorrhea and Sore throat may be present at the starting of the disease	PrtishyayShukapurnGalasyata	Secondary infection		
Anosmia	Ghrananasha	Hypoproteinaemia		
	Urashula, Udarashul	Acidosis		
	RaktaSthivana		Klama	
	Agnimandya		Murchha	
			Manodvega	

### **Chronology of symptoms:**

- Most of the cases present with fever and cough
- Followed by difficulty in breathing sometimes with sputum
- Some time patient may present with gastrointestinal symptoms followed by respiratory symptoms.

### **Discussion**

Irrespective of any system of medicine, each and every health worker always thinks of wellbeing of his/her patient. Every system of medicine is based on its specific fundamental principles and every practitioner diagnose and treat the patient according to these basic principles with respect to their systems.

During this research work it has been observed that, the terminologies of signs, symptoms and its considerations as per treatment point of view might be different as compared with different systems, but clinical presentations of patients are always same. And this is the common thread, “wellbeing of humanity” on which the whole research is based.

During the whole study it has been observed that, there are many common signs and symptoms of COVID -19 and some Ayurveda diseases. Comparison of these diseases and their symptomatology with presenting symptoms of COVID -19 might help us to consider this global issue in broader aspect and outcome might give us few more weapons to tackle the Pandemic in effective ways.

First let us see the symptomatology of some common presenting diseases and their comparison with COVID 19

	<b>Symptoms</b>	<b>Cold</b>	<b>Flue</b>	<b>Allergies</b>	<b>Covid -19</b>
1	fever	rare	high(100-102^ F) last 3-4 days	never	common
2	headache	rare	intense	uncommon	can be present
3	general aches & pains	slight	usual, often sever	never	can be present
4	fatigue, weakness	mild	intense, lasts up to 2-3 days	sometimes	can be present
5	extreme exhaustion	never	usual, starts early	never	can be present
6	stuffy/runny nose	common	sometimes	common	has been reported
7	sneezing	usual	sometimes	usual	has been reported
8	sore throat	common	common	sometimes	has been reported
9	cough	mild to moderate	common, can be severe	sometimes	common
10	shortness of breath	rare	rare	rare, only in asthma	in more serious infections

Now let us see how in clinics patients might present to the practitioner with their symptoms. Here during study, 9 different types of presentations can be possible with common symptoms as per Ayurveda. With these symptoms 9 presentations which have been observed are categorized in 5 different disease conditions and they are as follows-

	<b>presentations</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	<b>Vyadhi/Lakshan</b>	<b>Vat-pittajJvar</b>	<b>vat-kafajjvar</b>	<b>vat-kafajjvar</b>	<b>pittolban vat madhyakafaheen</b>	<b>vat-kafajjvar</b>
1		Jvar (Tivra)	Jwar (Mand)	Jvar	Jvar	Jvar
2		Kas(Sushka)	Kas (Sushka)	Pratishyay	Atisar	Shook Purna Gal
3		Angamarda	Angamarda	Angamarda	Angamard	Shirograh
4		Daurbalya	Daurbalya	Daurbalya	Daurbalaya	
5		Shiroruja		Shiroruja/Grah	Hrullas	
6						
7						

<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>tridoshsannipat</b>	<b>tridoshsannipat</b>	<b>hin pitta-kafamadhy a-vatadhik</b>	<b>tridoshsannipat</b>
Jvar	Jvar	Jvar	Jvar (Tivra)
Kas	Kas	Kas	Kas
Angamarda	Angamarda	Angamarda	Angamarda
Daurbalaya	Daurbalya	Daurbalya	Daurbalya
Shwaskashtata	Shwaskashtata	Vepathu	Mansagatshool

Parshvashool	Parshvashool	Shwaskashtata	Shwaskashtata
Raktashtivan	Mansagatshool	Shirshool	Parshvashool
Bhram	Mutragrah	Hrudivyatha	Mutrghat
	Pak		Pak
	Mahashwas		Mahashvas
			Ashukaritva

For these 9 conditions treatment protocol has been designed as per textual references. By considering experience based medicines and their availability in market. It is as follows-

