



## AN OVERVIEW ON CORONIL DRUG

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### ABSTRACT

In this time of COVID-19 pandemic almost every institution is researching a possible cure for this disease or any kind of an immunity booster. Coronil is the Ayurvedic immunity booster made by Patanjali Ayurveda Limited using traditional medicinal herbs. The Coronil kit consists of 3 products which are- DivyaCoronil Tablets, DivyaSwasariVati which are oral tablets and third product is Anu tali which isaliquid dosage form in the form of nasal drops. This medicine is an immunity booster that contains chief ingredients such as Giloy(*Tinosporacordifolia*), Ashwagandha (*Withaniasomnifera*) and Tulsi (*Ocimum sanctum*). These medicinal herbs have immense benefits in strengthening the immune system and also are effective in curing symptoms like sore throat, nasal congestion etc. This medicine can be used as a supplement for immunity enhancement but its effectiveness in curing certain symptoms is still under question as extensive research on this medicine is yet to be done.

### INTRODUCTION

The year 2020 began with the unfortunate advent of a pandemic of COVID-19 which has created havoc in the entire world. WHO defines corona virus disease as an infectious disease caused by the novel corona virus which is of the family Coronaviridae. According to WHO some of the most common symptoms of COVID-19 includes fever, dry cough, tiredness, headache and serious symptoms includes difficulty in breathing and chest pain. Antibiotics do not work against this virus and till date there is no cure for it. Extensive research is going on to study the nature of virus so that a cure or a vaccine could be developed. Existing Anti-viral till date do not work against this virus and there is no cure for it. However experts claim that good immunity increases the pace of recovery even if one gets affected by the virus hence in these times boosting immunity is of utmost importance.

Extensive research is going on throughout the world to study the nature of the virus so that a cure or a vaccine could be developed. In the meanwhile many organizations have shifted their focus in producing immunity boosters which can be used as supplements. In India, both allopathic and ayurvedic systems of medicine are doing research for the same purposes. Ayurveda is a Sanskrit word in which ayur means “longevity” or “life” and veda means “science”. It is an ancient Indian system of natural medicine. It focuses on prevention and cure of the disease through the knowledge of herbs and trees found in the ancient texts. The oldest known texts on Ayurveda are the Charaka Samhita, Sushruta Samhita, and the Ashtanga Hrudaya. These texts explain the effect of the five elements found in the cosmic system - earth, water, air, fire, space. According to Ayurveda, balance in the five

elements results in good health. In India under Ministry of AYUSH various organizations work in the fields of Ayurveda, Yoga, Unani, Siddha and Homeopathy. One such organization is Patanjali Ayurveda Limited which has recently developed a drug kit named Coronil. Patanjali Ayurved Limited was established in 2006 with a thought of rural and urban development through yoga and ayurveda. Founders of the organization are Swami Ramdev and Acharya Balkrishna.

### The Drug-Coronil:

It is a medicine which is in the form of kit that includes DivyaCoronil Tablet, DivyaSwasariVati and Divya Anu Tali. It has been developed in a joint research by [Patanjali](#) Research Institute and National Institute of Medical Science, Jaipur. It is claimed to be a clinically approved medicine for coronavirus patients. As per Spokesperson of Patanjali, 69 per cent patients with COVID-19 tested negative during the clinical trials of this medicine, in just 3 days. And, 100 per cent recovered completely within 7 days. Its effectiveness is said to be due to the herbal ingredients used to prepare coronil.



Image of Coronil kit (source: Hindustan times)

### Ingredients:

Patanjali Ayurveda limited claims that the coronil kit has been made using 100 of ingredients but some major ingredients used are as follows:

#### 1. Giloy(*Tinosporacordifolia*) –

Giloy is an herbaceous plant of the family Menispermaceae. It is found in tropical regions and is common in Indian Subcontinent. Because of its medicinal properties it is used extensively in

ayurvedic medicine for treatment of various diseases and it is one of the best immunity boosters. In the plant, the steam of giloy is of maximum utility sometimes roots are also used for medicinal purposes. The steams can be consumed in the form of powder or juice. Giloy has following benefits –

- It helps in boosting the immunity of an individual.
- It is helpful in treating chronic fever.
- It also improves digestion.
- It helps in reducing stress and anxiety.
- It is helpful for the treatment of respiratory problems.
- It is used to relieve an individual from arthritis pain.
- It also reduces asthmatic symptoms.
- It is helpful in improving the vision.
- It also reduces signs of Aging.

#### 2. Ashwagandha (*Withaniasomnifera*) –

This plant is popularly known as Indian Ginseng and belongs to the family Solanaceae. It is a perennial shrub with medicinal properties. The root of this plant has been used for centuries in traditional Indian medicine of ayurveda.

### The benefits of Ashwagandha are as follows

- It helps in reducing blood sugar levels.
- It also possesses anti-cancerous properties.
- It reduces cortisol levels and stress in an individual.
- It may reduce symptoms of depression and stress.
- It boosts testosterone levels in men and also increases fertility.
- It helps in increasing the muscle mass and strength in the body.

- It significantly reduces inflammation.
- It is helpful in lowering cholesterol levels.
- It also lowers down triglyceride levels.

### 3. **Tulsi (*Ocimum sanctum*) –**

It is an aromatic perennial plant belonging to the family Lamiaceae. It is native to Indian Subcontinent and is found throughout South Asian Tropics. It has medicinal value and there are religious sentiments also attached to this plant. The plant has many phytonutrients and is rich in vitamins A and C. It has many medicinal properties because of which it is extensively used in ayurvedic medicines.