No	Clinical Presentation	Comorbidity If Any	Probable Dignosis	Diate	Liquid	Medicines	Dose
1	Kasa (Shushka), Jwara (Tivravegi), Angamarda, Daurbalya, Shiroruk	No	VataPittajJwara (C. Ch. 3/85) <sup>2</sup>	Laghvashan - Mudgayusha, Peya (Shunthi, Pippali - Sadhit), Lajamanda, MugavaranBhat (Rice & Dal), RajagiraLadu : 2 days (Until Agnivardhan)	Shadngodak <sup>29</sup> - Panarth	SanshamaniVati, <sup>43</sup>  Kalmegh special (Swadwshi Pharma) / ParipathadiKadha <sup>41</sup> / Mahasudarshana Kadha <sup>33</sup>  {Vasa <sup>42</sup> 100 gm + Kantakari <sup>26</sup> 100gm + Haridra <sup>28</sup> 100 gm + Godanti <sup>32</sup> 100 gm + Yashti <sup>27</sup> 100gm + Samirpannag <sup>7</sup> 10 gm + TalisadiChurna <sup>30</sup> 1500 gms + Rasasindur <sup>12</sup> 10 gm + Lakshmivilasras <sup>14</sup> 250 gm + Shwaskuthar <sup>8</sup> 250gm = Anupana Shrishadyarishta <sup>21</sup> }	250 mg twice a day  20 ml with equal water twice a day after food  250 mg twice a day With Honey

2	Kasa (Shushka), Jwara (Mandavegi ), Angamard, Daurbalya	No	VataKaphajJwara – (C. Ch. 3 / 86- 87) <sup>3</sup>	Laghvashan - Mudgayusha, Peya (Shunthi, Pippali - Sadhit), Lajamanda, MugavaranBhat (Rice & Dal), RajagiraLadu : 2 days (Until Agnivardhan)	Shadngodak <sup>29</sup> - Panarth	Anandabhairav <sup>23</sup> / Lakshminarayan <sup>15</sup> / KaphaketuRas <sup>31</sup> / TribhuvanKirti <sup>19</sup>	125 mg twice a day
						{Vasa <sup>42</sup> 100 gm + Kantakari <sup>26</sup> 100gm + Haridra <sup>28</sup> 100 gm + Godanti <sup>32</sup> 100 gm + Yashti <sup>27</sup> 100gm + Samirpannag <sup>7</sup> 10 gm + TalisadiChurna <sup>30</sup> 1500 gms + Rasasindur <sup>12</sup> 10 gm + Lakshmivilasras <sup>14</sup> 250 gm + Shwaskuthar <sup>8</sup> 250gm = Anupana Shrishadyarishta <sup>21</sup> }	250 mg twice a day With Honey
3	Jwara, Pratishyay, Angamard (Parvaruk), Daurbalya, Shirashul Shirograha	No	VataKaphajJwara – (C. Ch. 3 / 86- 87) <sup>3</sup>	Laghvashan - Mudgayusha, Peya (Shunthi, Pippali - Sadhit), Lajamanda, MugavaranBhat (Rice & Dal), RajagiraLadu : 2 days (Until Agnivardhan)	Shadngodak <sup>29</sup> - Panarth	Anandabhairav <sup>23</sup> / Lakshminarayan <sup>15</sup> / KaphaketuRas <sup>31</sup> / TribhuvanKirti <sup>19</sup>	125 mg twice a day
						{Vasa <sup>42</sup> 100 gm + Kantakari <sup>26</sup> 100gm + Haridra <sup>28</sup> 100 gm + Godanti <sup>32</sup> 100 gm + Yashti <sup>27</sup> 100gm + Samirpannag <sup>7</sup> 10 gm + TalisadiChurna <sup>30</sup> 1500 gms + Rasasindur <sup>12</sup> 10 gm + Lakshmivilasras <sup>14</sup> 250 gm + Shwaskuthar <sup>8</sup> 250gm = Anupana Shrishadyarishta <sup>21</sup> }	250 mg twice a day With Honey
4	Jwara, Angamarda, Atisara,	No	PittolbanVatama dhyaKaphahinaS	Laghvashan - Mudgayusha, Peya (Shunthi, Pippali -	Shadngodak <sup>29</sup> - Panarth	Anandabhairav <sup>23</sup> / SanjivaniVati <sup>9</sup> + PravalPanchamrut <sup>20</sup>	125 mg twice a day



	Daurbalya, Hrullas		annipataJwara (C.Ch. 3/102) <sup>5</sup>	Sadhit), Lajamanda, MugavaranBhat (Rice & Dal), RajagiraLadu : 2 days (Until Agnivardhan)		Amrutarishta <sup>22</sup>	20 ml with equal water twice a day after food
						{Vasa <sup>42</sup> 100 gm + Kantakari <sup>26</sup> 100gm + Haridra <sup>28</sup> 100 gm + Godanti <sup>32</sup> 100 gm + Yashti <sup>27</sup> 100gm + Samirpannag <sup>7</sup> 10 gm + TalisadiChurna <sup>30</sup> 1500 gms + Rasasindur <sup>12</sup> 10 gm + Lakshmivilasras <sup>14</sup> 250 gm + Shwaskuthar <sup>8</sup> 250gm = Anupana Shrishadyarishta <sup>21</sup> }	250 mg twice a day With Honey
5	ShukpurnaGalasyata, Jwara (Mandavegi), Shiroshul / Shirograh	No	VataKaphajaJwara – (C. Ch. 3) <sup>3</sup>	Laghvashan - Mudgayusha, Peya (Shunthi, Pippali - Sadhit), Lajamanda, MugavaranBhat (Rice & Dal), RajagiraLadu : 2 days (Until Agnivardhan)	Shadngodak <sup>29</sup> - Panarth	Anandabhairav <sup>23</sup> / Lakshminarayan <sup>15</sup> / KaphaketuRas <sup>31</sup> / TribhuvanKirti <sup>19</sup>	125 mg twice a day
						{Vasa <sup>42</sup> 100 gm + Kantakari <sup>26</sup> 100gm + Haridra <sup>28</sup> 100 gm + Godanti <sup>32</sup> 100 gm + Yashti <sup>27</sup> 100gm + Samirpannag <sup>7</sup> 10 gm + TalisadiChurna <sup>30</sup> 1500 gms + Rasasindur <sup>12</sup> 10 gm + Lakshmivilasras <sup>14</sup> 250 gm + Shwaskuthar <sup>8</sup> 250gm = Anupana Shrishadyarishta <sup>21</sup> }	250 mg twice a day With Honey
6	Jwara, Kasa, Shwasakruchhrata, Sthivan, Angamarda, Daurbalya, Parshwashula,(X-	previous h/o respiratory diseases	TridosholbanaSannipata – (C. Ch. 3/ 103 -108) <sup>6</sup>	Laghvashan - Mudgayusha, Peya (Shunthi, Pippali - Sadhit), Lajamanda, MugavaranBhat	Shadngodak <sup>29</sup> - Panarth	VishanbhasmaYog <sup>44</sup> , Mahalakshmi Vilas Ras <sup>16</sup> / ShwaskasaChintamani <sup>10</sup>	125 mg twice a day

	ray findings – patch), Bhrama, RaktaShthivan			(Rice & Dal), RajagiraLadu : 2 days (Until Agnivardhan)		Amrutarishta <sup>22</sup> + Kankasav <sup>24</sup>	20 ml with equal water twice a day after food
7	Jwara, Kasa, Shwaskruchhrata, Angamarda, Daurbalya, Mamsagata Shula, Parshwashula (due to Plural Effussion), Mutraghata, Paka, Mahashwas	diabetaes	TridosholbanaSannipata – (C. Ch. 3/ 103 -108) <sup>6</sup>	Laghvashan - Mudgayush, Lajamanda, MugavaranBhat (Rice & Dal), Rajagiraladu – 2 Days (Until Agnivardhan)	Shadngodak <sup>29</sup> - Panarth	Amrutarishta <sup>22</sup> + Kankasav <sup>24</sup>	20 ml with equal water twice a day after food
						Mahalakshmvilas <sup>16</sup> (Rasayogasagar 2/235)	125 mg twice a day
						Chandraprabha <sup>18</sup>	250 mg twice a day
						GandhakRasayan <sup>17</sup> (to prevent Dhatu Pak)	250 mg twice a day
8	Jwara, Kasa, Shirashula, Hrudivyatha, Vepathu, Shwaskruchhrata, Angamarda, Daurbalya	previous h/o CHD	UpadravaswaroopTridoshlabanSannipat - (C. Ch. 3/ 99) <sup>4</sup>	Laghvashan - Mudgayush, Lajamanda, MugavaranBhat (Rice & Dal), Rajagiraladu – 2 Days (Until Agnivardhan)	Shadngodak <sup>29</sup> - Panarth	Mahalakshmvilas <sup>16</sup> / SuvarnaSutashekhar <sup>11</sup> ,	125 mg twice a day
						Amrutarishta <sup>22</sup> + Kankasav <sup>24</sup>	20 ml with equal water twice a day after food
						In Critical conditions- RatnagarbhaPottali <sup>13</sup> / TamragarbhaPottali <sup>45</sup>	60 mg twice a day
9	TivravegiJwara, Kasa, Shwasakruchhrata, Angamarda, Daurbalya, MamsagatShul, Parshwashul (due to Plural Effussion),	immunocompressive condition	TridosholbanaSannipata – (C. Ch. 3/ 103 -108) <sup>6</sup>	Laghvashan - Mudgayush, Lajamanda, MugavaranBhat (Rice & Dal), Rajagiraladu – 2 Days (Until Agnivardhan)	Shadngodak <sup>29</sup> - Panarth	Mahalakshmvilas <sup>16</sup> / SuvarnaSutashekhar <sup>11</sup> ,	125 mg twice a day
						Amrutarishta <sup>22</sup> + Kankasav <sup>24</sup>	20 ml with equal water