The benefits of Tulsi are as follows –

- It strengthens immunity of an individual.
- It reduces breathing and lungs related problems.
- It is anti-bacterial as well as anti-inflammatory in nature.
- It is also rich in anti-oxidants.
- It helps fight allergies and is used in treatment of various skin related problems.
- It is also used to detoxify the body.
- It contains anti-carcinogenic properties.
- It controls blood sugar levels.
- It helps reduce uric acid levels in the body and also eliminates stones.
- It is also an insect repellent and treats insect bites.
- It is beneficial in treating conditions like malaria, dengue, tuberculosis etc.

### 4. **Black Pepper(*Piper nigrum*) –**

It is a flowering herb of family Piperaceae. It is native to tropical regions and in India it is particularly found in Kerala. It is used as a flavouring agent as well as a medicine in traditional ayurvedic medicine. Its benefits are as follows:

- It has high amount of anti-oxidants which help save the cells from the free radicles
- It has high anti-inflammatory properties
- Black pepper extract named piperine is found to benefit the brain as well
- It helps in stabilization of blood sugar metabolism
- Helps in lowering the cholesterol levels in the body
- It boosts absorption of nutrients and aids in digestion

### 5. **Amaltas (*Cassia fistula*) –**

It is a flowering plant of the family Fabaceae. It is commonly found in India and south east asia. It has medicinal properties because of which it is used in traditional ndian medicines. Its benefits are as follows:

- It is anti-inflammatory in nature.
- It is hepatoprotective.
- It is used in wound healing as it is anti-bacterial.
- It regulates the hormonal imbalance in the body.

### 6. **Bhringraj(*Eclipta alba*) –**

It is a flowering plant, belonging to the family Asteraceae. It is mostly found throughout India, Nepal, China, Thailand and Brazil. It has various medicinal properties and it is used in many ayurvedic medicines. It is bitter and dry in taste.

Some of its benefits are -

- It is used in treatment of gastrointestinal infections and respiratory tract infections.
- Used to cure fever, hairloss and skin disorders.
- It has anti-inflammatory and anti-microbial properties, hence used in wound healing.
- It is anti-carcenogenic. Prevents cancer.

Some of the other major ingredients of the drug are - Sonth (*Zingiber officinale*) Lavang (*Syzygium aromaticum*) Dalchini (*Cinnamomum zeylanicum*) Mulethi (*Glycyrrhiza glabra*).

This drug is essentially an immunity booster which means it enhances our bodies ability to fight and restore itself from any microbial infection. A lot of research shows that though there is no cure for COVID-19 yet a strong immune system can help prevent this infection and also aid in quick recovery if infected. So this medicine will be helpful in enhancing the effectiveness of immune system.

#### **Dosage form and Route of administration:**

The Coronil kit consists of three products two of which are solid dosage forms in the form of tablets, these are – Divya Coronil Tablet and Divya Swasari Vati. The route of this dosage form is oral in nature. The solid dosage forms for oral use are the most commonly used drug delivery systems. They are complex multicomponent system that may be available in many diverse forms such as powders, granule, compressed tablet, chewable tablet and capsules. The third product is Divya Anu Tali which is in liquid dosage form and the route of this dosage form is in the form of nasal drops. Intranasal delivery systems deliver medications directly to the nasal cavity, where they can be absorbed directly by the appropriate tissues. The advantages of nasal drug delivery systems include targeting the drug to the site of infection or disease and rapid absorption into the blood stream. There is substantial research claiming that therapy through intranasal administration has been an accepted form of treatment in the Ayurvedic system of Indian Medicine.

#### **Dose:**

Patanjali Ayurved Limited has launched these products in the form of tablets and they recommend the dose of 2 tablets per day in morning and evening each for people belonging to the age group of 15 to 80 years. For the age group of 6 to 14 years the dosage is recommended as 1 tablet per day in morning and evening each. The tablets are to be taken with warm water, half an hour after the meals.

Anu talihas to be taken in the form of nasal drops.

#### **Claims of Cure:**

Patanjali Ayurved Limited claimed that the Coronil drug was a cure for COVID-19 but this claim was rejected by the ministry of AYUSH because there was no substantial research suggesting that the drug can cure corona virus. So the company was given strict guidelines that they can only sell this medicine as an immunity booster. According to Patanjali Ayurved Limited, the medicine will be an immunity booster and the herbal ingredients present in it have medicinal properties such as – Anti-viral, anti-oxidant, bronchodilator and anti-inflammatory. They claimed that these ingredients will help reduce symptoms like cough and cold, sore throat and fevers.

#### **Clinical Trials and research:**

After the probe into the authenticity of the Coronil drug by the authorities, Patanjali Ayurved Limited clarified that they have conducted a research and clinical trials for the drug. They have conducted the research in two ways - Clinical Control Study and Clinical Control Testing. For Clinical Control study, the clinical trials were conducted on patients from Delhi, Ahmedabad, Meerut and other parts of the country. In the result of this trial, the company claimed that 69 per cent of patients recovered within 3 days and 100 per cent in a week. It has been claimed by the organization that the extensive research has been done on the drug, details of which will be released in some time. However no independent medicinal board has tested the drug for its medicinal effectiveness as yet.

#### **CONCLUSION:**

Through this review it can be concluded that even though Coronil drug cannot be called as the cure for COVID-19 but it indeed is an immunity booster and an effective COVID-19 management tool. Moreover, its herbal composition eliminates the chances of any side-effects making it safe for the consumers. It can be believed that the Coronil kit is a complete package of preventive drugs which is all suitable for all ages, gender

and even the income groups. It is launched in the most crucial time when the cases of COVID-19 are rising rapidly every single day. However, there is a need of more extensive research on this drug to back up the authenticity of the drug in the market.

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