Mutraghata, Paka, Mahashwasa, Ashukaritva						twice a day after food
					In Critical conditions- RatnagarbhaPottali <sup>13</sup> / TamragarbhaPottali <sup>45</sup>	60 mg twice a day

Note:-

1. Doses may vary as per physicians advice
2. {Vasa<sup>42</sup> 100 gm + Kantakari<sup>26</sup>100gm + Haridra<sup>28</sup>100 gm + Godanti<sup>32</sup>100 gm + Yashti<sup>27</sup> 100gm + Samirpannag<sup>7</sup>10 gm + TalisadiChurna<sup>30</sup> 1500 gms + Rasasindur<sup>12</sup> 10 gm + Lakshmivilasras<sup>14</sup> 250 gm + Shwaskuthar<sup>8</sup> 250gm = Anupana Shrishadyarishta<sup>21</sup>} Sardi pudi proprietary medicine prepared by Shreyas aushadhi, Dombivli this combination can be used in all 9 conditions along with other appropriate medicines as per physicians advice.

Apunrbhav chikitsa : Treatment Protocol for Non – Recurrence of Covid – 19

**Up to 14 day after discharge:**

- Laghumalini Vasant<sup>35</sup>
- Vasavaleha<sup>36</sup> / Sitopaladi Churna<sup>37</sup> / Chitark – Haritaki Avaleha<sup>34</sup> / Agastya Haritaki Avaleha<sup>38</sup>
- Nasya, Gandusha
- Prananyama – Anulom Vilom
- Manas Chikitsa – Saraswatarishta,
- Laghu Ahara

Thereafter for next 14 days

- Routine diet
- Vyayam (Exercise)
- Vardhaman Pippali Rasayan / Chausashta Pimpali with Ghruta

For those who are suspect or prone to have COVID 19 should also treated with following protocol

Treatment plan for suspect or persons or health workers prone to have COVID 19 Is as follows

- Sthan Praityaga

- Nasya – Anu Taila<sup>39</sup> / Goghrita / Panchendriyavardhan Taila Proprietary medicine Made by Aushadhi Bhavan Ayurved Seva Sangha Nashik.
- Gandush / Kaval - Panchavalak Kwath / Haridra Jala/ Irimedadi Taila<sup>40</sup> / Oro T (Himalaya)
- Laghu Ahara
- Pranayam
- Chitrak –Haritaki Avaleha<sup>34</sup> / Agasti –Haritaki Avaleha<sup>38</sup> / Vasavaleha<sup>36</sup>
- Adulasa Syrup Tulasiyukta – Amrut pharma

**Varjya :**

- Shita, Amla, Lavan
- Dadhi
- Fried items.
- 

## **Conclusion**

As on today there is no specific treatment guideline for COVID 19. All health systems are trying to find out the solution for the same. In this particular study it has been observed that some diseases in Ayurveda shows similar symptoms as of COVID -19 . specific treatment guideline for these diseases have been clearly mentioned with their dosage as per the texts along with few time tested formulas which may be useful in these conditions as per basic principles of Ayurveda. During these hours of pandemic, this study of symptomatology and treatment guidelines will definitely helpful for controlling, preventing and restricting from recurrence of COVID 19.

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